



Helpful Hints



Coach's Handouts (Examples)

Welcome the 20__-20__ soccer season! This newsletter will provided you with the information to help make this a great soccer season. Please read it and bring up any questions or concerns that you have.

We are the _____ soccer team, Under __ division for __ and __ year olds. My name is _____ and I will be your coach this season. This is my __ season coaching soccer and I have completed the coach's clinic offered by OSSO. Please feel free to call me at home, _____ or at work _____ if you have any questions, concerns, etc.

The goals of this team are to:

1. Have fun
2. Promote a true attitude for sportsmanship
3. Promote good self esteem
4. Provide a safe and healthy athletic outlet of our children
5. Learn about soccer

Parents, coaches, and spectators will conduct themselves in a manner that promotes these goals. Please emphasize sportsmanship and having fun with your soccer player. Motivate your soccer player to do his/her best. De-emphasize the score whether we win or lose. Make all your comments positive and constructive. I encourage you to read any books or articles for more information on children's recreational activities.

Additional information:

- This team runs on volunteer power. So please volunteer to bring a game snack on the sheet being passed around. Snacks should be something healthy. A fruit drink and sliced oranges are very popular. Please do not bring candy. We will need enough for all the players.
 - You may also volunteer to organize the purchase of trophies and the end of the year season picnic.
 - I will also appreciate any parent volunteering to help me during the practices. The quality of coaching will improve tremendously with a little bit of help. Please let me know if you are willing to help. No experience is required. Submitting a KidSafe background check is required.
 - Each parent is responsible for their child during the practice and games. Please notify me if your player must leave the practice or game before the scheduled end.
 - Please report any accidents and or injuries to me immediately, regardless of how minor the injury may seem.
 - Please let me know if your player has any physical and or emotional conditions that may require special considerations while participating with our team, even if you have given this information to the organization already.



All practices will be held at _____ between _____ and _____ PM on _____ and _____ . Please have your player at the practice field 5 minutes early. Also, please pick up your child from practice on time.

Personal equipment:

1. Shin guards are required and they must be covered by clothing, such as long socks.
2. Shoes with good traction or soccer cleats are required.
3. Jewelry must be removed.
4. Eyeglasses must be shatterproof.
5. Bring a water bottle to all games and practices.
6. Bring a size __ soccer ball to each practice.
7. Please mark all your belongings (water bottle, ball, etc.).
8. Uniforms (Jersey, shorts and socks) will be distributed before the first game.
9. Please be at the game 20 minutes before the scheduled start of the game.
10. OSSO rules state that the coach and players from both teams will be on one side of the field and the parents/spectators will be on the opposite side during the game. (U-10 and Up). Also the spectators are limited from goal box to goal box on the side of the field, no “coaching” from the goal line.



Coaching Tips

Pre-game and half time:

- Bathrooms?
- Drinks?
- Have Fun.
- Statement to your players, “Remember to pass to your team-mates and shoot often.”
- Show referee game card filled out with player's names and numbers.
- Goalkeeper jersey/gloves.
- Determine captain(s) in advance.
- Field choice -
Sun
Wind
Etc.

During the Game:

- Stay calm even if the other coach is not.
- Praise and encourage players. Help them reach their potential.
- Each player must play half of the game (2 quarters or 1 half game depending on age group).
- Switching goalkeepers is recommended.
- Provide a snack at the end of the game (not half time).

Practice:

- Introduce new skills using the IDEA approach:
Introduce.
Demonstrate.
Explain.
Attend to players practicing.
- Keep practice pace moderate. Pause between activities (2 minutes). Allow kids free play during pauses.



- Adapt activities and durations to mood of players. End each practice with a scrimmage or game-like activity.
- Ask kids to take handouts to parents. Keep track of who received a handout.
- Schedule the first practice when you can have a parent's meeting.
- Make sure each player has proper equipment.