

Learning from Mistakes



Gavin Carvalho

Overview

- Why are making mistakes important? – the importance of failure
- Mistakes are inevitable in youth sports: Embrace it.
- Fremont YSC: How we embrace and learn from Mistakes in Practices
- Fremont YSC: How we embrace and learn from Mistakes in Games.
- Fremont YSC: How we Plan
- The stigma behind making mistakes
- How players can learn from their mistakes
- Shelter at home: How to teach yourself.
- How parents can help their children learn from mistakes
- Resources

Helps foster a
passion for the
subject

In the long term, lead
to more happiness.

Reminds us all that life
is massive experiment

Enables us to look at
things with the big
picture in mind

Mistakes can
encourage us to
learn

Mistakes give rise to
self-compassion

Mistakes free us from
fear and encourage
us to take positive
risks

Mistakes provide
motivation

**Why are
making
mistakes
important?**

Mistakes are inevitable in youth sports: Embrace it!

- *“If you're not making mistakes, then you're not doing anything. I'm positive that a doer makes mistakes” – John Wooden, Legendary Basketball Coach.*
- In every soccer game, there is opposition, 7v7, 9v9 or 11v11. In a game full of soccer actions, every second on the pitch has success and failure. Players score goals, create goals via assists, make a tackle, start a counter-attack but at the same time miss scoring chances, lose possession, miss the challenge and play a poor pass.
- The players that are going to be the most successful and have the most enjoyable playing experience are the players that understand that failure is a part of the game and have learned to embrace it and therefore learn from it.





Fremont YSC - How we embrace and learn from Mistakes in Practice

We are completely aware that every practice or game scenario will be filled with mistakes and successes, we not only expect it but plan for it and when appropriate, create scenarios where mistakes have to happen so that the players can learn.

How we embrace mistakes -

In Practice:

1. Focus is on the individual, understanding that each player is unique and must be approached in a unique way. With varying playing skill levels and abilities, some players may make mistakes that others don't, we understand that players will develop at their own pace and we need to provide an environment where they feel comfortable enough to make those mistakes and then learn from them.
2. Allow opportunity for success and progress to real game scenarios where mistakes become a probability. Encourage players to problem solve by asking guided questions and allowing play to continue for as much as possible without a stoppage.
3. In reference to our curriculum, Focus on specific topic, whether technical or tactical, coaches create scenarios where the topic of the session will naturally arise. For example, a technical session on passing can be two players passing back and forth to each other after performing a dribble turn. In that moment, we are focusing on the execution of the passing technique and not the dribble turn. The turn is simply involved to create a more realistic game scenario. When we add defenders, we will focus on transforming the technique into skill which inevitably give rise to players making mistakes during the passing process, this is something we expect and with the aide of guided questions and technical instruction, encourage problem solving.

