

**How To Make
Training Fun**

**How To Improve
Players' Skills**

**How To Teach
Drills Properly**

**How To Motivate
Soccer Players**



Youth Soccer Coaching Manifesto

A Successful Youth Soccer Coach Was Just A
Coach That Did The Right Things...

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EXPERT SECRET, LDA.

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Forward

Andre Botelho's Advice Has Made All The Difference In The World To Our Team... The Kids Are Having A Blast!



I have been using Andre's program with my U10 team for about two months. I decided to use it because my son's team needed a coach.

Knowing that I am not a soccer player, I decided to research soccer training drills and exercises online, that is where I found his program.

I have to tell that most of the other coaches think I am crazy, using so many different methods and games to help the kids.

But I am convinced that Andre Botelho's advice has made all the difference in the world to our team. We have had two games so far and we won both, they were shut-outs. I guess the other coaches won't think I am crazy now.

The kids are having a blast, and every week I hear more and more how they want to be at practice, and can't wait to see what coach has for them today. These kids love the games and fun drills too! He has made the best system ever. I keep it with me all the time.

Thank you so much.

- DeAnna Monette (Crestview, Florida USA)

Andre Has Extended My Coaching Career For Another 17 Years

Andre's coaching programs are outstanding!

In all of my years of searching the web, I've never located a web site which techniques, demonstrations, coaching philosophies and drills were exactly what I was looking for.

Andre has extended my coaching career for another 17 years. Thank you so much to make this available to coaches of all levels. In my experience, the materials he provides can benefit coaches from youth programs to college teams. I highly recommend his programs to any coach who wants to do it the right way.

- Alan Gordon (Maine, USA, NCAA DIII Youth Coach for 17 Years)

The “Secrets” To Becoming A Successful Youth Soccer Coach

What you now hold in your hands is just a snapshot of my two years of extensive research and testing with many of today’s top youth soccer coaches.

Up till now, this information has been closely held and only available to a select group of people who were accepted as clients to the Internet’s most successful soccer coaching system. Well known youth coaches (some of them experts who would prefer to remain anonymous) have paid upwards of \$5,000 to have me remake, remodel and redesign their coaching programs.

I *strongly* suggest that you print this manifesto out right now, and read it immediately.

Plus, there’s a special cartoon on page 16 that I suggest you print out and hang near your workspace. There’s a very big idea inside it and many youth coaches have changed their coaching lives forever once they grasped the concepts you are about to receive right here for free.

Who Is Andre Botelho?

You might know me from the work I did with some of the top youth coaches in the world. Then about a year and a half ago, I disappeared from the limelight and began working on a unique soccer coaching system that has become quite famous in the upper-echelons of youth soccer coaching.

If you’re an online youth soccer coaching “insider,” chances are you’ve heard of my client’s successes, and the phenomenal results they’ve been getting. I’ve been around for quite a while, yet I seem to be a mystery man to youth soccer coaches who aren’t on the “inside”.

That’s because, for the last 2 years, I’ve been working *behind the scenes* with youth soccer coaching experts. Until recently, I purposely avoided the spotlight and *all* online publicity... despite being one of the world’s most successful and sought after youth coach’s coaches.



Andre Botelho, *Founder*
SoccerDrillsTips.com
Expert Secret, Lda

I still feel awkward when I have to bring it up (and I tell you this only because it’s important to help you understand how powerful the coaching methods I am going to reveal to you are)... but my accomplishments have become somewhat *legendary*:

- I have already helped thousands of youth soccer coaches to get their 'coaching act' together, both on the Web and offline, in every different country, age group and skill level you can think of...
- I remain the ONLY world-class expert youth coach to offer both personalized mentoring... and also do-it-yourself "learn at home" options that influence well over 15,000 coaches a year with my coaching philosophy and strategies.
- As an expert youth coach's coach and soccer coaching strategist, I am routinely paid no less than \$997 a day per personal and club projects – and over 80% of all private clients utilizing me once do so repeatedly.
- And I offer youth soccer coaches and parents of all levels worldwide a complete, no-risk opportunity to [see everything for FREE](#), if they choose.

After playing soccer for 15 years at the Portuguese Soccer Federation (*Federação Portuguesa de Futebol*), I have also coached youth teams of all ages ranging from U4 to U18, that allowed me to test and perfect all the coaching secret drills, strategies and methods I'm about to reveal to you.



Bottom line, I know how to dramatically improve young players' skills, motivate them and make training more fun and interesting... in record time. I've been doing it for myself for the past 6 years, and I've also been helping thousands of coaches doing the same online since February 2006.

Why Are These “Secrets” Being Shared?

I have already told you that for the past two years I've been involved in building a 'special' soccer coaching system.

What I didn't tell you yet was that it was all for a bigger purpose. I went into coaching with a vision of a perfect soccer coaching system I wanted to create.

