



# AMESBURY SOCCER ASSOCIATION

Greetings ASA Coaches and Volunteers.

The past month the Women's World Cup brought the world passion, excitement, drama, team work, and moments of individual brilliance highlighting what makes soccer the beautiful game. At the bottom of the email I've included a few of my favorite highlights.

As coaches in ASA we are not coaching professional players, but ASA could be the start of a long and successful soccer journey. In recent years ASA players have competed in the highest levels of youth soccer in the MLS Next league and Girls Academy League and others have continued playing soccer at the collegiate level.

Our role as coaches is to motivate our players to reach their individual goals – whether that is to play in college one day or to score their first goal or improve their juggling high or simply try and new sport and enjoy it.

This week I want to share an article on [5 Tips to Motivate Your Players](#). (click for the article). For our coaches and players in Amesbury I want to invert the priorities, with some of my thoughts below).

1. **SMILE** - Show up to every session and game excited. The players will feel your excitement.

2. **POSITIVE REINFORCEMENT** is noticing a palyer doing something you wanted them to do and rewarding it. The team and each individual will have improvement areas during the season. When we as coaches recognize and congratulate players for executing a skill or tactic it builds confidence for that player and their teammates. Positive reinforcement can be very public so that others see it, or it can be a quick/quiet moment walking by them in a drill or at water break.

3. **DEFINE SUCCESS (as more than winning and losing)**. In youth sports too much emphasis is placed on winning and losing. Improvement of individual players and how the team plays tactically while having fun need to be how we define success. Did the players play their positions? Did an individual player complete more passes than last week? Did a plaver dribble across the field in fishv-fishv? Did a

than last week? Did a player dribble across the field in forty forty? Did a player not have a foul throw-in at this week's game? These are just a few examples. Defining success on player development and not winning is especially true for grades up to 6th grade (7th and 8th grade is a prelude to high school soccer where teams should start to manage a game and be more results-oriented).

4. **SET OBJECTIVES**. Having realistic and achievable targets is a powerful motivator. Give players targets at individual training sessions as well as for the course of a season.

5. **PLAN INTERESTING, VARIED AND FUN TRAINING**

**SESSIONS**. Include a combination of common drills along with new drills. Familiar drills minimizes time for explanation, which means more time playing soccer ([5v2 rondos](#) will be a frequent theme you will hear from me). New drills are where teams and players can challenge themselves with new skills and/or tactics.

Have a great week, and enjoy the highlights from the Women's World Cup.

Paul

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Women's World Cup 2023 Highlights

[Brazil team goal](#)

[Spain WWC winning goal](#) - defense transition to offense

[Sam Kerr golazo](#)

[Every Goal from the WWC](#)