Coaching Tips for Coaches from Coaches:

RESOURCES

* Attend the coaching clinic.
* Collaborate with other coaches (mixed practices or scrimmages).
* Use the resources from the club then do some research on your own.
* Watch YouTube videos to get help where you need it (improving passing skills, corner kick setups, how to get your players excited for practice, anything!)
* Coaches need to understand the rules and read in case there are rule changes.

ATTITUDE

* Relax – it’s not the World Cup
* Be ready to improvise.
* Talk to and listen to your players.
* Remind the kids just to have fun!
* Give individual recognition to players when they do something right. It goes so far for those who are learning something new and may be struggling.

PRACTICES

* Plan out your practices beginning to end and keep the kids active or use the Soccer 101 emails.
* Prepare yourself to coach early- not the night before the practice.
* Don’t stay on one thing too long. 4-5 activities per practice, leave the last thing to practice up to the kids.
* Work on fundamentals then let the kids have fun.
* Traps and passes are fundamental.
* Practices should be ½ skills, ½ scrimmages.
* Have a Parents vs Kids practice.
* If there is a significant talent gap on your team, have team drills that focus on ball control and dribbling, then provide additional time to more talented players either before or after practice to work on higher skilled drills.