I wanted to create a system that would allow any youth coach to dramatically improve their players' skills, keep their attention, focus and interest during practice sessions, motivate them the right way and also make training FUN and enjoyable!

I have now achieved my vision. But, I recently entered into a partnership that is going to force me to radically scale back the number of hours I dedicate to my 'on the field' coaching activities. What this means is, aside from a select group of clients, most youth soccer coaches may never get the chance to be personally coached by me ever again.

That's why I decided that it was time to get this information out there for everyone to benefit from.

The Reason Why Most Youth Soccer Coaches Fail

I just got back from a recent youth soccer coaching conference. It was great seeing all the familiar faces, current clients and having the opportunity to make new friends.

But every time I go to a coaching event I am struck by how almost everybody in attendance is approaching their coaching activities the wrong way.

Lack of knowledge to make and keep practice fun and enjoyable for the kids is really the primary cause for failure as a youth soccer coach, it's sad. It's the reason why the overwhelming majority of youth coaches and volunteer parents will fail, even if they buy lots of products, study them religiously and work extremely hard.

I'm going to address the issues I see, because I know from past experience that my unique perspective can really make a tremendous difference in your coaching life, as it has for many of my coaching clients. I cannot sit on the sidelines anymore and allow so many dreams fall by the wayside due to a misunderstanding of how successful youth soccer coaches are 'built'.

SoccerDrillsTips.com
Coaching
Program

A **proven system** that allows smart-but-overwhelmed youth soccer coaches to quickly **explode their players' skills, motivate them and make practice more fun.** So their players can finally start **enjoying and loving the game.**

This Manifesto exposes these issues, one by one, and you will gain clarity about your relationship to your coaching style and your players (and how to improve it) that you've never had before.

To kick things off, I'm going to show you how my clients became successful youth coaches, and I'm going to reveal some of the exact concepts that are responsible for it.

But first, let's take a look at where youth soccer is today and put it in perspective with other youth team sports...

Putting Youth Soccer Coaching Into Perspective

Before we dive into the advanced coaching strategies, we need to step back and put youth soccer coaching into perspective. You need to see how it fits into the larger world of "sports." Looking at how team sports in general evolve in will give you some idea of where the current state of youth soccer is, and how it's changing. Understanding the current state (maturity) of youth soccer is critical to your long term success as a youth soccer coach.

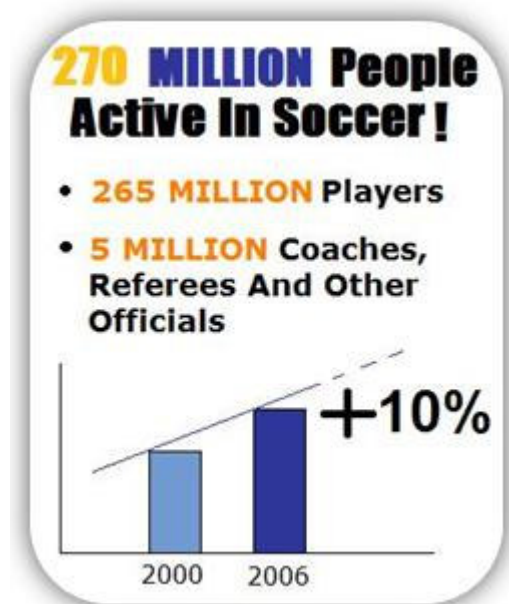
First of all, youth soccer is heating up again. In fact, last week I was reviewing some of my recent research and I came across these amazing numbers that should definitely make you stop to think for a minute.

There are more than 265 million soccer players (90% male and 10% female) worldwide – and 270 million people are actively involved in soccer, if coaches, referees and other officials are included (that's 4% of the world's population!).

These are the significant main results of a survey conducted by FIFA in 2006 with the help of its 207 member associations.

The figures represent a 10% increase on the first survey that used the same criteria back in the year of 2000.

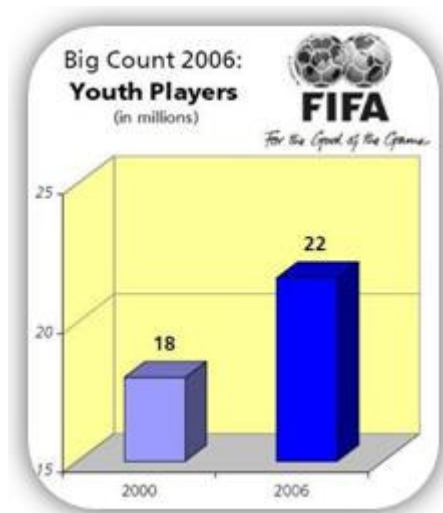
The growth in women's soccer is particularly striking, with the number of registered players going up 54%. The number of coaches and other technical staff increased 17% in six years.



