

7th / 8th-Grade Coach's Guide



- **Team Picture Day: Saturday, March 9**
 - Schedules and uniforms distributed at Picture Day
- **Season (Saturdays): March 9 – April 27**



I Am A Youth Athlete.

I am Brave and strong and talented. But I'm Still just a kid. I am not perfect. I am a work in progress. I need you to be patient while I test the limits of my body and work through the emotions that come with success and failure. When I make a mistake, I wonder if you'll be disappointed. When I reach my goals, I look to see if you are watching. I am a youth athlete. I love my sport. You call it competition. I call it playing the game. I want to win and have fun. I am a youth athlete. I am **Your** youth athlete. Winning feels great, but your praise feels infinitely better. Please remember these things, and I promise to do my best to make you proud.

Thank You Coach! You make a huge difference and we appreciate you providing time and effort in making this season positive, fun and successful! If you haven't already, please fill out a [Background Check Form](#), required annually to participate as a volunteer.

The purpose of this guide is to help you! Please take a few minutes and read the ENTIRE guide. The guide will help you know your role and responsibilities as a volunteer coach so the kids will have a fun learning experience and will grow to love sports and appreciate the benefits of physical activity. In this guide you will find important information to help you with all aspects of coaching; everything from conducting your first parent meeting to teaching fundamentals. If you ever need access to more coaching information it is available in the [Coach's Corner](#) page on our website. **Thank you for volunteering!!!**

WHY YOU'RE IMPORTANT

Why do you want to coach? Do you want your kids to have an opportunity to play? Do you want to teach your kids to be the best they can be? What kind of coach do you want to be? People underestimate the impact that coaches have on young players. Coaches occupy a central role in the athletic setting, and their influence extends into other areas of their players' lives. As a coach you will have an impact on your players in their sports careers and in life, long after their organized playing days are over. You are a role model. Your actions and the attitudes you express shape their view of the world and of themselves. Your attitudes and actions also represent the Boys & Girls Clubs of the Lewis Clark Valley (BGCLCV), your team, and yourself.

ATHLETE FIRST, WINNING SECOND

THE MISSION OF THE BGCLCV IS TO ENABLE ALL YOUNG PEOPLE, ESPECIALLY THOSE WHO NEED US MOST, TO REACH THEIR FULL POTENTIAL AS PRODUCTIVE, CARING, RESPONSIBLE CITIZENS. The BGCLCV youth athletic programs encourage participation, sportsmanship, skills development; and providing a fun, safe and supportive experience for children. Our programs are **NOT** intended to be miniature professional leagues. Coaches can get caught in the "winning is everything" philosophy that characterizes our professional sports culture. This thinking leads coaches to lose sight of what youth coaching is really about. The value of playing far exceeds winning and losing. The MOST important youth coaching product is not a win-loss record, but lifelong character lessons, skills, knowledge, and enjoyment by the players.

YOUTH DEVELOPMENT STRATEGY (BUIC)

How do we teach character lessons, skills, knowledge, and enjoyment? Coaches create an atmosphere with four club tested tools: Belongingness, Usefulness, Power or Influence and Competence. These four tools create the environment needed for boys and girls to reach their full potential.

Belongingness - A setting where players know they are accepted and belong. What we do not want is the sense that there are "groups or clicks," which create an uncomfortable environment for your players.

Usefulness- This gives your players the opportunity to do something of value for other people. For example, recruit a player to demonstrate a certain skill in your practices.

Influence or Power - Creates the chance for the players to be heard and to influence other people's decisions. Power is knowledge and knowledge is the key to influence others.

Competence - The sense that a player can do something and do it well. This is a coach's obligation to find that players niche--where they fit in and have the ability to do something well as a player or as a teammate.

Use these key elements to teach players life lessons, skills, sport knowledge, and a respect/love of the game.

