



## Dollard Soccer Coaching Behind the Bench



### **Coaches, here are some key points to keep in mind:**

1. Take notes during the game and work on the mistakes in your next practice. You can't always do a quick fix during the game while the player is under pressure trying to focus on the game. Trying to coach a player on the field during a game can be overwhelming for the player, leaving them unable to focus on the game with you shouting instructions at the same time.
2. You are a role model to your players, if the other coach is being unprofessional; you don't have to be the same.
3. You must wear DSC coaching uniform behind the bench.
4. You must give players the opportunity to make their own decisions on the field. This will be beneficial in their Long Term Development. At times you just have to be quiet.
5. You must not make "GO! GO! GO!" "KICK IT!" "PASS IT!" your main coaching points.
6. You must also use coaching terms like 'communication' 'look-up' 'step-up' 'pull wide' 'close down' 'open up' 'first to the ball', 'switch the play', 'keep your shape' etc.
7. Always keep your players and yourself motivated, even if losing. It's only a game!
8. Don't criticize the referee, your players will follow suit and it will only be bad for your team.
9. You must remember to use different systems of plays for attacking and defending depending on the situation of the game. Players must be aware of these systems of play.

10. Know how the opposing coach will be thinking. (e.g. if losing, opposing coach will play a more attacking system, you will then get more counterattack opportunities and you will have to inform your players to take advantage, by coaching the principles of counterattack, like quick control, head-up look deep and wide, don't force the pass,)

11. **Assistant coaches and players** must be seated on the bench and must only act on your instructions. (E.g. The head coach must coordinate coaching of players. Players can be confused easily when given different coaching instructions).

12. At times you can ask your assistants for their opinions. Opinions may be offered by the Assistants at half time.

13. You must be able to recognize when players need a rest, especially during the summer time when we have those hot humid days. Remind players to drink water before a game. It is too late once you feel thirsty.

14. Resting players properly, will make you a more effective coach, especially our U11's, who are going to the 11-aside field for the first time.

15. You **must not** keep your eyes on the ball all the times during a game, but you must look for attacking opportunities and defending mistakes **off the ball** by your team and the opposition, also look for weakness in opposing team players and take advantage (e.g. If a team has a slow player in defense put your faster striker to play on the same side).

16. Know when there are player's issues on your team like having players who don't pass the ball to other players. (This problem can come from parents coaching).

17. Try not to have long meetings after a game, have a team meeting at the next practice following a game so all can express their opinions.

18. You must use **all** players during a game, as expected elite players may have more playing time.

19. Always show good sportsmanship after a game no matter what.