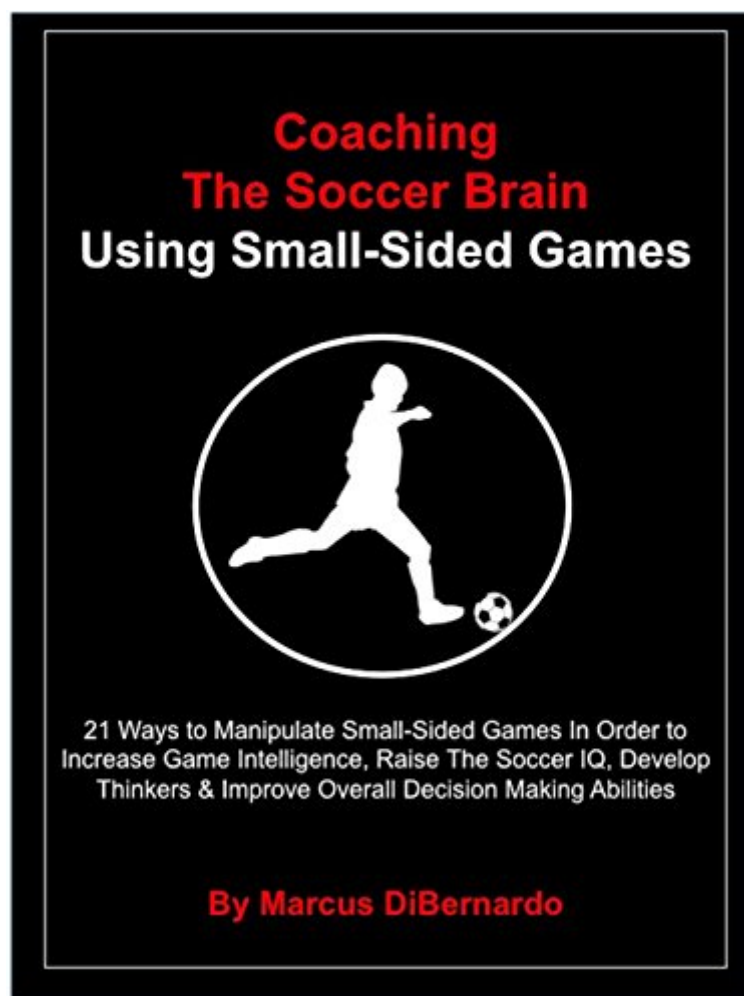


The book was found

Coaching The Soccer Brain Using Small-Sided Games: 21 Ways To Manipulate Small-Sided Games In Order To Increase Game Intelligence, Raise The Soccer IQ & Develop Thinkers





Synopsis

I started out coaching over twenty-five years ago and it's safe to say a whole lot has changed since then. Even when I was a player, it was the physical side of the game that was emphasized, along with being brave and committed, words like cognition were meant for psychology class and not the soccer field. Maybe once in a while the coach would shout, "What are you thinking?", undoubtedly not to teach us anything but more as a reprimand than anything else. The idea of developing the soccer brain wasn't something I was ever exposed to as player and young coach. However, there were pioneers back then; Wiel Coerver was spreading the message of the importance of technical training, but the link between technical training, physical training and the brain was never fully developed or discussed. This motivated me to make it my mission re-think player development on every level, from youth to adult. I ended up creating a coaching methodology that is specifically designed to develop the soccer brain. The theory and applications behind my work are presented in detail in my five book series "Cognitive Soccer Instructors Diploma Course Manuals" #1-5, these are also sold on www.cognitive-soccer.com. This book focuses primarily on ways you can train the soccer brain by playing small-sided games using different variations, rules and conditions. In order to be successful in SSGs (small-sided games) the players will need to problem solve and figure out solutions to each exercise, the exercises will ultimately become the teacher. The coach can certainly step in to ask questions (to guide the players), make corrections or adjust a rule or condition. However, it is important the coach does not try and over-coach the players, allows enough time for players to become comfortable with the exercise before making changes and keeps a good overall flow to the practice. SSGs are so effective because players get to experience a variety of different meaningful situations which they have to strategize and problem solve collectively as a unit and as individuals to solve. This in turn will ultimately develop the soccer brain! Don't get me wrong, expert feedback from a talented coach during training is necessary, but it is even more critical that the coach understands how to set-up exercises that will allow players to learn on their own as well. If the exercise is breaking down, the coach should have the tools to make an adjustment, so the correct level of challenge is present. If the players are not challenged enough, the coach should be able to make an adjustment that will increase the games difficulty. I can go into detail about the importance of novelty in training, sweet spot of learning, the value of unique soccer experiences, the benefit of healthy stress in training, the use of priming, the power of questions and much more, but the purpose of this book is to give coaches the tools to make any SSG into a "Brain Development Game".

Book Information

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Customer Reviews

I tried most of these exercises with my team and the players loved them. It makes them think and increases their ability to become real thinkers on the field. It's a unique way of teaching the game.

basic book

One of the best books from this author. Good variety of small sides games ready to use. I picked up a couple of new ones.

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