SUCCESS IS FOUND IN DOING ONE'S BEST

Children should be taught that success is found in striving for victory. Your players need to know they have complete control over the amount of effort they put forth. Our Club kids should be taught that they are never a "loser" if they give their best effort. Focus on your player's effort and enjoyment rather than wins and losses.

Emphasize and reward “doing your best,” “getting better” and “having fun” as opposed to “win at all cost.” Reinforce effort as much as results; and the impact effort plays in creating positive results. It’s easy to recognize and praise an athlete who makes a great play. It’s your job to recognize the athlete who tries hard but comes up short. Be on the lookout for effort; and encourage your players to continue or increase their output—whether it’s at practice or in a game...or in everything they do!

WINNING & LOSING

Children can learn from both winning and losing. Winning isn’t everything, nor is it the only thing. Young athletes can’t learn from losing if they think the only objective is to beat their opponents. Winning is an important goal, but it shouldn’t be the team’s most important objective. Participants should leave our program having learned valuable lifelong lessons through enjoying the experience, demonstrating skill outcomes, and looking forward to future sports participation. One of our coaches said it best, “We don’t teach our kids to ‘win at all costs’...we will teach them how to be winners.” This is the attitude that will best serve our youth.

When You Win

After a win, players have an opportunity to show good sportsmanship by continuing to treat the other team with respect and dignity. As the coach, you should strongly remind your team to “win with class.” Congratulate the other team by giving them a cheer; then line the teams up to give high fives and to tell each other “good game!” Finally, have the players thank the referees. Never allow your players to taunt or humiliate an opponent. If it happens during a game, sit them out and explain that it will not be tolerated. If the behavior continues, notify the parent and the Athletic Director.

When You Lose

Athletes should not view losing as complete defeat. This might be the single most important lesson a child can learn from sports. This loss will not be the player’s only failure in their lifetime. Children need to be taught that losing a game isn’t the worst thing in the world. Teach players that how they respond to failure is more important than failing itself! After a loss explain that they can “lose with class.” Have the players give the other team a cheer and line up and give high fives and tell the other team “good game!” Finally, have them thank the referees. Explain that if they give their best effort they aren’t losers. Explain to them they can do different things to achieve success next time, like working harder in practice and playing as a team.

SPORTSMANSHIP

Behavior after a win or a loss is an important part of sportsmanship. Sportsmanship can be taught by encouraging clean play, discouraging dirty or rough play, developing a positive relationship with the officials, and coping with winning and losing. These are all lessons that can be taught at practice and re-enforced before players step into a competitive game. A large part of teaching sportsmanship is having the courage to enforce it if one of your players acts in an unsporting manner. As the coach, it’s up to you to model appropriate behavior with both your words AND your actions. Remember...you are a role model.

COACH’S CONDUCT

As coaches we have a responsibility to promote sportsmanship in athletics. Sportsmanship is a PRIORITY in our athletic program. This includes respecting game officials (referees) and opponents. The BGCLCV enforces two major policies: first, our Coaches-At-Will Policy stating the Club can terminate a volunteer for any reason at any time. Our No Tolerance Policy below is the key to promoting and enforcing the expected standard of behavior. Please make sure you understand both of these policies.

No Tolerance Policy

The Boys & Girls Clubs of the Lewis Clark Valley are proud of everyone involved in our athletic programs. In an effort to encourage and create a positive, safe & enjoyable environment, we adhere to a NO TOLERANCE POLICY for all athletic events. We want everyone involved to enjoy athletics in a mature and responsible manner. Please remember that children play for FUN. Thank you for setting a good example of sportsmanship.

