

Sierra Soccer Club: Coaches: Coaching Advice

Simple Advice

Questions to ask yourself as a coach

Is everyone having fun?

Is the player learning about teamwork?

Is the player developing their soccer skills (Are they improving?)

Is the player hustling, enthusiastic, and trying to do their best?

Are the players standing in line too long or waiting too long to touch the ball?

Are the players busy at all times using centers and paired learning techniques?

Are you trying to change drill activities at least every 20 minutes?

Are you remembering to praise your players?

4 Pitfalls of Coaching

Coaches, as we prepare our practice plans for the 2006 soccer season, it is important to remember to keep practices fun and educational while developing teamwork. As you prepare your practice plans and move through the season, please remember to avoid the 4 following pitfalls: Lines, Laps, Lectures, and Losing your temper.

LINES - Lines lead to boredom and misbehavior. Long lines where one child takes a turn at a time prevent skill development. Avoid any and all lines. We want players actively engaged at all times.

LAPS - If you have children complete laps, be sure to have them take their ball with them to practice dribbling. They will get in shape by running in the games and drills, laps are unnecessary and do not build skill.

LECTURES - We realize mini-lectures are a part of life. But, let's make them short and focused. Pull players together to demonstrate a skill and then allow them to practice while the coaches ensure correct performance.

LOSING YOUR HEAD - Our goal is to have players learn about the game of soccer while developing some skill. The score is not important. I repeat the score is not important. The coaches and parents should be a role model of sportsmanship for their children. Keep things in perspective! It's a recreational league, not the World Cup. If you try to stay away from these pitfalls, we are sure that you, your team and the parents will have a fun and enjoyable soccer season. Good Luck!