



Coaching Manual

A Guide to Coaching Ages 5 to 16



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Introduction

Welcome to the Revesby Workers FC coaches manual. The purpose of this manual is to assist the coaches and managers in the club by providing a guide to how each age group should be coached & managed. This can be achieved by becoming aware of the capabilities and aspirations of their players at each stage of their development and by creating more positive, player-centered learning environments.

The key to player development is to provide a positive learning and fun environment. It is important to ensure these children enjoy all aspects of the game such as training, player development skills, and game day.

At Revesby Workers our main objective to ensure every child has fun and enjoys the social aspect of the game like playing with their friends and hopefully making new friends along the way.



Key Fundamentals of Soccer

General Soccer Fundamentals

- Keep high concentration at all times no matter what the score.
- Stay fit - build endurance and strength.
- Be positive and play your best.
- Have realistic expectations of teammates.
- Communicate on the field (don't scream or blame each other). Give direction, 'you have time', 'man on'.
- Have the ability to combine with players through overlaps, wall passes, and take overs on the dribble.
- Show creativity and vision.
- Play the way you're facing (play simple).
- Control the ball out in front of you so you can make the next play and don't have the ball trapped under your feet.

Defensive Fundamentals of Soccer

- Be aware at all times.
- Play smart and anticipate what's going to happen.
- Always get behind the ball on defense.
- Stay on the goal side when defending.
- When challenged, make the play predictable so your teammate can anticipate the next pass or play.
- When faced with a two on one: buy time until help arrives (concede space a bit of space, don't dive in); take away the pass and force the ball in one direction.
- Always recover centrally (toward the penalty spot).
- Always find a free player and mark-up.
- Communicate to your teammates who you are marking.

Offensive Fundamentals of Soccer

- Keep it simple.
- Have vision of the entire field.

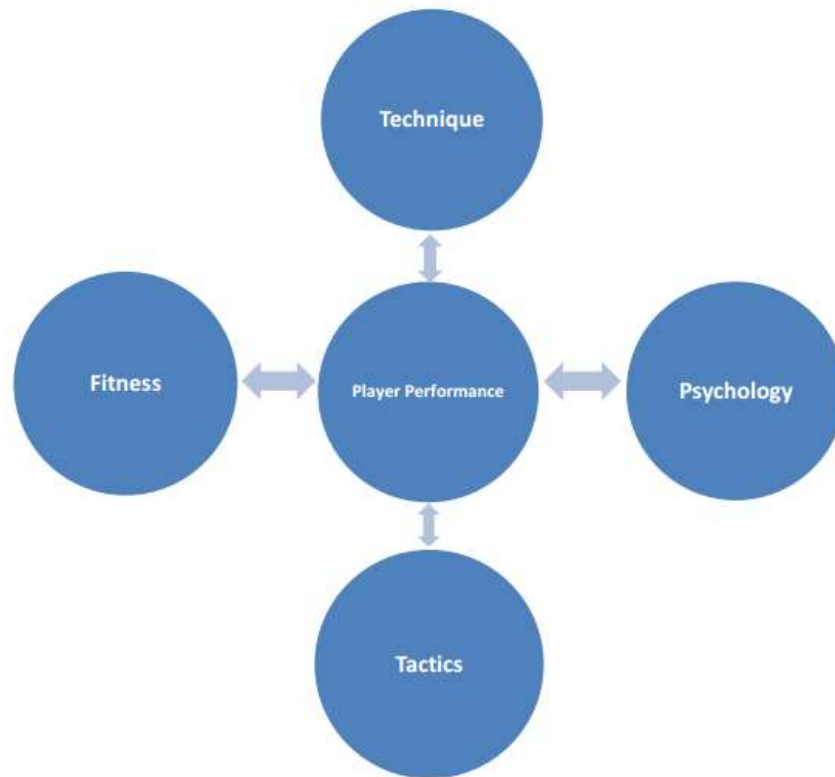
- Play the way you're facing.
- Play the ball back when options are limited or dangerous and switch play.
- Always look around before collecting a pass so you know what you're going to do with the ball before you get it.
- Have a first time pass in mind before collecting the ball.
- Be calm with the ball.
- Always be in position to support teammates.
- Ask for the ball.
- Give options to player with the ball (check in and check out asking for the ball).
- Keep your elbows up and use your body to protect and shield the ball.
- Take on players in offensive third of the field.
- Dribble toward the defender until he leaves his mark and then pass or beat him.
- Take shots if you're open.

