



## TARGET LIST- ACTION PLAN

### “E” License

Dear \_\_\_\_\_, please consider using the selected targets to guide you as you create a personal coaching development action plan toward future growth.

Check all that apply:

- Getting your activities started quicker.  
(Minimize down time, manage equipment and players, economy of language)
- Using the Tool Kit within your activities.  
(•In-flow •Natural stoppage •Individual reference •Freeze)
- Balancing the timing between coaching points, allowing more flow.  
(Economy of language, improves systems over time to maximize time on task)
- Create player-centered activities to enhance problem solving.  
(Ensure sufficient repetition to automate skills, activities have efficiency-maximize quality touches)
- Engage your players through guided discovery or other questioning techniques.  
(Players are attentive, check for understanding and players apply not just listen)
- Demonstrate with the ball the desired outcome of a technique or tactical concept.  
(Uses modeling to create a vision of top-tier execution, plans models to ensure success, remodel if necessary)
- Improve your coaching positioning during activities.  
(Circulate the area, look in from the outside and maximize vision of activities)
- Improve your checking for understanding before and during activities.  
(Tells what to watch for during modeling, “let me see you try”, “Show me”)
- Improve identifying technical breakdowns during live play.  
(Recognize moments to address proper technique and its application)
- Improve identifying principles of play during live play.  
(Recognize moments to address decision making and its application)
- Coaching behavior (body language, demeanor, and delivery)  
(Calm, relentless faith displayed in players, positive, demanding but not demeaning)

Thank you for participating in the U.S. Soccer “E” Course!