

# Talking Tactics Night

## Technique vs. Skill Part 1

New Jersey Youth Soccer

Coach Lou Mignone





# Ice Breaker



One word to describe a positive that we have experienced during this period



# Technique / Skill



# Skill / Technique



# Technique vs. Skill

## Technique

- Is a form of movement
- Focus is upon the movement mechanics
- Performed within standalone / isolated environment



## Skill

- Player actions aimed at solving problems
- Used to execute a decision based upon reading and understanding the game
- Is contextualized within the game – “Why am I doing something?”



# Technical vs. Skill Training

## Technical Training

- Emphasis upon how to perform a movement
- Aim is to have an ideal technique
- Coach corrects errors
- Players depend upon coach to instruct and demonstrate
- Players are copying



## Skill Training

- Emphasis is upon having an effective outcome to solve problems within the game
- Players explore, discover, sample, and learn through the Learning Cycle
- Meaningful learning moments connected to the game
- Coach facilitates independent learning, players do not depend upon the coach



# More Engaging for the Masses

## 3-4 Million Youth Players

Technical Training



Skill Training







# Not Fun / Not Developing Skills



Line Drill for Shooting

Dribbling Drill with a Marked Pattern





# 10,000 Hour Rule

Malcolm Gladwell - Outliers

3 hours each day for almost 10  
years?



# Big Picture



- 75% of youth players drop-out of soccer by the age of 13
- Primary reasons for leaving - not having fun and not developing the skills to advance
- First generation to have a shorter life expectancy than their parents – less active lifestyles, obesity