When it comes to youth soccer, as you can see in the graphic at the right, youth players have increased 22% from 18 million in 2000 to 22 million in 2006.

That's a HUGE growth rate. Four million new youth players that need coaches to teach them the game. That's why there is so much demand for coaches right now.

Youth coaches and volunteer parents need to be prepared for the 'job' faster than ever before, and that's why this is the best time to start learning how to coach youth soccer properly.



And the good news is that you *still* have time to get on board and become a better youth coach. But let's look at a few obstacles that currently stand in your way...

Obstacles To Achieving Your Youth Coaching Success

Now that you know how youth soccer is evolving, and that you must be focused on becoming well prepared to teach youth soccer the right way ASAP, let's take a look at the obstacles you might face in actually coaching youth soccer successfully.

By exposing and eliminating these problems, you'll be able to improve your players' skills and make training more fun faster (and easier) than you ever thought possible. These are the same overriding concepts that ultra-successful youth coaches understand and operate on.

The format of this section will be similar to a medical diagnosis. You'll see the problem, its symptoms, causes and an overview of the solution. Let's take a look at one fundamental problem most youth soccer coaches experience.

Symptoms: Players lose interest, get easily bored or quit playing

Cause: They were not having fun anymore

Coaching Problem: Lack of knowledge on how to make training more fun, interesting and enjoyable

The very first obstacle we need to look at is you and your way of thinking and understanding what's happening in your player's minds right now. You need to get inside their heads... walk in their shoes... identify their problems and what's causing it. Only then you can grab the 'cause' by the throat, cut it off and 'kill' it!

So let's dive in. Let's go deeper in finding out what your kids may be thinking of you as their coach right now.

There are 30-40 million kids playing organized youth sports each and every year.



In 2001, the National Alliance for Youth Sports released a study, indicating that 70% of American kids playing sports quit by the age of 13, because, in their words: "it wasn't fun anymore."

The Youth Sports Institute at Michigan State surveyed 10,000 kids nation-wide and the top two reasons why kids quit organized youth sports are:

1. They lost interest
2. They were not having fun

But there's more... another study conducted and presented in a paper to the American Alliance for Health surveyed 1,183 youth players ages 11-14, and 35% of them said they planned to stop playing the next year. The same researches surveyed the parents of 418 kids aged 6-10, and 50% of those parents said their child was not interested in sport anymore and would stop playing.

Let's face it, these numbers are crystal clear in indicating that something is wrong about the way the overall majority of youth soccer coaches are teaching soccer to the kids at this moment.

Clearly, it is not serving kid's needs. These stats expose the myths about youth soccer being fun for everyone, educational, character building, providing a foundation for long term exercise and physical activity, foresting teamwork and developing self-confidence.

All these 'findings' are real proof that a significant percentage of youth soccer coaches have failed... until now.

How To Make Training More Fun For Your Players

If the stats above aren't enough to stress the importance of making training fun for the kids and keeping it that way long term, maybe what I'm about to tell you will do the 'trick.'

We already know from the numbers above that the main reason why kids quit soccer is because it was not fun anymore well, guess what? Did you know that the #1 reason why kids participate in soccer is "to have fun"?

That's right, Athletic Association Survey of over 20,000 kids nation-wide asked each and every one of them "Why do you participate in sports?" And here are their top 10 results:

1. **To have fun**
2. To improve their skills
3. To stay in shape
4. To do something they are good at
5. The excitement of the competition
6. To get exercise
7. To play as part of a team
8. To challenge of the competition
9. To learn new skills
10. To win



It's also a fact that 65% of kids participate in soccer to be with friends. So think with me here, if their main reason to play soccer is to have fun and 70% of them quit by the age of 13 because they're not having fun anymore... I mean, are you surprised?

Well, I'm not.

I hope everything makes sense now on why it's absolutely critical to make and keep practice sessions fun and enjoyable for your players.

This is also why in [my new soccer coaching system](#) I've been testing and developing with my private clients for the past two years, all drills were designed in a 'make it fun and enjoyable' way so that your players can learn and have fun at the same time.

Your goal as a youth soccer coach should be to give your players the skills and tools for success, not to try to have them play like professionals or bore them to 'death.' Coaching is a serious responsibility, and making practice fun should be your top priority.

It's also very important that you have fun too and feel passion for what you're doing. When this happens, your players will reflect your own attitude. If kids are not enjoying themselves, you'll be more likely to contribute negatively for that scary percentage of drop outs.

Are You 'Listening' To Your Players?

If you want to find out if your players are enjoying your practice sessions, you should listen to them. Here's something I always do when I'm working on my client's teams and I highly recommend you do the same.

Once every three months, at the end of the training session, I distribute to each player a piece of paper with a list of questions. Then I tell them that I'm working on improving and making coaching sessions more fun and productive, and I ask them to answer a few questions that will help me do that.

