

Coaching Guidelines

The guidelines given can be seen as “**Golden Rules**” which you can use to help run your practice sessions and games.

1. Give the players as much active time with the ball as possible.
2. Do not use practices that involve players standing around in a line.
3. Try to finish the practice when the kids are having tremendous fun and you have accomplished your goals for the day.
4. Juggling and Coerver moves should be part of every session you do.
5. Be an entertainer, remember a child’s world is one colored with magic and imagination. Mickey Mouse means more to them than a simple passing drill. Do not coach them as if they are miniature adults.
6. Players at these ages learn best by touching the ball frequently. It therefore seems logical to play small-sided games as much as possible. The best game for this age is Micro Soccer.
7. Although they are young, they need and should respect discipline. Carefully select your teaching style and your guidelines for behavior and then be firm with what you will and will not accept.
8. Carefully select the language you use when communicating with the young players. For example, by saying, “The one who works the hardest will be my next feeder” you effectively invite all players to participate in the game. Alternatively, the phrase “the first one to do” invites only the gifted few. At all times try to use language that invites all excites all and alienates no one.
9. Use your body to help express the enthusiasm that you have for running practices. Avoid towering above them, get down to their knees and become part of their world. They will relate better to you if you are an animated character.