

# Using MOTI™ Soccer Training Platform

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## Getting started as a coach in MOTI

1. Log in using your user name and password.
2. In MOTI Sports Coach's Page box, click or tap **View the Quick Start Video**.
3. Click ▶ to start the video. This video briefly describes all the features of the system. Don't worry about each individual part right now, as you can just start using it one step at a time.

## Preparing to use MOTI's Soccer Training App

If you are new to soccer as a coach, or new to the MOTI™ Soccer Training Platform, we understand you need to become comfortable as you start using it to train your players. As you first start using the app, take your time and play around with its features, especially the Announcement Board, which acts as a sort of online white board to highlight information to tell your teams.

Especially if you've not coached before, you may find that the following outline helps to set your frame of mind, think positive and about having fun! As you interact with your players and their parents, let people know you are a new coach, or even new to soccer.

## Before each practice

- Watch the MOTI Session plan, so you are comfortable with the sequence and understand it.
- Print out a PDF of the practice to have handy in your pocket for reference.
- Put on a watch (or plan to use your phone) to track time during practice.

## Tips to running a practice

- Make this a high energy practice—no sitting around or standing in lines.
- Keep players moving, touching the ball as much as possible.

## Player interaction and playing tips

- Remind players that they do not kick the ball with their toes; always use the in-step or side of foot.
- Talk with players, use their names, talking about their ball touches, dribbling and passing.
- Complement and encourage them all the time—even little things like passing or control.
- Suggest changes in movement to improve their ball handling technique.

## Using MOTO to enhance practices

- Follow the MOTI Session plan during practice in sequence:
  - Warm-up activity (Skill or Drill) players can do upon arrival. After warm-up and all are present:
    - Ask who has viewed the practice plan (a show of hands). Help those after the practice.
    - Ask if anyone has practiced their Skills/Techniques. Suggest practicing at home daily.
  - Use activities (drills/tactical) to re-enforce the skills/techniques or play situation scenario.
  - Call for water breaks (keep them moving, not sitting down).

- Hold a small-sided game (call it a scrimmage). Make it fun!
- At cool down at the end of the practice, talk about the game.
- Close the practice with reminding players what to work on next before the next practice/game.

### **Additional practice tips**

- Coach players through the practice step-by-step.
- If something is not working well, a Skill or Drill, move on to the next activity.
- Refresh the Team Announcement Board online with your *brief* comments.
  - Complement the players on their progress.
  - Suggest one idea.
  - Make an inspirational comment.
  - Tell players if there is anything special on how to prepare for the next practice or game.