

Coaches:

Please review the Coaching Guidelines and the Emergency Action Plan guideline before the start of the season.

Have your Emergency action plan ready at the start of the season and review the location of phones in the area you will be coaching.

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DRAMSC



Deep River and Area Minor Soccer Club

Guidelines and Recommendations

for Coaches



Introduction

This guideline is intended for both new and experienced coaches. A person who has never coached before is often overwhelmed with the number of issues that arise when taking on the responsibility of a team- "All I want to do is coach!"- The goal of this booklet is to answer a number of question and address issues that are not typically covered in standard coaching books.

With experience and learning, each person will develop a coaching style that is distinct to that individual. However, there are a number of common coaching principles and procedures the Deep River and Area Minor Soccer Club (DRAMSC) would like to implement throughout all teams and age groups. This guideline is only the starting point for a coach, and with experience, observation, discussion with other coaches, and some reading, your coaching knowledge and style will evolve as will your confidence.

Start of the Season

At the start of the season, you and your assistant should meet with your players. At the meeting, describe your background and experience. Explain how you expect to coach the team, and how you will conduct your practices and games, and what your expectations of the players are (See following section for guidelines). Tailor your talk to your team's age group and keep it short. Always be honest with the players and if you do not know something, say so, but explain that you will find out. Work out in advance what you want to be called, 'Coach', "Mr./Mrs. Jones", or "John/Jane". . Get to know your players by name as soon as possible.

As well, you should have a parent's meeting (optionally, at the higher age group, you would send a brief note to the parents), where you describe your background, explain how you will run practices, games and what you expect from the parents. It is important to explain to parents that it is normal that during your interaction with the children you may have to touch them (an awkward, but necessary statement these days). Explain that to show a point or correct a movement, you will occasionally have to place the player in the proper position. Assure them that you will do this with the permission of the player before you proceed.

At the parent's meeting or in the note to parents, you should also ask the parents to volunteer for:
Team manager
Emergency Response Crew

The team manager handles the distribution of jerseys at the beginning of the season and their collection at the end. He/she also arranges team photos, fills out game sheets and forms, and attends other administrative requests from DRAMSC during the year.

The responsibilities of the emergency response members are explained in a following section of this guide.

It is very important that all the players, coaches, team managers be registered with the club. If a coach, player, or team manager is not registered and a registered player is injured, OSA insurance coverage is nullified, for the coaches, team managers, and the club executive.

If a player is injured and cannot return to play or need medical help, fill out the insurance accident report and then inform the President or Internal Vice-President of the club. A copy of the insurance form can be obtained from the club executive.

Communication

Good communication between the players and yourself is very important for the smooth running of a team. When you are explaining a point, a concept, or a practice drill, bring all the players (including the goal keeper) near and in front of you. If the players are moving around while you talk, have them sit or kneel and go down on a knee with them. Have the players concentrate on you and ask the players not to talk while you are explaining your point. Talking or even whispering between players disrupts your train of thought, makes you frustrated, and distracts the other players. Do not try to talk over the din; instead stop and ask the player(s) pointedly to stop talking (or moving) while you explain your point. If you find two friends who just cannot resist chitchat, separate them to opposite sides of the group.

Remember, keep your explanations short and to the point. Depending on the age of your players, you normally have between one to three minutes to make your point before you lose their attention. It is better to have several short explanation sessions during a practice rather than one long one. When you are finished, ask for questions or comments. You will often find a very productive discussion will follow, but keep on the subject of interest. During your explanations you should demonstrate the concept or move, either by yourself or, by one of the players (often the players can do it better than you can). Diagrams on a chalkboard, a white board, or a large piece of paper are very good aides especially for explaining positional play or set plays.

Practices

Prepare a practice plan for each practice session. There are two practice plan templates at the end of this guide, choose one that suits you. There is also a sample practice session for U6. Check out the websites referenced in this guide to generate your own for older age groups.