Key Soccer Training Tips

- Get lots of touches on the ball.
- Small sided games help develop creativity and skill (keep the training area small so players have less time on the ball and therefore must make quick decisions since they're always under pressure).
- There is perhaps no other better practice game for any level of player than 'piggy in the middle' - it's just all about keeping the ball away from defenders.
- Don't hit dead balls unless you're practicing free kicks. (Have players pass the ball into players before they shoot or cross; this way players must control the ball and then shoot or cross, which is more game realistic).
- Set aside a time where players have the freedom to try new things and take more risks.
- Get your players to play one touch soccer for a period of time (Even if the players don't have the skill level yet, get them exposed to how hard it is and how useful it is when you can pull it off).
- The ball never gets tired and always moves faster than any player can.

Extras

- Stretch out before and after training. A light jog and some stretching prior to playing and then a cool down afterwards. Get the key muscle groups when stretching, the hamstrings, quads, calves, and groin muscles are the most important.



Training Recommendations

Recommended Training Session Times		
Age Group	Frequency	Duration
U 5-6	1 day per week	45 mins
U 7-8	1 day per week	45 to 60 mins
U 9-10	1 day per week	60 to 75 mins
U 11- 12	1 day per week	75 to 90 mins
U 13, 14 & 15	1 to 2 days per week	75 to 90 mins
U 16	1 to 2 days per week	90 mins

Player Development – Training

The following are the top 10 objectives in the development of a soccer player:

1. Develop the child's appreciation of the game.
2. Keep winning and losing in proper perspective.
3. Be sensitive to each player's development needs.
4. Educate the players to the technical, tactical, physical and psychological (four components of soccer) demands of the game for their level of play.
5. Implement rules and equipment modifications according to the players' age group.
6. Allow players to experience all positions.
7. Players need to have fun and receive positive feedback.
8. Training should be conducted in the spirit of enjoyment and learning.
9. Provide the appropriate number of training sessions and matches according to the player's stage of development.
10. Strive to help each player

Stages of Growth		
Ages 5-9	Ages 10- 14	Ages 15+
Mostly random technical repetitions, psychologically friendly and positive, simple combinations and decision making activities. Individual basic skills with an emphasis on keeping ball possession. A lot of balance and coordination exercises. Free play – movement education – trial and error – discovery – experimentation	More combinations on attack and defense. Many decision making environments. Psychologically positive with correction. Advanced competitive skills against match opponents. Tactically work on the roles of attack and defense and the basic principles of play. Exercises should focus on endurance, rhythmic movement, flexibility and running mechanics. Application of where it all fits into the game.	Positional application of ball skills. Intense fitness training now becomes a part of the training routine. Much of the focus of training is now on group and team tactics. Fitness training with an emphasis on speed, range of motion, strength and stamina. Emphasize now the mastery of ball skills and the match application of them.

Goalkeeping Rules

Applies to U10+

1. Go for everything

You may not be able to stop every shot that comes your way, but if you make the attempt, you will find that you are stopping shots you never before thought possible. You will also have the personal satisfaction that at least you made the attempt and your teammates will be more forgiving even if you miss.

2. After a save - get up quickly

If you have gone to the ground to make a save, get back on your feet as fast as possible. Look for a fast break distribution or direct your teammates into position to receive a build-up distribution. This aspect is particularly important if you are hurting. You cannot show weakness, start the counterattack. This will particularly intimidate your opponents and raise the confidence in your teammates.

3. Do not be half-hearted – 100 percent effort

Every time you make a play, it must be with all of your ability. If you go halfway, you will miss saves and possibly injure yourself.

4. Communicate loudly

You must constantly give brief instructions when on defense. When your team is on the attack, come to the top of your penalty area or beyond and talk to your teammates and offer support to the defenders. Be mentally involved in the entire match, no matter where the ball is.

