



Lexington United Soccer Club

# Rising 3<sup>rd</sup> Grade Parents Meeting



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Lexington United Soccer Club, DOC	Jan 2006 to present
Region 1 Olympic Development Staff	July 2015 to 2017
MA ODP Head Coach	2011, 2012
NCAA DI to III Collegiate Coach	1995 to 2005
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# What you will learn tonight

- **Fall of 3<sup>rd</sup> Grade (Increased commitment, changes to the game format, player rotation)**
- **Spring of 3<sup>rd</sup> Grade (In-town vs. Travel)**
- **Skills Academy**
- **LPDA**
- **Philosophies of the club**



# K-2<sup>nd</sup> at Diamond





# Why No Travel In the Fall?





# Increased Commitment

## Three Weekly Events

### Game:

Focus on Performance not results

### Pro Practice:

Long term development, building the foundation of the player

### Team Practice:

Allow for extended play. Make it directional







# Fall Logistics

**Typical Kick-off times:**

**Saturday**

**9:00am**

**10:30am**

**12:00pm**

**Pro Practice@ Diamond:**

**Monday**

**5:30 to 7:00pm**

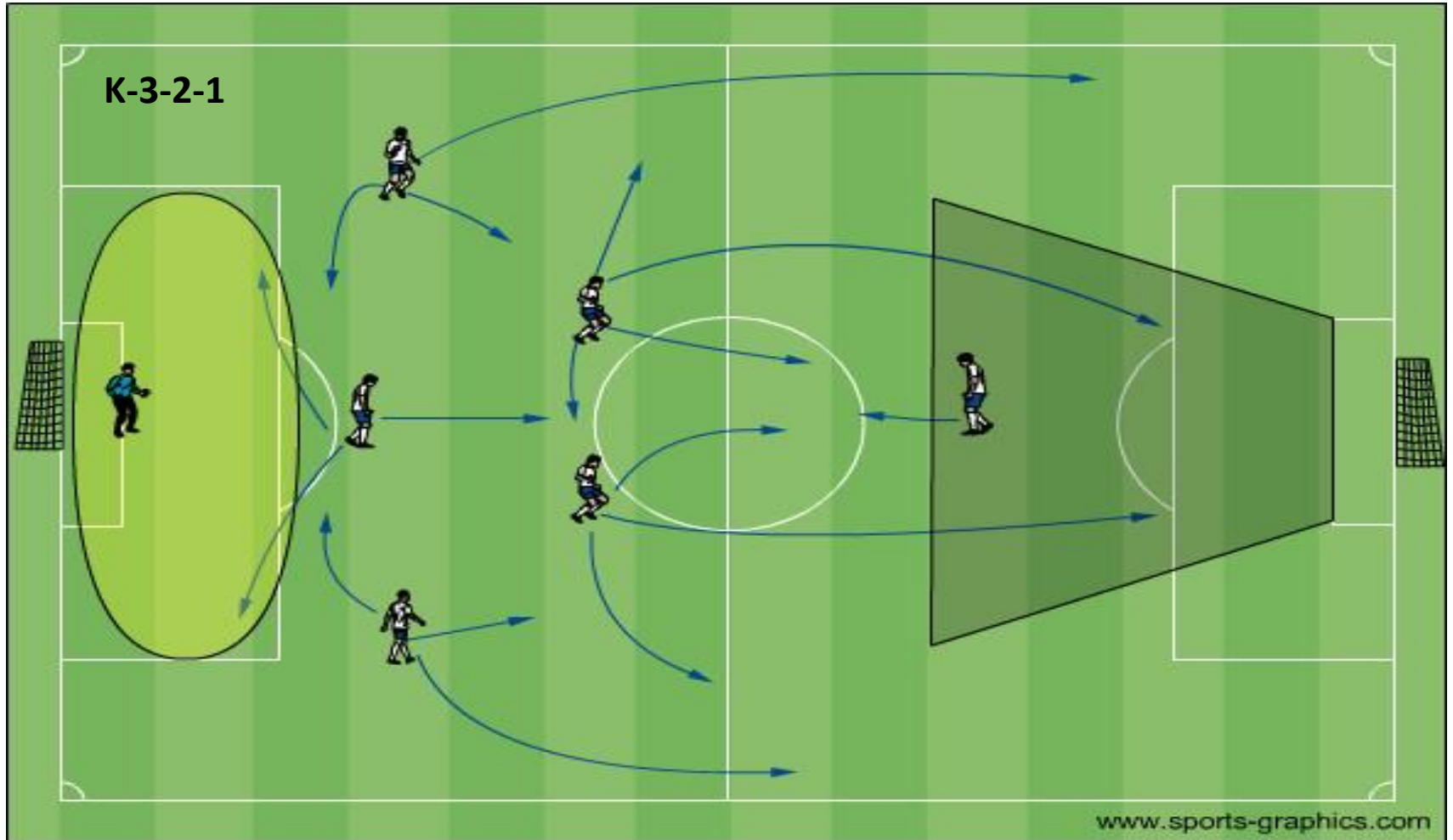
**Demo**

**5:30 to 5:45pm**





# 7v7 Positional Demands







# Player Rotation

## Player Rotation Consideration

### Reasons to Rotate

Playing at the Back, Dealing with “Talented” Players, Appreciation for Teammates and Roles within a Team