Concentrate on one or two aspects (or skills) that you want to teach and develop. Practices rarely go exactly as planned but a plan does give you a structure to work with; . Avoid line drills with the younger children. With older children, line drills can work especially with hard running types since the waiting period gives them time to recover from the efforts of the drill, but remember their attention span is still relatively short

You should be at the field 10 to 15 minutes before the start of practice. Players should arrive a few minutes before the allocated time with their equipment on (minimum of cleats, shin pads, soccer socks). Each player should also bring a ball (with their name marked on it), and a water bottle. **Be sure to bring the player's OSA registration booklet. In case of an accident, the booklet holds the player's medical background information.**

At the beginning, players should be allowed to kick balls around as they wish (usually kicking at the goal) for a few minutes. When you are ready, bring the players together, and start the practice with warm-up and stretching exercises. Before starting the practice drills, explain to the players what the goal of the practice will be, and what drills will be done. If it is a new drill, you may have to explain it twice (or maybe a third time). Demonstrate the drill with one or two players before starting. If the drill is not working properly, stop the drill, explain again, answer questions, and try again.

Use a whistle to start and stop drills, it saves your voice and the players can hear even over a large area. During scrimmages or drills, have your players stop in their tracks when you blow the whistle. This allows you to explain points on position play, where the ball can be played, or why a player is or is not in the best position.

A practice usually starts with individual skill development, followed by a small group development (usually with a type of game) to develop passing or defensive skills and finishing with larger scaled drills. It is a good idea to finish all practices with a scrimmage (from 5 to 15 minutes. The scrimmage can be a modified game such as only one or two touch of the ball, that emphasizes the skill or technique that were being worked on during the practice. For most players, scrimmages are the most enjoyable part of a practice. .

Games

Before you go to a game be sure you have sufficient players for a game. It is important that players advise you in advance if they are going to miss a game (or practice). If you know that the

team will be short of players for a game, you can invite players from the next younger age group to fill out your roster. Often younger skilled players enjoy the challenge and like to play with older players. An under-age player cannot be a substitute if their team is committed to a scheduled game.

The start of a game is a very hectic time, so have your lineup positions set, and, if you can, fill out the game sheet before you get to the field. If you are the visiting team, have your team manager or assistant coach fill it out the game sheet as soon as possible at the field. **Be sure to bring the player's OSA registration booklet. It is a requirement of the UOVYSL that a player's registration booklet be at every game for inspection; if a player's booklet cannot be presented that player cannot play or worse the team may forfeit the game.** As well, in case of an accident, the booklet holds the player's medical background information

Once at the field, it is good manners to introduce yourself or say hello to other coach and the game referee. Check how the referee will handle substitution, injuries, and any other issues of play.

Before a game starts, be sure that:

- The area and weather conditions are safe for the players and yourself. **No soccer is to be played if lightning is present in the area, wet or dry.** Only a referee can call a game because of weather, but ultimately the coach is responsible for the players' safety,
- There is a certified referee for the game,
- Both teams have the minimum number of players to play.

Before your players start the game, be sure that:

- All players remove jewelry (except medic-alert bracelets, which should be covered with an arm band). Players can also place tape over piercing,
- In order to prevent injury, the players are warmed up and stretched before playing,
- You should give a short, encouraging pep talk, emphasizing sportsmanship, cooperation, and fun. You should remind your players to respect the referees decision and refrain from provocative attitudes towards players from the opposite team

During the game, observe the play both on and off the ball: practice themes come from observing what is and is not working on the field. If you have many substitutions, have your assistant coach prepare the substitutions or vice versa. For house league play, the goal is to have all players play approximately the same amount of time during the game. At the younger age groups, players should rotate through positions (including the goalkeeper position), but for older players, they usually only like or comfortable playing one or two positions..

At half time, allow the players a two or three minute break before talking to them. Always start with the positive aspects of the game, such as the good work or effort, good defense or offense play. Then mention the points that need improvement or a change of tactic. It is best not to single out a player at the half-time meeting, unless a player is being let down by the rest of the team (“John is working hard and nobody is supporting him!”). Encourage all players no matter what their skill level, emphasize that soccer is a team sport and that all goals (for or against) are based on the team’s performance.

