



TOPSoccer: Coaching Without Tears



What would make a coach cry?

- Fear of the unknown
 - I've never coached
 - Where do I start?
 - What do I do?
- No previous experience
 - In coaching soccer or playing soccer
 - In working with players with a disability
- Overwhelmed
 - Will anyone help me?
- Expectations
 - Of parents
 - Of players



The ideal TOPSoccer coach?

- Gives players positive experiences
- Shows attention to each child as an individual
- Teaches & enforces sportsmanship
- Delegates meaningful tasks to assistant coaches
- Communicates regularly with parents
- Educates himself about the game of soccer
- Understands that youth sports are a social activity



What do we teach?

- **Soccer specific skills:** dribbling, passing, shooting, kicking, receiving, heading, goalkeeping.
- **Object movement skills:** throwing, catching, rolling, striking.
- **Locomotor skills:** running, jumping, hopping, galloping, skipping.
- **Body fitness:** upper body & abdominal strength, flexibility
- **Body management:** agility, standing and moving balance.
- **Social skills:** turn taking, reciprocal play, sportsmanship/fair play, requesting.
- Reinforce or practice motor goals from OT/PT/APE



Who are we coaching?

- Autism
- Amputees
- Attention Deficit Hyperactive Disorder
- Behavior Disorders
- Cerebral Palsy
- Developmentally Disabled
- Emotionally Disturbed
- Gross Motor Delay
- Hearing Impaired
- Learning Disability
- Low Muscle Tone
- Mental Retardation
- Orthopedic Impairment
- Other Health Impaired
- Speech Impaired
- Visually Impaired
- Wheelchair users



Undesired Behaviors

- Bullying
- Whining
- Teasing
- Name calling
- Profanity
- Physically aggressive
- Poor sport
- Crybabies
- Daisy pickers
- Prima donnas
- Spoiled
- Doesn't listen
- Doesn't follow directions
- Argumentative
- Selfish
- Short attention span
- Showoff
- Ball hog
- Lazy
- Unmotivated
- Cliquish
- Refusals



Desired Behaviors

- Empathetic
- Cooperative
- Sportsmanlike
- Sharing
- Focused
- On task
- Friendly
- Polite
- Attentive
- Motivated
- Eager
- Competitive
- Helpful



Common Disabilities

Definitions

Characteristics

Coaching & Teaching Strategies





Attention Deficit Hyperactivity Disorder (ADHD):

Definition:

A condition that describes players who display hyperactive behaviors, have difficulty attending to the task at hand, and tend to be impulsive.

Characteristics:

- Inattention, poor listening skills, and restlessness
- Impulsive
- Hyperactivity
- Onset before age 7
- Inappropriate excessive motor activity

Coaching Strategies:

- Highly structured environment
- Reduce coaching space
- Control extraneous stimuli
- Larger number of activities, shorter time on each
- Positive behavior modification program
- Use brief instructions

Autism:

Definition:

Classic autism is defined as a developmental disability significantly affecting verbal and nonverbal communication and social interaction, generally evident before age 3.

Characteristics:

- Impairment in social interaction
- Impairment of verbal and nonverbal communication
- Restricted, repetitive and stereotypical patterns of behavior, interests and activities
- Impaired imitation
- Lack awareness of the existence of feelings of others
- Absence of imaginative activity

Coaching Strategies:

- Use a consistent behavior modification program
- Coach in a less stimulating area
- Use an established routine with repetitive transition strategies
- Use a predictable routine
- Be consistent in use of terms, equipment and training organization
- Use vigorous aerobic exercise to reduce self-stimulating behavior



Behavior Disorders:

Definition:

A condition of disruptive or inappropriate behaviors that interferes with a player's learning, relationships with others or personal satisfaction to such a degree that intervention is required.

Characteristics:

- Poor coordination
- Refusal to practice
- Loss of emotional control
- Hostility
- Noncooperative Behavior
- Disorientation in space and time
- Destructive

Coaching Strategies:

- Remove distracting objects
- Impose limits on use of equipment and facilities
- Use games of social interaction
- Expect aggressiveness and monitor it closely
- Use activities that provide immediate feedback



Cerebral Palsy:

Definition:

A disorder of movement and posture caused by a defect in the developing brain.

