



# ISOCCKER LAUNCH GUIDE ~ FOR COACHES & MANAGERS



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**iSoccer.org**

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Use this Launch Guide to get the most out of iSoccer. Read on for proven methods that motivate your players to spend more time with the ball individually, practicing technical skills.

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**POWERED BY  
iSOCCER**

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Welcome Los Alamos Youth Soccer Coach!

Whether you are a professional coach or a first-time parent coach – iSoccer is for you! My goal is for iSoccer is to help YOU: Develop better players! Have more fun! Motivate your players to work harder at practice and at home! Create a culture of development! The more you use iSoccer, the more benefit you will see. This launch guide is just an introduction to jumpstart using iSoccer... But what you do with iSoccer is up to you! Enough talk; let's start 'Raising the Level' of your Team!

Sincerely,

Scott Leber, Founder of iSoccer

## The (Simple) iSoccer Model

1. **Measure** – Test all of your players
2. **Track** – Tell your players to check out their levels online
3. **Improve** – Work to get better test scores
4. **(Repeat!)**



## Keys for Maximizing the Value of iSoccer:

### **1. Commit to testing your players periodically (at least every 3 months).**

- Create a culture of proven development
- Make sure every player is better by the end of the season—Set this as the goal!
- “The same as in school, but better! Because measuring and tracking progress makes you a more technical soccer player!”

### **2. Include iSoccer Assessment components in training sessions.**

- Reinforce players' scores to keep them relevant
- Bring a print out of your team's scores to help motivate them
- Use the iSoccer '20 Seconds' for exercises in 5m x 5m areas
- Repetition under pressure (under time & space constraints) helps players perform under pressure (in tests, in tight game situations, etc)

### **3. Make technical development fun!**

- Feature Success: Award top players, most improved players, etc. Set up 1v1 challenges between coaches, players and even parents!
- Recognize development and commitment to practicing more
- When possible, involve parents to run part of, or the entire Test Day

### **4. Encourage your players to practice more at home with iSoccer.**

- Assign homework videos through iSoccer's website
- Hold players accountable for working at home on scores
- Let parents know how they can help

## **Top 3 questions that coaches ask:**

1. **Q:** *How long does it take to run my players through the iSoccer Assessment?*

**A:** Once you and your players get familiar with the setup & scoring, it takes about 60 minutes.

2. **Q:** *How does iSoccer motivate my players to practice more than usual?*

**A:** Self-Achievement! In a team setting, players can be unsure of when they are getting better (playing time, scoring, team winning, etc. can be very subjective). The iSoccer Assessment is an objective measurement tool that provides your players with honest, unobstructed feedback on their technical ability - And when they do 'Raise Their Level' by *earning* a higher score, this is very powerful, especially when you as a coach are able to recognize the achievement. This applies to both weak and strong players.

3. **Q:** *How much of my time does iSoccer take?*

**A:** It is up to you. At a minimum, testing your players on-the-field every few months will ensure technical improvement (5 field hours a year). To *ignite* development on your team: 1) Take the assessment every few months (5 field hours); 2) Incorporate iSoccer's 20 seconds into regular training (0 extra hours); 3) Use the iSoccer Platform to send homework, print reports, announce scores, etc. (1 hour a month) *This will empower your players to spend more and more time with the ball practicing on their own.*

## **Great Examples of iSoccer in Action:**

1. "Younger, smaller team wins league championship!": [inside.isoccer.org/AnthemPrep](http://inside.isoccer.org/AnthemPrep)

2. "San Diego Surf embraces iSoccer": [www.soccernation.com/SurfGoesiSoccer](http://www.soccernation.com/SurfGoesiSoccer)

3. "11-year-old Girl Inspires us All!": [youtube/Luca](https://www.youtube.com/watch?v=Luca)

4. "Technical Summer Workout": [inside.isoccer.org/2011SummerWorkout](http://inside.isoccer.org/2011SummerWorkout)

5. "Training Efficiently": [inside.isoccer.org/Efficiency](http://inside.isoccer.org/Efficiency)

## THE FIRST STEP: MEASURE

It is important to have a thorough understanding of the assessment before attempting to administer it with your players. The iSoccer assessment was designed to be easy for anyone, so experienced coaches pick it up quickly. Review the following information and take the assessment yourself; then, encourage your coaches to do the same. The best way to learn is by doing!