I also mention that this survey is totally anonymous, so they can be 100% honest and not worry about offending someone, saying something “silly”, or typos. Next, I put a black bag in the corner for them to place the answers on their way out.

To motivate them a little, you may also say that you’ll implement the three best and most creative suggestions. Finally, I walk away with the other staff members and give them all the privacy they need.



I’ve never heard of any other coach doing this, so I think that makes me the first to implement this kind of ‘kid’s survey’ feedback.

This is really powerful. Here are some of the questions you can ask in this survey to get the most out of it:

- What’s your favorite soccer team? *(Always start with a general question like this – it really breaks the ice and makes them feel more comfortable right from the start)*
- What do you like MOST about your practice sessions?
- What do you like LESS about your practice sessions?
- What could we add/change to make your training sessions more fun?
- What is your single most important question, issue or problem when it comes to practicing soccer?
- If you could have me locked up in a cage, creating a fun practice session just for you, what would you ask me to create?
- If I was the 'Genie Of The Lamp' and you could ask for a last wish: a 'Perfect Fun Soccer Practice Session With Your Friends', how would you describe it? *(Explain all the activities in detail that would make this practice session perfect for you and a dream come true)*
- What skills would you like to learn more about or improve?
- Why did you join us to play soccer?
- What can we do to make you feel better at practice?
- What main goal would you like to achieve by playing soccer?

- How would you rate your current coaching sessions: “very bad”, “bad”, “ok”, “good” or “very good”? (*This will give you a good perspective of how they feel right now*)
- Got anything else you'd like to say to me?

It's pretty incredible the feedback you can get by asking the right questions. You'll be amazed with the ideas you'll receive from your own players and the fantastic things you'll discover about them that you never thought of before.

Important: After you collect this valuable information, use it and **TAKE ACTION!** It's very important that you implement some of the suggestions as promised, and make sure you let them know when you do it. If you simply ignore it and do nothing, they will never trust you again and you'll lose their confidence and respect.

They are eager to tell you what they think about your coaching sessions. So let them do it. In one survey, teenagers gave more suggestions about coaches making sports fun than for any other activity discussed. They also felt that it is important that a coach have a good sense of humor, and the more a coach becomes engaged with the kids the more they will respond to his direction.

How To Develop Your Own Coaching Philosophy

Developing your own coaching philosophy based on the right principles is very important. You are the coach, mentor and educator, and your primary goal should be to make sure your players get exactly what they 'signed up' for.

Your coaching philosophy should have a strong foundation and be focused on player development. Start with coaching activities that focus on the involvement of all kids with a ball to ensure that everyone has fun and feels part of the group.

The coaching sessions should also be structured to create success, which will lead to further enjoyment. I can guarantee you that if your players are having fun, they will learn more. You must establish a good learning environment and give positive feedback to your players and be enthusiastic and excited about coaching. The players will feel your passion and feed off your enthusiasm.

For them you are the leader and so you must act like one and be a good example. You're like the 'big boss' of a small army of kids, so if you want your 'troops' to follow your orders, they need to feel that you are a natural leader to them.

So, one of the best ways to be a role model is to lead by example. You should be extremely professional. That includes knowing what you're doing, be prepared, be fair, well informed, organized, courteous and dress appropriately.

Another big responsibility of you as a coach is to understand the players' reasons for playing the game. That's what we've been discussing so far. If you want to have success, you must know what your players want to achieve... and give it to them, on a 'silver plate'. That's how you become successful.

Never forget that they are playing the game because they want to have fun. If that's their primary reason for getting involved, put yourself in their shoes. If you were a player and you wanted to have fun and your coach was just worried about winning at all cost, always using the same and old and boring exercises, played favorites, even when these so called 'stars' didn't deserve to play in the first place... how would you feel as a player?

Kids aren't professional players, they are just kids who want to love and enjoy the game of soccer by playing with their friends. Many of them are scared away at a young age because youth coaches forget the most important element - the fun factor. Most kids who have a bad experience playing soccer when they are young will never return to the game again and this beautiful game has just lost these kids forever. Now, how does that make you feel as a coach?

Too Much Emphasis On Winning Leads To Failure

You already know that the first challenge of a youth soccer coach is to make training more fun and enjoyable for the kids. Now let's focus on the second biggest problem facing any youth soccer coach and one of the main causes of failure.

Symptoms: Players feel the coach plays favorites or too much pressure on them

Cause: Too much emphasis on winning

Coaching Problem: Failure to balance Winning vs. Fun

Let's go back to the main reasons why kids quit playing soccer for a while. If you remember, the first reason why they quit is because they weren't having fun anymore. The second reason why kids quit playing the game is in their words: "The coach played favorites". This is also related to other two of the top 10 reasons why they quit: "Too much emphasis on winning" and "There was too much pressure".

