

# Soccer Coaching

FOR

# Dummies



# SO YOU'RE A BRAND NEW COACH – WHAT DO I DO?

The coach's long term goal is to prepare the player to successfully recognize and solve the challenges of the game on his or her own.

What the game teaches children about how to live their life is much more important than any game will ever be. Keep the long view in mind and help to teach them lessons that will last a lifetime.

QUESTION: WHAT IS YOUR NO. 1 QUALIFICATION AS A COACH?

FOR FIFTEEN YEARS AS A DRILL SERGEANT, I TURNED RAW RECRUITS INTO FIGHTING MACHINES.

INSPIRATION. I PLAYED PRO FOOTBALL.

EXPERIENCE. I PLAYED SOCCER ON MY PREP SCHOOL TEAM.

LEADERSHIP. AS V.P. OF A MAJOR CORPORATION, I HAVE THIRTY-SIX PEOPLE WORKING UNDER ME.

I WAS AVAILABLE.



*Hinds*

# ROLE OF A COACH

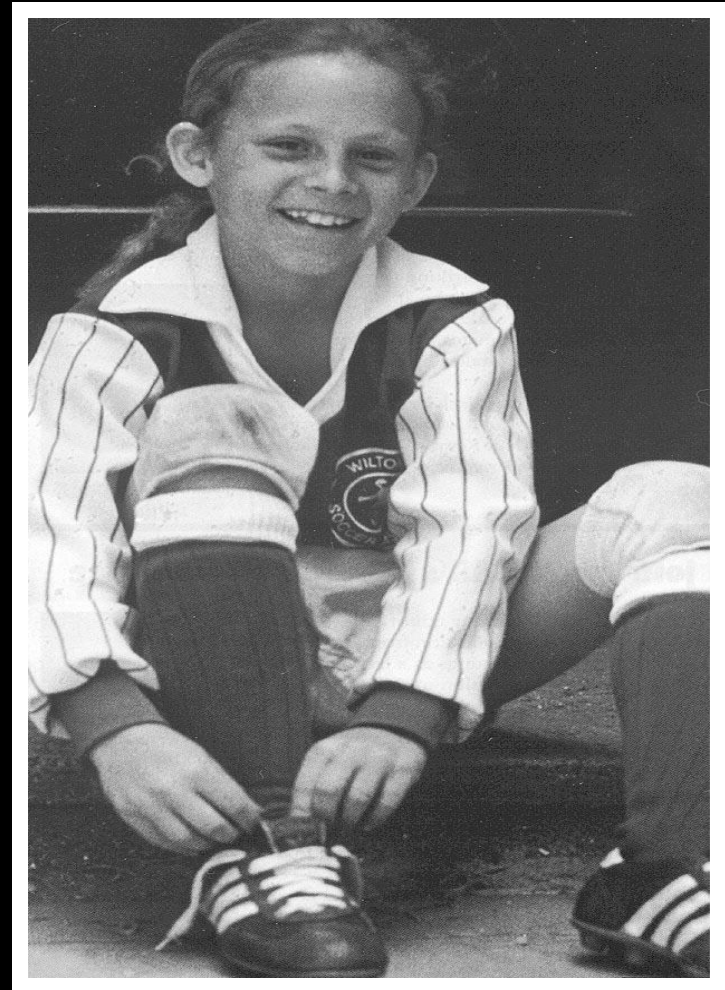
- Role Model
- If male you may be the only significant father figure in that child's life
- Manager
- Teacher
- Facilitator

# Understanding and Identifying

- Coaches must recognize the changes (physical, mental, and emotional) that occur during the growth of their players.

- Coaches must recognize why players choose to participate in sports

- Coaches need to understand that their behavior has an affect on their player's performance and experience



# General Characteristics of Children U6

- Short attention span
- Most individually oriented (me, my, mine)
- Constantly in motion
- Psychologically easily bruised

# General Characteristics of Children U6

- Physical coordination immature
- Eye hand and/or eye foot coordination most primitive at best
- Love to run, jump, roll & climb
- Easy fatigue, rapid recovery

# Mental Development

- Play consists of a high degree of imagination and pretend activities.
- Tend to only one task at a time in problem-solving situations.
- Process small bits of information at a time. Long sequential instructions are not processed.