Testing periodically is a must to hold your players accountable for practicing more at home on their scores. Imagine a math class that did not test its students. Would anyone do his or her math homework? Probably not. It is the same here.

**1. Watch the Tutorial:** Go to >>> [www.iSoccer.org/Tutorial](http://www.iSoccer.org/Tutorial)

**2. Learn the Assessment:** Go to >>> [www.isoccer.org/Assessment](http://www.isoccer.org/Assessment)

- Watch all assessment videos and the “Assessment: How and Why?” video
- Read “iSoccer Assessment Guide” (Download from iSoccer.org account)
- Do the assessment yourself—get familiar with the feel of each exercise

**3. Introduce Assessments before First Test Day:**

- Send assessment link to all of your players and parents so they can see the skills

**4. Set Your Season Assessment Schedule:**

Make the commitment and layout your assessment schedule!

Assessment 1- Date: \_\_\_\_\_

Assessment 2- Date: \_\_\_\_\_

Assessment 3- Date: \_\_\_\_\_

Assessment 4- Date: \_\_\_\_\_

**5. Optional: Ask a Parent/Player to Volunteer as “iSoccer Assessment Planner”:**

- Keep the team on track
- Make sure to input score for each player in iSoccer.org
- Remind players to practice leading up to tests
- Get parents more involved in a fun way

## BEST PRACTICES FOR ASSESSMENT

The first assessment is the most time consuming. As players and coaches become more familiar, you will perform subsequent assessments more efficiently. Use the following strategies and best practices to help plan a successful (and fun!) Formal Assessment.

*REMEMBER:* Think of the Formal Assessment like a mid-term or final exam in an academic setting. Most organizations test their players 4-6 times every 12 months, and planning those dates in advance is a great way to motivate your players to work harder on their technical skills leading up to Formal Assessments. Ask yourself: “Does a calculus student that doesn’t do homework get good test scores?”

*KEY NOTE:* Before the first assessment, introduce every player to the dribbling, passing and aerial control skills. Understanding the pattern and the scoring (especially for younger players) can be overwhelming on test day!

### **1. Plan a Test Day:**

Assessing all of your players at a “Test Day” is a great way to get everyone excited about iSoccer and on the same page.

TIP: Have a few parents volunteer for each test day to help with keeping score and help them feel more involved.

### **2. Plan a few weeks of Testing+Training:**

Another common strategy is to test players using a few parts of the iSoccer Assessment (16 Total) at a time. For instance, set a baseline for your team with the first 6 parts of the Assessment by testing them. Then, train for 2 weeks and have players practice on their own at least a few minutes per day on the skills (Foundations, Juggling, Dribbling). After 2 weeks of focus, test them again with the first 6 parts of the Assessment.

TIP: Using a short cycle initial test and re-test with practice in between will provide quick improvement results and motivate your players even more to practice in the future.

Now, repeat above until all 16 parts of the iSoccer Assessment have been thoroughly focused upon. And remember, celebrate and recognize improvement amongst your players! This will teach them the only way to achieve better scores is through PRACTICE!

## **Next Steps: Track (Input Scores) and Improve the Level of Your Team!**

*You are not alone. If you ever have question about the website, assessment or training suggestions, we are committed to helping you ‘Raise the Level’ of your team. Email iSoccer at: support@iSoccer.org*

## HOW TO SET UP YOUR COACH ACCOUNT ONLINE

1. Go to your iSoccer Landing Page >>> <http://www.isoccer.org/LosAlamos> & Click on the “Coaches” link on the right side of the screen.
2. Enter your information and select your Team from the drop down menu (If you coach more than one team, you can add those to your account later).
3. If your team is not on the list, check “My Team is not on the list. I would like to add it” box.
4. Finally, add your players to your teams in 1 of 2 ways:
  1. Tell them to register through your iSoccer Landing Page (as you did) under their team
  2. Add your players in each team (you need their correct/best email addresses + their date of birth)
5. Try the first 7 parts of the iSoccer Assessment, upload your scores online (switch to your “Player” role in “Settings” to input your scores) & tell your players to practice them at home. Then, test/ assess them (start with the first 7 parts), upload their scores online and have fun with it!

**\*\*NOTE:** The first 7 parts take about 10-15min to run through