



COACHES TIPS

A coach should use a systematic approach when communicating with and training players. Training (practice) is an attempt to duplicate a match, in a learning environment. The goal is to build up to match conditions.

Each segment of training should be communicated in a clear and positive manner. Feedback is provided to the players on an individual basis. If a coach uses a systematic approach to training, players will assimilate the material in a rapid and efficient manner.

All coaches must be able to create an opportunity to evaluate a player's ability to execute a certain skill or task so the required training can be achieved. More simply put, at what level is the player performing a particular skill? One of the best ways to evaluate the level of competency is to use Free Play.

Good coaches use free play to observe a player's capabilities. Free play describes the condition where individuals play without restrictions on time or space.

- Players are given general directions on time or space.
- Players are given general directions on what they should attempt to accomplish and then left on their own.
- The players should play hard and stop when rest is warranted.
- Free play allows players to develop natural abilities.
- Free play avoids wasting time in organizing lines, capturing wandering players, etc.
- During free play, players avoid others, seek open space, and become more aware of the action around them.

A coach' observational powers will increase as they are forced to isolate individual action in a group. Provide an environment for teaching solutions (options) to match problems.

TYPICAL METHODS INCLUDE:

- Training Games (drills) are used to duplicate match conditions.
- A training game (drill) requires organization of the players to repeatedly execute a specific skill, tactic, or combination thereof.
- As a coach, you must think static and progress too dynamic as quickly as possible.

COACHES' CODE

- Enthusiastically support and practice the "Everyone Plays," "Good Sportsman-ship" and "Positive Coaching" philosophies of AYSO.
- Be reasonable in your demands on a young player's time, energy, enthusiasm and performance on the soccer field.
- Impress on your players that they must abide by the Laws of the Game at all times.
- Develop team respect for the ability of opponents, and for the judgment of referees and opposing coaches.
- Ensure that your players' soccer experience is one of fun and enjoyment (winning is only part of it). Players should never be yelled at or ridiculed for making mistakes or losing a game.
- Set a good example and be generous with your praise when it is deserved. Children need a coach they can respect.
- Keep informed of sound principles of coaching, growth and child development.
- Check your equipment and playing facilities. They should meet safety standards and be appropriate for the age and ability of your players.
- Follow the advice of a physician when determining when an injured child is ready to play again.