

U.S. SOCCER COACH'S TOOL KIT



ON THE FIELD

WHAT - TEACHING ACTIONS	PURPOSE OF THE ACTION	WHEN - THE MOMENT OF APPLICATION
CHECK - ADAPT	<ul style="list-style-type: none"> Observe and check the created situation on the field, adapt if necessary based on the Five Elements of a Training Activity 	<ul style="list-style-type: none"> Ongoing In the flow (sideline coaching) Planned stoppage (break) Natural stoppage (ball out of bounds) In the situation (freeze) <p>The application of coaching actions can be a single action or combined actions during different moments.</p> <p>Examples:</p> <ul style="list-style-type: none"> In the situation (freeze): combination of demonstration, Q&A and feedback Planned stoppage (break): Q&A and encourage players to focus them
GIVE POSITIVE REINFORCEMENT	<ul style="list-style-type: none"> Reinforce effective actions in order to use it again in similar situations Motivate players 	
USE OF KEY WORDS	<ul style="list-style-type: none"> Encourage and support players to focus on cues and/or desired behavior 	
ASK QUESTIONS (and collect answers)	<ul style="list-style-type: none"> Use guided questions to force players to think about cues and/or desired behavior Check for understanding Reflect 	
DEMONSTRATE (player and/or coach)	<ul style="list-style-type: none"> Model desired behavior Visualize the situation Check for understanding 	
GIVE FEEDBACK	<ul style="list-style-type: none"> Collect information on players' behavior related to the objective of the activity 	
COMMAND	<ul style="list-style-type: none"> Tell players what to do 	
APPLY THE LEARNING CIRCLE (as a concept)	<ul style="list-style-type: none"> Use a combination of coaching observation and player reflection to get players thinking about and/or modeling the desired behavior and applying their newly learned abilities 	

