



Game Day Coaching



1. Arrival

- ▶ Arrive at least 15 minutes before players (if possible)
 - ▶ Walk the Field and clear debris
 - ▶ Pace the Field
 - ▶ Set up Warm Up area
 - ▶ Confirm you have all paperwork



2. Warm Up

- ▶ Set Warm-up routine you have practiced
 - Individual ball work (dribbling/juggling)
 - Age appropriate
 - ▶ Established warm up activity
 - ▶ Regular and specific pre game activity
- ▶ Pace/Intensity increases as kick off approaches



3. Pre Game Instruction

- ▶ Team goals based on weekly practice – 2 to 3 outcomes for U9-U12
 - ▶ Individual goal based on weekly practice
 - ▶ Team goal based on previous game
(Individual reminders as necessary)



4. Half Time Instruction

Allow players 1-2 minutes to drink and rest

- ▶ Ask Questions about the Game
- ▶ Review Pre Game instructions/Goals
- ▶ Review any obvious strengths and weakness of opponents
 - ▶ Restate Pre Game goals



5. Post Game Instruction

Allow players 2-3 minutes to drink and rest
Conduct cool down – if needed

- ▶ Review Pre Game instructions/Goals
- ▶ Offer positive, constructive CALM feedback
- ▶ Reminders about the next weeks plans

*Whenever possible include Parents in this phase of
the day*



6. Coaching In The Game

- ▶ Observe first 5 minutes
 - ▶ Avoid coaching player with the ball if possible
 - ▶ Direct players away from the ball. See the field
 - ▶ Use established key words/phrases upon transition (practiced)
- ▶ Offer positive encouragement and constructive criticism
 - ▶ Use Q and A (guided discovery)
 - ▶ Make necessary adjustments
 - ▶ ONE VOICE!



7. Substitution Policy

- ALWAYS verbally interact with player being subbed out in a constructive manner
 - Always physically warm up players going in
- Vary positions (No more than two per game U9-U12)
- Substitute players in individuals or small groups. No mass substitutions.



The Most Effective Youth Coaches:

Do..

Remain Positive

Guide Players

Have a Sub. Policy

Speak to subbed player

Keep things in perspective

Vary positions

Coach players without ball

Are Flexible

Accept decisions calmly

Don't

Become negative

Command players

Sub without reason

Presume players know
how they performed

'Pigeon Hole' players

Respect opponents

Berate officials or players

Let frustrations show



It is essential that we remember that in soccer the game is the best teacher and that while teaching is done at practice - players learn through application and guided discovery in the game setting (this is different to most American sports)