A deeper research on this subject found that 21% said they had been pressured to play with an injury, 71% said they wouldn't care if no score were kept in their games and 41% said they have awakened in the night worrying about upcoming games.

Another study revealed that 95% would rather have fun than worry about winning and 90% said they would prefer to be on a losing team if they were able to actually play rather than warm the bench on a winning team.

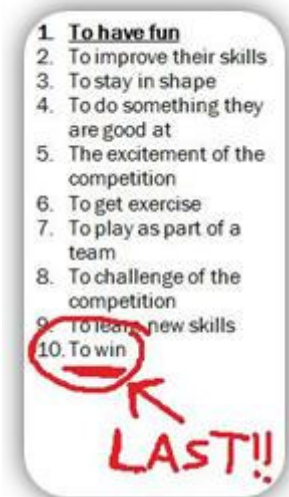
And let's find out what 400 parents said about this subject at the National PTA Convention:



- 84% of parents believe that youth athletic programs place too much emphasis on winning
- 56% said the biggest negative is that sports are too competitive
- 50% said they would like to see coaches be less focused on winning

If all these stats aren't enough, let's quickly bring up again the top 10 reasons list why kids participate in youth sports, just to show you something. Guess what? "Winning" was LAST! To win is only the reason #10 why kids play soccer, so why would you try to make it #1?

This over-emphasis on winning in youth soccer, places great pressure, not only on your players, but also on you as a coach. Although the lessons learned through competition are important, it is of greater importance that you focus your teachings on the fundamentals of the game and the physical skills necessary for the future. Too much pressure at an early age can kill the enjoyment of soccer in the kid, and lead to low retention rates.



Too much emphasis on winning can also result in scheduling too many competitions and games. If there's no balance between competition, practice and other activities, this is not in the best interest of your players. As a youth soccer coach, you must understand that the process is more important than the outcome, and that "winning" is great, but it's much more important that kids feel good about themselves and are happy and involved.

In one other survey, only 9% of the kids said that winning should be a coach's highest priority. If you are able to put aside the win-lose mentality and put your focus on your player's needs, you and the kids will actually begin to win more.

What Winning Really Is And How To Measure Success

Here are a few questions you should ask that will help you know yourself a little bit better and understand the coaching orientation you've been following so far:

- What is your definition of winning?
- What exactly is winning for you?
- How do you know if you're winning or not?
- How do you know if you won and when?

These are important questions that may have different answers depending on your own definition of “winning”. This concept has already caused many discussions in the youth soccer coaching community. After all, how should a youth soccer coach measure success?

Especially at youngest ages, coaching success should not be measured in “X” number of wins and “Y” number of losses. The overall majority of youth soccer coaches use this as their yardstick (or their coaching “Philosophy”). In terms of measuring your success as a coach, I would recommend that you consider these four areas:

1. How much are your players enjoying the game and having fun? *(You can survey them to measure this. See suggestions on page 11.)*
2. How much are the skills of your players developing? *(Use player evaluation forms with stats to keep track of their progress)*
3. How is their character and personality evolving as young men or women? *(Use your own observation skills, get to know your players better and talk to their parents)*
4. How much enthusiasm and excitement are they showing toward the game? *(Use your own observation skills and be alert)*

You should concentrate on getting 100% out of your players by making practice enjoyable and fun and de-emphasize winning or losing. Many times, losing a game doesn't necessarily mean a team is “not winning” or not succeeding. You can play well and lose, just as you can play poorly and win.

The game can go wrong but you can feel that your players had a blast and enjoyed every minute of it, and you can also win without ‘soul’. Your team knows after a match whether they won or lost. It's your job, as coach, to tell them how they played the game. Let them know that what matters at the end is ‘HOW they did it’ and not ‘WHAT they did’.

Always keep in your mind that success is never final. Success is not a destination... it's a journey. Don't ever forget that achieving success as a youth soccer coach is a continuous process, and we all want this long ‘journey’ to be enjoyable and pleasant for everyone ‘travelling’ with us (including ourselves).

The failure to balance “Winning vs. Fun” is probably one the biggest challenges facing any youth soccer coach today. A big percentage of them adopt as a coaching philosophy “win at all costs” – and this is costing us all too much: running off marginal players, sweating down overweight kids, breaking rules to gain an unfair advantage and the worst of all, feeding the big percentage of 70% of kids that quit a game they were suppose to love.

I trust you to make a difference in your player's lives in a way far more meaningful than just wins or losses. I trust you to teach values like sportsmanship, teamwork, discipline, integrity, respect, perseverance, fairness, honesty, leadership, collaboration, passion and friendship.

