



COACHES GUIDE: Helpful informative tools for coaches to have a successful coaching experience while coaching youth soccer. This guide includes: Coach Philosophy | Team Rules | Best Practices | Lessons U10-U14

COACHING PHILOSOPHY:

- Always be positive, fun, enthusiastic and be aware of the player's perspective.
- When helping a player or group - start with what they did right, follow by a try doing it this way and have them repeat and reward them for the willingness to get better. Don't be afraid to demonstrate yourself!
- Never yell, scream or break down a kid - we are adults that try and help these kids love what they are doing and give them the idea they can do anything if they work hard.
- All kids are different and grow at different speeds.
- Have practices prepared before practice starts - rehearse at home.
- Get the kids as many touches on the ball as possible.
- Always win the Fair Play award.
- Do not engage negatively to a referee. If safety is an issue, be smart and composed and see a Club official. Remember that Refs are people too and sometimes kids. To error is human.
- Remember the kids don't need a perfect coach, just someone that is going to fuel their passion.

ESTABLISH TEAM RULES:

- When the Coach talks, ears open mouths shut.
- STOP or FREEZE means become a statue.
- Hands in the air means freeze and look at coach.
- Count down helps round up roamers 5-4-3-2-1 meet at coach "Bring it in!"
- Be nice towards each other and other teams.

BEST PRACTICES: Training Sessions should include - Warm Up, Small Sided, Expanded Small Sided, Game with Goals, Cool Down

1. *warmup:* Do a 10 minutes running exercise before stretching.
2. *warmup:* 5-10 quick agility exercises between 2 cones
3. *warmup:* Dribble in open space alternating all sides of foot and integrate soccer moves.
4. *warmup:* Stretches using 3 upper body and 3 lower body
5. Use any part of foot to kick, no heading, no hands, no elbows.
6. No standing lines, try group activities instead.
7. Get point across to players in 7-14 seconds
8. Use cones (if no cones, use pennies, socks or paper plates)

LESSONS:

Gauge activities based on your team skill level or age.

- BEEP, BEEP - Dribble in space using beep-beep, then dribble.
- STOP SIGN - Dribble in space using beep-beep. Coach adds random STOP! where kids stop dribble with foot on ball.
- SHARKS & MINNOWS - set players (Minnows) up on one end of field with balls to dribble to other end. Set 1 player at the finish to attack Minnows to kick their ball out of play. Any player who losses ball by shark, joins sharks.
- BLIND MICE - Pair players up and have them hold hands. each player still has a ball at their feet. Have one of the players close their eyes and the other has to direct the blind mouse around dribbling the ball.
- HOSPITAL TAG - set up a grid and have all kids dribble ball in open space and play tag. Players tag other dribbling players. Once a player is tagged they have to hold that body part while dribbling. Once tagged three times player has to go see Doctor (coach) for a cure (5 tick-tocks or whatever.)
- NUMBER PASSING - Players from their own groups of 5-6 players, numbering off. Player 1 pass to 2 who pass to 3..
- 3v3 or 4v4 GAMES - End most practices with these. Break team up into groups and have them scrimmage for possession or to goals. Try making bigger grids and smaller grids forcing the players to pass quicker and smarter.
- 4 v 2 IN SMALL GRID - points awarded for splitting defenders defense gets point whenever they steal ball or if it goes out of grid play for 1 minute. Loser pushups or a fun punishment.
- BULLDOG - Like dribble knockout, everyone is carrying a penny in their hand except 2 who are bulldogs. Bulldogs attempt to pass the ball around within the grid hitting other players below knees. If a player is hit, they drop their penny outside the grid and become a bulldog also last 2 to get hit, are new bulldogs next game.