At the end of the game, win or lose, be sure that the teams shake hands properly and in a sportsmanlike manner. Before the team disperses, gather them around for a short meeting. Emphasize what went well and, depending on the situation, what needs to be worked on.

Notes for Junior Coaches (U6 to U10)

1. Have fun. If the children associate soccer with an enjoyable time, they will come back year on year. There is plenty of time for them to learn about the off-side trap and other subtleties when they are older. Right now enjoyment is the key.
2. Many people seem confused about the age groups. The age classification is based on year of birth. For example, in Year 20XX, U10 includes players born in 20XX – 9 and 20XX – 10.
3. A typical practice for U6 and U8 is 30 minutes of drills and games followed by a 30 minute scrimmage with another team.
4. For U10 players a similar format might be advisable to start the season, but as the kids get familiar with the basic skills, a more structured game will be introduced. This will prepare the players for the regular games of the U12 program. In particular, playing a refereed seven a side game, positional soccer, with extra children rotating off the bench at frequent intervals, is enjoyable and good experience for the players and coaches.
5. With the younger players, instead of the two teams playing one big game, try organizing two smaller games on half a field each. It adds variation to the practices and means kids get more touches of the ball.
6. There are references regarding coaching young players that are useful sources of ideas, but ultimately the format of the practice is under your control. Try exercises you think might be enjoyable. Watching and talking with other coaches is also a good way to learn new drills you can use with your team.
7. The program in Deep River may be cancelled if the weather condition is very bad. It is at the coach’s discretion. Ask the players’ parents to phone their coach to ask if the game is on or not. However, if it is raining lightly, you play. Most, if not all, coaches go to the field for every practice regardless of the weather and will run a practice if enough children come. **No soccer is to be played if lightning is present in the area, wet or dry.**

8. There are no requirements for sports clothing colour or style in the junior program. Shin pads are required. Older children (U8 and U10) will benefit from cleats since they give additional grip but for the U6 player it does not make that much difference.
9. Pay attention to how well your kids concentrate. For younger players, exercises where every child has a ball work well. Exercises where one child has the ball and the others are lining up, only work for older kids.
10. If you encounter any difficulties with the parents, pass them along to the convenor especially for issues that are Club directed. It is the convenor's job to address all the hassle from the soccer program, it is yours to have as much fun with the kids as you can.
11. The club is always open to suggestions to improve the junior soccer program. Please tell your convenor or one of the executives of any ideas that could improve the program.

Equipment

Following is a suggested equipment list that a coach should have. Balls, cones, and first aid kit are supplied by DRAMSC.

Balls	6 to 12
Cones	12 to 24
Whistle	1
Ball Pump	1
Inflation needle (for Pump)	6 (they break easily)
Chalk or White board	1
Water bottle	1
Sunblock, R30	1 bottle
Ziplock bag (or equivalent) for Ice	3-6 (they break or disappear)
Towel	1
First Aid Kit	1
Binder for lists, notes, and information	1
Equipment Bag or Backpack	1

References and Guides

Manual

Grass Root Coaching

A basic coaching book published by the OSA for beginner coaches that explains the fundamentals of the game. The book is a short on drills. This book will be distributed to all new coaches each year.

Coaching Young Players

A basic coaching book published by the OSA with more drills and exercises. Intended for older players.

Coaching 6, 7, and 8 year olds

A good book that explains micro soccer concepts by Tony Waiters and Bobby Howe, Raincoast Book Dist Ltd; Reprint edition (September 1989).

Coaching 9,10,11 years olds

Similar in style but aimed at the next age up, by Bob Dunn, Bobby Howe, and Tony Waiters, World of Soccer (February 1993).

Coaching the Team

The third in the series, by Tony Waiters, World of Soccer Inc; Reprint edition (September 1996).