U9 - U12 Session List									
U9 to U12 Fundamental Stage, into Specific Training Stage									
Week	Session	Topic	Method	Individual	Pair	WG	Condition	Star	Mark
1	1	Free Play			1, 2, 3, 4	J		2	
	2	Free Play			1, 2, 3, 4	J		2	
	3	Free Play			1, 2, 3, 4	J		2	
2	1	Physiological Development - Speed				J		2	
	2	Physiological Development - Agility				J		2	
	3	Pool Training, Tournament			1, 2, 3, 4	D	Sprint	2	
3	1	Physiological Development - Speed			2, 3, 4	J		2	
	2	Physiological Development - Agility				J		2	
	3	Pool Training, Tournament			1, 2, 3, 4	D	1 Touch Finish	2	
4	1	Pre-Season Scrimmage			1, 2, 3, 4	J		2	
	2	Pre-Season Scrimmage			1, 2, 3, 4	J		2	
	3	Pool Training, Tournament			1, 2, 3, 4	D	Counterattack	2	
5	1	Dribbling 1			2, 3	D		2	
	2	Dribbling to Beat the Opponent			3	D		3	
	3	Pool Training, Tournament			1, 2, 3, 4	D	Gate Dribble	2	
6	1	Dribbling in a 3v1			3	D		2	
	2	SSG - 1			2, 3, 4	J		3	
	3	Pool Training, Tournament			1, 2, 3, 4	D	1v1 Confrontation	2	
7	1	Dribbling Under Pressure			3	D		2	
	2	Shooting and Finishing			3, 4	D		3	
	3	Pool Training, Tournament			1, 2, 3, 4	D	1v1 Confrontation	2	
8	1	Pressure as 1st Defender			2	J		2	
	2	SSG - 1			2, 3, 4	J		3	
	3	Pool Training, Tournament			1, 2, 3, 4	D	Gate Dribble	2	
9	1	Passing 1			2, 3	J		2	
	2	Player Movement and Body Shape			2, 3	J		3	
	3	Pool Training, Tournament			1, 2, 3, 4	D	Team Involvement	2	
10	1	Receiving the Ball			2, 3	J		2	
	2	Passing Between the Units			2, 3	J		3	
	3	Pool Training, Tournament			1, 2, 3, 4	D	Team Touch Limit	2	
11	1	Drinking the Ball Over Distance			2, 3	J		2	
	2	SSG - 2			2, 3, 4	J		3	
	3	Pool Training, Tournament			1, 2, 3, 4	D	Corner targets	2	
12	1	Shooting from Distance			4	J		2	
	2	Shooting and Finishing			3, 4	J		3	
	3	Pool Training, Tournament			1, 2, 3, 4	D	Striking Over Distance	2	
13	1	Shooting 2				J		2	
	2	SSG - 1			2, 3, 4	D		3	
	3	Pool Training, Tournament			1, 2, 3, 4	D	1 Touch Finish	2	
14	1	Pressure as 1st Defender			2	J		2	
	2	SSG - 2			2, 3, 4	J		3	
	3	Pool Training, Tournament			1, 2, 3, 4	D	1v1 Confrontation	2	
15	1	Dribbling 2			2, 3	D		2	
	2	Dribbling to Beat the Opponent			3	D		3	
	3	Pool Training, Tournament			1, 2, 3, 4	D	Gate Dribble	2	
16	1	Dribbling Under Pressure			1, 2, 3, 4	D		2	
	2	SSG - 1			2, 3, 4	J		3	
	3	Pool Training, Tournament			1, 2, 3, 4	D	1v1 Confrontation	2	



Fremont YSC - How we embrace and learn from Mistakes in Games

The most common mistake one can make is expecting players that are 8 or 9 years old to play like the 26 or 27 year old professional we see on TV or for the team to play like Real Madrid. The adultification of the game is one of the main reasons why 70% of youth soccer players quit soccer at the age of 13. Simply put, the pressure to perform at a level that they are not physically or mentally able to puts a drain on players and takes the fun out of the game.

In Games:

1. Like practice, we will go into each weekend game with a specific focus that reflects the sessions from the week. Take the passing practice for example, When we go into that weekend's games, our focus will be to improve on the following:
 - Execution of passing technique
 - Support from teammates
2. In the game, there will be multiple other mistakes like dribbling errors where a player loses the ball in 1v1 situations or if a player misses a tackle or misses a shot on goal. Yes, those are all mistakes and all of them can be corrected. But not during this game, in this game our focus is to improve at the topic at hand: Passing. This allows for optimal improvement in that skill.
3. We must trust the player to problem solve and find solutions to the other mistakes, as we have done in practice. This way the play feels empowered, trusted and motivated.

For example, at the younger age groups, where technique is emphasized the most, we will use technical corrections to relate to the topic of focus.

Breakdown of Mechanics

Short Passing

1. Look at target
2. Eye on ball
3. Angle of approach
4. Non-kicking foot alongside ball in a comfortable position
5. Strike Centre of ball with inside / outside of foot (Identified area of the ball)
6. Firm ankle
7. Follow through towards target

Passing Variations

There are a number of different techniques when passing the ball, and this variety of distribution is used in different situations. By adjusting the surface of the foot used, and the striking area of the ball, you can add spin to **dip, bend, and curl**, along with a variety of speed to **left, chip, and drive a pass**. Become a creative player and practice these advanced techniques to use in your games.

