

PRE GAME

For PreK thru 4th grade we encourage you to have players at the field 30 minutes prior to the game. For grades 5 and up we encourage you to have players to at the game 45 minutes prior to the game, ready to warm up 30 minutes prior to the game.

Pre game warm up should consist of some light jogging, stretching, and then some passing and moving. If you have a few minutes prior to the start of the game with a goal then some finishing/shooting on goal is always a good idea.

IN GAME COACHING

Focus on YOUR TEAM and YOUR PLAYERS during the game. Encourage your players to get their heads up when playing so THEY can make decisions as opposed to YOU constantly yelling at them. Make sure that your expectations of your players are in line with what they are developmentally ready for.

All players should be encouraged to work hard, play quickly, and play the way they are facing.

HALF TIME

Before beginning a half time ramble try to think about what it is you are going to say. Before you say it ask yourself:

Whatever you are going to address, have you worked on it in training? Is it developmentally appropriate for your age group?

Be quick and be concise. We recommend having 2 main talking points. Players will typically remember the first and last thing you say. So keep it to 2 main points.

POST GAME

Try not to overdo the talking after a game. For younger players you'll likely have some snacks. For older players if there is something that needs to be addressed leave it until training. After a game a player's attention span is not going to last 10 minutes while you ramble on. Shake hands with the opposition and officials and thank them and then make a few quick points and send your players on their way.