We encourage and expect all coaches, spectators and players to:

- Know and follow the rules and understand the intent of the rules
- Respect players, fans, and referees; and respect the referee’s decisions

- Place safety, enjoyment and education of others above all else, including winning
- Remember that children play for FUN
- Never engage in unsportsmanlike behavior
- Never use abusive or foul language
- Encourage in a manner that inspires without belittling others
- Avoid criticizing players for mistakes. Making mistakes is crucial to learning & improving
- Be supportive of the teams & represent yourself in a positive manner

Inappropriate behavior may result in expulsion from the current game and/or future games. If necessary, a meeting with the Athletic Director will be set up to discuss further action. Decisions made will be fair and in the best interest of the athletic program and our members.

GETTING READY TO COACH

PARENTS/PARENT MEETING

PLEASE Call Each Parent immediately after the coaches meeting or the next day. They are expecting your call! Our Athletic Office will literally get hundreds of phone calls & emails if you don't contact your players' parents ASAP. During this initial call, introduce yourself and provide information about your first team meeting and/or practice.

The preseason parent/player meeting should take place before the very first practice. Parents are a key part of the team. The younger the athlete, the more parental involvement is needed. Make sure you let the parents know that this meeting is mandatory. Prepare for the meeting and be ready for questions that parents may ask. This is usually the only chance to set the correct tone with the parents. At this meeting allow 15-20 minutes to cover important issues. Here are some tips/reminders:

- **Introduce yourself** and any other volunteers. Go around and have parents introduce themselves/kids.
- **Let parents know how they can help.** Have a list of volunteer jobs with responsibilities (assistant coach, snack list for parents, etc.)
- **Distribute the parent guide & share team goals** - Players will participate, have fun & gain skills. Winning is secondary.
- **Stress their role** as a parent and the foundation of good sportsmanship is how they treat referees, opponents, etc.
- **Let the parents know your expectation of the players.** Have a short rule list - For example...Be on time. Be respectful. No negative talk. Be a good sport at all times!
- Have parents bring **EQUIPMENT** to practice if needed (most kids have a soccer ball at home).
- **Communicate field/facility rule:** we are guests at our practice sites. Follow their rules--drug free, no pets or weapons. Keep it clean and on time. Don't extend your practice time IF another team is waiting to use the field. Be courteous.
- Let the parents know you will be in charge of games and practices. Ask them to avoid using coaching commands when cheering. For example, have them avoid yelling: "shoot," "pass," etc. – this helps players focus the coach on their coach.
- **Check to see if any child has special medical issues** you need to know about. Field/answer any questions and let them know you're available to speak with them when your schedule permits (after practices, games, etc.)
- **Go over practice schedule** – have a consistent schedule if possible (e.g. every Wednesday from 5-6 @ Camelot).

DISCIPLINE

Be fair, consistent, quick and clear. There will be times during the season you will need to discipline players. Let the team know you expect them to behave in a sportsmanlike manner at all times. Set the tone early in practices. Confront the behaviors immediately. If a player isn't following a rule have them sit out for a period of time. Correct the behavior, not the person, don't make it personal. Identify the specific action "your level of effort and attention is not acceptable." Kids enjoy playing and won't want to sit out long. **Do Not** discipline players for physical errors - this produces fearful play. Mistakes in sports are an essential part of the growth process. Successful coaches teach how to fail, recover quickly, and to try again. Players who are fearful of the coach's reaction to a mistake, play to not make a mistake and therefore, compete fearfully.

CORRECTING PLAYERS

You don't have to be soft to be a good coach. In fact, to coach well, you're going to have to correct players. To be effective when correcting players, you must do it at the right time and in the right manner. Almost all correction should happen in practice. In the heat of a game, technical skill correction rarely works. If you must correct a player during the game, then wait for a break in the action like a half time period and make simple adjustments. In most situations, it is best to correct players privately unless there are several players who will benefit from hearing the same correction at the same time.