Coaching the Player

Another in the series emphasizing positional play, by Bobby Howe, Geoff Wellens, and Lionheart Graphics (illustrator), Tony Waiters World of Soccer Limited (January 1992).

Coaching the Goalkeeper

The last in the series emphasizing techniques for goalkeeping, by Tony Waiters, Geoff Wellens, and Martin Nichols, Tony Waiters World of Soccer Limited (January 1992).

Coaching Team Shape

Teaches the game from the ground up using geometric figure exercises to coach the concepts of space, orientation and communication, by Emilio Cecchini, Reedswain (August 1, 2000).

Systems of Play

The book breaks down and analyzes in detail the strengths and weaknesses of each system, where space is created, and the defensive weaknesses of each system that can be exploited, by Allen Wade, Reedswain; 1 edition (August 1, 1996).

Principles of Team Play

Depth in defense and attack, penetration, mobility and improvisation in attack, and balance, control and restraint in defense are all broken down and discussed in detail, by Allen Wade, Reedsdain; 1 edition (August 1, 1996).

Web sites:

<http://www.dramsc.ca/>

Home page of our club, Deep River Minor Soccer Association (DRAMSC).

<http://www.soccer.on.ca/>

Home page of Ontario Soccer Association (OSA) website. A good starting point to link to a large array of soccer links.

<http://www.fifa.com/en/index.html>

The official website of the Federation Internationale de Football Association (FIFA). In particular, the following link: <http://www.fifa.com/en/regulations/regulation/0,1584,3,00.html> points to the "Laws of the Game". A highly recommended reading for coaches and referees at all levels.

<http://www.footy4kids.co.uk/>

Excellent website (based in UK), very well organized and suitable for coaches and conveners, **highly recommended.**

http://www.usyouthsoccer.org/coaches/index_E.html

Plenty of good tips on team organization.

<http://www.bettersoccermorefun.com/dwtext/tablecon.htm>

Many practice and game tips.

<http://www.thecoachingcorner.com/soccer/index.html>

This site is designed for coaches - **highly recommended.**

Basic First Aid Tips for Sports Injuries

It is highly recommended that a coach or trainer bring a bag of ice to each team practice or game. A short application of an ice pack will often reduce the pain from a scrape or impact. It is also important to control swelling for more serious injuries (see below)

Bruises or Strains (muscle), Sprain (pulled or torn ligament)

Use RICE treatment principal to reduce pain and reduce swelling:

- R = Rest
- I = Ice
- C = Compression
- E = Elevation

Rest the affected area (stop playing, apply ice or Ice pack (15 minutes on and 15 off). Wrap with securely with elastic bandage to compress the affected area. Elevate the affected area, if possible.

For sprains there is immediate post injury swelling, bruising and pain. This may indicate a torn ligament. Use the RICE treatment and seek medical attention.

Nose Bleeds

1. Player should sit with head slightly forward (Not backwards, since swallowed blood can be nauseating.)
2. Pinch nostrils firmly with thumb and index finger for about 10 minutes.
3. Instruct player to breath through mouth and not to blow their nose for 4 to 6 hours after bleeding has stopped so that blood clots will not be disturbed.

If a nosebleed cannot be controlled, seek medical attention.

Breaks/Fractures or Suspected Fractures

1. Obvious deformity
DO NOT MOVE THE PLAYER - CALL FOR EMERGENCY HELP.
2. Suspected fracture with no obvious deformity:
APPLY ICE AND IMMOBILIZE LIMB AND CALL FOR EMERGENCY HELP.

First Aid Supply

This a suggested list (subject to change) of first supplies that will be supplied by DRAMSC. If you use any items please let the equipment manager know.