5. No excuses No whining just get on with the match.

If a goal is scored against you, a corner kick is given up or the shot is a near miss, do not yell at your teammates even if it's their fault. Do not hang your head or kick the ground or the post if it was your fault. During the match is no time to point fingers or make excuses. The play is over, it's ancient history; get on with playing the remainder of the match. Focus on what lies ahead!

An Overall Guide to Coaching

Positive Coaching

A coach is a mentor, teacher, role model and sometimes a friend. Most of all, a coach must be a positive personality. A positive coach has the following traits:

- Puts players first
- Demonstrates consistent actions
- Develops character and skills
- Sets realistic goals
- Treasures the game
- Creates an enjoyable partnership with the players
- An ethical coaching philosophy
- A coaching philosophy compatible with the individual's personality
- Fair play is a top priority in the coaching philosophy
- Approach to coaching is educationally sound and appropriate for players

Characteristics of a Coach

- Create learning situations.
- Create age appropriate conditions and intensity of competition.
- Cause transfer of learning from training to match.
- Encourage players to develop physically, technically and tactically.
- Develop a team framework and teach players their roles so the team has a good soccer environment.
- Explore a variety of strategic situations and have mental and tactical rehearsal for all eventualities.
- Develop infrastructural support; the club has a good soccer culture.
- Develop psychological strength and maturity of the players and team.
- Enjoy the work. Enjoy the game. Strive to win.

Making the game enjoyable to players

- Teach skills and fair tactics
- Discourage unfair gamesmanship
- During matches, leave the tactical decisions to the players.
- Concentrate on coaching, rather than on the accuracy of a referee's decisions.
- Remain calm – do not make loud, offensive remarks.
- Be positive, avoid confrontation with any official and be a role model of fair play.
- Set high standards for yourself, the players and team supporters.
- Provide good behaviour guidelines to parents.
- Be firm with parents at matches.

Tools to Coaching

Coaching in the flow

Coach from the sidelines as the training session goes on, without stopping the activity.

Individual coaching

One-on-one, pull a player to the side while the activity goes on.

Make corrections at a natural stoppage

Free kicks, ball going out of bounds, injury, etc.

Manipulation of the activity

For example, a four goal game to teach the players how to look both ways, switch the point of attack or shift defensively.

Freeze

The least desired way to teach; stopping the session to paint a picture kills the flow of the activity

Key areas to focus on

With the Ball
Controlling the Ball
Travelling while in possession of the ball
Passing the Ball
Shooting
Crossing
Heading
Changing speed and/or direction with the ball
Using a fake to deceive an opponent
Taking a throw-in

Without the Ball
Moving in order to receive the ball now
Moving in order to receive the ball soon
Moving in order to distract / displace defenders
Moving in anticipation of loss of possession
Giving information to team-mates (verbal and non-verbal)

Under 5 & 6s

What are the Characteristics of the U-6 Age Group?

- Catching skills not yet developed
- Constantly in motion – love to run, jump, roll and climb
- not ready for bouncing or flighted balls
- No sense of pace – go flat out
- Physical coordination is immature – can balance on dominant foot
- Controlling the ball is a complex task
- Prefer large soft balls and foam balls
- Only understand simple rules
- Individually oriented (me, my, mine) – little or no concern for team activities
- Physical and psychological development of boys and girls are quite similar
- Need generous praise
- Short attention span – tends to one task at a time
- Limited understanding of time and space

Components of the Game for the U-6 Age Group

Fitness: Introduce the idea of how to warm-up and movement education. Begin education about nutrition with players and parents. Balance, walking, running, how to start and stop, jumping, hopping, rolling, skipping, changing direction, bending, twisting and reaching.

Technique: Dribbling (stop and start) and shooting. Experiment with the qualities of a rolling ball.

Psychology: Sharing, fair play, parental involvement, “how to play” and emotional management.

Tactics: Where is the field? The concept of boundary lines, at which goal to shoot and playing with the ball wherever it may go.

