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# Over-coaching: Resist the urge

By Dave Simeone, coachdeck.com

Most of the sports that are currently predominant in our culture involve the coach as an active participant. Although the coach is along the touchline, in the coaching box or on the bench the opportunity for being overly involved with the players constantly exists. These opportunities are aside from the usual timeouts or substitutions. These typical stoppages in play already contribute to many sports being coach oriented rather than player oriented. Combine the standard loud encouragement( i.e.- screaming and yelling ) with animated cheer leading and you have an excess of over-coaching.

Soccer is different than most sports. The involvement of the coach is secondary to those participating in the game: the players. While coach oriented activities ( basketball, baseball, American football ) demand, and allow for, a high degree of involvement by the coach during competitive games, soccer is different. It would be more appropriate to contend that soccer coaches do their work and prepare their teams during the week. By the time it comes to the game on Saturday morning it is up to the participants to act, make decisions, and play! It is essential that the youth soccer coach understand their role. If continuous over – involvement during the game is not the best way to assist the players then the coach has a responsibility to alter their behavior and learn to take a different tact.

Sports such as baseball and American football are what we would refer to as “set up” sports. Between pitches (baseball) or plays (American football) time and opportunity exists for diagrams to be drawn or the coach to reposition an outfielder. Soccer does not allow for similar stoppages since play is continuous and fairly uninterrupted. Players must be allowed, and ultimately able, to think and make decisions on their own. They must learn to solve problems during the game. This self – sufficient type of thinking necessitates that players learn from the game and utilize any and all information that they receive and process towards finding solutions to the problems they encounter. NEXT: [Twenty-one questions to ask...are you over-coaching?](#)

*Dave Simeone has nearly thirty years of coaching and managing experience combined from youth, college, Olympic Development, U.S. National Teams and the National Coaching Schools. Simeone earned his “A” license and National Youth License from U.S. Soccer and the National Diploma from the National Soccer Coaches Association of America.*

[Over-coaching, Part I: Resist the urge](#)

[Over-coaching, Part II: Twenty-one questions: Are you over-coaching?](#)

[Over-coaching, Part III: The perils of over-coaching](#)