INJURY PREVENTION/TREATMENT

- *Dehydration/Soreness* - Drink plenty of fluids and stretch before, during, and after practice and games. Get plenty of rest.
- *Cuts* – clean the wound, dry thoroughly, applying dressing such as Neosporin and bandages.
- *Sprains & strains*- Use RICE method=Rest, Ice, Compress, Elevate. Rest the injured area. Apply ice to area to help reduce swelling. Compress with bandage wrap and elevate to help reduce swelling.
- *For severe injuries*- Call 911 immediately. Notify the athletic director ASAP if medical care is required as the result of an injury at practice or a game. Notify athletic director ASAP if a player is ever taken in for medical care.
- **Concussions**- Brain and head injuries are not to be taken lightly. Always err on the side of caution: **“When in doubt, sit them out.”** After sustaining a head injury player must be cleared by a physician before returning to physical activity.

ABUSE PREVENTION

- The BGCLCV prohibits being alone with a player that isn't your own child. This protects you and the children on your team.
- **NOTE** – make sure any parent/individual has a completed Background Check on file with the Club before they help coach.

OFFICIALS/REFEREES/MONITORS

All BGCLCV officials are honest, impartial, trained and most have previous referee experience. **HOWEVER, they are still human and they will make mistakes.** Our referees are going to do the best they possibly can. Please act like a mature & responsible adult. Whether you believe it's the right call or not, we ask that you respect the referee's decisions. **Follow the No Tolerance Policy.** There is a time and a place for having conversations with officials. Please wait for a game break to speak with the officials and always approach them in a non-confrontational manner. Make a conscious decision to set a good example for your team by never arguing with or disrespecting an official or Club staff member. Be a positive role model for your players, parents and fans. Site monitors will be available at each facility. They are there to supervise and assist our officials. If you have an issue the referee can't resolve, then let the site monitor know. If they need further assistance, they will contact the Athletic Director.

GENERAL

Promote Fun

Avoid getting too serious. Don't be obsessed with winning—it's not our ultimate goal. Above all else, make sure the kids are having fun. If they're having fun, then they'll continue to play.

Be patient

Young players are going to miss shots. They're going to make turnovers. They're going to commit fouls. They need the freedom to make mistakes. This is how they learn the game and develop skills. It's your job to help them learn from those mistakes; and this requires patience on your part.

Focus on the Fundamentals

Fundamentals learned at this level are going to be used for the rest of these player's lives. Don't waste an opportunity to teach your players that hustle and good work ethic are fundamental skills.

Understand the rules of the game

Read the rulebook. The Boys & Girls Club leagues have rules tailored to the age of the player. Youth athletics have specific rules that aren't the same as other levels of athletics. You can't expect your players to know the rules if you do not. As the coach, it is essential that you learn the rules and always attend the preseason coaches' meeting and that you and any assistant coaches read and understand the league playing rules. Be aware of any age-group specific rules for the sport (and level) you are coaching.

UPCOMING SCHEDULE (TEAM PICTURE DAY, FIRST GAME DAY, MID-SEASON)

Team Picture Day – Saturday, March 9 at the Lewiston Boys & Girls Clubs (1021 Burrell Ave.)

- Team shirts/uniforms will be given to coaches when they check in on team picture day. Coaches will then distribute shirts/uniforms to players by size listed on roster and get team in line for team/individual pictures.
 - Distribute picture packet forms at the back of your packet at parent meeting.

First Game Day / Last game day (Note – schedules subject to change)

- Saturday, March 9 / Saturday, April 27

Mid-Season

- Monitors/referees will distribute picture packets, upcoming sport flyers, and [PARTICIPATION CERTIFICATES](#) to head coaches. [PASS OUT PICTURES ASAP](#). Sign each participation certificate and give them to each player after your last game.