Typical U-6 Training Session

- Every child should have a ball.
- Free play or a warm-up, including movement education challenges.
(Approximately 15 minutes)
- Game-like activities, mostly body awareness and maze games.
(Approximately 15 minutes)
- Finish with a 3v3 game with two goals, no goalkeepers
(Approximately 15 minutes)

Additional Notes:

Coaches should devote the end of each training session to playing 3v3 practice games. During these practice games is the best time for the coach to teach rules of the game to the players. Fun games involving small numbers can be played, especially 1v1, 2v1, 1v2 and 2v2 leading up to a final activity of 3v3. It is important to ensure each child has a ball and to focus on fun games. The benefit of the increased number of touches on the ball in those games is irreplaceable. Coaches should be well prepared and have a selection of game-like activities planned, while keeping in mind these young children have short attention spans.

Under 7 & 8s

What are the Characteristics of the U-8 Age Group?

- Like to show skills – need approval
- Beginning to develop some physical confidence
- Lack sense of pace – go flat out, chasing the ball until they drop
- Still in motion – twitching, jerking, scratching and blinking are all second nature physical movements
- Still into running, jumping, climbing and rolling
- Boys and girls are still quite similar in physical and psychological development
- Attention span is a bit longer than the U-6 age group
- Developing playmates
- Still very sensitive – Dislikes personal failure in front of peers, making ridicule from the coach in front of the group very destructive
- Still do not believe in the intensity of the team at all costs
- Inclined more toward small group activities

Components of the Game for the U-8 Age Group

Technique: Experiment with the qualities of a rolling or spinning ball. Introduce ball lifting, juggling, block tackle, receiving ground balls with the inside and sole of the foot, shooting with the inside of the foot, toe passing and shooting and dribbling while changing direction. Introduce the push pass.

Fitness: Agility, eye-foot and eye-hand coordination, balance, leaping, bounding, tumbling, catching, throwing, pulling, pushing, warm-up activities and movement education. Continue education on sports nutrition with players and parents.

Psychology: Encourage working in pairs, sportsmanship, parental involvement, how to play, emotional management, creativity, dynamic activities, participation of all players and a safe and fun environment. There is still a short

attention span unless the player has peaked (keep interest high). Like to show what they can do – encourage trying new things. Developing self-esteem – activities should foster positive feedback and attainable positive success.

Tactics: Back line and forward line, 1v1 attack and choosing to dribble or pass. Introduce the names of positions (fullbacks and forwards). Institute games of 2v1, 1v2 and 2v2, playing with the ball with a purpose and promote problem solving.

Typical U-8 Training Session

- Should not exceed one hour.
- Free play or a warm-up, each player with a ball, dynamic stretching (approximately 15 minutes)
- Some individual body awareness activities.
- Introduce partner activities.
- A mixture of individual and partner activities. Add more maze-type games. Introduce target games with a variety of player combinations: 1v1, 2v1, 1v2 and 2v2. (approximately 25 minutes)
- Conclude with a Small-Sided Game of 4v4, two goals and no goalkeepers. (approximately 20 minutes)

Additional Notes:

Coaches should devote the end of each training session to playing 4v4 practice games. Fun games can also be played involving small numbers, especially 1v1, 2v1, 1v2, 2v2, 1v3, 2v3 and 3v3 leading up to the final activity of 4v4. Through these games, expose the U-8 age group to the principles of play. It is important to ensure each child has a ball and to focus on fun games. The benefit of the increased number of touches on the ball is irreplaceable. Be well prepared and have a selection of game-like activities planned while keeping in mind these young children have short attention spans. Developing a general understanding of the basic rules of the game is an objective in working with the players

Under 9 & 10s

What are the Characteristics of the U-10 Age Group?

- Lengthened attention span - they are still in motion, but not as busy, only holding still long enough for a short explanation
- More inclined toward wanting to play rather than being told to play
- Psychologically becoming slightly more firm and confident
- Some are becoming serious about their play
- Boys and girls beginning to develop separately
- Developing the pace factor – thinking ahead
- Gross and small motor skills becoming much more refined

Components of the Game for the U-10 Age Group

Technique: Experiment with the qualities of a bouncing ball and running with the ball, passing with the inside and outside of the foot (emphasis on quality push pass), instep drive, receiving ground balls with the instep and outside of foot (body behind the ball), receiving bouncing balls with the instep (cushion) and the sole, inside and outside of foot. Introduce heading and crossing. Practice throw-ins. For goalkeepers: ready stance, getting the feet set, how to hold a ball after a save, diamond grip, catching shots at the keeper, punting, recovery from down to the ground and up to set position and footwork exercises. Also introduce goal kicks and throwing.

