

## **NSCAA Philadelphia**

"What was heard/said..."

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Here is a list of some quotes/ideas I heard from sessions, others heard from sessions/talks/lessons, or I saw on social media from the event. Some are paraphrased and others are direct quotes. This list does not include everything so I apologize in advance for missing out on plenty of "nuggets" to share. Some may agree or disagree with the list but I'm putting it together for those to remember/apply/pass on. Feel free to add more.

- Q: What are messages youth coaches need? A: "We have to make our athletes better technically...we're looking for players to make decisions." — From women's coaches panel
- "Own your own development." - David Copeland Smith, @beastmodesoccer
- "Even at the expense of talent, have the right culture." - Tony DiCicco
- "Culture fuels performance." — Donna Fishter, Leadership Coach and Team Architect
- "Sit down as you close down." (when talking about defending) — Dick Bates, Cardiff City Director
- Q: What are the biggest challenges in coaching women? A: "The only way a young woman will play for you is if she trusts you." — From women's coaches panel
- "Everything is match related." — Dan Gaspar, Assistant Coach of Iranian National Team
- "To be a great coach, it can't be about you." — Lynn Kachmarik, National Outreach Director for Play Like a Champion Today
- "Simple carbohydrates are more important than complex carbohydrates for recovery." — Jay Williams, Department of Human Nutrition, Foods and Exercise, Virginia Tech
- "If your captains are a 6, then their followers-teammates will never surpass a 6. They're the lids of the team." — Michelle Akers, World Cup Champion, USA
- "Willingness to combine needs willingness to vacate space." — Ian Barker, NSCAA Director of Coaching
- "Tell players their role and how you want it done." — Dr. Bill Steffen in Mental Toughness Session
- "Q-TIP: Quit Taking It Personally." — Becky Burleigh, Head Women's Coach, University of Florida
- "Messi doesn't see more, he has more solutions in his head." — from Brain Centered Training Session
- "Take a deep breath, count to ten." — Ian Barker, NSCAA Director of Coaching
- "We gave them freedom to make mistakes." — Amanda Cromwell, Head Women's Coach, UCLA
- "It's all mental." Jim Madrid, Sports Psychology Expert
- "Low fat chocolate milk can help aid the recovery process much similar to popular sports drinks." — Jay Williams, Department of Human Nutrition, Foods and Exercise, Virginia Tech
- "Many times there is an ultimate goal that you want, and we tend to be impatient. You have to be patient." — Sue Ryan, Head Women's Coach, Stony Brook University