INTRODUCTION

AT THE YOUTH LEVEL THERE ARE PRINCIPLES THAT MUST BE CONSIDERED BY ANYONE INVOLVED WITH SOCCER. PLAYERS SHOULD BE ALLOWED THE OPPORTUNITY TO EXPERIMENT, AND WITH THAT, SUCCEED & FAIL. THIS ALLOWS THEM TO EXPERIENCE SOCCER FIRST HAND. THE COACH'S LONG TERM GOAL IS TO PREPARE A PLAYER TO SUCCESSFULLY RECOGNIZE AND SOLVE THE CHALLENGES OF THE GAME ON THEIR OWN. IT'S VITAL THAT COACHES APPROACH THEIR ROLE & RESPONSIBILITIES WITH THIS IN MIND.

COACH AS A PROFESSIONAL- ORGANIZE AND PLAN

- The most important factors in team improvement are attention, effort, and productive use of practice times.
- Find drills and techniques for performing specific skills that can help your players improve.
- Understand your teaching environment before you begin teaching a drill. Know your time limits, # of players, and space to prevent wasted time and maximize use of assistant coaches.
- Plan your practice so that drills that are new or require more thinking occur early in practice and drills done at the end of practice are the ones that require execution of fundamentals done correctly while tired.
- Start on time, stay on time and end on time.
- Don't confuse activity with achievement. Achievement is activity that produces improvement in skill level.
- If a skill is going to take 20 minutes to teach, consider breaking it up into smaller periods (4 five minute segments).
- Write your plan and follow your plan. That said, be flexible. Keep a record with comments if changes are needed next time.
- Make all drills as competitive as possible for increased intensity and motivation.

COACHING YOUR OWN CHILD

- Define all roles: understand when to be "coach" and when to be "parent." Teach your child the responsibilities they have and how to separate "player" from "son or daughter." During practices and games, you are "coach" and they are a "player." Have them call you "coach" during practices and games. Leave your coach's voice and whistle on the field and make a quick transition back to the unconditional love of a parent. Don't be the coach to your child at home; and don't parent your child on the field. Develop a clear separation of roles.
- Be careful about leaning too far either way when it comes to preferential treatment. Showing favor to your child will strain their relationship with teammates. But being too tough on your child can make the child question why they are being "punished," or treated unfairly. Treat them as a member of the team – nothing more, nothing less.

COACH AS A TEACHER

- Teaching is the key to skill improvement. Make sure you account for different types of learners.
- **DDADA** - Describe. Demonstrate. Ask for Questions. Do it. Then Adapt it if necessary.
- Talk little and DO a lot. Keep instruction to a minimum number of words and keep lines short with lots of reps & movement.
- Talking too much will cause your players to lose focus. The game is the best teacher for players, coaches & parents.

MOTIVATE

- Great coaches encourage, motivate and allow players to enjoy playing.
- Coaches that find the correct mix of being demanding AND positive are the best motivators of young players.
- Motivation is relationship-based. Do your best to care for, respect, and understand your players.
- Things that get rewarded get done and they perpetuate themselves. Reward effort and behavior.
- Use positive direct communication correct privately and praise publicly.
 - Attach the name and the action to every praise and every correction. Look for positives on a daily basis.
 - The closer in time the correction is made, the stronger the impact to the player/learner.
- Build on successes – small successes will lead to bigger successes.
- Be creative and enjoy your coaching experience. Show your enjoyment. End each practice/game on a positive note.
- Be positive. You will discover that POSITIVITY is CONTAGIOUS!
- Teach, find and model individual worth. Find the good in every kid.

MOTIVATION DURING THE GAME

- Be a model of confidence, concentration and poise. Provide and model positive energy and directions to your team.
- A lot of your messages will be sent through your body language be aware of what you're saying and showing.
- Focus on the things you can control. Don't waste energy on anything out of your control.
- Don't spend a lot of time talking during games. Use simple instructions with key words/phrases used at practices.
- Keep games simple. Teach less during games than at practice. Players are already overloaded and don't need much more.
- Keep your focus on your players. Don't be the center of attention.
- **ALWAYS REMEMBER THAT THE GAME IS THE BEST TEACHER FOR THE PLAYERS. COACHES AND PARENTS SHOULD THINK OF THEMSELVES AS FACILITATORS, MONITORS, OR GUIDES TO PROVIDE A RICH ENVIRONMENT FOR THE KIDS TO LEARN FROM AND ENJOY.**