Turning

1. Eye on the ball
2. Decision, Change of Direction
3. Contact with surface (if required) or felt.
4. Head Up
5. Low Centre of gravity (balance)
6. Change of Direction
7. Acceleration into Space

Defending

1. Get In Line
2. Pressure on the ball
3. Deceleration
4. Body Position
5. Stay on toes
6. Be Patient
7. Decision
8. Recovery Runs (Movement)
9. Tracking Players

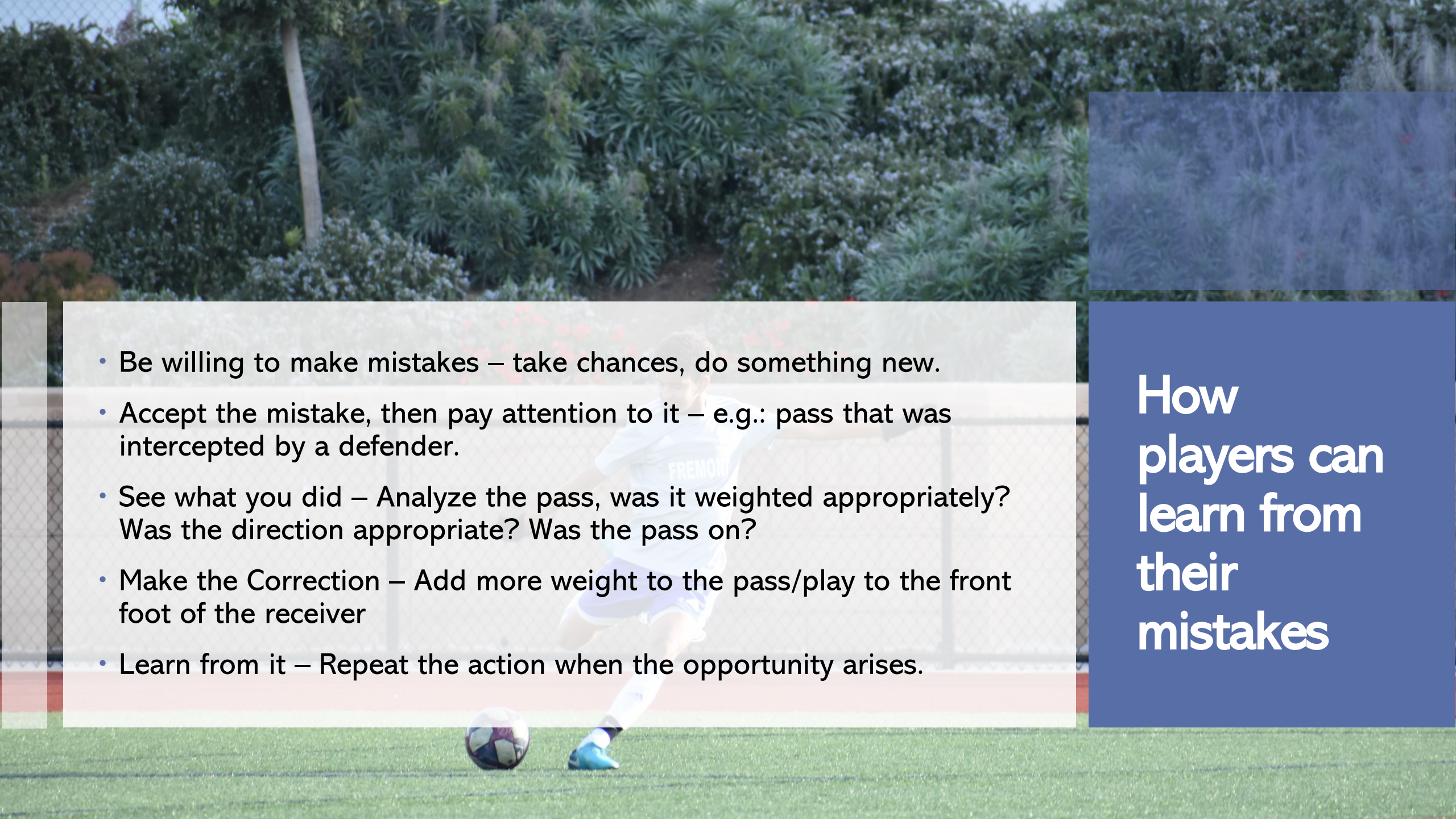
Shooting

1. Get your body in a position to strike the ball
2. Angled approach
3. Non kicking foot beside the ball
4. Head over the ball
5. Select Surface & Strike: E.g. Laces, Inside.
6. Follow through
7. Aim low and across goal (Accuracy)
8. Decision

