



# Adaptive Coaching for TOPSoccer

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Washington Youth Soccer and U.S. Soccer provide its coaches with an abundance of coaching materials that can be used to plan your TOPSoccer Session and create an environment for player success, fun and learning.

**Coaching Handbook:** The Coaching Handbook focuses on developmental play and outlines coaching strategies, technical fundamentals and plans for Washington Youth Soccer players.

**Age Appropriate Training Curriculum:** The Age Appropriate Training Curriculum provides both session guides and video tutorials that focus on developing play at ages U6, U8, U10 and U12. The curriculum concentrates on creating age appropriate training sessions, developing coaching practices and creating an environment that is fun for the players.

**Washington Youth Soccer Activity Ring:** A collection of games and activities that are geared for the TOPSoccer player and are easily adaptable on the field.

However, how can you adapt these coaching resources for you TOPSoccer session? Below are 10 tips to help adapt the coaching tools above for your TOPSoccer session.

## 10 Tips to organize your TOPSoccer session

1. Know your players. Tailor your session and activities to their age, ability, and skill.
2. Be mindful of the possible challenges your players may have.
3. Set attainable goals and recognize any amount of development or success.
4. Focus on one skill at a time and allow for repetition within the session.
5. Focus on player centered training sessions that can be modified to meet different abilities.
6. Create meaningful involvement by fostering the ability to succeed.
7. Adapt each activity to be creative and engaging.
8. Keep your directions simple and concise. If a session has a lot of direction, try to adapt the activity to keep it simple.
9. Focus on developing the basic skills of soccer before progressing: passing, dribbling and shooting.
10. Attend a TOPSoccer Coaches clinic to receive more education on using these resources and on coaching TOPSoccer sessions.

Refer specifically to the U6/U8 Age Appropriate Training Curriculum to help inform your TOPSoccer session. These sessions focus on small games and allow the kids to explore the game of soccer by playing.

If you have more questions, concerns or comments please contact Heather Turney, Member Services and Outreach Coordinator, at [heather@WashingtonYouthSoccer.org](mailto:heather@WashingtonYouthSoccer.org).