



SPRING PRACTICE IDEAS SO WHAT'S YOUR PLAN?

SNSA Coaches,

Southern Nevada Soccer Association's Spring 2019 season is underway, and it is time for our first Touchline article. For those of you who don't already know me, my name is John Saft, and I am the Coach Mentor for the SNSA youth league program. Over the next few months, Touchline topics will include: working with the referees; developing fun, effective practices from the simple to the complex; and tips about soccer camps, tournaments and tryouts.

In addition to communicating with you via Touchline, you will see me on the field at Anthem Hills Park on Mondays-Thursdays, and at our Friday evening Player Technical Training program sessions. I also roam SNSA playing fields on Saturday game days to observe our coaches and players. Feel free to stop and say "Hi" and ask any questions you may have! If you would like assistance with training, let me know and we can arrange a training session for your team, or you can attend one of my training sessions to observe. My cell number is 702-612-6450 if you need to reach me. PLEASE communicate via text message; as I work during the day and am not able to take phone calls. Be sure to include your name, team name, age division, and a brief description of what you would like work on .

SO WHAT'S YOUR PLAN?

Most of you have already been practicing for a few weeks. A few things to keep in mind for your practices:

1) Establish a consistent practice schedule whenever possible. Parents plan their schedule around soccer practice, so it helps if your practice is on the same day and time each week.

2) If you have not already done so, explain your coaching philosophy to your parents. A recommended philosophy for recreational/developmental league coaches might include the following:

- Emphasizing player development over the outcome of the game.
- Establishing a positive atmosphere for the players to learn and thrive.
- Making each child feel he or she is welcome and a valued member of the team.
- Teaching fundamental technical soccer skills.
- Setting goals and expectations that are age-appropriate.
- Helping each player to reach his or her individual potential, regardless of ability.
- Teaching the values of sportsmanship and teamwork.
- Engendering a passion for the game of soccer

3) Have a written training plan for each practice session. Set your topic, and list the drills and games you will use to support the topic.

4) Show enthusiasm at your practices – if you have fun, so will your players!

SNSA offers a variety of coaching resources to assist you with practice planning, including practice plans for each week of the season. Click on the following link to check out our resource page for coaches:

[COACH PRACTICE RESOURCES](#)

So lets get to it - I look forward to seeing you on the field!

Coach John

John Saft is a Field Supervisor and Coach Mentor with Southern Nevada Soccer Association. He has coached youth soccer at both recreational and competitive levels for over 30 years. He holds USSF D and NSCAA National coaching licenses.