

BU

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Soccer as a developmental opportunity - A coaching practitioner's point of view

"Coaching with the end in mind"

Nancy Feldman

Head Women's Soccer Coach

Boston University

What would describe a successful collegiate soccer career?

- ..
- ..
- ..
- ..
- ..

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Collegiate Student-Athlete Example A

Start of Career

- 4 year member of H.S. varsity team
- H.S. Captain and All Star
- Played ECNL
- Highly recruited scholarship athlete
- Achieved GPA/curriculum and standardized test scores to be admitted to BU CGS – bridge program to major colleges within Boston University

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Collegiate Student-Athlete Example A

Midst of Career

- Did not start any game freshman year (1/2 time player)
- Freshman Year GPA 2.5
- Season ending ACL injury 2016 (jr year), 11 games into season, past % to get her year of eligibility back
- Not named captain her senior year
- Tore her ACL in conference quarterfinal, 2nd to last game of the season senior year (team lost in the semifinal match)

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Collegiate Student-Athlete Example A

End of Career

- Played in 21 games as a freshman
- Third team All Conference 2015 (soph)
- First team All Conference 2017 (sr)
- Started in 20 of 20 games senior year
- Last semester GPA 3.5
- Vocal and well respected spiritual leader
- Close/authentic friendships
- Will matriculate in four years with B.S. in Psychology
- Pursuing graduate school and possible career in coaching

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Collegiate Student-Athlete Example A

Is this a success story?

How do we define success ?

What do they walk away with?

Tangibles?

Intangibles?

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Growth Mindset

- Persistence
- Patience
- Grit
- The Beautiful Game – passion to play

https://www.youtube.com/watch?v=j7_mrSGcl5E&feature=youtu.be

Goal Setting

- Receive and apply feedback
- Self awareness
- Work ethic (in front of and when no one watching)
- Embrace the learning process

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Coping Skills

- Problem solving
- Time management
- Handling adversity/failure
- Self-control

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Core Values

- Work Ethic
- Integrity
- Accountability
- ?? What is emphasized..

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Leadership

- Service
- Role Modeling
- Applying influence
- Difficult conversations/conflict

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Teamwork

- Supporting others and being supported
- Tolerance and acceptance
- Adaptability and flexibility
- Responsibility and sacrifice

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Self Efficacy

- Confidence
- Performance under pressure
- Competitiveness
- Risk taking

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Health and Well-Being

- Positive habits
- Self Image
- Discipline
- Balance

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Coach Role

- Create, cultivate and protect the team environment
- Communicate with emotional control
- High professional standards
- Prepared and committed

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Parent Role

- Support and guidance
- Their journey
- “You can if you are willing to.....(sacrifice/commit to/stay the course)”
- Patience and wisdom

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PLAYERS FOR THE
GAME OF LIFE**

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