

MYSA Coach Tip o' the Week: Training Restrictions

June 14, 2019

Hi Coach,

This weekly MYSA Coaching Tip o' the Week is sent to Head Coaches, to share with assistants or others as you wish. If you have a question or suggestion for a future topic let us know.

Training Restrictions

You've probably used restrictions in training games towards some player development objective. In a common example, players could be restricted to 2-touches maximum, which is designed to make them clean up their 1st touch and improve their vision, speed of play and off-the-ball movement. All good things to aim for, but...

We also should consider the negative impact these types of restrictions can have on real problem-solving. Some game situations are best solved by dribbling, like going 1v1 to goal, or running with the ball in wide space, or drawing a defender before playing a pass. In these cases, the 2-touch restriction forces players to make less-than-ideal decisions and robs them of opportunities to **practice making the decision they should make on gameday**.

Instead of restrictions to emphasize a training goal like speed of play, we might consider incentives like a bonus point, or rely on our coaching feedback to point out when they're taking "luxury" touches. Allowing them the full range of choices in training could help better develop problem-solvers who can figure out what **the game is telling them to do, not just what an imposed rule is telling them to do**.

Thanks for all you do.