### Potential Pitfalls of Player Rotation

Flow of the Game, Learning to Play While Fatigued, Reinforcing Coach’s Feedback

### Recommendations

Reduce Number of Substitutions, Rotate at Half, Rotate Game to Game



# Spring of 2020 Choice

## In-town

**Balanced Teams**

**No Standings**

**All Games in Lexington**

**Friendship Requests**

**1 practice**

**Saturday Match**

**Volunteer Coached**

## Travel

**Skill Based**

**Standings Kept**

**50% Games in Lexington**

**FR not considered**

**2 practices**

**Saturday Match**

**Volunteer Coached**



# Travel Team Formation





# Skills Academy

**The LUSC Skills Academy is:**

- **100% professionally coached**
- **Run gender specific**
- **Training groups tiered by ability**
- **Thursday 4:00 to 5:15pm training**
- **Seasonal sign up (Fall/Winter/Spring)**

**Who's Eligible?**

- **3<sup>rd</sup> through 5<sup>th</sup> Grade Lexington Players**



# Skills Academy

## Why a Skills Academy?

To provide LUSC children with a yearlong technical development plan under weekly professional supervision for committed and interested LUSC U9-11 players.

## LUSC Skills Academy Goals

- Improve Players Perception
- Decision Making
- Execution

The player on the ball has 3 Phases he/she must process and execute each time he/she is in possession.

- **Perception**- What is happening? Your eyes need to observe everything.
- **Decision Making**- What to do? Plan, judge, decide.
- **Execution**- How to do it? (Technical ability is the number one focus of our training program)





# LPDA Bolts



## What is the LPDA Bolts?

- The LPDA is a player development academy. The entire focus of the coaching staff will be to train players to play the game of soccer at a high level while promoting development and enjoyment.

## Who's Eligible?

All Lexington United Players born in 2009 to 2002 (U11-U18)

## The LPDA Is a Select Team

- Tryouts
- Invitation

## Why the LPDA?

- To provide Elite training under professional supervision for the serious player
- Give players an alternative for continued development beyond travel soccer, while remaining true to the LUSC philosophy
- Provide Lexington families with a local alternative to Premier Soccer Clubs.
- Continue to develop Lexington players within our soccer community



# LPDA



**The LPDA Bolts is a Member of the New England Premiership (NEP) League which is an affiliate of US Club Soccer.**

**A U11-U14 LPDA Bolts player will have:**

- approximately 50 professionally led practices throughout the year
- 25 professionally coached matches
- a season ending tournament





# TOPS- The Outreach Program for Soccer



# LUSC Philosophy



*To develop lifelong soccer players among  
Lexington youth.*



# Lexington United Soccer Club

- To have fun playing
- To build friendships
- To instill the values of sportsmanship and fair play
- To be active and healthy
- To acquire new skills
- To learn to deal with both success and failure

What are we trying to accomplish here?





# Game Day



*“The health of the team is reflected in the face of the coach”*



# Responsibilities

## The Coach's Responsibilities

Be A Role Model

Have Perspective

Prepare Training

Execute Training

Game Day Coaching

Manage Parents

Set Boundaries



Do your Best!

Be a Great Teammate!



# Perspective

***“We want our kids to win, we want our kids to want to win, but there are no consequences for not winning.”***

Romeo Jozak, Ph.D  
Croatian Football Federation  
Technical Director





# Fixed or Growth Mindset

**Carol Dweck**

*"You must be smart at this"*

*or*

*"You must have worked really hard"*

**Fixed Mindset**

Must be perfect

Fear of failure

Qualities set in stone

**Growth Mindset**

Continuously learning

Willing to try

Qualities are malleable

**Praise Effort not Talent!**





# Coach Growth- “Fail Better”



Welcome the  
First Mistake!





# Zero Tolerance



**THANKS DAD**

You think you're 'supporting' your son. His team-mates think he's a loser because his Dad mouths off from the sidelines.

**Are you losing it?**

**Respect**





## In House Education

### **Introduction to Coaching Course (Fall)**

- Why kids play, how kids learn, age appropriate training, economical training, how to build a practice plan, club philosophy, communication with players & communication with parents

### **Coaching 3rd Grade Soccer (Spring)**

- The player centered approach, rules of the game, practice planning & what type of coach do you want to be?

### **Coaching Demonstrations (3rd through 8th grade)**

- Field demonstration by DOC & ADOC
- Topics covered: technical and tactical exercises Q & A with DOC & ADOC



**In House  
Education**

## **Exercise Database**

How to Build a Practice Plan User Guide:

<http://lexingtonunited.org/list-of-exercises/>

**Coaching Manuals** (U9/10, U11/12, U13/14)

**Coaching Videos**

<http://lexingtonunited.org/category/blog/videos/>

**Coaching Blogs**

<http://lexingtonunited.org/category/blog/>



**Thank You for Attending**