TEACHING THE FUNDAMENTALS

The first fundamental to instill in your players is that soccer is a TEAM game. No team is going to win unless each player contributes. Everybody has to learn the fundamentals and contribute if the team is to play well and succeed. Make it clear that unless everybody does their part, the team has very little chance of playing well. This is the first step in building a team mentality. Let your players know the team always comes ahead of the individual. Stress the idea every player is important and contributes to the team's effort. Most importantly, you have to mean those words. Don't fall into the trap of playing the same players and not following the participation rules. Let every player know that he or she is going to be called upon to perform at every game. If you show confidence in your players, they will rise to the challenge. Praise not only makes a player feel good; it helps them raise the level of their game.

SIMPLE PRACTICE PHILOSOPHY

Practice Planning is based on 4 ingredients:

- 1. Structure:** A successful soccer practice has to be well-organized and follow a clear set of objectives from start to finish. Your practices should always follow a simple formula:
 - a) Warm-up:** Effective warm-ups allow the players to become mentally and physically focused to begin the practice. Properly warming up the muscles and ligaments of the body is also essential for avoiding injury.
 - b) Fundamentals & Defense:** Equip your players with the basics/fundamentals needed for improvement.
 - c) Game Preparation:** For the majority of teams at the high school level and below, all that is necessary is a few set plays. The key is executing these plays and understanding how to react to the defense and/or in-game situations.
- 2. Variety:** Players need different drills to keep their interest, find drills online or in our [Coaches' Corner](#) section of our website.
- 3. Competition:** Encourage an atmosphere of hard competition to simulate a game-like level of play.
- 4. Fun:** If the players aren't having fun, they'll lose interest and motivation quickly. Find creative ways to make it FUN!

EXERCISES

The more times a player runs through a drill and the less time players stand around watching, the better. Try and break down your drill groups into small groups (with a coach) if you can. Use as much of the field and as many goals available. Run players through drills as many times as possible. If you must conduct drills with the entire team as a group, keep the players waiting in line engaged by quizzing them on what they see being done right by the players running the drills ahead of them.

ORGANIZATION OF PLAYER DEVELOPMENT BY AGE AND STAGE

Children do not learn the same way as adults, especially when it involves both intellectual and physical activity. We can't train 6-year-old players the same way as 13-year-old players. Practices (and practice plans) must be adapted to the age of the players.

Here is a key for the terminology used below:

- Tactical = Game understanding (General soccer knowledge, vision and awareness is important)
- Technical = Quality Technique
- Physical = Intensity
- Psychosocial = Competitiveness

13 & 14 YEAR OLDS (INTERMEDIATE STAGE)

Players develop a good understanding of the game at this stage. However, these players are limited by their physical size and the significant changes, which arise with puberty. Safety should be the number one priority for the coach. Focus should be on tactical and technical elements of the game and less on the physical aspects. Tactical training plays an important role.

*Characteristics:

- At this stage, training sessions are oriented toward tactics and the player will practice in bigger spaces. Players must practice all different types of techniques at this stage.
- Strength and endurance should be part of the fitness training. Coaching methods need to consider and preserve players' health at this stage. Warm-ups and cool downs are essential as is dynamic flexibility.
- Players must develop discipline at this stage by following the instructions of the coach both during and outside practice sessions.

