



# COMPETITIVE COACHING OVERVIEW

Updated 2026

# AGENDA

Introductions

Defining the Environment

Our Framework

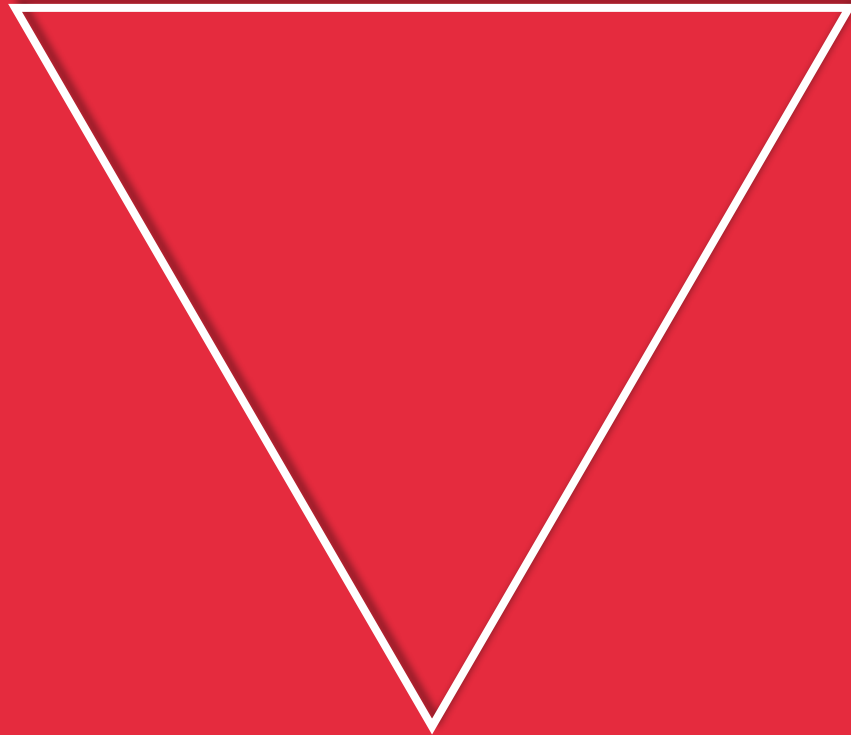
Training Sessions

Age Group Profiles



*Developmental*

*Performance*



*Recreational*

**OUR ENVIRONMENT**

	<b>Recreational</b>	<b>Developmental</b>	<b>Performance</b>
<b>Objective</b>	Have fun	Get better	Win
<b>Training</b>	To enjoy the game more	To sharpen skills & develop competencies	To prepare for the games
<b>Games</b>	The most fun activity of the week	A tool for improvement	The be-all, end-all
<b>Teammates</b>	Buddies – to share the experience with	Competitors – to sharpen others’ skills	Comrades – people to “go to battle with”
<b>Coach</b>	Facilitator – organize & manage a safe and fun environment	Guide – lead into learning moments	Task-master – get the most out of the players



# A NEW FRAMEWORK

This organizational model is commonly used in all elite performance environments that I have worked in, including:



## TECHNICAL

Refers to the “hard skills” of the game, categorized under passing, dribbling, shooting, tackling, & control



## TACTICAL

How the technical skills are implemented, organized under attacking & defending principles



## MENTAL

The emotional & cognitive tools a player uses to interact with the game & team environment



## PHYSICAL

The athletic qualities of the game, falling under the categories of speed, strength, endurance & coordination



# MATERIALS

## Game Model with Videos

Technical/Tactical/Mental/Physical attributes and coaching points



## Age Group Profiles

Specific expected competencies and areas of emphasis



## Season-Long Macro-cycles

Fall & spring season plans to systematically address development goals, starting with tactical principles & interweaving technical, mental, physical



## Session Plans

Age-specific, tactically organized practice plans to aid in holistic development





## TECHNICAL

*The “hard skills” that we want to develop in our players are:*

### PASSING

- Short passing
- Long balls (driven/floated)
- 1 touch passing
- Through passing

### CONTROL

- Settling the ball
- Directional first touch
- Aerial control

### TACKLING

- Block tackle
- Barge tackle
- Slide tackle
- Balls in the air (heading)

### DRIBBLING

- Running with the ball
- Close dribbling (shielding)
- 1v1 moves
- Turning

### SHOOTING

- Long shots
- In box finishing
- Aerial finishing (headers/volleys)



# TACTICAL

*The strategic application of technical skills within the game environment*

## ATTACKING

### *Individual Tactical Principles*

- Pass or dribble to bypass defense
- Make runs behind
- Show to receive
- Play between lines
- Movement in the box
- Crossing (in front, behind, cutback)

### *Team Tactical Principles*

- Spread out
- Combination play
- Create overload (#s up)
- Commit the defender

## DEFENDING

### *Individual Tactical Principles*

- Press in identified moments
- Protect the space behind
- Mark in the box

### *Team Tactical Principles*

- Get compact
- Protect the center of the field
- Shift in defensive lines
- Manage the overload (#s down)
- Pressure, cover, balance
- Manage the offside line





## MENTAL

*The mental & cognitive tools the player uses to manage & interact with their environment*

### CONFIDENCE

- Creativity
- Initiative
- Courage

### COMPETITIVENESS

- Aggression
- Winning mentality
- Focus

### ATTITUDE

- Coachability
- Commitment
- Body language

### SPORTSMANSHIP

- Self control
- Encouragement
- Integrity



# PHYSICAL

*The athletic qualities that the player uses in the game environment*

## SPEED

- Sprint speed
- Quickness (acceleration, deceleration, change of direction)

## ENDURANCE

- Ability to repeat runs & soccer actions (passing, shooting, dribbling) without losing intensity or quality

## STRENGTH

- Resistance to being pushed off ball
- Muscle development for injury prevention

## COORDINATION

- Balance
- Flexibility
- Movement patterns conducive to soccer actions



# TRAINING SESSIONS

## DEFINING OUR ACTIVITIES

*These are the five categories of training activities that we will use during the spring season.*



PHYSICAL WARMUP



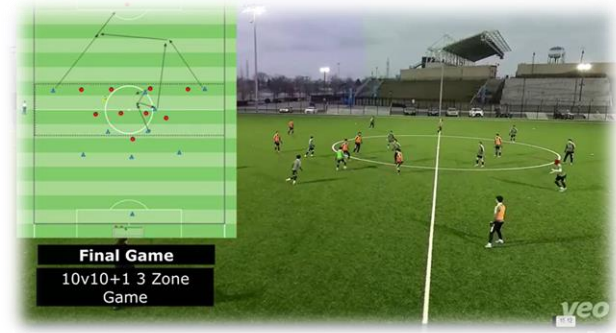
TECHNICAL WARMUP



POSSESSION ACTIVITY



SMALL SIDED GAME



FINAL GAME