Characteristics:

- Primitive reflexes are still evident
- Slow to develop postural reflexes
- May have the following:
 - Mental retardation
 - Convulsions
 - Speech problems
 - Oculomotor defects
 - Hearing and vision loss

Coaching Strategies:

- Work on muscle stretching
- Develop range of motion
- Develop postural alignments
- Use ramp climbing
- Work on gait training



Hearing Impairments:

Definition:

An overall term that includes all levels of hearing loss, both deaf and hard of hearing.

Characteristics:

- Balance may be affected
- Information processing time is longer
- Physical fitness may be lower
- Possible delay in social/emotional development
- Speech can range from intelligible to none

Coaching Strategies:

- Make sure the player can see your lips when you talk
- Use visual demonstrations
- Coordinate your communication method with the rest of the coaches and buddies
- Learn basic signs and use them
- Use captioned videotapes
- Stand still when giving instructions



Learning Disabilities:

Definition:

A disability in which the individual possesses average intelligence but is substantially delayed in academic achievement.

Characteristics:

- Poor spatial orientation
- Clumsiness
- Figure-background problems
- Rhythmic problems
- Problems with body awareness
- Difficulty with motor proficiency

Coaching Strategies:

- Work on body/space problems with action songs, games, mirrors and tactile activities
- Work on balance and upper/lower body coordination for motor proficiency
- Work on obstacle courses/circuit training for spatial orientation
- Use brightly colored objects for contrast
- Give opportunity for rhythmical problems



Mental Retardation:

Definition:

The American Association on Mental Retardation (AAMR, 1992) defines a person as mentally retarded when the following three criteria are met: cognitive level (IQ below 70-75), significant limitations exist in two or more adaptive skill areas; and the condition is present from childhood (age 18 or less).

Characteristics:

- Cognitive learning - area where players differ most
- Learn at slower rate
- Achieve less tactically

Social/emotional:

- Exhibit same range but more frequently exhibit inappropriate responses to social/emotional situations.
- Do not fully comprehend what is expected of them in social situations

Physical/motor:

- Delayed development of physical skills
- Often overweight because of lower activity levels



Mental Retardation:

Coaching Strategies for individuals with mild retardation:

- Put individual in less demanding position
- Over teach the cognitive information
- Emphasize fitness activities

Coaching Strategies for individuals with severe retardation:

- Emphasize range of motion exercises
- Have individual propel himself/herself as much as possible
- Concentrate on postural righting activities
- Use resistance training with Therabands
- Concentrate on vestibular activities



Visual Impairment:

Definition:

An overall term that includes all levels of vision loss, from Partially sighted to complete blindness.

Characteristics:

- Physical fitness is below that of sighted peers
- Balance development is impaired
- Fundamental motor patterns and skills are delayed
- Physical growth and maturation may be impaired
- Wide variation in residual vision

Coaching Strategies:

- Use other sensory modalities for providing information
- Use games for social development
- Use a beeper, constant sound source, etc.
- Place players where they can best hear instructions
- Use contrasts between figure and background
- Increase or decrease the training surface grade to indicate play boundaries
- Begin new game in slower motion



Strategies

- Premack's Principle
- Rewards system
- Token exchange
- Sensory breaks
- Reduce stimuli
- One on one coaching
- Peer coaching
- Picture communication system
- Visual schedule
- One step directions
- Modeling
- Cues
- Verbal Prompts
- Physical Prompts
- Hand over hand assistance
- Sign language



Teaching aids

- Wii
- Beach Balls
- Nerf Balls
- Bell Balls
- Punch Balls
- Balloons
- Tether Balls
- Ball on a Leash
- Music
- Picture Cards
- Peer Partners



School & Community Resources

- Special Education Teachers
- Occupational Therapists
- Physical Therapists
- Adapted Physical Education Teachers
- Behavior Specialists
- Speech Therapists
- Instructional Support Specialists
- State Soccer Association
- US Youth Soccer
- Parks & Recreation Dept.
- Special Olympics



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