



Patrick O’Keeffe

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LICENCES / DIPLOMAS:

- NSCAA NATIONAL DIPLOMA
- NSCAA ADVANCED NATIONAL DIPLOMA
- NSCAA PREMIERE DIPLOMA
- USSF F LICENSE
- USSF E LICENSE
- USSF D LICENSE

EXPERIENCE:

- SWSC U₁₂ / U₁₄ SELECT (BOYS)
- CBA MODIFIED HEAD COACH / VARSITY TECHNICAL STAFF
- CAPITAL UNITED PREMIERE (GIRLS)
- ALLEYCATS PREMIERE (BOYS/GIRLS)
- NEW YORK ELITE (BOYS)

AREAS OF FOCUS:

- TECHNICAL TRAINING 2 YEARS EXPERIENCE WORKING WITH HEAD OF COERVER NY
- TACTICAL TRAINING: DECISION MAKING IN GAME SITUATIONS
- PHYSICAL: GAME FITNESS
- MENTAL: BEING MENTALLY PREPARED AT GAMES AND PRACTICES / UNDERSTANDING WHAT IS EXPECTED

COACHING PHILOSOPHY:

- TEACH PLAYERS TO LOVE THE GAME FOCUS ON "LEARNING" THE GAME NOT "WINNING" THE GAME
- ENCOURAGE PLAYERS TO TAKE OWNERSHIP OF THEIR OWN DEVELOPMENT PRACTICE WILL MAKE YOU GOOD, WHAT YOU DO IN BETWEEN WILL GET YOU TO THE NEXT LEVEL
- PROVIDE PLAYERS WITH REALISTIC SHORT TERM AND LONG TERM GOALS
- GAMEBASED PRACTICES AS REALISTIC AS POSSIBLE
- EMPHASIS ON PLAYERS MAKING DECISIONS NOT FOLLOWING INSTRUCTIONS
- GIVE PLAYERS FREEDOM TO MAKE THEIR OWN DECISION, MAKE THEIR OWN MISTAKES AND ACT AS A GUIDE PROVIDING PLAYERS WITH A PATHWAY TO BECOME CREATIVE, SUCCESSFUL PLAYERS