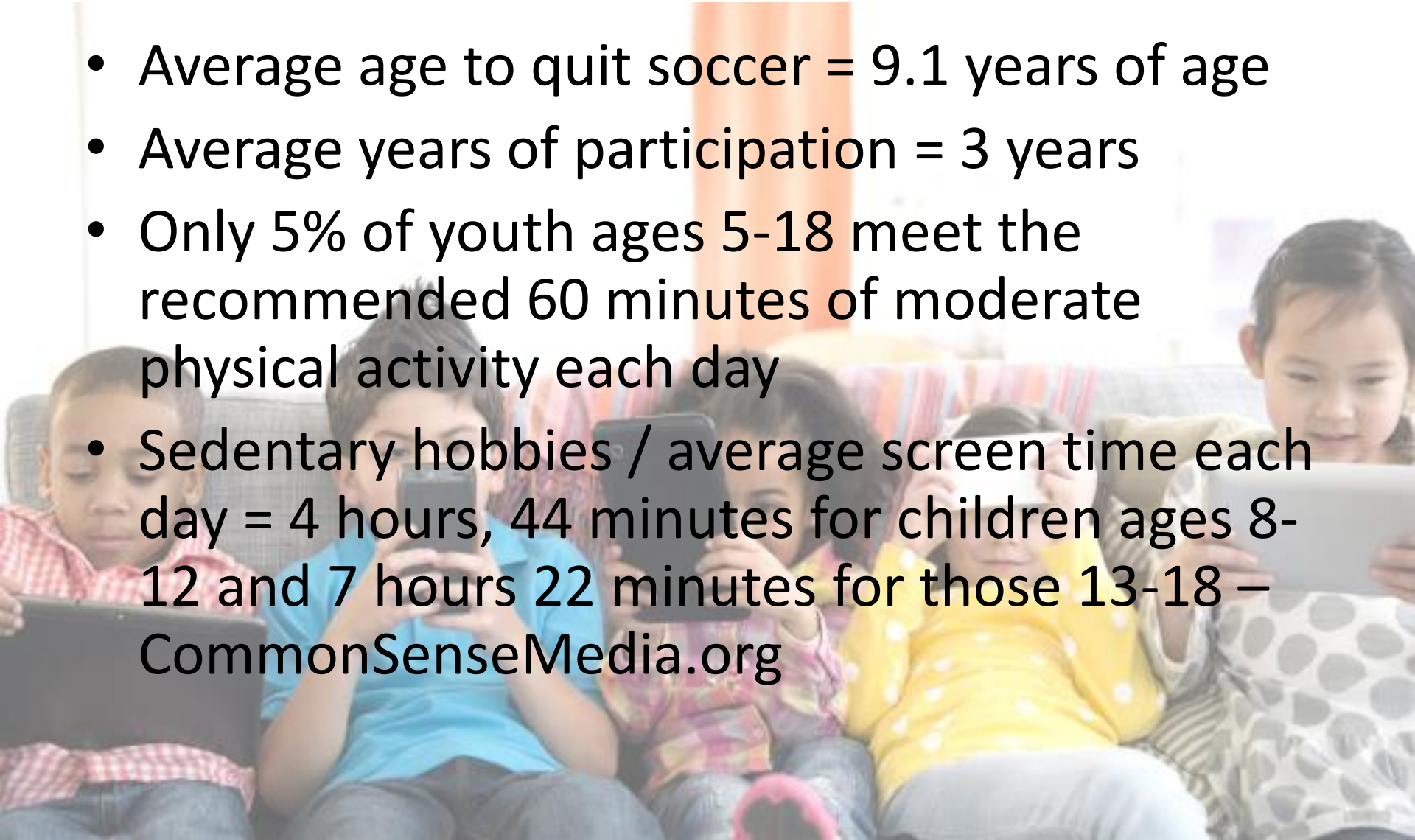




# Aspen Institute - Project Play

## A Closer Look

- Average age to quit soccer = 9.1 years of age
- Average years of participation = 3 years
- Only 5% of youth ages 5-18 meet the recommended 60 minutes of moderate physical activity each day
- Sedentary hobbies / average screen time each day = 4 hours, 44 minutes for children ages 8-12 and 7 hours 22 minutes for those 13-18 – [CommonSenseMedia.org](http://CommonSenseMedia.org)





# Our Common Goal

Make soccer the preeminent sport in the United States



- ✓ Most Played
- ✓ Most Respected
- ✓ Most Engaged
- ✓ Most Beloved
- ✓ Most Fun







# Importance of FUN

## Dr. Amanda Visek – FUN Maps

Fun is the single largest predictor of sport commitment and sustained participation in childhood and through adolescence



# Self-Determination Theory

## *How Motivation Works Through the Meeting of Basic Psychological Needs*

1. Autonomy – belief that one's actions are self-directed, level of personal freedom, player can make his or her own decisions
2. Relatedness – we are all part of a group, we focus upon collaboration of efforts toward goals
3. Competence – feeling successful in response to challenges linked to current level of mastery, this brings confidence







# FUN + Challenge

Players become more Competent (includes ball mastery), have a sense of Relatedness with the team, and are guided along a path to Autonomy when we place them within a FUN environment that has the appropriate level of challenge



*Supporting their basic psychological needs*

# Challenge as Motivation



- Making own decisions
- Taking initiative
- Being responsible
- Experiencing appropriate level of challenge





# The Most Powerful Learning Environment for Skill Acquisition

- Allow players to experience and look for solutions
- Decisions are based upon reading and understanding the game – Information dictates action
- Mistakes offer a great learning opportunity – encourage players to try, take risks, fail, reflect, and try again
- Create environments that encourage creativity, fun, decision-making, and ultimately build self-esteem and instincts for problem solving







