

NSCAA Philadelphia 2014

"What was heard/said..." — VERSION 2

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So on Monday, 1/20, I sent out a list with quotes/notes compiled from the NSCAA Philadelphia Convention. Of course, the list was not complete as there were plenty of coaching "nuggets" to take from the convention. Plenty of people on twitter have sent over more quotes/notes from their experiences. So, here is version 2 of the list. For version 1, please email me at: bobbypuppione@yahoo.com or check out my twitter feed from Monday (1/20). Special thanks to Neil Cooper (@NCHammer1980), Esteban Maldonado (@CoachEste), and others for their submissions to this list.

- "Champions do more." - David Copeland Smith, @beastmodesoccer
- "Respect your team by doing your running. Don't be the reason an exercise breaks down." - Brain Centered Learning
- "Football is not an endurance sport. It's an intensity one." - Emma Hayes, Chelsea Ladies Manager
- "Teach players to check/scan 3 times - When you think you'll get the ball. When you KNOW you'll get the ball. When the ball is on it's way." - Dick Bate, Cardiff City
- "Make your opponent play against the whole team. Make it an exercise where it's that 1 player with the ball against 10 and a gk" - Miguel Cardoso talking about Team Defending principles
- "Coaches control the volume of work within a session. Players control how hard they work." - Emma Hayes, Chelsea Ladies Manager
- "Key to good midfield play is to get free, get the ball, get turned and get forward." - Dick Bate, Cardiff City
- "Every time you are trying to build something good, it will only take time"- Romeo Jozak, Croatian Football Federation
- "It's better to have 4 sessions of 100% intensity than 6 at 80%." - Emma Hayes, Lecture on Chelsea Periodisation, Chelsea Ladies Manager
- "Just because you can juggle doesn't make you a good player. But I haven't met a good player than can't juggle." - David Copeland Smith, @beastmodesoccer
- "To be a great coach, it can't be about you."
- "You need to understand every element in your club because a strength and conditioning coach doesn't get fired, managers do." - Emma Hayes, Chelsea Ladies Manager
- "We don't have to win balls in bad positions - they aren't dangerous when they aren't dangerous." - Robin Fraser, New York Red Bulls
- "Play to win is different from winning at all cost." - Doug Williamson, NSCAA National Staff Coach
- "Eliminate SPEC goals and you'll be in every game (set pieces, errors in back, and counters)." - Tim Lenahan, Men's Head Coach at NU
- "If you are a clever player and always receive on back foot, the defense won't know what foot is your strongest; except on 1v1s"- Romeo Jozak, Croatian Football Federation
- "Never say 'punishment;' you say 'consequence.'" - Robin Fraser, New York Red Bulls
- "Players always make decisions such as technical decisions." - Dick Bate, Cardiff City