**Week 2 Email Content**

Session 1: Dribbling to Penetrate.

Session 2: Dribbling to Shield / Turning.

**Video:**

**LUIS SUAREZ**

[**https://www.youtube.com/watch?v=vWdIV6EvGPI**](https://www.youtube.com/watch?v=vWdIV6EvGPI)

**TOBIN HEATH**

[**https://www.youtube.com/watch?v=GUSDO4smdn0**](https://www.youtube.com/watch?v=GUSDO4smdn0)

**Coach Education Topic – Developing a Growth Mindset:**

As well as developing top quality soccer players, our aim is to develop players with strong mindsets that aid in their soccer development and also different areas of their lives.

The "Growth Mindset" model was developed by Carol Dweck, PhD, and is now a key component in education and youth sports throughout the world as well as within US Soccer courses and curricula.

The model separates a person's mindset into two basic mindsets - a "Growth Mindset" and a "Fixed Mindset".

The characteristics of a **Growth Mindset** are a person’s ability to: **Embrace challenges; persist in the face of setbacks; see effort as the pathway to mastery; learn from criticism; use other people's success as inspiration.**

These are vital characteristics for athletes to have in the arena of sport and when developing as a young soccer player.

For instance, how does a child react to making a mistake?.... Do they give up or do they use the mistake as a learning experience? How does a child react to receiving constructive criticism?... Do they see it as a negative or do they use it as an opportunity to improve and embrace a challenge? Coaches play a key role in this in regards to how they deliver feedback to players and promote a growth mindset.

These are also good characteristics for parents to possess. For instance, how does a parent react to their child not making a team or not receiving as much playing time?? Do they use it as a challenge to embrace, and a learning experience, or as a reason to move to another club and pull their child out of a sport they enjoy? Additionally, if a child makes a mistake during a game does the parent yell criticism from the sideline, or encourage the child to reflect and learn from the mistake?

We want to help our players become mentally strong, and develop players who embrace challenges, reflect and learn from mistakes and see that hard work and effort underpin mastery and excellence.

Click on the link below for a more in-depth overview of Carol Dweck's mindset model. These are characteristics we will integrate into our coaching methodology this year.

<https://www.brainpickings.org/2014/01/29/carol-dweck-mindset/>