



# **COACHING PHILOSOPHY**

## **JEREMY REYNOLDS – HEAT UNITED SOCCER CLUB**

My name is Jeremy Reynolds and I will be coaching and training the Heat United Boy's U9 Red team. I believe it is important for parents to understand the coaching philosophy I've developed from coaching and playing soccer. While your son will have the opportunity to learn it first hand, I want to provide parents with an insight into my process, as you serve as an advocate for your son.

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## Player Development Goals

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### Technical Development

These are the skills used to play the game, i.e. the “fundamentals”. This includes things like dribbling, passing, shooting, receiving, tackling, juggling, etc. Along with making sure your son has fun, individual fundamental skills is the most important area that I will focus on.



### Tactical Development

Tactics for youth soccer focuses largely on decision making, i.e. how players can make the correct decision given a particular situation. I will work towards teaching critical concepts like “time” and “space” on the field. Understanding how the game works will enable your son to create advantages on the field



### Psychological Development

For youth soccer, this relates to whether the your son is having fun playing soccer, and other aspects such as how they deal with winning and losing, their level of motivation, and how they interact with teammates, coaches and their parents. I will work very hard to help cultivate confidence within your son and will encourage them at every turn.



### Physical Development

Fitness for youth soccer players can be largely achieved by just letting them play soccer. To compete successfully, we must be strong physically and mentally. Typically, I work fitness into practices through increasing intensity.

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*The below key training priorities are recommended by US Youth Soccer for coaches of U9 players. This focus on helping players develop these skills and basic tactics is critical as it will serve as the foundation for skills and tactics that will be introduced when these U9 players move on to the next age group*

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TECHNICAL



TACTICAL



PSYCHOLOGICAL



PHYSICAL



LOW



MEDIUM



HIGH



VERY HIGH



*“Every kid around the world who plays soccer wants to be Pele. I have a great responsibility to show them not just how to be like a soccer player, but how to be like a man.”*

- PELE

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## *Core Coaching Values*

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I want our players to succeed at the highest level, so a lot of focus will be placed on the following the core values:

1. Commitment
2. Respect
3. Teamwork
4. Excellence
5. Encouraging individual creativity
6. Agility, Balance and Coordination motor skills
7. Technique
8. Fun through small sided games
9. Guided discovery

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## *Player Expectations*

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1. Accept seriously the responsibility and privilege of representing the HEAT UNITED SOCCER CLUB: display positive public action at all times.
2. Demonstrate respect for opponents, coaches and referees before, during and after games.
3. Live up to high standards of sportsmanship.
4. Treat opponents with respect: shake hands after games and take a knee quickly when they are injured. Clap when they leave the field.
5. Respect judgment of referees, abide by rules of the games and display no behavior that could incite fans (ex. questioning calls, gestures, taunting, "show-boating" etc).
6. Accept favorable and unfavorable decisions, as well as victory and defeat, with equal grace.
7. Come prepared each week to practice (ball, water, shin guards and cleats) and understand that there will be ramifications for disruptive behavior- whether in practice or a game (ex. reduced playing time, sitting out practice, etc).

*"I am a member of a team, and I rely on the team, I defer to it and sacrifice for it, because the team, not the individual, is the ultimate champion."*

**- MIA HAMM**

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## *Parent Expectations*

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1. Be sure your child is dressed appropriately for all practices and games. Shin guards, socks covering shin guards and cleats should be worn at all practices. All jewelry and watches should be removed. Balls should be properly inflated.
2. Be sure your child arrives to practices and games on time. For games, please plan to arrive 30 minutes in advance. For skills sessions and practices, please arrive 15 minutes in advance. If you know your child will be late or won't be able to make it to a practice or game, please let your coach know in advance.
3. Get involved in playing soccer with your child. This may be re-enforcing drills from practice or playing in the yard on days your child doesn't have practice. Kids love it when their parents get involved and repetition is crucial for skill development.
4. Be a leader and set a good example. Encourage good sportsmanship by demonstrating positive support for all players and coaches at every game and practice.
5. Respect game officials and accept their decisions.
6. Cheer for your child during games but please do not shout instructions. Remember this is their opportunity to enjoy playing in the game. Much of the fun is lost if their Mom or Dad is always yelling instructions.
7. Let me know if you have problems or concerns. Good communication between parent and coach is important.

*"Most of us are in this more than just for playing soccer. We're in it for the bigger goal - to move it along for the next generation."*

**- LANDON DONAVON**