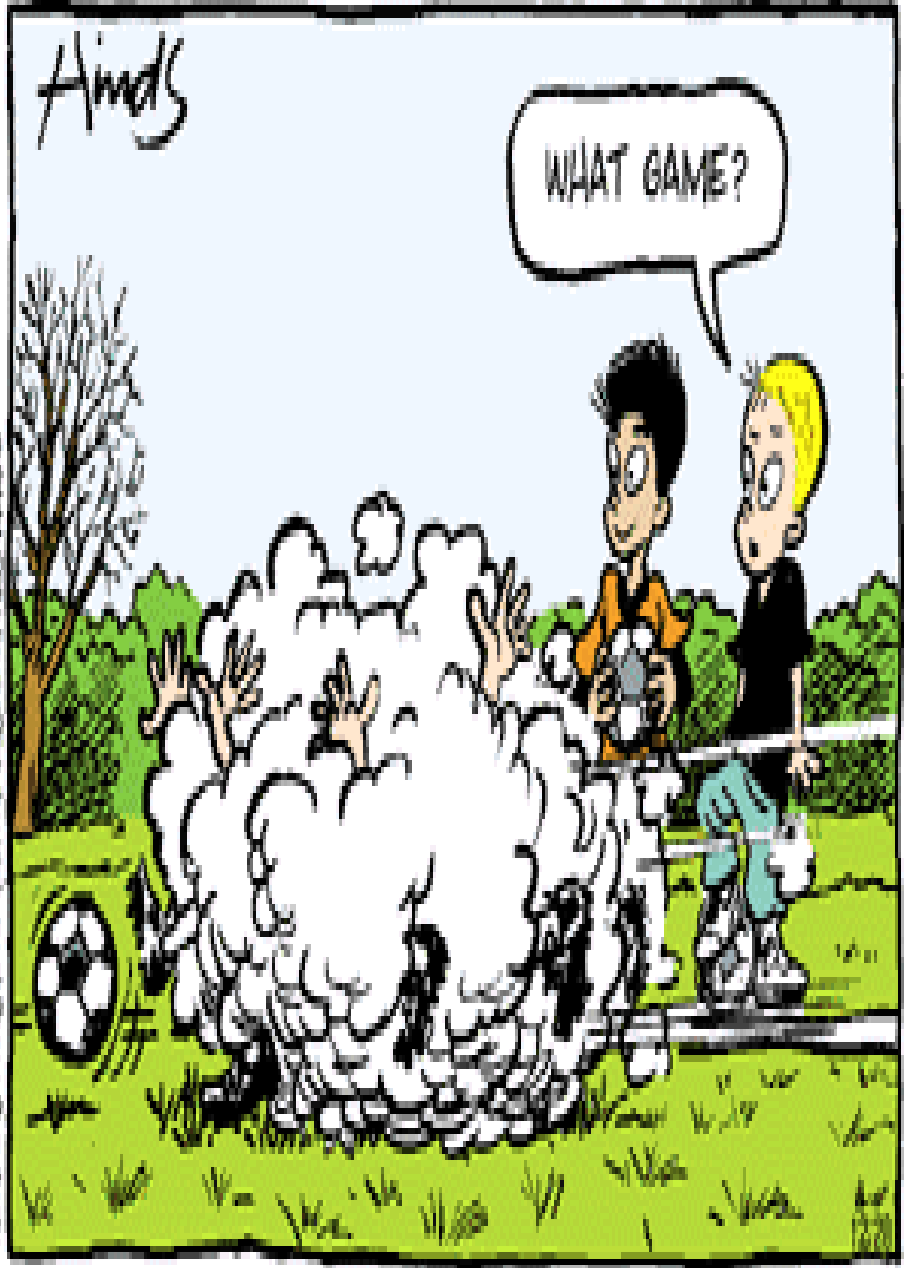


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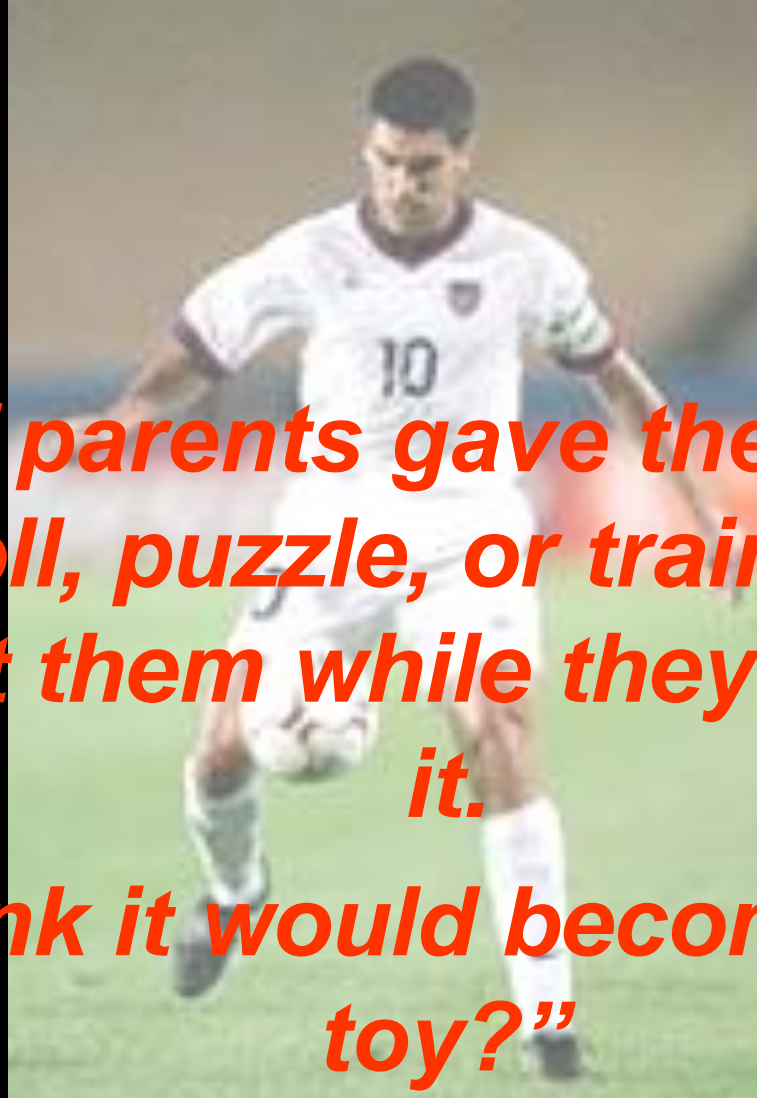
# Mental Development

- Immature understanding of time and space relationships.
- Rules must be simple.
- Remember – Adults can play children's games but children can't play adult games.

# Social Development

- Need generous praise. Play without pressure.
- May verbalize team, but does not understand group or collective play.

# Our actions impact our players!



***“Imagine if parents gave their children a toy – a doll, puzzle, or train and started yelling at them while they played with it.***

***Do you think it would become a favorite toy?”***

***Claudio Reyna, US World Cup Captain***

# GETTING ORGANIZED

- Set up a Team Binder
  - Registration forms
  - Medical releases
  - Copies of roster or game reports
  - League or association rules
  - Game checks
  - Laws of the game

# GETTING ORGANIZED

- Required Equipment
  - Extra balls
  - Air pump
  - Cones or discs
  - Whistle
  - Equipment bag
  - Bibs or cheap T shirts (can be used as 2<sup>nd</sup> Jersey)
  - First Aid Kit
  - Watch with timer or stop watch

# PLANNING FOR THE SEASON

- **Develop a Coaching Philosophy**
  - Player Development
  - Coach Development
  - Ask the question – Why am I coaching?
  - Remember the final end product is the person and not the game.
- **Coaching your own child – child meeting**
  - Meet with your own child before any team or parent meeting
  - Explain when you step out of the car that you change into a coach and they change into a soccer player

# PLANNING FOR THE SEASON

- Coaching your own child
  - Explain to your child that you will treat them like every other player.
  - Explain to your child that they must treat you like one of their teachers.
  - Keep the discussions in the car light and airy...don't begin coaching your child in the car.
  - Ask them what they liked best about the practice or what they might like to do next practice.



