

ST. CLEMENTS

**ST CLEMENTS
SOCCER
ASSOCIATION
COACHING GUIDE**

FLAMES

Welcome to the St. Clements Soccer Season!!

First of all, thank you for volunteering to coach this season. Everyone understands that without volunteers, many community sports programs wouldn't enjoy the success that they do, but it takes that extra little effort to actually get up and help. Thanks for making that effort for the kids, the community, the league, and hopefully yourselves.

For some of you this may be your first time coaching soccer, and you may be wondering what to expect. Our first priority is to make sure all the kids have fun. When kids have fun, they'll be back to play next year. We want to give them a chance to find a lifetime of enjoyment, fitness, and friendship through soccer. We can make sure this happens with lots of positive encouragement, realistic expectations, and enthusiasm. It can be difficult to coach, especially small children, but it is important to remember that as coaches, we make impressions regardless of what we do. A positive, relaxed attitude is the best way to make sure everyone enjoys themselves, and wants to come back next season.

It is also important to remember that everyone involved has expectations of the season. As coaches, we have expectations of kids, officials, parents, and the executive. Officials have expectations of us as coaches to understand the game, to treat them with respect regardless of experience level, and to handle any disagreements calmly and appropriately. But, at times, the most difficult set of expectations to deal with, as coaches, can be those of parents. All parents want the best for their children, whether it is fun, friends, or to excel. As coaches, we have to remember that, at times, those with high expectations may also not have a full understanding of the game, or the goals of our league. By maintaining FUN, we will ensure that we meet the majority of parent's expectations.

Please remember that as a coach you have a lot of support. Please do not hesitate to contact your Head Coach at any time if you have any questions or concerns. The convenors and members of your league executive are also available for help. Use the website as a resource as well...there is a ton of great info there for you. By working together, we can ensure the season is enjoyable for you as well.

Parents do appreciate the time and effort you are giving, even if they don't say so after every game. Just remember, if the kids have rosy cheeks, have had fun, and want to come back next week, you've done your job.

Thanks again,
The SCSA Executive

Coaching Guidelines

In 1987, Ewing & Seefeldt did a study with almost 4000 children asking them to prioritize the reasons they participated in sport. They are:

- 1) To have **FUN**
- 2) To improve their skills
- 3) To stay fit
- 4) To participate in an activity at which they succeed
- 5) To have fun competing with others
- 6) To exercise
- 7) To be part of a team
- 8) To compete
- 9) To learn new abilities
- 10) To win

Based on this, here are some guidelines we can use to help ensure the kids we coach get what they want from our sport and us.

1. **FUN AND ENJOYMENT:** Players will respond and want to continue if things are fun.
2. **REINFORCE CORRECT TECHNIQUE:** Continually emphasize the use of correct techniques.
3. **STRIVE FOR QUALITY:** Make your desired objectives clear. If a player shows mastery of a skill, use him/her to demonstrate.
4. **KEEP PLAYERS ACTIVE:** If a drill is static, keep everyone involved using helpers.
5. **BE CREATIVE AND USE INITIATIVE:** If a drill or game is too advanced, modify it to increase the chances of success.
6. **POSITIVE REINFORCEMENT:** Give individuals and the whole team positive reinforcement. Refrain from using negative comments.
7. **MAKE A DIFFERENCE:** Be motivational and inspirational. Enthusiasm is contagious.
8. **EACH PLAYER IS AN INDIVIDUAL:** Be aware of player differences. Early recognition of player personalities will allow you to respond to all players, and they will respond to you positively.
9. **ROTATE POSITIONS:** All players should take turns playing each position.
10. **DEVELOP PLAYER RESPECT:** Encourage players to support one another, and to respect each other's effort. Show good sportsmanship towards all players, parents and officials, including opponents.
11. **EQUALITY AMONGST PLAYERS:** Give equal attention to all players. Do not leave the less competent players behind nor slow the advanced players.
12. **COMMUNICATION:** Ensure the terminology you use is clear and precise.

Goals for the Season

By the end of the season, our players should:

- 1) want to come back next year
- 2) feel like they have improved
- 3) feel comfortable as a team member
- 4) understand that we don't touch the ball with our hands in a game
- 5) feel comfortable using different body parts to move and stop the ball
- 6) understand that a toe kick isn't the best way to kick the ball
- 7) have tried using all parts of both feet to move and stop the ball

We can use the following coaching points to help develop our players.

DTT (Developing Touch and Technique)

- Maintain close control with both feet.
- Be agile, stay on toes.
- Use all parts of feet, inside, outside, laces, sole.
- Move to get behind ball's path.
- Use soft touches.
- Concentrate on center of ball.
- Keep head up.
- Control ball first, don't just kick it away.
- Change direction and speed when turning.
- Be a friend with the ball.

SHOOTING

- Keep toe pointing down.
- Lock ankle.
- Strike with shoelaces.
- Kick through center of ball.
- Swing leg and follow through.
- Keep body relaxed.
- Train for accuracy before power.
- Keep knee and head over ball.
- Place standing foot beside ball, not in front or behind.
- Aim for the corners of the goal.
- Follow the ball after shooting.
- Use foot closest to the ball. (left **or** right foot)

PASSING

- Use inside of feet.
- Lock ankle.
- Change body position so it's comfortable.
- Stay relaxed.
- Look at ball when passing.
- Pass to other players, don't just kick and hope.
- Move to open space afterwards.
- Create space between yourself and passer.
- Turn body to face ball when receiving.
- Stay spread out.

GAMES

- All of the above.
- Keep moving.
- Encourage movement towards ball.
- Encourage use of width.
- Keep positions only loosely restricted.
- Take Time-out to rotate subs and positions.
- Coach, educate, and support during games.
- Explain all fouls and calls made.
- Create an understanding of the Laws of the Game.