IMPORTANT: When I say that your coaching philosophy should be based on making practice fun, DO NOT confuse this with focusing SOLELY on “having fun” either. If you do that, it can become a worse problem for you. I have coached hundred of youth coaches worldwide and I’ve seen many that ONLY cared about ‘fun’ and totally forgot about stressing the fundamentals like hard work, discipline and being competitive and exigent. These “fun-only” coaches allow everything on their coaching sessions, and they suffer hard and rarely win games or the respect of their players. This can lead to players getting hurt, hard-working players losing interest because of not getting recognition for their hard work and seeing no punishment for those messing around little ‘hooligans’ that destroy the harmony of the group or skip practice. You need to find the right mix and I’m sure you’ll be rewarded.

Why Youth Soccer Coaches Need Help

Let’s quickly recap what we covered so far. We already talked about the importance of making sure your players have fun while practicing and the dangers of over-emphasis on winning. Now let’s focus on the third biggest cause of youth soccer coaching failure.

Symptoms: The coach doesn’t know what he’s doing or he’s a poor teacher

Cause: Lack of knowledge on the part of the coach

Coaching Problem: Coach not seeking help or specific training

Here’s why I selected the image below for the cover of this manifesto. These are important questions that constantly pop up inside our heads as youth soccer coaches, and the problem of not knowing how to solve these issues is directly related to it. Without the proper help and training is difficult for the coach to know the answers to all these questions and how to implement solutions in the field.



Many coaches don't seek any type of coaching help and I'm sure that's one of the major causes responsible for the impressive stats I've been showing you until now. But it doesn't stop here, so let's take a look at the facts:

- There are 2-4 Million coaches – less than 20% have received ANY type of training!
- 85% of these coaches are dads coaching their own children;
- 500,000 high school coaches – less than 8% receive specific education to coach.

In other study, I found that coaches received a varying degree of support from assistants, team managers, and parents. While 74% of coaches had help from assistant coaches, 17% had to coach the team without any help from their assistants. In addition, 27% of coaches had no team managers. These numbers are self explanatory and help us understand how youth soccer coaches are using outside assistance.

As a coach you need advice on how to handle kids, how to motivate them, how to teach the right drills and do it properly, and also how to deal with their parents.

One of the hard tasks that a youth soccer coach will face will be how to motivate the players the right way. [In my new soccer coaching system](#) I spend a significant amount of time on these topics because they are very important.



Just make sure you share your time equally with all your players in practice and on the field. I'm sure you have kids with different skill levels ranging from beginner to advanced, but even if a kid doesn't have a natural gift for soccer, there's always space for improvement and you should still integrate them into the team. This will boost the kids' spirit and establish you as a fair person and someone that cares. So now let's analyze what kids and their parents may be saying or thinking about you at this exact moment.

The reason #3 why kids quit playing soccer is in their words "the coach didn't know what he was doing!" It's also interesting to observe that 45.3% of all kids surveyed said they had been called names, yelled at, or insulted by coaches. And when we check the reasons why they participate in youth soccer, the 2nd reason is "To improve their skills", the 3rd "To stay in shape" and the 6th "To get exercise". How are they supposed to achieve all these goals if the coach doesn't know 'how to do it'?

And here's what parents have to say, that can also help us understand and proof my point here:

- 64% of parents say their children have been dissatisfied with their sports experience
- 92% felt youth programs were important to the overall development of their children
- In USA Today national survey, here's how parents rated coaches:
 - 19% were rated being "excellent"
 - 55% were rated being only "good"
 - 22% were rated being "fair"
 - 3% were rated as being "poor"

According to these numbers, 1 of every 4 youth coaches is less than good as seen by parents and more than half were only seen as good. You must agree with me that these aren't extraordinary results.

I must be fair here and add that parents usually comprise the vast majority of youth coaches, and some of them do not always have the necessary skills or understanding of the game to provide a fair judgment of the coach's work. As you know, there are always many 'parent coaches' yelling at the sidelines and this can also affect the kids' performance and your decisions (if you let it happen).

My advice to you is that you do what you have to do and completely ignore the "surrounding noise". Did you know that 37% of kids surveyed wished that no parents would watch them play? (NBC Poll and USA Today survey) The pressure coming from parents (usually unconsciously or because they feel frustrated for never had achieved success or had the guts to do what their kids are doing) can dramatically affect their performance. Make them immune to this by telling them to completely ignore what they hear from the sidelines besides your voice.

These are all reasons why you should seek proper training and be well prepared to do what everybody is expecting from you. This is the perfect time to think about your responsibilities as a youth soccer coach and the important role you play.

The Roles And Responsibilities Of A Youth Soccer Coach

It's vital that you understand the roles and responsibilities of a youth soccer coach. You must be aware that you can and you will have an enormous impact on the lives of the kids you're teaching. It's a fact that many kids spend more time with you than with their own parents. This fact can be even more evident when players get older, play at a more competitive level and train three or four times per week.