# PLANNING FOR THE SEASON

- Pre-season Parents meeting
  - Discuss coaching philosophy and goals
  - Discuss what is expected of parents and players (Letter to Parents)
    - Transportation
    - Communication
    - Sportsmanship
    - Coach/player meetings (ind./group)
  - Collect information such as:
    - Medical information
    - Parent skills inventory (Volunteers Form)

# PLANNING AND RUNNING A PRACTICE

- Develop a plan that matches your players age and experience
- Utilize the K.I.S.S. principle when introducing new skills
- Be organized and above all – have a training plan – failure to do so will only lead to confusion and discipline problems.

# Typical U6 Training Session

- Should not exceed 60 minutes
- Every child should have a ball
- Warm-up includes movement education problems & soccerastics (approx. 20 min)
- Games Activities, mostly of a body awareness type along with some maze games (20 min.)
- Finish with 3v3 game to small goals, NO GK's (20 min)

# U6 Tactical Sign

**This Way or One Way**



# Coaching Activities Checklist

- Are the activities fun?
- Are the activities organized?
- Are the players involved in the activities?
- Is creativity and decision making being used?
- Are the spaces used appropriate?

No Lines

No Laps

No Lectures

And remember – coaches can often  
be more helpful by organizing less,  
saying less and allowing players to  
do more

# GAME DAY

- Be prepared – prepare your line ups to insure every player gets required playing time.
- The role of the coach during game time is limited to making substitutions, encouraging players, instruct only when really needed.
- Teach them at every age to make their own decisions by refraining from coaching during games.
- Remember the age of your players – don't over coach.
- It's not about winning – it's about performing!

# Team Management Game Organization

**Pre-game**...player passes, field directions, uniform choice, players arrival time, etc.

**Half-time**...location, water, injuries, etc.

**Post-game**...regeneration, water, injuries, announcements, **NO MATCH ANALYSIS!**



# RISK MANAGEMENT LEGAL LIABILITIES

- Register with NTX – complete the required Risk Management form
- Take a NTX certified coaching clinic
- Think of the consequences before you do anything
  - You never know how people are going to react
  - You may in fact be liable

# Risk Management

## *Physical...*

To take proper precautions to guard against post-injury aggravation.

To provide proper equipment for the activity.

To provide a safe and appropriate training area.

# Risk Management

## *Legal...*

Never leave a player alone after training or games.

Be certain that players depart with their parents or designated individual.

Avoid being left alone with players who are not your children.



# Prevention and Care of Injuries

A First Aid Guide for the Youth Coach

# Emergency Action Plan



- Have and know how to use the following:
  - First Aid kit
  - Ice and plastic bags for emergency use
  - Team safety and information cards

# Emergency Action Plan



- Stay calm and reassure the player
- Do the primary survey: A, B, C's. Airway, Breathing and Circulation
- If necessary send someone to call 911.

# Prevention of Injuries



- Proper use of equipment (shin guards, no jewelry, uniforms designed for climate).
- Proper fitting shoes, proper type of shoe for surface.
- Upkeep and monitoring of playing surfaces.
- Avoid scheduling training during the hottest periods of the day and when there is intense humidity.

# Prevention of Injuries



- Ample water supply and breaks to give players rest.
- Full rehabilitation of an injury prior to return to play, determined by a physician.
- Recommend a physical exam by a physician prior to participation.



# Know How to Deal with Common Soccer Injuries

- Cuts and Abrasions
- Nose Bleed
- Bruises/Contusions
- Sprains
- Strains
- Heat Cramps
- Heat Exhaustion
- Heat Stroke
- Fractures
- Dislocations
- Concussion

# Prevention and Care of Injuries



- Always err on the side of caution.
- Be first aid and cpr certified.
- Record the incident and note all actions you took and how the injury occurred.
- Follow up with a phone call to check on the players condition.

Acknowledgements:

American Medical Association; First – Aid guide

# The Ultimate Goal!



**This has to be more important...**

**.... than this !!!**

