



Coaches,

As we approach the new season I want to elaborate on a few practice and game day coaching guidelines that we would like you all to follow. These guidelines are being put in place to ensure that all players of Newton Girls Soccer (NGS) can continue with their development in a positive way. As we continue to develop as coaches, we must keep in mind that we are here to ensure that all players in NGS come out at the end of the season having enjoyed the previous one. Players sign up to play because they enjoy the game of soccer and within our role as a teacher of the game, we must make sure that all players walk away having had a great experience.

PRACTICE TIPS

1. Try to arrive early if possible have the field set-up before players arrive.
2. Have a session planned, using the NGS curriculum or by developing your own session.
3. Ensure that your session is age appropriate and it challenges the 4 areas of soccer- physical, psychological, technical and tactical.
4. Have fun with the players. Keep it simple. Use terminology they understand.
5. Communicate with your parents and players ahead of time. Know how many players will be attending so you can plan your session accordingly.
6. Please use Shaun McBrien, Director of Coaching or NGS Professional Trainers for coaching support.

GAME DAY TIPS

Pre-Game:

- Make sure that you are on time (at least 30 minutes before kickoff)
- Know how many players you have for the game. Print rosters if required.
- Mix up your starting line-up each week. Do not have a set starting line-up as players notice this quickly.
- Ensure players complete a thorough dynamic warm-up (FIFA 11) plus game situation activities such as keep-away to fully prepare them for the game.

During the Game:

- Bring a chair, sit in it and relax! Let the kids play and enjoy the game.
- DO NOT NARRATE THE GAME- let the players discover the game. Give them instructions and talk to them on the sidelines or when the ball is out of play.

- Every healthy player should play at least 50% of each half of the game. Over the course of the season, every player should have approximately equal playing time. Every attempt should be made for players to start either the first or second half of each game. Age Group Minimum recommended shift duration:
 - 3rd and 4th Grade - 6-8 min
 - 5th and 6th Grade – 10-12 min
 - 7th and 8th Grade - 12-15 min
 - Injuries or fatigue can be a limiting factor and should be taken into consideration when deciding on how long a player stays on the field.
- Development v Winning - Do not put too much emphasis on the score. Talk about the positives of the game. Ask players if they are having fun, then ask what is going well and what to improve.
- Managing a Lop Sided Game – Coaches should apply restrictions if they see warning signs of a lopsided game developing: (5 Goal differential max)
 - Shoot with weaker foot only or set # of passes to complete before going to goal
 - Shoot from outside the penalty box
 - Whole team must touch the ball before going to goal
 - Put your stronger players in defense or as GK
 - Play keep-away
- Rotation of Players through various position - For a child to develop as a complete soccer player they need to experience and have an understanding for every position on the field.
 - **Grades 3-5** – No specialization at all. Players will have the opportunity to equally experience every position including GK.
 - **Grade 6** – Players may play preferred position 50% of the time. All players should be encouraged to play GK but are not required to.
 - **Grade 7 & 8** – Players may play preferred position 75% of the time. Teams may have dedicated GK's but those players should also be given the opportunity to play outfield over the course of the season.

**Recommended that players rotate positions game by game rather than multiple positions per game.

Post-Game:

- You and your players should shake hands with the other team and the referee's.
- Regardless of the result, players should leave the field on a positive note.
- Communicate with your team after the game. Send an email to the parents and players addressing the positives.