Many of your payers will see you as an example to follow. You're their role model. That's why it's very important that you do whatever it takes to be well prepared to become a good example for them. Why? Because they will see the things you do and think the same behavior is all right for them.

Make no mistakes. Kids are smart. They are very aware and they can easily evaluate everything that you do and how you do it. For instance, coaches should always demonstrate respect for their team members, opponents, referees, spectators, parents and opposing coaches. This kind of behavior will reflect on your players.

I can easily demonstrate this, because it happened to me many times. Aggressive and rude coaches have aggressive and rude teams and players. Sometimes things get “hot” in the field and conflicts begin because of inadequate behaviors on the part of the coach.

Soccer is a game of passion, so these bad vibrations are easily transferred to the players. Sometimes it all ends with aggressions between players and injuries that could be avoided if the coach acted in a proper way.

If the leader is a bad example, it becomes a dangerous person and shouldn't be teaching soccer, especially to young kids. Kids at these ages are going through several important changes in their character and personality development. This spreads like a contagious disease, and the coach's bad habits and behaviors will be unconsciously assimilated by his players.

Another thing you need to consider when you're teaching kids is that youngsters' attention spans are short. They cannot handle as much information at one time as adults. You shouldn't insist upon forcing every detail you know on your players, often at the most inappropriate times.

Here are a few examples:

- The pre-game talk isn't the appropriate time to introduce a detailed game plan. Do it in smaller pieces during practice sessions so kids have time to assimilate your instructions and understand it.
- If you want to introduce any new concept or idea, do it singly and completely. On the other hand, to reinforce old and previously explained ideas before a game, focus on one or two key points.
- You'll lose the attention of the entire group, if you throw out 7 or 12 different concepts randomly as they come to your mind. Kids (especially older ones) are masters at looking straight at you while their minds are totally drifting at the 'far far away' land.

These small changes in the way you demonstrate and communicate with your players can make huge differences in the outcome results you get. These new techniques come from a better understanding of the kids, who they are, and how they 'work', so you can pass the information in a more effective way.

Another big challenge for youth soccer coaches is to know how to improve player's skills and how to teach the drills properly...

How To Improve The Skills Of Your Players in Record Time

This is probably where the lack of knowledge by the coach will be more exposed. When a youth soccer coach don't know how to improve the players' skills in a proper way, it will be difficult to hide.

The coach can easily become frustrated with the kids, and obviously parents and other coaches will get frustrated with you. When we don't know things, we tend to become insecure, with lack of confidence, and start feeling uncomfortable. This kind of feeling will pass on to everyone around us. It is like the kids, parents and other staff members have a "NO BS" detector that never fails.

Also, the kids will feel that you don't know what you're doing and choose to ignore or not listen to you. This will lead to losing their trust and respect. What kid will listen to someone they don't have confidence in, or they don't see as a mentor or a knowledgeable person they can learn from? If they see you as a poor teacher, why should they listen to you? Makes sense.

Another symptom of inexperienced coaches is that they tend to get easily nervous, frustrated, and sometimes lose their cool when dealing with young kids. They usually feel fear of failure, over-coaching and teaching techniques incorrectly, leading to bad habits.

There are ways to minimize and eliminate some of the obstacles that are stopping them from becoming better coaches. I'll share with you some important coaching tips that I think will have a positive impact on your coaching activities.

One of the things that can dramatically improve your results is to allow the players to make mistakes without overreacting and criticizing in a negative way.

The negative critique can kill the player's creativity, imagination and enthusiasm. When a player makes a mistake, don't emphasize the mistake. Instead, begin with a positive statement, followed by a constructive criticism, and end with another positive statement.

Using positive reinforcement means focusing on the positive or what went right. There is no need to look at what a player didn't do properly. You may ask: how do you help a player correct poor technique or improve their soccer game without looking at what they did improperly?



That's a good question. The key is to look at what they did right and say that you want to see them do it again with a little 'tweak'. Instead of saying for example: "When you kick the ball, place your foot here, not there, that won't work!"

Try to say something like: “Hey, on that last kick you had great follow through when you made the shot. Let’s see that again and this time place your foot here. I’m sure you can do even better than you did. Nice shot anyway!” See the difference?

This is much more effective. Instead of feeling frustrated that they aren’t getting it right, they will feel good about themselves for getting at least part of it right and they will be eager to do it again and try to improve.

As a teacher, it’s also very important that you know how to demonstrate the drills properly. If they see it, they will understand it better. This part of teaching can be a problem for a parent coach who has never played before. One way to solve this is by using one of your best players to demonstrate it for you.

You should also make corrections. A coach must be able to react to teachable moments, whether positive or negative, and stop the activity or game to take advantage of these moments. This part of being a teacher comes from experience and being a student of the game.