The stigma behind Mistakes

Failure to learn from mistakes has been one of the single biggest obstacles to human progress. A progressive attitude towards failure is a cornerstone of success for any institution or individual.
– Mathew Syed, *Black Box Thinking*

- Mistakes or failures, are commonly associated with lack of success, nonperformance, inadequacy, subnormal or insufficient.
- We are so obsessed with success that we forget how essential an ingredient failure is in the recipe.
- This negative stigma associated with mistakes often causes people to deny the mistake completely. When their validity is questioned, people will go out of their way to find a reasonable explanation to justify the action to deny that it was a mistake.
- It causes us not to try new things, due to the fear of failure.

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- Be willing to make mistakes – take chances, do something new.
 - Accept the mistake, then pay attention to it – e.g.: pass that was intercepted by a defender.
 - See what you did – Analyze the pass, was it weighted appropriately? Was the direction appropriate? Was the pass on?
 - Make the Correction – Add more weight to the pass/play to the front foot of the receiver
 - Learn from it – Repeat the action when the opportunity arises.

**How
players can
learn from
their
mistakes**

Shelter at home: How to teach yourself

The Key is: Marginal Gains. This refers to breaking down a goal into its simplest form and improving it by 1% at a time.

For soccer players, the goal is to improve their soccer skill and ability. Fremont YSC players can refer to the playing elements to find their areas of focus. With shelter at home, players are limited to focusing on the technical aspects of the game: Dribbling, passing, shooting and defending as this can be worked on alone or with a family member.


We have 10 practice sessions available at www.fremontyouthsoccer.com that refer directly to the playing elements. Players can access the videos, write down their plans using the Fremont YSC Player profile.

In a world where players are constantly looking for feedback and reinforcement, they must also be able to self-analyze and reflect to gauge improvement. Players are encouraged to ask questions and seek advice, but players must learn to value their own opinion and belief, which will foster self-confidence, then learning and consequently soccer development.



Name:	Team:	Season:
Player Profile	Self Reflection	Action Plan
Personality:	Strengths:	What will be practiced:
Ambition:	Areas to improve:	How will you practice:
Values:	What you would like to see corrected:	Reflection (to be completed at end of season)
Relationship with Teammates:	Commitment to Improving:	Results:
Athletic Ability:	Goals to Achieve:	What Could Have Been Done Differently:

How Parents can help their children learn from their mistakes

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- A background image showing a group of soccer players on a grassy field. In the foreground, two players in dark jerseys are embracing and celebrating. One player has the number 4 on his back. To the right, another player in a dark jersey with the number 20 on the back is walking away. In the background, a player in a white jersey is visible. The scene is set outdoors with trees in the distance.
- Acknowledge and allow the child to express their feelings after the event.
 - Inspire them by reminding them of their proven strengths and abilities.
 - After emotions subside, help them find a positive perspective. Time is crucial – This could take an hour to a day.
 - Label them as someone who always comes back or is a “comeback specialist”

Resources

- Syed, M. (2016). *Black box thinking: why most people never learn from their mistakes--but some do*. Place of publication not identified: Portfolio Penguin.
- Berkun, S. (n.d.). How to learn from your mistakes. Retrieved 2020, from <https://scottberkun.com/essays/44-how-to-learn-from-your-mistakes/>
- Alberts, L. (n.d.). Failure: Why it's actually good for your young athlete. Retrieved May 28, 2020, from <https://www.nays.org/sklive/for-parents/failure-why-it-s-actually-good-for-your-young-athlete/>
- Pomai, C. (2017). How to deal with mistakes in youth sports. Retrieved 2020, from <https://sportpsychologyskating.com/5-steps-to-learning-from-your-mistakes/>