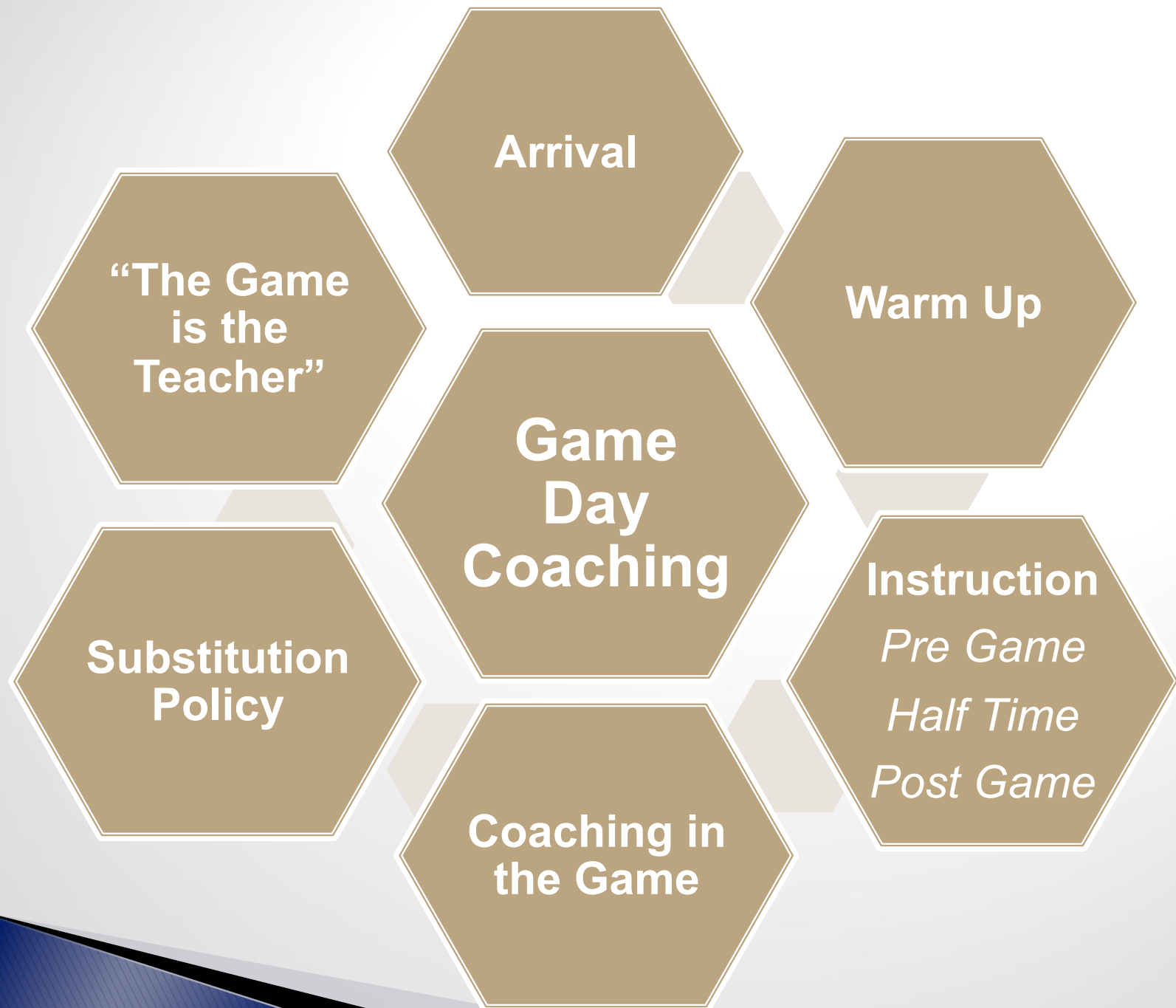




# Game Day Coaching



# 1. Arrival

- ▶ Arrive 15 minutes before players
  - ▶ Walk the Field and clear debris
    - ▶ Pace the Field
    - ▶ Set up Warm Up area
- ▶ Confirm Parent Coach has paperwork



## 2. Warm Up

- ▶ Set Dynamic Flex routine you have practiced
  - ▶ Individual ball work (dribbling/juggling)
    - ▶ Established warm up activity
  - ▶ Weekly theme specific pre game activity
- ▶ Pace/Intensity increases as kick off approaches



# 3. Pre Game Instruction

## *First of 3 x 3*

- ▶ Team goals based on weekly practice
- ▶ Individual goal based on weekly practice
  - ▶ Team goal based on previous game  
*(Individual reminders as necessary)*



# 4. Half Time Instruction

## *Second of 3 x 3*

Allow players 2-3 minutes to drink and rest

- ▶ Review Pre Game instructions/Goals
  - ▶ Review any obvious strengths and weakness of opponents
    - ▶ Re state Pre Game goals
- (Individual reminders as necessary)*



# 5. Post Game Instruction

## *Third of 3 x 3*

Allow players 2-3 minutes to drink and rest

Conduct cool down

- ▶ Review Pre Game instructions/Goals
- ▶ Offer positive, constructive CALM feedback
- ▶ Reminders about the next weeks plans

*Whenever possible include Parents in this phase of the day*



# 6. Coaching In The Game

- ▶ Observe first 10 minutes
  - ▶ Avoid coaching player with the ball
- ▶ Use established key words/phrases upon transition (practiced)
- ▶ Offer positive encouragement and constructive criticism
  - ▶ Use Q and A (guided discovery)
  - ▶ Make necessary adjustments



# 7. Substitution Policy

- Sub evenly (equal playing time)
- ALWAYS verbally interact with player being subbed out in a constructive manner
- Always physically warm up players going in
  - Vary players who start each half and game
  - Vary positions (No More than two per game)
- Consider how many and which players you sub at a time



# The Most Effective Youth Coaches:

Do..

Remain Positive

Guide Players

Have a Sub. Policy

Speak to subbed player

Keep things in perspective

Vary positions

Coach players without ball

Respect opponents

Accept decisions calmly

Don't

Become negative

Command players

Sub without reason

Presume players know  
how they performed

'Pigeon Hole' players

Coach players with ball

Berate officials or players

Let frustrations show





***It is essential that we remember that in soccer the game is the best teacher and that while teaching is done at practice players learn through application and guided discovery in the game setting (this is different to most American sports)***

