

SOCCERATES GUIDE FOR KIDS



Belief



If kids believe in the coach, and the coach believes in the kids, the kids will believe in themselves.

Before you know the game, you must know yourself.

How good you are depends on how bad you want it.

You need to move if you want to improve. You need to believe if you want to achieve.

Kids achieve because they don't know what they can't do. Adults give up too easily because they know what they can't do.

Some kids believe they can't achieve without a top coach. It never happens. Some kids believe they can achieve with a top coach. They wait for it to happen. Some kids believe they can achieve without a top coach. They make it happen.

Bullseye

Professional marksmen don't aim for the target. They aim for the bullseye which is the smallest part of the target.

Calling

When you open your mouth, make sure something good comes out of it.

Challenge

Sport should be a challenge. Always practice what you can't do not what you can do.

When we turn a problem into a challenge, it's no longer a problem.

Coaching



A good coach tells kids **what** to do so that they can follow instructions. A better coach shows kids **how** to do it so they can practice on their own. The best coach explains **why** they do it so that kids can decide for themselves **when** and **where** to do it in a game.

When kids kick the ball, look at their eyes. When kids head the ball, look at their feet.

The best coaches don't cram a lot into their players but they get a lot out of them.

Confidence



When I was a kid, I always thought I was wrong, but I was wrong.

Some kids look at a challenge and can only see a problem. Freestyle kids look at a problem and can only see a challenge.

Go as far as you can and from there you can see a lot further.

A lot of kids make mistakes because they worry about making mistakes. Tell them to make as many mistakes as they like and they stop worrying. When they stop worrying, they stop making mistakes.

Control

Some kids just need a good kick.

You only have a weak foot if you don't use it. When you run, one foot is just as strong as the other.

Real players follow the rules about kicking balls. Unreal players learn how to bend them.

A one footed player doesn't have a leg to stand on.

First Five

The first five minutes of anything we do is full of mistakes. That's human nature and that's how we learn. Too many kids give up in the first five minutes. If you keep going, your skills will improve.

Freestyle Kids

Freestyle kids look for more ways, better ways, faster ways, smarter ways, sharper ways and different ways to improve their performance.



Future

The future of Soccer is great because there's so much room for improvement.

Each generation is smarter and more talented than the previous generations. We need to discover them as early as possible.

We need to look at what we do and wonder why and then look at what we don't do and wonder why not.

Improvement

There isn't one kid we can't improve in 5 minutes just by learning about them and activating the natural skills that all kids have.

There's a key to every kid and a drill for every skill.

In Zone

Intelligence, innovation, intuition, initiative, inspiration, integrity.

Juggling



The secret to juggling is as simple as walking and running. You just need to alternate your feet, so that you retain balance with each step.

You don't need juggling skills to play Soccer but you need Soccer skills to be able to juggle. Juggling helps you develop Soccer skills.

Key Elements

There are 10 key elements to activating your natural skills: footwork and vision, power and precision, movement and decision, belief and repetition, challenge and intuition. You can't help getting better.

Learning



I used to know everything but now I know better.

The more we learn, the more we discover how little we know.

We can teach the same every day or learn something new every day.

If we can develop intelligent, talented kids to suit a system, we can develop an Australian system to suit the needs of Australian kids.

The quality of coaching isn't measured by what we teach kids but by what they learn. These are not always the same thing.

A trained mind sees what it's trained to see. An open mind observes and learns.

An untalented kid who wants to learn it all is more valuable to the team than a talented kid who thinks he knows it all.

Motor Skills



Striking a ball is a simple motor skill just like walking and running. We develop motor skills at three levels. At the cognitive (conscious) level, we have to stop and think about it. At the associative (familiar) level, we become more comfortable with the skill. At the autonomous (intuitive) level, we can do it without thinking. That takes practice.

Natural Skills

Natural skills are looking, listening, calling, thinking, remembering, understanding, making decisions and moving. Use them or lose them.

You need your Soccer skills for the 5% of the game when you have the ball. You need your natural skills for the other 95% of the game.

The real aim of Soccer is to teach kids to think for themselves.

The most difficult skill in Soccer is making the right decision.

We all have eyes, ears, mouths and minds. We just need to open them.

Obstacles

There are only four obstacles to your improvement and they can only come from you. These are ignorance, laziness, selfishness and fear. You can overcome these obstacles by developing your intelligence, motivation, sportsmanship and confidence.

Trying not to lose the game is not the same as trying to win the game.

A loss just means that we need to do more next time and we need to do it better. We should never blame anyone else or look for excuses.

Playing



There are only 3 players in Soccer; the ball player, the support player and the defender. Keep it that simple and the rest will fall into place.

A slow player who moves around will beat a fast player who stands around.

Do the difficult things well at training and the simple things well in a game.

The quality of ball control in a game depends on the quantity of ball control at training.

Force is the default option kids use if they lack the skill or confidence.

If we need to rely on the referee to win the game, we weren't good enough in the first place.

Scoring Goals



If we lower the bar too much, nobody will be able to score goals.

When you eliminate distractions the goals become a lot clearer.

The secret to shooting is technique. The secret to scoring goals is vision.

Aim big and you miss big. Aim small and you only miss small.

Freestyle strikers learn how to finish because they know where to start. Power shooting practice begins with timing in the 6 yard box.

Talent



We all have talent. It's what we do with it that really counts.

The greatest talent kids have is a willingness to look, listen and learn.

Show me an untalented player and I'll show you what you're missing.

Skill comes from the coach. Talent comes from the players. If we teach kids we can develop their skill. If we learn about kids we can develop their talent.

If we believe kids lack skill, we've got a lot to teach. If we believe kids lack talent, we've got a lot to learn.

Training

Ordinary training produces ordinary players. Extra training produces extraordinary players.

All kids are different. All kids have talent. All kids make mistakes. All kids can practice. All kids can improve. All kids need is a ball.

We need to put the fun back into the fundamentals.

Coaches teach kids how to kick and shoot. Freestyle kids want to learn how to pass and score goals.

Good players train when told to. Great players train when not told to.

Kids aren't impressed by Best Practice. They want better practice with more balls.

A team coach prepares a player for one season. An individual coach prepares a player for all seasons.

If kids have the will, and the coach has the drill, they can develop the skill.

200 Touches



You need at least 200 touches of the ball before your control becomes second nature. First touches will be too hard or too soft, too fast or too slow, too early or too late, too high or too low, too left or too right.