



Coaching Psychological Skills in Youth Football: Developing The 5Cs

Chris Harwood, Richard Anderson

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Successful footballers are typically those who are best able to regulate their emotions, fix their attention, utilise effective interpersonal skills, and remain highly motivated and self-assured in the face of consistent challenges. These behaviours are the hallmark of mentally tough, emotionally intelligent players, and can be grouped under the 5Cs of: Commitment, Communication, Concentration, Control, and Confidence.

The 5Cs, however, are rarely innate - they are a product of a player's long-term psycho-social development and, crucially, they can be coached and nurtured. The aim of the 5Cs program, in this book, is to show coaches how to develop these important psycho-social skills and help young players to understand how they can truly achieve their potential.

Written specifically for soccer coaches of all levels, *Coaching Psychological Skills in Youth Football* details each C in a methodical and practical manner with real-world exercises for training and matches. The book is relevant to soccer coaches working with 5-16 year-old players, with individual techniques and practices marked for appropriate age groups. By weaving these techniques into their normal coaching practice, coaches will help educate young players to optimise their motivation, discipline, composure, self-belief and teamwork. A complete 12 month development plan is included alongside a case study from a youth coach who has actually experienced the 5C journey.

Coaching Psychological Skills in Youth Football will build your confidence as a coach as you learn how to grow and apply a world-class knowledge of sport psychology in youth football.

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