Item	Size	Number
Adhesive Tape, Waterproof	25 mm x 4.5 m (1"x 5 yd.)	1
Gauze Bandage	50 mm x 4.5 m (2"x 5 yd.)	1
Gauze Bandage	100 mm x 4.5 m (4"x5 yd.)	1
Gauze pads sterile	75 mm x 75 mm (3" x3")	6
Gauze pads sterile	100 mm x 100 mm (4"x 4")	6
Tensor bandage	75 mm (3")	1
Elastic strip, sterile		10
Plastic strip, sterile		4
Elastic finger tip, sterile		1
Elastic knuckle band, sterile		1
Alcohol prep		16
Scissors, utility universal	175 mm (7")	1
Triangular bandage	1 m x 1m (1yd x1yd)	4
Latex Gloves (pair)	Large	1
Emergency Mylar blanket		1
Ziplock bag (for ice)		1

EXAMPLE PRACTICE PLAN FOR U6 COACHES

Name: _____ Date: _____

Age Group: _____ U6 _____ Theme: _____

ACTIVITY

COACHING POINTS

<p>1st Activity (warm-up) Dribble</p> <ul style="list-style-type: none"> -touch top of ball with sole of foot, alternate feet -roll ball back and forth with sole of foot, alternate feet -roll ball forward as you walk -roll ball backwards as you walk -walk on the spot and touch top of ball with sole of foot - alternating feet -walk and touch top of ball with sole of foot clockwise -walk and touch top of ball with sole of foot counter clockwise 	<p>Coaches must ensure that players are properly warmed up for the practice. This can be accomplished by stretching exercises with or without the ball. Exercises involving the ball are more fun and are recommended for younger age groups (U10 and under).</p>
<p>2nd Activity Maze</p> <p>The coach sets up several small goals or gates (two cones a yard apart) inside a larger area. There should be at least one or two more gates than there are players. Have the players start running around; on the coaches signal the players try to run through as many gates as possible, keeping track of how many. Play for 30 seconds at a time. Progressions: Each player has a ball.</p>	
<p>3th Activity Pylon Pinball</p> <p>In partners, players try to knock over pylons as they pass ball back and forth; place 10 - 15 cones in a large circle marked by flat cones; pairs face one another across the circle; alternate feet; emphasize good passing technique</p>	
<p>4th Activity (scrimmage) Play 2v2 or 3v3 mini games</p>	<p>The final recommended activity of the practice should be a scrimmage where the “theme” of that day is re-enforced.</p>

PRACTICE SHEET TEMPLATE
(Add more activities as required)

Name: _____	Date: _____
Age Group: _____	Theme: _____

ACTIVITY	COACHING POINTS
1st Activity (warm-up) <i>Name</i> 	Coaches must ensure that players are properly warmed up for the practice. This can be accomplished by stretching exercises with or without the ball. Exercises involving the ball are more fun and are recommended for younger age groups (U10 and under).
2nd Activity <i>Name</i> 	
3th Activity <i>Name</i> 	
4th Activity (scrimmage)	

Practice Plan

(from: www.thecoachingcorner.com)

Date:

Location:

Time:

Goals:

Warm Up (5 minutes) Make the body ready for practice

Leader	Activity	Equipment

Team Talk (2 minutes) Let them know your expectations for practice

Goals for Today	
Previous Skill Lesson	
New Skill Lesson	

Skill Development (25 minutes) Games and Exercises to reinforce learning / fun.

Leader	Activity	Equipment

Break (3 to 5 minutes) Supply water and take the skill into the scrimmage.

Reinforce Skill from Today:	
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Scrimmage (20 minutes) Emphasize last weeks skill and new skill

Previous Skill	
New Skill	

Team Talk (5 minutes) Emphasize new skill and techniques from scrimmage

Scrimmage Lesson 1	
Scrimmage Lesson 2	
Review Last Weeks Skill	
Review Homework	

COACHES' SURVEY

The following information that you will supply will help the DRAMSC refine the soccer program and determine the problem areas encountered by new and experienced coaches.

Please answer the following questions, and return the form to your convenor.

Why did you volunteer with the DRAMSC?

What soccer or other sports training (courses etc.) and/or experience do you have?

How many seasons have you coached soccer? Please list the age groups.

How can the DRAMSC assist you in coaching your age group?

Are there any other areas or concerns the DRAMSC should be addressing, to improve its program?

Comments:
