

# COACHING MANUAL



Composed by the following coaches

**Greg Fuchs**

(02) 9957 6522

0414 637 220

gregfuchs@hotmail.com

**Danny Hurwitz**

(02) 9416 2141

0409 422 290

dannyhurwitz@optusnet.com.au

**Nick Apoifis**

(02) 9583 1918

0421 331 161

nickgonetropo@hotmail.com

# Club Coaching Manual

The purpose of this manual is to give you, the coach, some guidance as to how to conduct your training sessions and develop the skills of the players in your team.

## **Training Session Structure**

Pre-Warm up

Warm Up

Technique/Skill Development

Game

## **Coaching Tips**

1. Prepare your training session
2. Make sure the kids have fun
3. Communicate on their level
4. Focus on development rather than results (Under 6-9 is non-competitive soccer). **PLAYING GOOD SOCCER IS MORE IMPORTANT THAN WINNING**
5. Maximise participation (waiting in lines = fighting amongst the kids)
6. Make the best use of all the equipment you have available
7. Have another parent help you at the training session
8. Don't spend too much time on one exercise (kids get bored very easily).  
Make the session flow. Less time talking, more time playing!
9. Encourage players to pass the ball at training and in games
10. Kids love competitions, so have passing, shooting, dribbling and 1v1 competitions every so often because kids have fun doing them.

## Pre-Warm up - Every Session for 5 mins

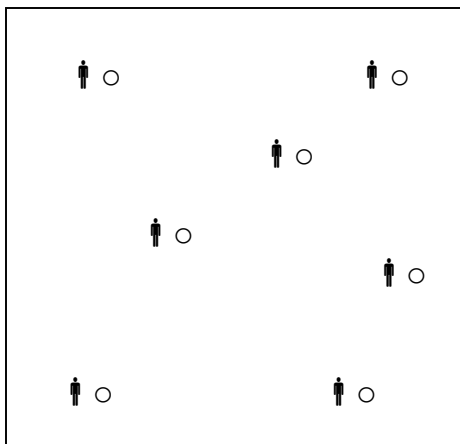
As players arrive to training, give them a ball to practice the following exercises.

- Kick and Catch
- Throw, Head, Catch
- Thigh, Thigh, Catch
- One Bounce (Kick, bounce, kick, bounce.....)
- No Bounce

## Warm Up

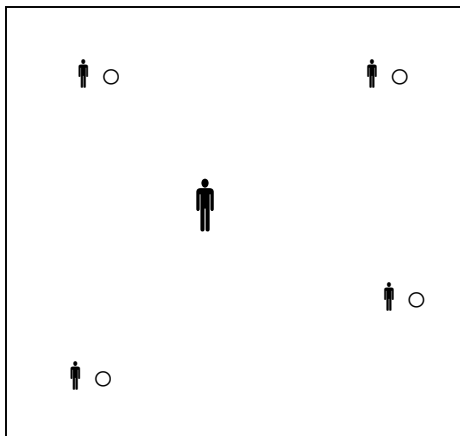
Note: Sending players for a run around the park ***is not*** a warm up!

### SQUARE GAME



- Each player has a ball
- dribbling inside the square (promoting looking up)
- listen to cues for specific drills:-
  - toe taps
  - inside feet
  - sit on ball
  - inside foot turn
  - roll-back
- get players to call out cues to encourage communication skills
- players protect their ball whilst trying to kick other players' balls outside the square

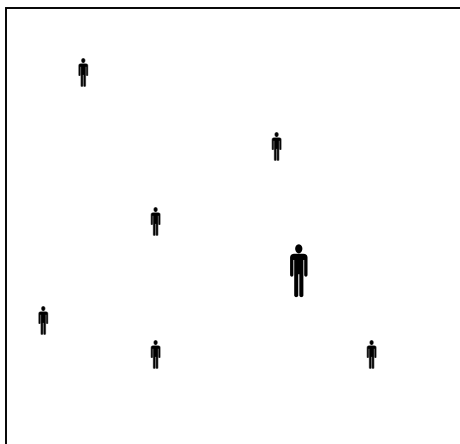
### TIGER GAME



- Note: Important Skill in this game is **SHIELDING (Body between ball and Defender. Use arm to feel where the Defender is. Do not let the defender see the ball.)**
- players dribbling inside the square
  - 1 player acts as tiger (defender)
  - Tiger is the only one who can kick balls out the square
  - players shield their ball and keep it in the square
  - KIDS LOVE THIS GAME!

## Warm Up (contd)

### TIP

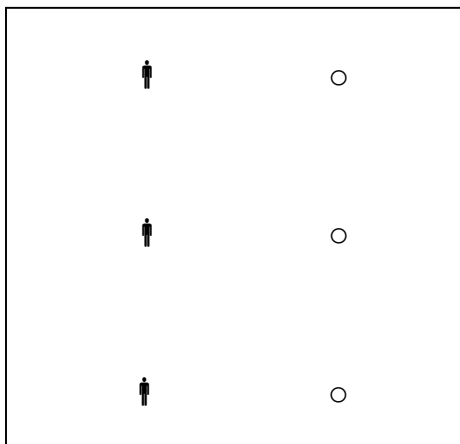


- players run in square without ball
- nominate 1 player to be the tipper
- this player must try and tip all players
- give all players a chance to be the tipper
- see who can tip everyone the quickest

### Variation – TAG

- each player tucks a bib into the back of their shorts
- object is to grab as many bibs as possible
- once you have lost your bib, you are out

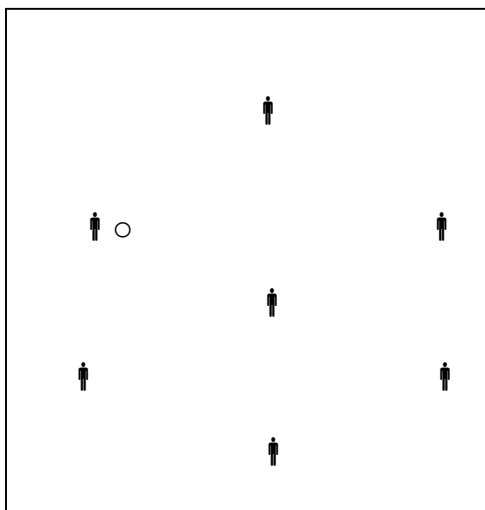
### NETBALL POSSESSION



- same as soccer possession but using hands
- 2 teams
- player can not run with the ball
- 3 seconds to release the ball
- 5 passes = GOAL

- Make sure players do not throw ball away cheaply. Tell them not to panic.
- Encourage players without the ball to move into a position to receive the ball. i.e. no hiding behind defenders

### PIGGY IN THE MIDDLE

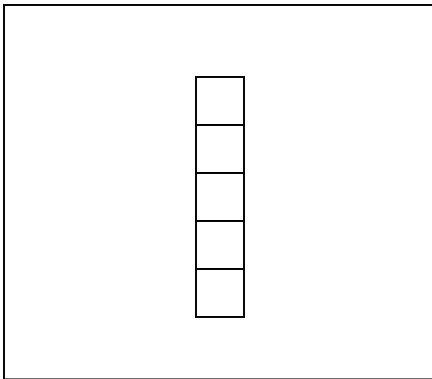


- players on the outside of the circle have to pass the ball to each other
- the piggy has to try and win possession

- This exercise is fundamental for developing composure on the ball.
- Try and prevent players from kicking the ball aimlessly. Make them stop and pass. Stopping and passing develops confidence and improves decision making skills.

## Warm-up Exercises

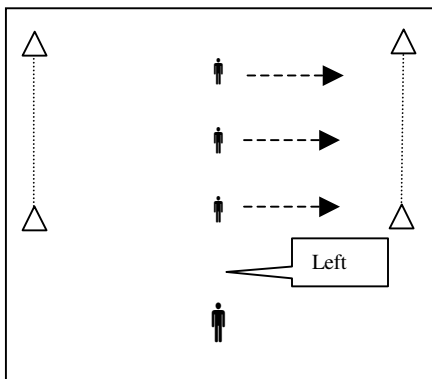
### Fast Foot Ladders



- Run straight through (Alternate & Both)
- Side to Side (Slalom)
- Side on Running
- Side ladder (Two feet in two feet out)
- Hop Scotch (Two feet in two feet out)
- Hopping
- Two Rungs Forward One Rung Back
- Hip Pivot

- Brilliant for Speed, Agility and Quickness
- Develops balance and co-ordination
- Works on fast feet
- Be as light and smooth as possible

### Bluff



- Have all players in a straight line
- Players stand at least 10m from both sides
- Coach calls 'Left' players run left
- Use opposite calls or hand signals
- Can also pair up players where one line has to catch the other

- A very fun exercise
- Can use a ball
- Excellent for working on quick reaction and explosive running

## Technique/Skill Development Drills

- *Passing/Receiving*

### **Passing Technique**

- Non-kicking foot next the ball, pointing to the target with knee slightly bent.
- Kicking foot has ankle locked/stiff, use inside of the foot and make sure foot follows through to the target without hitting the ground. **We want Karate Kid finish.** We do not want 'I need the toilet finish.'

### **Receiving Technique**

- Body behind the ball
- Receiving foot is a few centimetres off the ground
- Control the ball by touching it forward to allow a quick pass

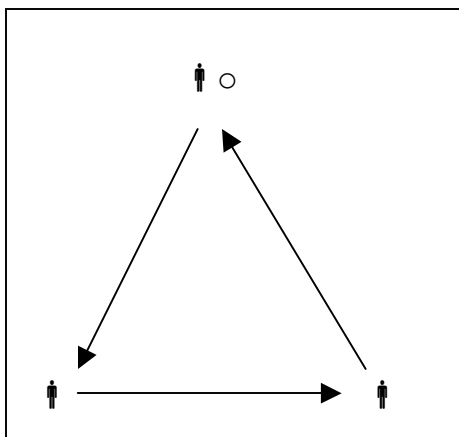
#### Note:

*Kids generally stop the ball, walk backwards and then walk forwards to pass the ball. They will be dispossessed in a game if they use this technique.*

### Exercise 1 – Passing in Pairs

- One ball between two players
- No more than 4m apart
- Pass how they would like to receive the ball
- Progress to receive with one foot and pass with the other
- Progress to one-touch passing

### Exercise 2 – Passing in Triangles

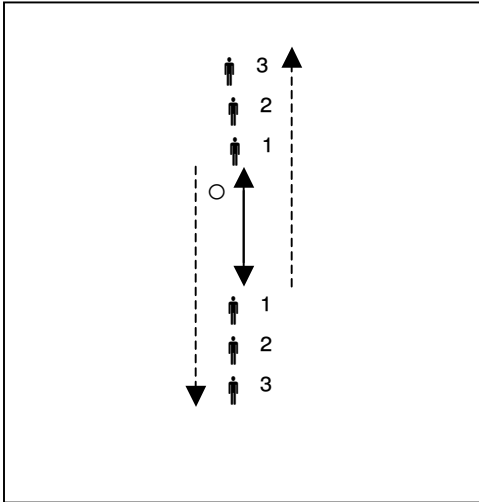


- Receive with the furthest foot
- Open the body to receive the pass
- Pass in front of the player
- Players must always be on their toes
- Right foot only
- Left foot only
- Progress to one touch passing

## Technique/Skill Development Drills

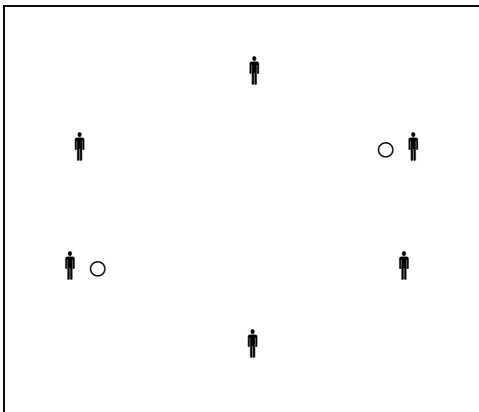
- *Passing/Receiving (Continued)*

### Exercise 3 – Line Pass



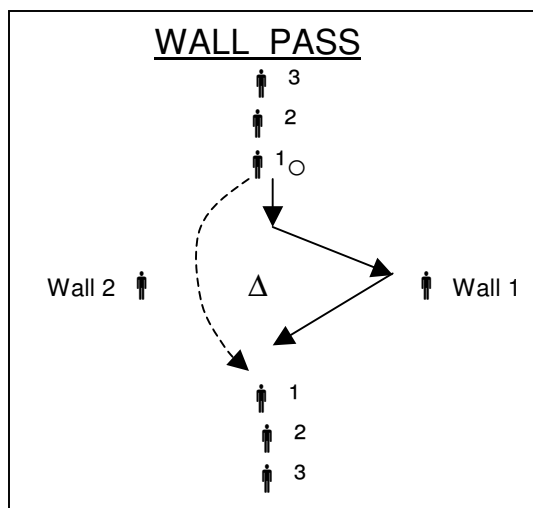
- 2 equal lines 5 metres apart
- first player passes the ball to the opposite line, and then follows their pass.
- receiver controls the ball by meeting it and then passes to the opposite line
- continuous
- this is an excellent warm-up before a match

### Exercise 4 – Circle Pass



- players form a 20m diameter circle
- start with two balls then increase the number of balls to increase difficulty
- player with ball dribbles into the circle and then passes to an open player
- receiver controls the ball, then repeats the dribbling/passing process.

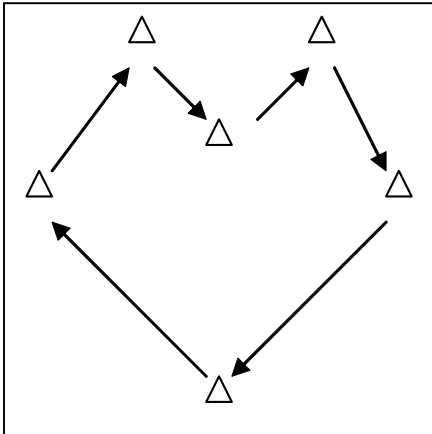
### Exercise 5 – Wall Pass



- 2 lines
- 2 players act as wall passers on either side
- 1 cone as a defender
- player travels with the ball towards the cone, then plays the wall pass, runs around the outside of the cone using a quick change of pace to receive the pass back from the wall
- introduce a passive defender

## Advanced Passing Drills

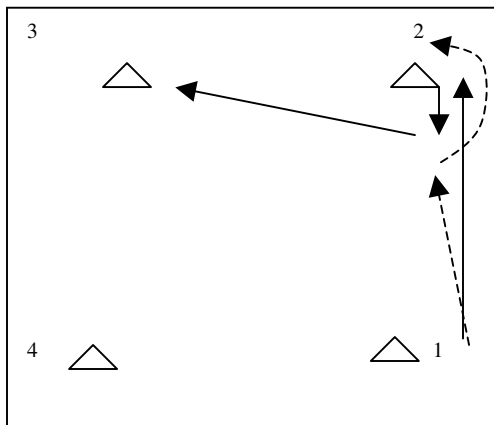
### Heart Pass



- Set up cones in the shape of a heart
- Select a starting point
- Receive the pass with the furthest foot**
- For the shorter passes try use one touch
- For longer passes use one touch to control and one touch to pass

- Play the ball and follow the pass
- Introduce a second ball

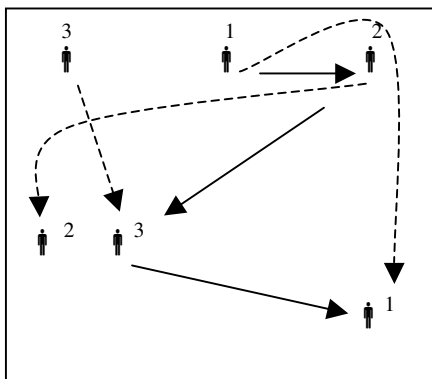
### Square Lay off Pass



- set up a square with 2 players per cone
- $P^1$  passes to  $P^2$  and follows their pass
- $P^2$  lays a first time pass back to  $P^1$  with their furthest foot
- $P^1$  then passes first time to  $P^3$  and stays at the second cone
- Continuous

- Introduce a second ball
- Change direction
- Very good for introducing lay off and check out play (strikers and wing play)

### Overlap Pass

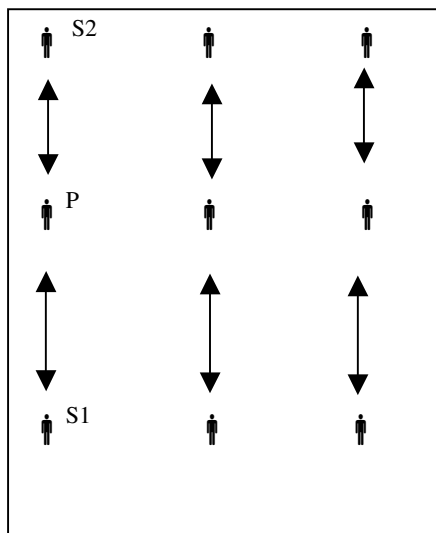


- 3 players per group
- ball starts with player in the middle
- $P^1$  passes to  $P^2$  (furthest foot)
- $P^1$  runs around the back of  $P^2$  who comes to meet the ball
- $P^2$  passes to  $P^3$  (furthest foot)
- $P^2$  runs around the back of  $P^3$  who comes to meet the ball
- Continuous

- Players have to move inside to receive the ball in order to create space for the overlapping run

## Advanced Passing Drills

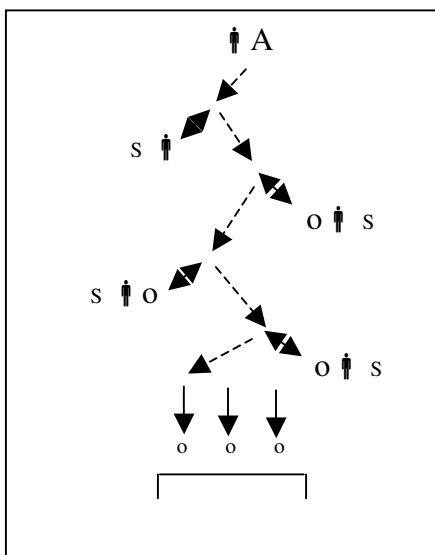
### Tri Pass



- 3 people per group, 2 balls per group
- One ball at each end
- 15 metres in length
- Player (P) in the middle is working
- P runs towards S<sup>1</sup>
- S<sup>1</sup> passes the ball to P who gives a first time pass back to S<sup>1</sup>
- As P plays the ball back, P turns on the foot that passed the ball. (play right, turn right)
- Use opposite feet at each end
- Do 10 passes each side and change the P
- Volley (inside foot and laces), heading, chest-volley, thigh-volley are various passing techniques that can be incorporated into this drill
- Using one ball only you can practice the inside of the foot, outside of the foot, drag and through the leg turns.

- The turning technique should be emphasised heavily. It is the quickest way to turn and allows for better vision.

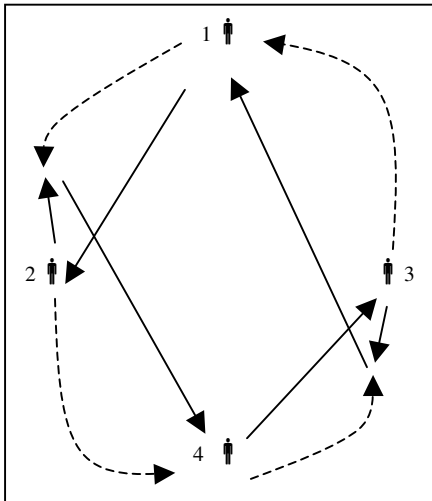
### Zig Zag Pass then Shoot



- Half the players on a cone with a ball each. The remaining players line up at the first cone.
  - S players on the cone feed the ball to the A players as they run through in a zig-zag
  - A players play the ball back first time with their furthest foot
  - At the end of the zig-zag, A then has a shot at goal
- Can be used to work on any passing and control technique
  - Focuses on using the furthest foot and turning correctly
  - Can be used as an intense exercise

## Advanced Passing Drills

### Diamond Pass



- Set up a rectangle
- Put one player where **2** & **3** are
- Put even number of players behind **1** & **4**
- 1** plays to **2**
- 2** lays the ball back to **1** who has made a supporting run
- 1** plays the ball first time to **4**
- 1** replaces **2**'s position and **2** runs to join the line at **4**
- It is the exact same passing sequence for the other half of the diamond

- Can introduce a second ball
- Can introduce an overlap run by getting the side men to hold the ball up

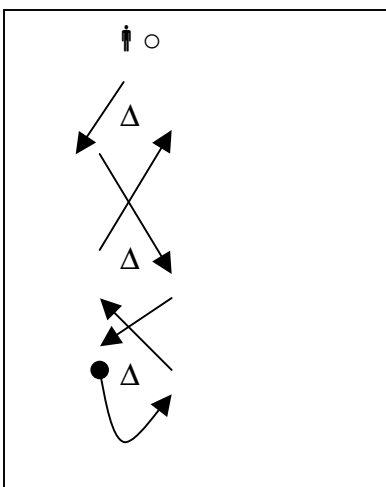
## Technique/Skill Development Drills

- *Dribbling*

### **Dribbling Technique**

- keep the ball close to the body
- soft touches
- keep eye on the ball
- inside of feet (stationary/forwards/backwards)
- toe taps using the sole of the foot (stationary/forwards/backwards)
- side roll the ball using the sole of the foot (left/right foot)
- Roll back (dribble, stop the ball with the sole of the foot and roll back in opposite direction)
- Inside of foot turn (dribble ball and turn in opposite direction using inside of foot to chop the ball)
- Stepovers
- Drag backs

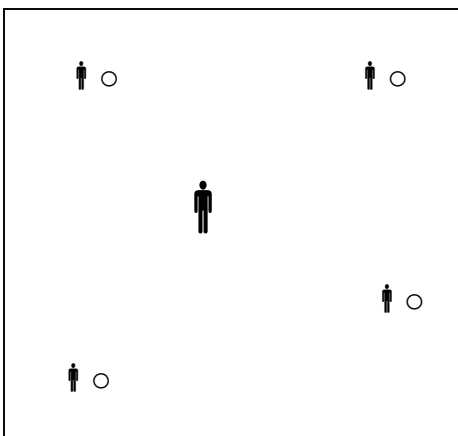
### Exercise 1 – Cone Dribbling



- dribble through cones
- inside feet only
- outside feet only (adjust the body)
- left foot only
- right foot only

- Used as a good warm up and fun competition exercise
- More than one line is required
- Max 4 players per line
- Vary the distance between cones to adjust difficulty

### Exercise 2 – Tiger Game



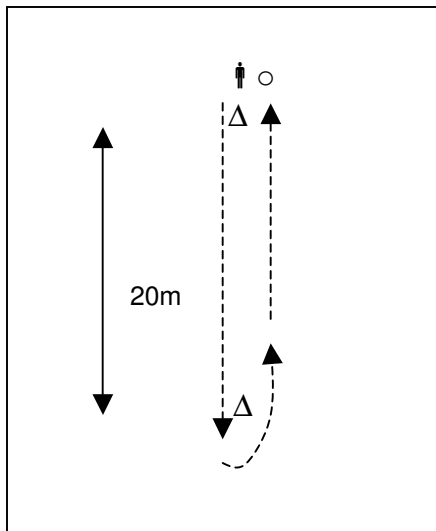
Note: Important Skill in this game is **SHIELDING (Body between ball and Defender. Use arm to feel where the Defender is. Do not let the defender see the ball.)**

- players dribbling inside the square
- 1 player acts as tiger (defender)
- Tiger is the only one who can kick balls out the square
- players shield their ball and keep it in the square
- KIDS LOVE THIS GAME!

## Technique/Skill Development Drills

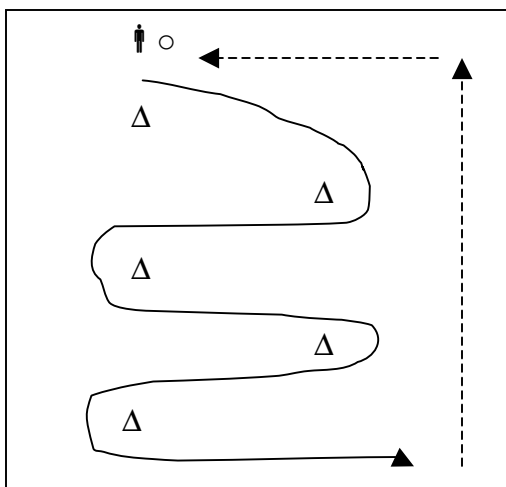
- *Dribbling (contd)*

### Exercise 3 – Speed Dribbling



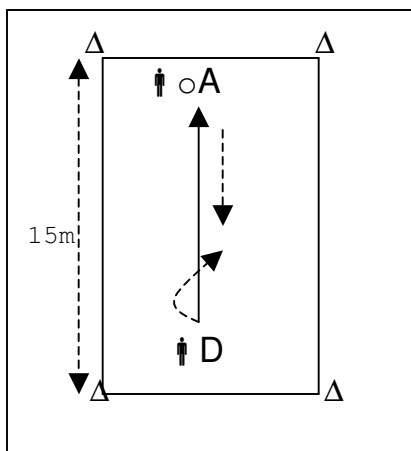
- 2 cones set 20m apart
- player sprints with ball keeping it close to the body taking as many touches as possible.

### Exercise 4 – Zig Zag Dribble



- Use the chop technique to change direction
- Inside feet only
- Outside feet only
- Right foot only
- Left foot only

### Exercise 5 – 1 v 1 Dribble



- Defender (**D**) passes the ball to Attacker (**A**).
  - D** closes **A** down by applying pressure
  - A** tries to dribble past **D** and scores by stopping the ball on the line
- **A** must meet the ball and get past **D** with pace. **D** must not dive in

## Technique/Skill Development Drills

- *Heading*

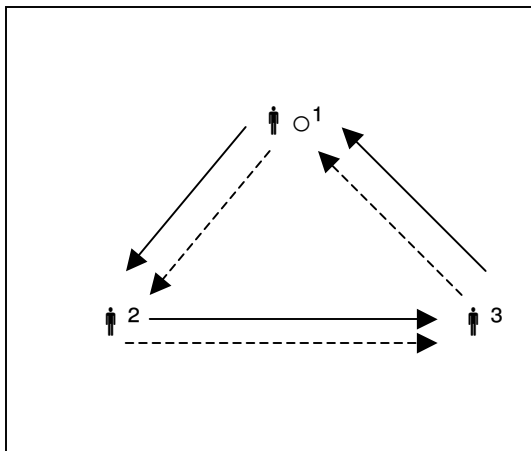
### **Heading Technique**

- use the forehead
- eyes open, mouth closed
- legs shoulder width apart
- knees bent
- arch back
- arms in front of face and pull back for power

### Heading Exercises

- Head ball off partner's palm (good for building confidence)
- Player throws ball up for them self and heads it to their partner
- Head in pairs. One partner serves, the other headers the ball

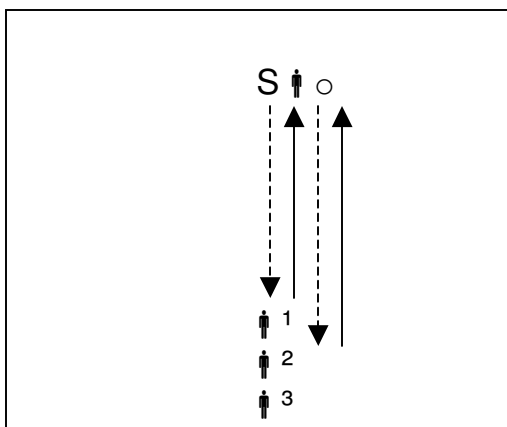
### Heading in Triangles



- 1 throws ball to 2
- 2 heads ball to 3
- 3 catches the ball
- 3 throws ball to 1
- 1 heads to 2 etc

- This a fairly advanced exercise
- Teaches kids to open their body up

### Captain Ball Heading

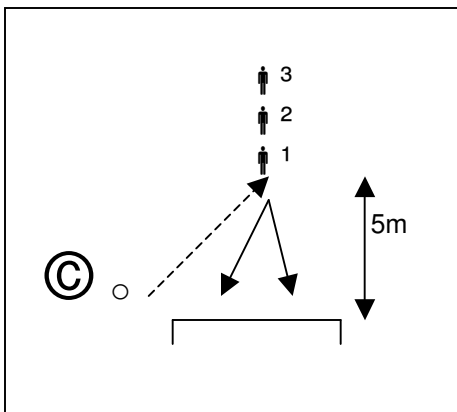


- Server (S) throws ball to 1
- 1 heads ball back to S
- S throws ball to 2
- 2 heads back to S
- When 3 heads back to S, S moves to the front of the line
- 3 is now the Server

## Technique/Skill Development Drills

- *Heading (contd)*

### Heading at Goal



- Coach (**C**) Throws the ball to **I**
- I** heads the ball at goal down and to the sides away from the goalkeeper

## Technique/Skill Development Drills

- *Kicking/Shooting/Crossing*

### **Kicking Technique**

- Eye on the ball at all times
- Slight angle in approach
- Non-kicking leg is slightly bent and pointing toward the target
- Long last stride → power and accuracy
- Make contact with the laces, toe pointing down and ankle stiff
- Accelerate through the ball
- Foot finishing in the air, facing the target

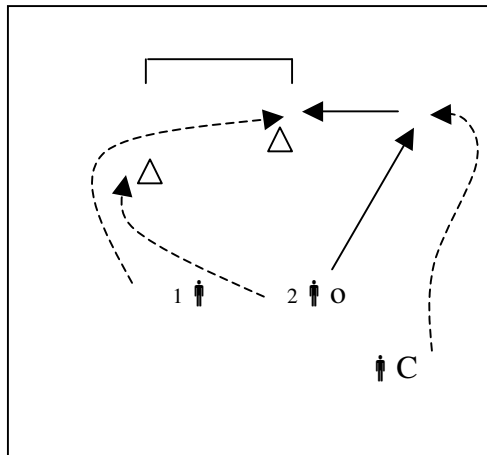
### Kicking Exercises

- Players stand 20 metres apart and kick to each other
- Tee the ball up on a little dome and kick the ball at the fence (this is very good in helping players get used to kicking with their laces)

- Kicking Exercises are very boring. Use them as a competition exercise.

## Advanced Crossing and Shooting Drills

### Crossing and Shooting

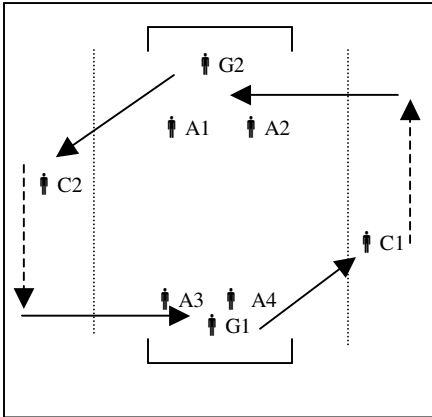


- 2 plays the ball into space for crosser (C)
- 1 makes an arced run around the cone at the far post accelerating to the near post in time for the cross
- 2 makes an arced to the far post and hovers in line with the penalty spot in case the cross is pulled back
- C makes a slight check out run in their approach to the ball before striking the cross
- The cross must be firm and away from keeper

- Works on timing of runs, crossing, heading and shooting
- Arced runs make it difficult for defenders to track attackers and increase the chance of meeting the cross

## Advanced Crossing and Shooting Drills

### Crossing and Shooting



- Set up a crossing channel for the crosser
- There will be two crossers, one either side
- Two attackers (*A*) at each goal
- Goalkeeper  $G^1$  feeds the ball to crosser  $C^1$
- $C^1$  crosses the ball into  $A^1$  &  $A^2$
- $G^2$  feeds the ball to  $C^2$  who crosses to  $A^3$  &  $A^4$
- Continuous

- Good crossing technique is important
- Introduce defenders
- Can be turned into a modified game

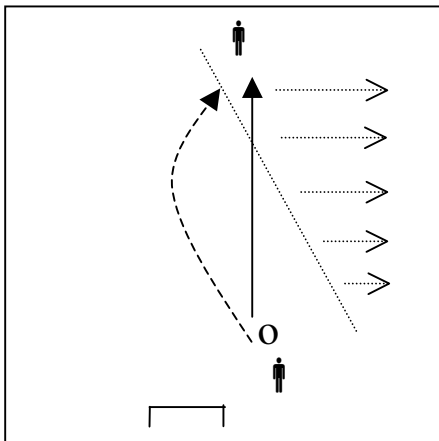
## Technique/Skill Development Drills

- *Tackling/Defending*

### **Block Tackle Technique**

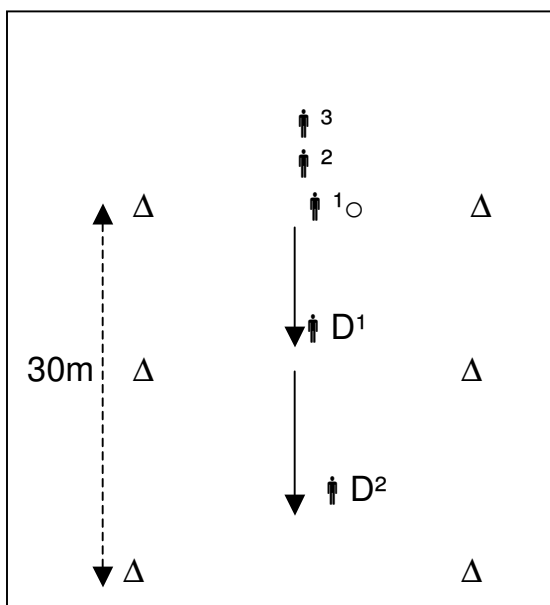
- eyes on the ball
- ball between you and opponent
- stiff ankle
- time the tackle

### Defending Properly



- Set up a grid 15m x 10m
- Defender (**D**) plays the ball to Attacker (**A**)
- D** shuts down **A**'s space as soon as the ball is played
- D**'s run is arced so as to force **A** to the side and away from the goal
- D**'s body position is at an angle to **A** which protects the goal and forces **A** to the side
- D** must either force **A** out of bounds or win the ball
- D** must not dive in or have a square stance. Always be on the toes

### Defending Exercise – Run the Gauntlet



- attackers must try to get past all the defenders without being tackled
- defenders must time tackles and will be penalized if they do not stay on their feet

- *Defenders must position their body so it is not square on*
- *Defenders must force the attackers to the side*
- *Defenders must not dive in*

Note: 1 v 1 is another excellent Defending exercise

## Technique/Skill Development Drills

- *Goalkeeping*

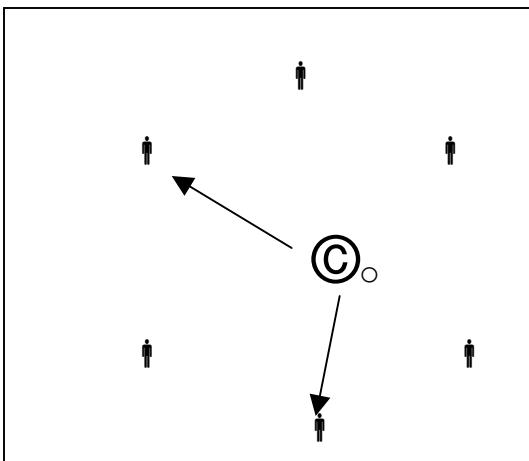
### **Goalkeeping Technique**

- Body behind the ball
- W shape with hands when catching the ball
- Diving on the side of the body (land on shoulder and hip, not elbows)
- Keep eyes on the ball
- ***Don't stay on the line, close the angle down!***

### Goalkeeping Exercises

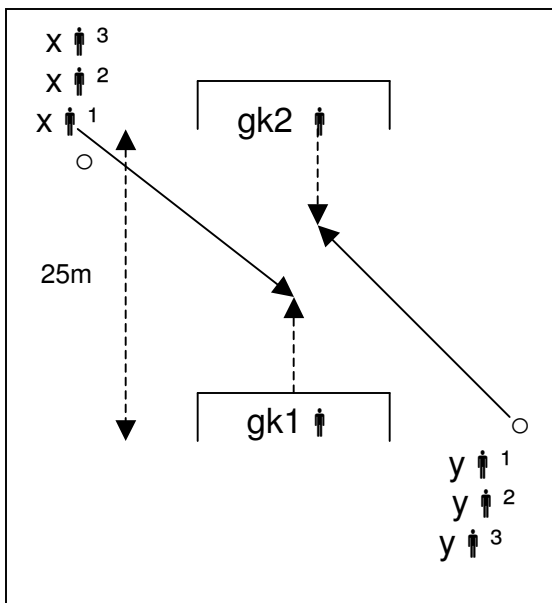
- Throw and catch, hug the ball (individual and pairs)
- Finger tip roll figure 8 around ankles
- Figure 8 around knees
- Circles around hips

### Reflex Drill/Game



- Coach (C) throws the ball to any player
- Element of surprise
- Lots of fun

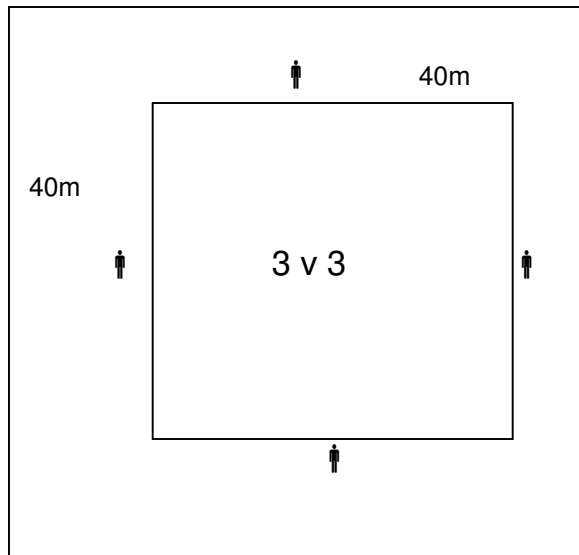
### Closing Down the Angle



- $x^1$  attacks **GK1**
- GK1** comes off their line out to  $x^1$
- GK1** closes down the angle making it difficult for  $x^1$  to score
- once the play is dead  $x^1$  goes to the end of the line at the end it shot at
- $y^1$  now attacks **GK2**

## GAMES

### Possession/Keep Away

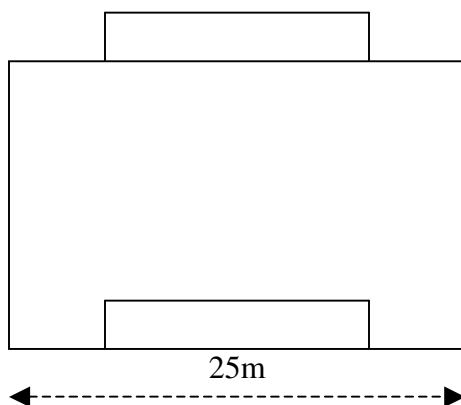


- No Goals
- 30m x 30m or 40m x 40m
- have the area bigger rather than smaller
- bibs required
- encourage the use of the whole square
- no throw-ins only kick-ins
- 5 passes = 1 goal
- look for a wall pass
- pass and move to create space and angles

#### Options/Variation

- Wall pass man on the outside
- 3 touches per player
- Introduce small/large goals
- Throw, head, catch game with goals

### Shooting



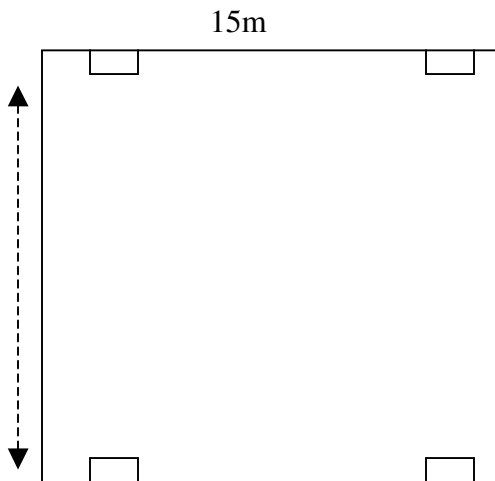
- Big Goals close together (25x15)
- Encourages an early shot and closing the attacker down quickly
- increases transition skills from defence to attack
- players go wide to receive the ball

#### Variation

- 3 passes before you can score

## GAMES

### 1v1 and 2v2

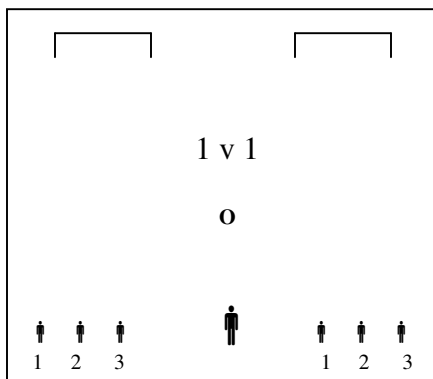


- 15 x 25
- 2 goals each side, 2 feet wide
- 1v1, players have 1min game
- 2v2, players have 90 sec game
- focuses on dribbling and having fun
- encourages creativity and flair
- 2v2 encourages communication, tracking of players, one-twos and creating space

#### Variation

- One goal each
- 2v1

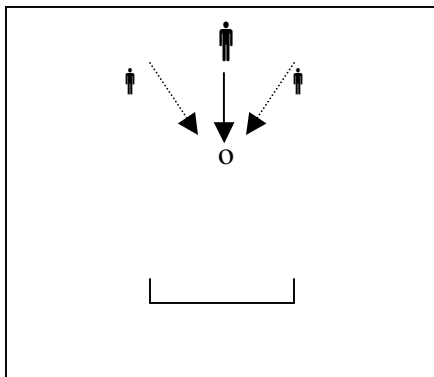
### Dog and Bone



- Set up two small goals
- Divide players into two teams
- Give each player in each team a number
- Leave the ball in the middle of the two goals
- Call out a number, eg 'One'
- The 'Ones' from each team run out to the ball. The object is to get to the ball first
- The team on the left must score in the goal on the right and vice versa

➤ Used as a fun exercise

### Dog Fight



- Players pair up with a partner
- Partners stand three metres apart
- The coach feeds the ball down the middle
- Object is to score a goal
- The player defending can win the ball and score a goal

➤ Easy to set up  
 ➤ Fun exercise  
 ➤ Encourages players to cut across the defender's path when past them

## **Formations**

### **Under 6 (4-a-side) & Under 7 (5-a-side)**

At this level of soccer, it is not important what formation your team plays. Let them have fun! Keep the ball on the ground and support a passing game.

