



SoccerWise®

COACHING TIPS



DO'S ✓

- ✓ **Always arrive on time.**
- ✓ Be enthusiastic, happy, and energetic. Kids will react well to your positive energy.
- ✓ Do not hesitate to ask the SOCCERWISE® Head Coach or Groups Coordinator any questions or relay any concerns you have about coaching before, during or after a training session.
- ✓ **Always keep a close eye on where the children are at all times. You should always know exactly how many children are under your supervision and exactly where they all are.**
- ✓ When talking to a child or a group of children, it is a good idea to get down to their eye level. By simply crouching down or bending over you immediately become a better communicator!
- ✓ Keep it simple. Try not to give children too many instructions. One or two messages or instructions is all that young children can really remember.
- ✓ Things you say can really impact on a child's happiness and how they develop as a soccer player. Try to use the following examples of positive language:
"Well done!"
"That was great....can you do it again?"
"Everyone look at Jake do this trick. Jake can you show us all again?"
Finally, when a child makes a skill error, one of my favourite encouragement lines is to say "unlucky" or "you were so close".

DONT'S ✗

- ✗ **Never arrive late. Arriving late could result in there being too many children for the other coaches to look after. This could place the integrity of the training session at risk and may even put the safety of the children in jeopardy.**
- ✗ Never yell at the children.
- ✗ Never forget that you are coaching small children. Be alert, aware of your movements and careful not to step on their toes, bump them over or knock them down accidentally.
- ✗ Some soccer equipment can be extremely dangerous due to sharp edges or points. Do not allow children to touch or play with these particular items e.g. agility poles or goal shooting arcs. Please ask the SOCCERWISE® Head Coach or Groups Coordinator if you are uncertain about which items are safe or not.
- ✗ **Avoid unnecessary or inappropriate physical contact with the children.** A pat on the head, helping tie shoe laces, helping them put on a playing bib or a high five for scoring a goal are all OK. Other forms of physical contact should be avoided at all times.
- ✗ **Never focus on the score. SOCCERWISE® is all about player development, safety, fun and fitness so the score is never important.** If a child asks you what the score is, simply reply "I don't know" or "I am not keeping the score" or "the score is not that important... having fun is!"