

KEY CONCEPTS – Active, Independent, and Competitive

Before the season starts-

Set up a parent meeting to discuss expectations for playing time, appropriate participation, and effort.

At the first practice discuss with kids, the expectations during practice about what is appropriate and what isn't appropriate. Also lay out said plan if expectations aren't met.

Before the practice starts –

Set up one or two playing grids where players can immediately start “playing” as they arrive.

Make sure to discuss with kids what do we do when the ball goes out, if a goal is scored, if another player comes. For older kids, what is the formation you want, what do you do if two kids want to play the same spot or always the same spot.

While kids are “scrimmaging”, set up your activities, so that you can quickly move from one to another.

During the practice

Remind players what the objective of the activity is and what skill it is

“Freeze” players at opportune coaching time to point out what the skill is

Don't be afraid to coach, players need immediate feedback when learning a new skill

The feedback can be in a question format. “Did the ball go where you wanted it” “Do you think it is a good idea to take the ball from Joe.”

After each activity remind them quickly what it was you were working on.

General notes

It is ok to repeat activities as it increases mastery and lessens down time to explain the game

Preview what the practice will look like – helps alleviate anxiety or uncertainty

Give time warnings and time limits. For example, grab a drink and be back in 1 minute. No shooting on the goal. We have 10 minutes to play this game

Be specific with your coaching points. If you just say good job, they might not know what good job they did

Don't be afraid to correct technical or tactical errors as well as behavior errors

If you give correctional feedback, try to quickly find some positive feedback for that player

How to handle problematic kids

Foreshadow as much as possible, so they feel in control

Give them choice when appropriate, ONLY 2 choices

Don't get emotional

Keep the expectations clear

Hold the kid to the consequences

Keep the dialogue open with parents