We never stop learning from this great game. I’m learning all the time. I’m really curious and I’m always asking a lot of questions. I highly recommend that you seek good mentors or experts and be a good listener. This will be your short-cut to become a fantastic youth coach in the least amount of time possible. You will avoid the most common mistakes youth soccer coaches make, by following the footsteps of people that already have the success you now seek.

You must recognize how important your role is in the lives of the kids you’re teaching. Always remember that kids will be kids only once. We have a critical mission to give each of them every possible opportunity within our power to play the game of soccer in a wholesome, fun and enjoyable environment.

Here’s a final recommendation: always put the kids’ interest in the first place. If you do that, you’ll always be making the right decision. As long as you keep this vision in your mind, soccer will continue to grow, not only in numbers, but also in quality.

A Quick Recap Of Youth Soccer Coaching Success Principles

What I’ve attempted to do in this manifesto is to get you thinking about the way you’re coaching soccer differently than you have before.

Here’s a quick recap:

1. You need to learn how to make and keep practice sessions fun and enjoyable for the kids, as this is the primary reason why youth soccer coaches fail.
2. Always remember that the #1 reason why 70% of the kids quit playing soccer by the age of 13 is in their words: “It wasn’t fun anymore”.

3. Keep in your mind that #1 reason why kids participate in organized youth soccer is: “To have fun!”
4. Survey your players regularly to find out how they feel about your work and implement some of their suggestions to improve your coaching sessions.
5. Attempt to develop your own coaching philosophy based on a strong foundation of integrity values, focused on player development and involvement of all players to ensure everyone has fun and feels integrated.
6. De-emphasize winning or losing and concentrate your efforts on getting 100% out of your players by making practice sessions enjoyable and fun.
7. Remember that the 3rd reason for kids quitting soccer is because the coach was a poor teacher. Seek a mentor or outside help to improve your coaching skills and keep yourself updated and well informed.
8. Lead by example and understand the roles and responsibilities of a youth soccer coach as you’ll tend to be the model for your players.
9. Use positive reinforcement and focus on the positive things or what your players did right, and always use a positive statement followed by a constructive criticism and end with another positive statement.

Skyrocket The Skills Of Your Players

As I mentioned at the beginning of this Manifesto I have entered into a partnership that’s causing me to adjust my coaching timeline.

Our projections show that this new program will take the majority of my time and therefore new clients to my soccer drills coaching system will no longer get the opportunity to work with me personally.

But you can still get personal access to me through our Q&A feature or by email as part of my Ultimate Soccer Drills System program.

This Q&A feature gives my clients the opportunity to ask me questions and have me spend as much time as I see necessary on them.

These clients learn from the answers I give them, as well as answers and strategies I provide when I address questions from other clients.

[My Ultimate Soccer Drills System program](#) is certainly not for everyone.

If you’re serious about exploding the soccer skills of your players and making training more fun in record time, though... this program is for you.

Since I will be continuing my Q&A feature to all my clients, there is a very real limit on the number of coaches in the program at any one time.

Explode Your Players' Skills, Motivate Them, Make Training More Fun

So, it adds up to this:

In the reports I write in the future, I'll be sharing some strategies currently being used by coaches at the top of the youth soccer coaching world.

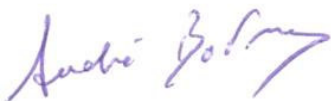
I can promise you these are not concepts you've heard before but they have one thing in common; they are *so* powerful they will improve your coaching skills even if you do them wrong!

Let me be frank, these tips, strategies and tactics are just the appetizers. The main course is my youth soccer coaching program, [Ultimate Soccer Drills System](#).

And when you [visit this web page](#), you'll see I've made it easy for you to give my coaching drills system a test drive, so you can find out for yourself if you're a good fit. If there are any open spots at the moment, that is.

And if it is right for you... you will look back on this day as the one day that changed your coaching life forever... and started you down the path to complete youth soccer coaching success!

Stay Tuned,



Andre Botelho

UPDATE

PS – I am starting to get a lot of flack from fellow “expert” youth soccer coaches who feel this report could hurt their businesses. **There is actually a group of them who are attempting to block me from mailing this Manifesto out.** I really don't want to see that happen, because it will mean many struggling youth soccer coaches will continue to teach soccer the wrong way simply because they don't know there is an alternative. If you've benefited at all from this report, you can help me in two ways:

1. I have installed a “tell a friend” to make it easy for you to help me spread the word and at the same time help your friends coaches – go there right now: <http://www.soccerdrillstips.com/spreadtheword/> and join in the fight to change the way the youth soccer coaching community does business.
2. And by going to my blog and posting your comments you can help others understand why they need to get their hands on this report. [Just go to this blog post](#) and tell the world what you think of The Youth Soccer Coaching Manifesto.