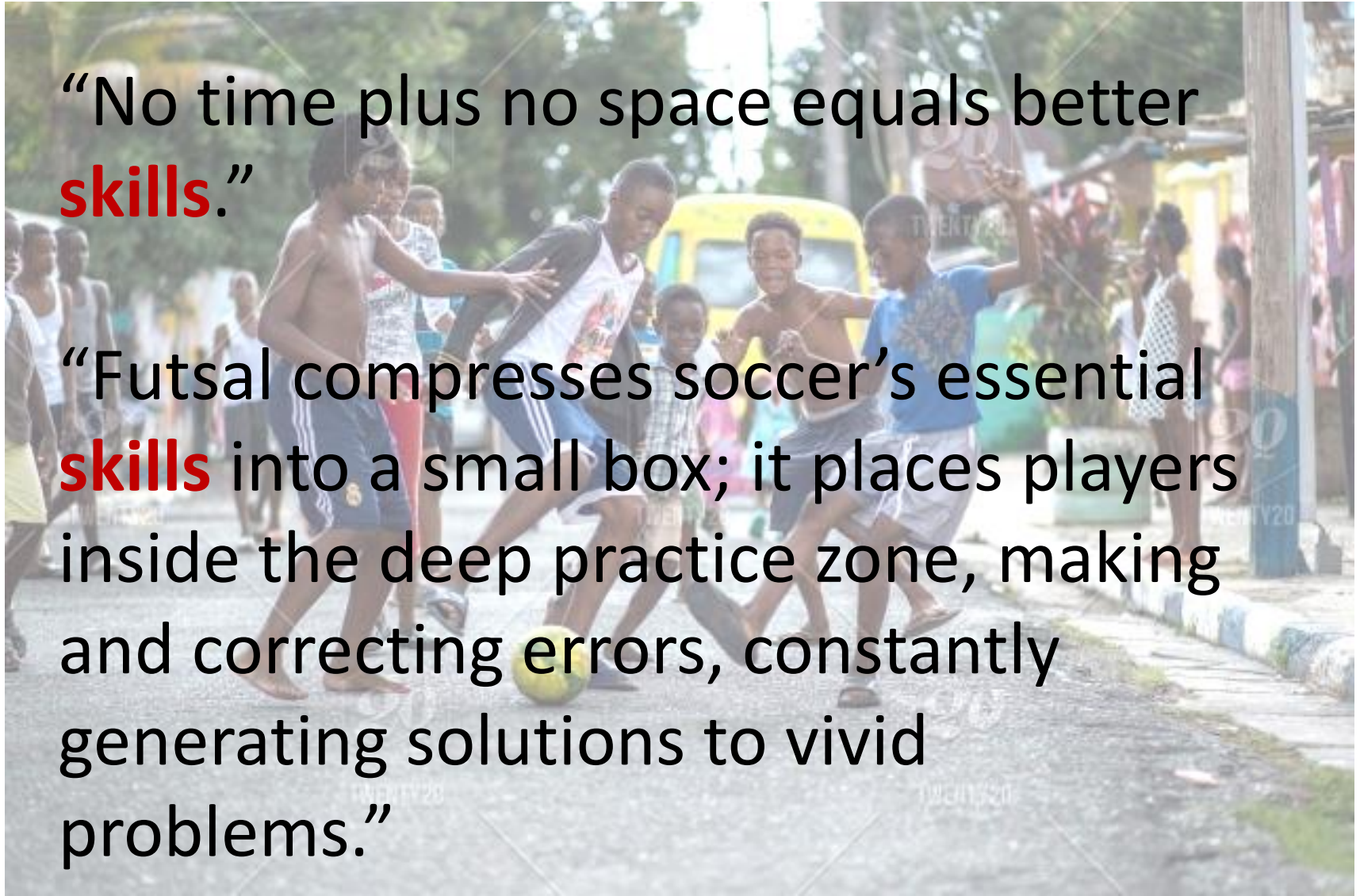
# The Talent Code

## Daniel Coyle



“No time plus no space equals better **skills**.”

“Futsal compresses soccer’s essential **skills** into a small box; it places players inside the deep practice zone, making and correcting errors, constantly generating solutions to vivid problems.”



# 6 Key Qualities of a U.S. Soccer Player



*What Makes a Skillful Player?*



1. Read and understand the game and make decisions
2. Take initiative / Be proactive
3. Demonstrate focus
4. Optimal technical abilities
5. Optimal physical abilities
6. Taking responsibility and accountability for one's own development and performance





# Skill + Technique





# Acknowledgements

- U.S. Soccer Coaching Education Department – Director of Coaching Barry Pauwels and Grassroots Coach Educator Zach Crawford
- Dr. Amanda Visek and Colleagues at George Washington University – FUN Integration Theory and FUN Maps
- Dr. Edward Deci and Dr. Richard Ryan – Self-Determination Theory
- Aspen Institute Project Play
- American Development Model
- U.S. Department of Health and Human Services
- Common Sense Media.Org
- Dr. Malcolm Gladwell – Outliers
- Daniel Coyle – The Talent Code



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