

Developing Leaders Exercise.



This exercise is used to develop the leadership and communication qualities of your players.

Before practice, ask one or two players to reinforce a “key word” throughout the practice. In this exercise the coach asks one player to reinforce the words “**Work Harder**” and the second player to repeat “**Great Job**”.

At the conclusion of the practice, the coach polls their team mates to see how many of them heard the key words. This can be a very positive and learning experience for the two players. Their communication skills and concentration skill are challenged, especially if they are natural quiet by nature.

Good leaders are not only are concerned about the level of their own performance, but the performance of their team mates, whether it be in a practice session, or a competitive game.

Implement your own “key words” in the session.

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