

A Parent's Checklist for Choosing Individual Soccer Training

Before you add individual training to your young player's season, it helps to know what to ask. Use these questions with any trainer or program, ours included.

1 Is the plan built for my player, or is it the same drills for everyone?

A good plan should change when your player's age, level, position, or point in the season changes. Ask for an example of how it would look different for a center back and a winger, or for an 11-year-old and a 16-year-old.

2 Who will I actually work with?

Ask whether you deal directly with the coach whose name is on the program or with a rotating team. Ask about the coach's background and whether you can check it.

3 What will I receive in writing?

Look for written feedback or a report you can read and track over time, not just a verbal "he did well."

4 Can they explain the process step by step?

A clear cycle might look like this: a call to set objectives, a training session built for your player, analysis and feedback, a look at a match, and a report that sets the next objectives. Whatever the program's process, you should be able to understand it.

5 How does it work alongside the club coach?

Individual training should complement what your player does at the club, never replace it. Ask how the program fits around the club schedule and what your player's coach is working on.

6 How should I prepare match video?

If a program reviews matches, ask what footage it needs. Common tips: film from one fixed spot so the picture stays steady, and record the whole match, not just highlights. Check your league's and club's filming rules first, film only where it is allowed, and don't post video of minors publicly. Many recreational leagues don't film at all, so ask how the program works without footage.

7 Watch for red flags.

Be wary of any promise of a scholarship, a college offer, a roster spot, or guaranteed results. Nobody can honestly promise these. A good program promises a clear plan, direct communication, and honest reporting.



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QUESTIONS?

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