EXPECTED OUTCOMES AND OBJECTIVES FOR THIS SEASON

OVER THE COURSE OF THE SEASON WE EXPECT EACH PLAYER TO GAIN AND DEVELOP SKILLS. BELOW ARE THE SKILL OUTCOMES BASED ON GRADE LEVEL:

7th Grade

Objectives	Expected Season Skill Outcomes
<p><i>Scrimmage:</i> Coordinate possession, transition and finishing</p> <p><i>Tactical:</i> Improve attacking coordinated movements & zonal defending</p> <p><i>Technical:</i> Focus on quality of passing/receiving technique & ball control in small spaces</p> <p><i>Physical:</i> Basic development of speed, endurance and strength</p> <p><i>Psychosocial:</i> Commitment to the team and focus in training</p>	<ol style="list-style-type: none"> 1. Passing the ball at speed in reduced spaces 2. Combination play & communication with teammates 3. Combine endurance and speed during the game

8th Grade

Objectives	Expected Season Skill Outcomes
<p><i>Scrimmage:</i> Coordinate playing out from the back, possession, transition, combination play & finishing during the game</p> <p><i>Tactical:</i> Application of attacking principles to create combination play</p> <p><i>Technical:</i> Focus on quality of passing/receiving technique, ball control & finishing in small and big spaces</p> <p><i>Physical:</i> General development of endurance, speed & strength</p> <p><i>Psychosocial:</i> Competition in individual & team situations</p>	<ol style="list-style-type: none"> 1. Playing short and long accurate passes in collective exercises 2. Combination play and communication with teammates 3. Combine endurance and speed during the game

PRACTICE ASPECTS THAT ARE FLEXIBLE AND HELP ORGANIZE THE PRACTICE:

- Space - Keep organization of space simple. The initial set-up, with small changes, should be maintained through the whole practice. Your attention should be focused on making coaching points.
- Time - Be flexible. Let the practice flow and make coaching points during breaks to give feedback to the group.
- Intensity - Use short periods of high intensity and use rest periods to explain the drill or make coaching points.
- Rules - Use different rules to adapt your practice to the players and to make the exercises age appropriate.

Practice is organized into three blocks: Warm-up, main part and scrimmage or free play.

Practices per week	1-2	
Duration of practice	60-90 min	
Warm Up	10 min	Fun & dynamic games, passing & possession exercises, stretching & dynamic movement
Physical	15 min	Exercises based on agility, speed, coordination & balance
Technical	20 min	Unopposed exercises to develop quality. Opposed exercises to develop competitiveness
Tactical	15 min	Games based on basic understanding of the game (attacking, possession, combination play, playing out from the back & finishing)
Scrimmage	25 min	Games based on position specific, quick movement of the ball and distribution of space

PREPARATION, PRE, DURING, POST SESSION

Preparation

- Session Plan: In order to be efficient during training sessions, coaches must prepare a plan. Preparation prior to training is essential to a dynamic and rewarding practice
- Time: Plan/manage time during the session. For effective management, indicate the time spent on each exercise in the plan
- Key Points: Each exercise should have 3-4 key coaching/training points gathered in the session plan

Pre-Practice

- Equipment: Have all necessary materials prepared- goals, balls, cones and colored pennies
- Initial Set Up: Make sure that you have the spaces organized and plan for a smooth transition from one drill to another
- Review: Take a few minutes just before the practice to review the plan and the coaching points

During the Session

- Position During the Practice: Coaches should occupy a central but sideline position during practice which allows a clear, general vision of training and simultaneously permits the observation of small details
- Flexible: A good coach must be capable of adapting the initial plan of the session to the time available, characteristics of the players and time required for players to learn a given task
- Coaching Points: Cover necessary coaching points in the session plan depending on player's performance and adaptation

After the Session

- Discussion with the Players: Do not underestimate the value and impact of a positive comment or individual feedback to a player after the training session
- Review Your Session: Review the plan at the end of the practice and note what worked well and what needs to improve
- Evaluate Yourself: Don't be ashamed to ask for constructive feedback from assistant coaches.

Coaches - Your participation as a coach/role model is crucial in the success of our athletic programs; as well as the development of the next generation of athletes/citizens. We cannot thank you enough for your commitment!

For more information, please contact:

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