Psychology: Keep soccer enjoyable to foster a desire to play using self-motivation. Working in groups of three, four or five, stay focused for one entire half. There is an increase in responsibility, sensitivity, awareness of how to win or lose gracefully, fair play, parental involvement, how to play, communication and emotional management.

Fitness: Factors are endurance, range of motion flexibility, rhythm exercises and running mechanics. Any fitness activities must be done with the ball. Introduce body resistance exercises and the idea of cool down.

Tactics: 1v1 defending, roles of 1st attacker and defender, 2v1 attacking, what it means to get goal-side, small group shape in pairs and threes (emphasize support on both attack and defense), playing on and 28 A fake is done with the feet. The goal of a fake is to get the opponent off balance (wrong footed) or going in the direction opposite of where the player in possession of the ball really plans to go.

Typical U-10 Training Session

- Should not exceed one hour and 15 minutes.
- Free play or a warm-up (ball juggling), partner and small group activities, dynamic stretching. -approximately 15 minutes-
- Introduce small group activities (four to six players).
- Add more directional games. Play to targets and/or zones. - approximately 25 minutes-
- Conclude with a Small-Sided Game, 6v6, with goalkeepers. - approximately 25 minutes-
- Finish with cool down activities. -approximately 10 minutes

Additional Notes:

Devote the end of each training session to playing 4v4, 5v5 and 6v6 practice games. Fun games involving smaller numbers can be played, especially 1v1, 2v1 and 3v2 or 5v3 leading up to a final training activity. Always coach for success. It is still important to ensure that each child has a ball and to focus on fun games, but as the players develop psychosocially, they will be ready to participate and cooperate in small groups.

Under 11 & 12s

What are the Characteristics of the U-12 Age Group?

- Better able to deal with flighted balls
- Can sequence thoughts and actions to perform more complex tasks
- Can use abstract thought to meet the demands of the game
- Should be able to simultaneously run, strike the ball and think
- Fertile period to learn – full of eagerness
- Important psychosocial implications for a child entering puberty
- Popularity influences self-esteem
- Improved coordination
- Significant physical differences exist between the genders now
- Strength and power becoming factors in their performance

Components of the Game for the U-12 Age Group

Technique: moving throw-in, master the qualities of a bouncing spinning ball. Experiment with the qualities of a flighted ball, receiving bouncing and air balls with the thigh and chest, first touch receiving, heading to score goals and for clearances while standing or jumping, outside of foot passing, receiving with either foot, short passing with both feet, bending shots, crossing to near post space and penalty spot space and heel and flick passing. Introduce half volley and volley shooting, chipping to pass and slide tackle. For goalkeepers: W grip, footwork, underarm bowling, side-arm throwing to targets, taking own goal kicks, side-winder kick, low and forward diving and angle and near post play. Introduce deflecting and boxing.

Tactics: 2v1 defending, 2v2 attacking and defending, roles of 2nd attacker and defender, man-to-man defense, combination passing, playing on and around the ball as a group with purpose, verbal and visual communication for all positions, halftime analysis, general work on all restarts, wall pass at a variety of angles, passing combinations on the move and rotation of all players through the team – everyone plays in each position. Reinforce the principles of defense. For goalkeepers: positional play, basic angle play – into and down the

line of the flight of the ball, commanding the goalmouth for the goalkeeper and positioning during a penalty kick and communication.

Psychology: Keep it fun and enjoyable to foster a desire to play, self-motivation. Focus on teamwork, confidence, desire, mental skills, handling distress, how to learn from each match, fair play, parental involvement and emotional management (discipline).

Fitness: Fitness work continues to be done with the ball. Strength can be improved with body resistance and aerobic exercises. Also focus on agility at speed (sharp turns), acceleration, deceleration, reaction speed, range of motion exercises, proper warm-up and cool-down (include static stretching in the cooldown) are highly recommended now.

