

Dummying Down

Dummying Down is changing the standard because it wasn't achieved.

A. Coaching strategies must be based on an understanding of the player's

1. Determination
2. Psychological capacities
3. Learning style
4. Language – using words that the player understands
5. Interaction with adults and teammates

B. Skills the coach needs when teaching children

1. Must know the game (age appropriate)
2. Must exhibit positive modeling behaviors at all times.
3. Be able to change to fit the players being coached.

Dr. Gary Russell of Major League Soccer Camps developed the C-B-A Focus Model for how children learn.

1. C = Concept

- a. Players must be given a clear picture of what is expected of them.
- b. Players must show signs of clear thinking on the topic being learned.
- c. The coach must define and clarify any mistaken beliefs.

2. B = Belief

- a. What are my feelings?
- b. Empathizing with the players.
- c. Realizations of who, how and what.

3. A= Achievement

A synergy will be attained. That is the action of two or more people to achieve an effect of which each is individually incapable.

Dangers of Dummying Down

Self fulfilling prophesy

Evolution of a Coaching Style

If maximum learning is to take place all coaches must understand

- Kids are receivers and coaches are senders
- Coaches and kids must be interactive
- Age-appropriate training is critical
- The best teacher of the game is the game itself

There is an evolution of a coaching style taking place in youth sports today. If you want to be a coach on the cutting edge you must not dummy down! You must learn how to get your players to be all they can be by expecting their best from them. Not for you, for them.