



Coaches Tips for Games and Practices

U4 to U6 Kids

'General Strategy Tips'

- Organize your practice to have all the children active, all of the time.
- A parent or guardian should join in to supervise and play with their child.
- Keep the activities short, 1 or 2 minute duration, their attention span is short.
- Be enthusiastic, have fun!
- "High fives" for everyone.
 - o Encouragement should be constant, equally distributed amongst children.
- During games everyone should play equal time, in all positions.

Role of the Parents

- ➔ Before your child's game
 - Communicate with coach about any absences
 - Ensure your child has eaten and has had enough rest.
 - Ask your child if they have all their uniform and a water bottle.
- ➔ During your child's game
 - Play with your child, have fun with them.
 - Support the coach with praise and encouragement.
 - Praise effort; don't criticize mistakes.
- ➔ After your child's game
 - Praise the effort your child has given
 - Ask if they had fun
 - Give them food and a drink

U7 to U8 Kids

'General Strategy Tips'

- Provide fun, safe and enjoyable activity.
- Provide well organized practices and games.
- Provide stimulating activities that promote fundamental skills and movement.
- Communicate appropriately with children.

Coach, skill development at this stage should be well structured, positive, FUN and should concentrate on developing the ABCs - Agility, Balance and Coordination. plus speed.

Let your players make decisions, expose them to working out problems and coming up with solutions.

- Create a stimulating learning environment where the atmosphere is "Freedom and FUN".
- Organize your practice to have all the children active, all of the time.
- **Playing situations work best for teaching understanding and building basic game sense.**
- During games everyone should play equal time, in all positions.
- Be enthusiastic, have fun!
- "High fives", praise for everyone.

Role of the Parents

➔ Before your child's game

- Communicate with coach about any absences
- Ensure your child has eaten and has had enough rest.
- Ask your child if they have all their uniform and a water bottle.

➔ During your child's game

- Play with your child, have fun with them.
- Support the coach with praise and encouragement.
- Praise effort; don't criticize mistakes.

➔ After your child's game

- Praise the effort your child has given
- Ask if they had fun
- Give them food and a drink

U10 to U12 Teams (Girls and Boys)

Coach, skill development at this stage should be well structured, positive and FUN. Should concentrate on developing the ABC's of Agility, Balance and Coordination plus *SPEED*.

Encourage your players to take part in unstructured play, every day, with their friends. Let your players make decisions, expose them to working out problems and coming up with solutions.

'General Strategy Tips'

- Provide fun, safe and enjoyable activity.
- Provide well organized practices and games.
- Provide stimulating activities that promote fundamental skills and movement.
- Communicate appropriately with children.

Warm-up is necessary at this stage. (The cool-down also)

The effect of the role model is very important at this stage. Children begin to identify with famous players and successful teams, and they want to learn imaginative skills. Skill demonstration is very important and the players **learn best by "doing"**.

"Learn to Train Coaches' Tips"

- Skill demonstration is very important, show them what you want!
- Ensure that you have enough soccer balls for every player.
- This is an important time to work on flexibility.
- Develop endurance through playing small-sided games.
- Playing situations work best for teaching understanding and building basic game sense.
- Game formats can progress from 6v6 to 8v8 as the children grow.
- Teach basic principles of play, teach simple combinations.
- During games everyone should play equal time, in all positions.

Role of the Parents

➔ Before your child's game

- Communicate with coach about any absences
- Ensure your child has eaten and has had enough rest.
- Ask your child if they have all their uniform and a water bottle.

➔ During your child's game

- Support the coach and your child with praise and encouragement.
- Praise effort and implementation of new skills; don't criticize mistakes.

➔ After your child's game

- Praise the effort your child has given
- Ask if they had fun
- Give them food and a drink
- Get them to explain a new skills/strategy they learned
- Have them practice their skills/strategies during the week

U13+ Girls and Boys

**Remember: These players could be newcomers to the game or have many years of experience.*

Role of the Coach

- Provide simple teaching points to help your players learn.
- Encourage skill development through games and other activities.
- Provide lots of activity to help contribute to an active lifestyle.
- Set goals that are challenging but realistic.

Coaches should encourage the mastering of new skills and also maintain or improve skills that players may already have.

This stage requires a fun and challenging environment to keep them interested and active in soccer.

Coaches' Tips:

- Focus on having fun, in addition to stress release and fitness discipline.
- Basic tactics are sufficient to enjoy the game at a recreational level. More advanced tactics are required for a competitive level.
- Follow appropriate guidelines in the areas of endurance, strength and flexibility training.
- Offer encouragement and support to help your players be the best they can be.
- Instill the importance of fair play and being a good sport.
- Playing situations work best for teaching tactical understanding and building game sense.
- Small-sided games are a great way to teach technical and tactical skills.
- Teach basic principles of play, teach simple tactics.
- During games everyone should play equal time.

Role of the Parents

➔ Before your child's game

- Communicate with coach about any absences
- Ensure your child has eaten and has had enough rest.
- Ask your child if they have all their uniform and a water bottle.

➔ During your child's game

- Support the coach and your child with praise and encouragement.
- Praise effort and implementation of new skills; don't criticize mistakes.

➔ After your child's game

- Praise the effort your child has given
- Ask if they had fun
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