Typical U-12 Training Session

- Should not exceed one hour and 30 minutes.
- Warm-up, small group activities, range of motion stretching. - Approximately 15 minutes-
- Introduce large group/team activities (six to eight players)
- Continue with directional games. Play to targets and/or zones. - Approximately 30 minutes-
- Conclude with Small-Sided Games, 8v8 with goalkeepers. - Approximately 35 minutes-
- Finish with cool-down activity, including static stretching. - Approximately 10 minutes

Under 13, 14 & 15s

Three major training points

1. Keep it economical.

The four components of soccer are:

- Technical – Best done during warm-up and the fundamental stage of the training session.
- Tactical – Emphasize decisions on and around the ball.
- Physical – Are you training intensely enough?
- Psychological – Keep score, become competitive and find a way to win.

2. Keep it simple.

Use simple game-like activities. Apply simple and consistent problem solving based upon the principles of play. Remember that simplicity allows for creativity.

3. Keep it focused.

Training should be theme based. Each 90 minute training session should have four to six activities. The key coaching method in all training sessions is guided discovery. Guided questions should be the majority of comments made by the coach. The command style of coaching should comprise a smaller portion of the coach's interaction with the players

What are the Characteristics of the U-15 Age Group?

- The more advanced U-15 players are able to execute the range of skills, but most others are still
- Developing previously taught skills and are now being exposed to these additional skills
- Important psychosocial implications for a child entering puberty – early or late
- Popularity influences self-esteem

- Tests limits - a know-it-all attitude
- Fertile period to learn – full of eagerness
- Tend to be quite self-critical and may need regular positive reinforcement
- Bodies are going through physical changes that affect personal appearance
- There will be significant differences in physical maturation rates between individuals

Components of the Game for the U-15 Age Group

Technique: Experiment with the qualities of a flighted ball, i.e. Spin, swerve, chipping to pass, bending passes and driving crosses to the far post and top of the penalty area. Also, practice half volley and volley shooting, slide tackles, heading to pass, flick headers, diving headers, receiving with the outside of the instep, outside of foot shot, receiving bouncing and air balls with the head, dummy the ball and shoulder charge. Introduce chipping to shoot. For goalkeepers: far post play, collapse save, step and save, step power and save, save/reaction save/recovery save, medium and high diving, deflecting over the crossbar and around the posts, boxing and catching crosses, reading crosses (when to come and when to stay), half volley (drop kick), kick saves, long over-arm throws, saving penalty kicks and angle play.

Psychology: assertiveness, tension control, self and team discipline, able to stay focused for an entire match, sportsmanship, parental involvement, how to play, mental focusing techniques, emotional management and self-regulation.

Tactics: Individual and group tactics including delay, depth and balance in defense, role of 3rd defender, how to make recovery and tracking runs. Playing on, around and away from the ball with purpose. Responding to restart situations. How to defend in each part of the field. How to play in the attacking half. Checking runs, take-overs, switching positions during the flow of play, zone defense and post-match analysis. For goalkeepers: taking command of the goal area, provide support on the attack out to the back line, distance of support to the defense, organization during a corner kick, setting the wall at free kicks and 1v1 with the defense and communication.

Fitness: acceleration, speed, anaerobic exercise, cardio respiratory and cardiovascular training, flexibility – static stretching (particularly in the cool-down), lateral movement and all fitness work with the ball. Continue player education about nutrition and introduce the concept of rest for recovery.

Typical U-15 Training Session

- Should not exceed one hour and 30 minutes
- Warm up, small group activities; range of motion stretching - approximately 15 minutes
- Introduce large group/team activities (six to eight players)
- Continue with directional games. Play to targets and/or zones - approximately 30 minutes
- Conclude with Full sided games -approximately 35 minutes
- Finish with cool-down activity, including static stretching -approximately 10 minutes
- All activities should be challenging, motivating and involve transition

Under 16s

What are the Characteristics of the U-16 Age Group?

