

# New Coach FAQ's

## **I got my roster, now what?**

Seems easy enough but just in case.

-Call Parents

-Introduce yourself and give them your phone #

-Tell them where and when practice will be.

-Tell them what players will need to bring to practice. Water bottle, shin guards, etc.

## **What will I need for my first practice?**

-A practice plan or outline.

-These are found in your equipment bags:

- Some extra soccer balls.
- Some pinnies or alternate jerseys.
- Some practice cones.
- Stop watch
- Whistle
- First aid kit

-Proper attire-you should wear clothing befitting a soccer coach.

## **Why do I need a Practice Plan?**

-It's the key to a smooth running practice

-You will look more professional. Fold it in half and tuck it in on the side at the waistband of my shorts for quick access to it.

-You won't be stumbling for ideas with 24 eyes looking at you.

-After practice , use it to write what worked good and what you would change.

-Keep them as records so you know what and when you practiced.

## **What should I be practicing?**

Until you have a game or scrimmage it is hard to tell. So start off with the basics. Usually passing, dribbling or defending is a good place to start. Once you have a scrimmage or game, you will be able determine one or two items that will need the most work (passing, support or spreading out, etc.).

Next, create a practice plan for one of those items or themes. Usually dedicate the whole practice to that theme. In other words, do not spend 5 minutes on dribbling, 5 minutes on passing, 5 minutes on defense. Their skills in the area that they need the most will not change enough using that practice model. Instead, use progressions and focus your practice on one skill or theme.

You can see how after this practice, their passing skills are bound to improve. Use the next game to identify another weak area and do it all over again.

## **What are some tips for planning a good practice?**

Keep players active at all times. Get to the field early and set everything up before hand !!!!

Avoid the three L's. Laps, lines, and lectures.

Keep it FUN.

Keep it simple, especially for young players. Don't use fancy words or complicated drills.

Don't be afraid to change things if something that isn't working.

## **Should I have a parent meeting?**

You should have a team meeting as soon as possible and definitely before the first game. Prepare a "handout" with everything clearly stated. Use the handout as your notes. Pass the handout at the end of the meeting.

Tell parents to make sure their spouses, if they are not there, know the team policies. Make sure they cheer for good defensive plays as well as offensive. The handout should include you and your assistant's name and phone numbers. You should also discuss team goals, parent conduct on the sideline and playing time.

If you are having the meeting at your practice field, make sure you are facing the players. This way, you can keep an eye on your players and the parents will focus on what you are saying and not what their kids are doing. This is also effective when talking to your players. [Example of handout.](#)

## **What do I need to know for game day?**

HAVE FUN. Both you and the players should have fun. Don't get too worked up about it. Hopefully your goal isn't winning. As long as the kids try their hardest, they are good sports and most importantly, that they have fun then you did your job.

## **What should my game day strategy be?**

HAVE FUN. Notice the theme here? If you are coaching younger kids, it will be beehive soccer. Don't worry about it. The game is the best teacher. Eventually, with a little bit of help from you, they will figure it out. On offense, they will eventually figure out if they get open and get a pass they will have a clear look at the goal. And they will figure out on defense, that if the whole team goes after the soccer ball, no one will be covering the open second attacker on the other team.