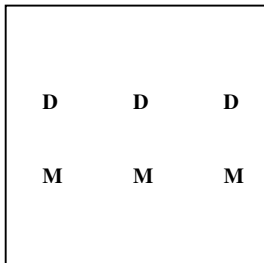
Don't kick the ball long or boot it up the field.

Don't let players idle at the backs.

Try to spread the game out!

### **Under 8 (6-a side) – no goalies**

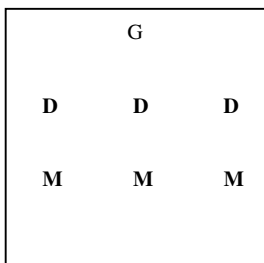
3-3



Try to play a wider formation (=3-3). If you play a narrow formation (e.g. 2-2-2) you don't give the players the option to pass the ball to the sides. Don't let the players idle at the backs. In attacking mode 6 players should try to score a goal. In defensive mode 6 players should try to defend their goal

### **Under 9 & U10 (6-a-side) – with goalie**

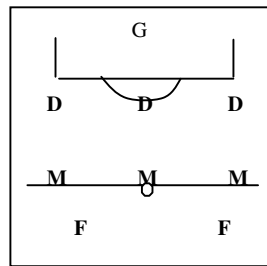
1-3-3



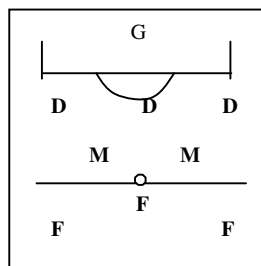
Try to play a wider formation (=1-3-3). If you play a narrow formation (e.g. 1-2-2-2) you don't give the players the option to pass the ball to the sides. Don't let the players idle at the backs. In attacking mode 6 players should try to score a goal. In defensive mode 6 players should try to defend their goal

## Under 11 (9-a-side) – with goalie

3-3-2



3-2-3



## Formations

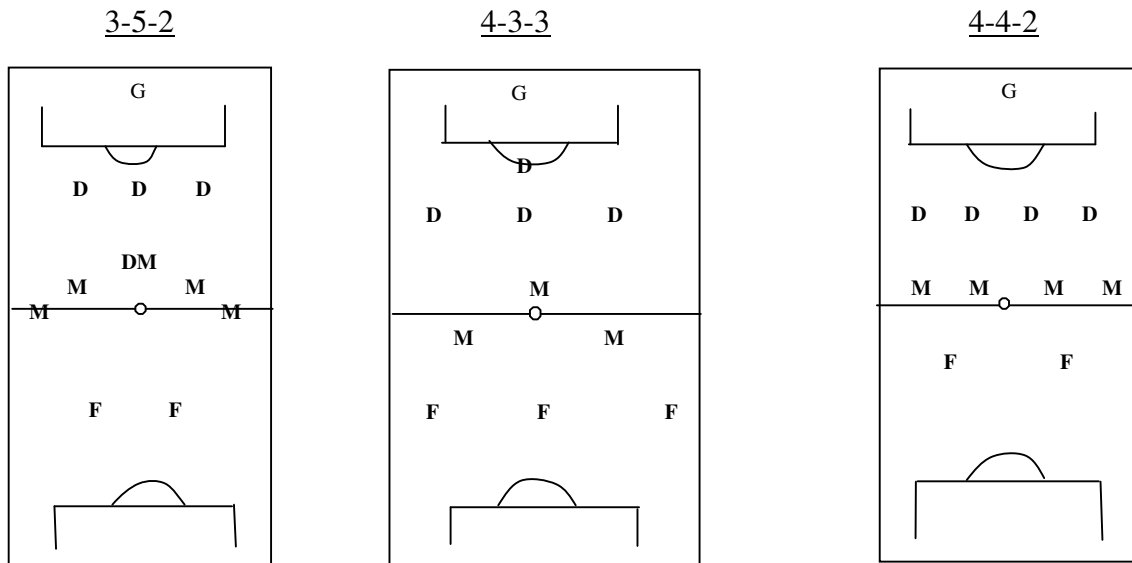
### 3-3-2

- D - Defenders must keep their position and stick to their side of the field. Right, Central and Left. The central defender must be very reliable and hold their position in the middle of defence.
- You can afford to put the weaker players in the right and left back positions as they are away from the middle of the field and it is difficult for them to lose their bearings.
- M - The wide midfielders need to be on the sideline when the ball is on their side of the field. When the ball is not on their side of the field, the wide midfielders must move into the middle of the field
- F - The two forwards need to hold the ball up longer to get the wide midfielders involved in the play

### 3-2-3

This is a very offensive formation but flexible in defense as well if the two wide forwards come back into midfield to help defending. In attack the two wide attackers need to be on the sideline when the ball is on their side of the field.

## Under 12 and UP (11 vs 11)



Players have now graduated to a full size field and need to really concentrate on where they should be when their team has possession and when they do not have possession.

### 3-5-2

Is an old style system that focuses on safety 1<sup>st</sup> aspects in defense. Used by inexperienced coaches who have difficulties in teaching zonal defense. It doesn't allow the players to pass the ball out at the backs and supports a kick-and-chase style of football.

- D
  - Can use a sweeper to sit behind the two central defenders (Stoppers)
  - Primary job is to mark the opposing forwards
  - Can use a flat back three which requires good communication and organization
- DM
  - Sits in front of the two central defenders and just behind the two central midfielders.
  - Main role is to distribute the ball quickly and act as the sweeper of the midfield.
- M
  - Two central midfielders and two wide midfielders(wing backs).
  - Two central midfielders run from box to box
  - Two wing backs need to have an excellent work rate as their job is to get down the line and cross the ball in to the box or get in behind the opposition defence. They provide the width in attack and the cover in defence.
- F
  - Need to keep close together and hold the ball up in attack.
  - By holding the ball up effectively the forwards allow the wing backs to join in.

### 4-3-3

This is the easiest system for players to understand in their first year on a full size field. It can be used with a flat back four or a sweeper, central, right and left defender.

- D
  - With four defenders the wide areas are protected from opposition attacks down the sides.
  - The sweeper organises the defence and makes sure every player marks another player. The sweeper does not mark a player.
- M
  - The three midfielders need to have a good work rate. Their job is to win the ball and pass it wide to the wingers up front.

- One midfielder should be more on the right, one more on the left and the other more central.
- F - Having three forwards provides a lot of attacking options.
- The right forward and left forward play as wingers and must go as wide as possible to spread the game out and give width to the attack.
- The centre forward must remain central and be the best goal scorer in the team.

#### 4-4-2

This is also a very easy system to play. You can use a flat back four or a sweeper. It allows your players to utilize the overlapping option in attack whilst providing security in defence against attacks out wide.

- D - The two central defenders remain at the back at all times. They have to be very disciplined with their positional play.
- The two wide defenders act as wing backs in attack by executing overlapping runs and provide extra cover in defence.
- M - The two central midfielders have to be excellent ball winners and disciplined in their role. They run from box to box and dictate the pace of the game.
- The two wide midfielders need to receive the ball wide and carry the ball infield so as to allow room for the wing backs to overlap.
- F - Need to be able to hold the ball up and work close together.
- Stay out of wide positions as they will be taking up the midfielders' space.

### Safety Issues

Protecting yourself and your players!

#### Safety at Training

Ensure that you choose an area that is safe and free from the following hazards

- Sprinkler heads
- Sand
- Rocks, gravel, fallen twigs, dog poo
- Road, driveways, cars
- Dogs
- Waterlogged patches and mud
- Unstable goalposts
- Older age groups (they kick the ball very hard)

At training it is important to minimize any potential hazards by

- Not allowing any children under the age of 10 to handle poles
- Keeping an eye on your players at all times
- Have another adult/parent to assist you

Selecting the best area to conduct your training session can be difficult due to the over crowding of grounds. **Do not conduct your training in the goalmouth.** Only use the goalmouth for shooting specific exercises if you have to.

The best playing surfaces are generally in the following areas

- Corners (area between the goalmouth and the sideline)
- The sides
- Behind the goals (area between the goal and the fence)

**Check the KDSA website [www.kdsa.asn.au](http://www.kdsa.asn.au) to see if specific grounds have been closed. You are not allowed to train on a ground that is closed. You will be exposing yourself and your players to unnecessary risk. Any injuries sustained to one of your players on a closed ground will result in you being liable.**

## ***Injuries and How to Handle them***

### Minor injuries

Young children will often cry very easily when hit by a ball with some excess force, tripped, struck in the face or tackled.

Their first reaction is to hold the area affected and start crying. In this situation you should reassure the child that everything will be ok. Give them some positive encouragement “You’re very brave.”

If they wish to continue crying and want to make a scene, escort them to the side of the field out of harms way and let them cry themselves out. Encourage them to rejoin the game when they are feeling better.

If a child is feeling sick, advise them to sit out and offer to call their parents.

**Bleeding Nose** – Most children go hysterical at the sight of their own blood. Calm the child down. Instruct them to lean slightly forward and pinch the area under the bridge of their nose. Ensure the child’s safety before continuing with the session. Ask a nearby parent to supervise the injured child and help clean them up.

### Serious Injuries

These include sprains, soft tissue injuries, fractures, severe bleeding and concussions.

### **Always call an ambulance in an emergency.**

If a player falls awkwardly during a training or game and requires immediate assistance, clear the area around them. Ask the player where they feel pain. Ask them to show you where the pain is with their hand. Do not touch the player in the painful area under any circumstances as you can make the injury worse. **Common sense is the key. If the player is in absolute agony and has a suspected broken leg, do not move them at all.** Call an ambulance and reassure them as you wait for expert medical attention to arrive.

If a player is knocked unconscious or receives a concussion, call an ambulance straight away and do not move the player under any circumstances as they may have spinal injuries or internal bleeding.

Your players’ safety is your priority. Do not force an injured player to play as they can do further damage to themselves. Ask a player to obtain a clearance to play from an expert if they have been injured for longer than 4 weeks.

If a player is injured during a training or game, always advise them and their parents to seek expert attention eg. Physiotherapist or Doctor. Do not try to diagnose a player’s injury as you are not qualified to do so.

## Conduct at Training & Games

Children will see you as an adult and will naturally be intimidated by you. However, if they see that you are not very confident in your ways and too nice they will take advantage of you by misbehaving and be very uncooperative. As the coach you have to be firm but fair.

At your first training session, or at the start of the session, establish the ground rules. i.e. Come to training on time, wear the appropriate gear (soccer boots and shinpads), when the coach is talking nobody else is allowed to talk, no fighting, be at the field 20 minutes before kick-off on game day, etc. As the coach it is important to stick to the rules and to outline the consequences involved if certain rules are broken. Once the players become familiar with your style, they will respect the rules if you are fair and they will respect you.

### Misbehaviour at Training

Players will misbehave at training if they are bored, tired or frustrated. To minimize misbehaviour at training

- Avoid having long lines
- Make the teams fair
- Maximise participation in games/exercises
- Make the session fun
- Have another parent help you out
- Give positive encouragement to all players

### How to Handle Misbehaviour

- Warn the culprit/s and outline the consequences
- Take the player/s aside involved if they persist and talk to them
- If a certain player continues to misbehave, isolate them from the group and sit them down. Tell them why they have been punished
- Talk to the player sitting down and let them rejoin the session after five minutes
- If there is no improvement in the player's behaviour, tell them they are no longer involved in the remainder of the session and send them home if their parents are present (This is an extreme punishment)
- On game day, if a player shows open dissent to the referee, to you or abuses any person, substitute them immediately

### General Gameday Conduct

- Do not give a million instructions to your players as it generally goes in one ear and out the other. Try to remind them to pass to each other, defend when they do not have possession and take throw-ins down the line
- During the game try to stand on the opposite side of the field to your team's parents
- If you have a parent that constantly shouts instructions during the game, politely approach them and ask them to just encourage, as one coach is more than enough
- Give all your players equal time on the field. Rotate the substitutes as often as possible
- Always encourage sportsmanship

## **Handy Tips for Matches**

- When your team has a goal kick, get players to go to the sidelines. Tell the kicker to aim for the corner flags
- Throw-ins must always go down the line. Throw to the middle when near the opposition's goals
- Praise the efforts of the Goalkeeper. No one wants to be Goalie so make them feel special even if they have let in 5 goals in 10 minutes
- Don't be a ball watcher! Try and coach players off the ball.
- Don't rant and rave like a tyrant on the sideline. Encourage and instruct.
- Try not to be too complimentary or critical of your child as there are other players in the team.

### Any Additional Information or you would like a Specialist Session – Contact

Greg Fuchs	0414 637 220	<a href="mailto:gregfuchs@hotmail.com">gregfuchs@hotmail.com</a>
Danny Hurwitz	0409 422 290	<a href="mailto:dannyhurwitz@optusnet.com.au">dannyhurwitz@optusnet.com.au</a>
Nick Apoifis	0421 331 161	<a href="mailto:nickgonetropo@hotmail.com">nickgonetropo@hotmail.com</a>