- May have a lengthened attention span
- Able to better understand moral principles
- Strong identification with admired adults
- Very sensitive to praise and recognition; feelings are easily hurt
- Fear of ridicule and being unpopular

Components of the Game for the U-16 Age Group

Tactics: Should be developing the ability to adapt tactics during the flow of play and key players should be able to dictate the rhythm of the game. Practice playing on, around and away from the ball with purpose, group tactics, the role of the 3rd attacker, principles of attack and defense, diagonal passing, dribbling and off-the-ball runs, wing play, overlapping runs, defending in the midfield and attacking thirds, all possible set plays, match analysis and switching the point of attack. For goalkeepers: command out to the penalty spot, initiate the attack, provide support on the attack to the fullbacks, recognize pressure on and off the ball and team organization when defending against free kicks

Psychology: personal accountability, drive, courage, sacrifice in order to achieve one's best, sportsmanship, parental involvement, how to play, emotional management and communication

Fitness: power, vertical jump, body composition, plyometric exercise, soccer-specific weight training, interval training, agility training with and without the ball, range of motion exercises especially during the warm-up and cool-down must include static stretching as well as light movement and proper nutrition and hydration

Technique: Chipping to score and airborne kicking: forward volley, scissors volley and bicycle kick. For the goalkeeper: backwards diving, saving the breakaway, all forms of distribution, narrowing the angle and improve reaction saves.

Typical U-16 Training Session

- Approximately 90 minutes
- Warm-up, small group activities, range of motion stretching - approximately 15 minutes
- Use large group activities (six to eight players)
- Introduce team activities (eight to 11 players)
- Continue with directional games - Play to targets and/or zones and functional training -approximately 30 minutes
- Conclude with full sided games -approximately 35 minutes
- Finish with cool-down activity, including static stretching -approximately 10 minutes
- All activities should be challenging, motivating and involve transition

Game Management

U-6 to U-13

Pre-game

- Coaches arrive 30 minutes prior to kick-off
- Set responsibilities
- Consider the environmental conditions
- 10-20 minutes of actual warm-up 10 minutes for U-6, 15 minutes for U-8, 20 minutes for U-10
 - pairs [U-8, U-10]
 - individual warm-up [U-6, U-8, U-10]
 - small group [U-10] (possession activities, directional games)
- U-10/U-12
 - Introduce goalkeeper into game/warm-up
 - introduce dynamic stretching to promote good habits
- Starting line-up
 - Do not over-emphasize position and tactics – avoid specific positions
- Team huddle
 - Final instruction/reminders

Game

- Start game, sit down and enjoy the game
- Finding a balance between the puppet master, cheerleader and silent “non-existent” coach
 - Limit coaching!
- Be sure all players get equal playing time

- Be sure players get to play in different positions
- In the event of an unbalanced game/blow-out, look for different ideas to even out the game:
 - Subtract a player from the team that is up
 - Sit key players
 - Play key players in different positions
 - Subtract a player from the team that is winning

Half time

- Relax and hydrate
- Get on their level; be sure all players are looking at the coach (no distractions behind the coach– including the sun). Get away from the parents/sidelines!
- Be sure that information is positive, emotions are under control and voice is at a controlled level.
- Sandwich approach of information (+ - +)
 - U-6/U-8 – simple information, if anything at all
 - U-10/U-12 – simple to complex (general to specific) with information, address basic principles rather than specific mistakes
- Communicate with staff prior to speaking with players
- Limit the amount of time speaking to your team (think about age of players and how long they can listen to the information)
- Substitutions
- Quick warm-up prior to starting second half

Post-Game

- Shake hands (Coach must be a good role model by shaking the hands of referees, opposing coach and players)
- Check for injuries
- Brief cool-down stretch
- Stay positive regardless of the match outcome
- Snacks/drinks
- Reminder about next training session
- Be very brief after game and save discussions for the next training session
- Occasionally address the parents in a post-game discussion

Conclusion

Fun:

Do the players smile and laugh? Do the players look forward to playing? The first question from the player's family should be, "Did you have fun today?"

Fair play:

Does a player demonstrate by words and actions a sense of sportsmanship?

Rules of the game:

Do the players know and follow the rules of soccer?

Health and fitness:

Are the players fit enough to meet the physical demands of the game? Are they developing good nutrition and hydration habits befitting an athlete?

Friendships:

Are the players creating new friends within the team and with players from other teams?

Skills:

Are the players demonstrating a growing number of ball skills and are they becoming more proficient in those skills?