



COACHES CLINIC – GENERAL NOTES

PRACTICE:

Have parents attend first practice, have parent meeting – see if anyone can help you with communication, snacks, painting field, practice, etc. Explain your coaching style, goals – are you win or die – or more concerned about kids having fun & learning? This will set tone for the season and start the contract between you/parents/players.

Do an ice breaker name game at the first practice.

Be a kid – joke around, get to know the kids.

Catch them doing it right – it's easy to see the mistakes, but harder to focus on positives and reward for doing it right.

Don't make them be afraid to fail – you have to fail to get better. Encourage them to experiment and try new things.

If you're new to soccer, treat this as an opportunity to learn alongside your child.

No Lines, Laps or Lectures.

WARM UPS:

Dribbling around, ball control skills, no pressure – do your best, you only get better by practicing – that's why we are here. Every kids should have a ball, maximum touches.

Sample – Dribbling around, ball control skills, pass & move

PRACTICE THEME BY AGE:

U6 – Focus on dribbling

U8 – Passing / Receiving, Defense, Shooting

U10 – Start to work as a team or in groups

U12 – Learn Rules, formations, working together as a unit

ACTIVITIES/GAMES:

After warm up you might introduce theme and review technique – for example passing with inside of foot or dribbling with laces

Sample Activities – Gate Ball, Gate Keepers, Knockout, Shooting in Three

Simple Activities – 1v1, 2v2, 3v3 tournaments – team up strong and weaker players

Sample Games – Hospital Tag, Sharks & Minnows,

Better to have too many activities – I like to change the activity before it gets stale, leave them wanting more – it is a good game or activity when you hear – awe.... When you stop it.

End practice with a scrimmage – every kid enjoys scrimmage. See if they demonstrate what you worked on – encourage them! Nice pass Katie! This will go much further than telling Katie – 'why didn't you pass it' or 'where was that pass going?'.
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DURING REAL GAME:

You guessed it – don't yell the entire game – when you do yell – keep it positive, never humiliate a kid – you are the one that looks like a fool losing temper at kids. Take notes for what you'd like to work on in practice. Have Patience – treat the game as at opportunity to quiz your kids to see if they are getting it.