



# ★ RECREATIONAL ★ COACHING CURRICULUM

## TEAM MANAGEMENT

Before embarking on your season as a U5 or U6 coach there are some important things to think about.

### Coaching Philosophy

Before you meet with you parents and start coaching your players is it important to think about your coaching philosophy. When composing your philosophy for coaching players at these ages, you should first read through this entire manual. Pay particular attention to the MSYSA's underlying philosophy, which is to allow players at these ages to enjoy themselves and have fun, while developing skills through activities and games.

Other areas to consider include:

- Soccer Beliefs: Why do you want to coach? What are your responsibilities to each player, the team, yourself and the community? What is a successful season?



- Motivation: Why are you interested in coaching? What do you enjoy most about coaching? What do you like least about coaching?
- Experiences: Past – Childhood? Enriching or inhibiting?

### Coaches Equipment

- Cones: Try to get different color and size cones (flat and tower).
- Pinnies: These will help you and the players differentiate between teams.
- Portable Goals: although not essential, it would be ideal if you could get a set of portable goals.
- Balls: Players should be required to bring a ball to practice, however, having some spare balls will help.
- Air Pump: It is guaranteed that players will show up to practice with flat soccer balls.
- First Aid Kit: Just in case.
- Extra Water: Again, just in case.



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### **Assistant Coach(s)**

It is important to have an assistant coach (or 2) to help you during the season. These coaches can be useful during practice and games. Having an extra coach can help you with corralling players during practice, dealing with injured players and substitutions on game day. Also, if you have to miss a training session or game, having another coach that the children are familiar with when you are not there is essential.

### **Other Important Roles**

To help the season go smoothly, and to include different parents in the team dynamic, it is also a good idea to ask for the following helpers:

- Schedule Coordinator: this person is responsible for communicating and confirming any changes to the schedule.
- Social Coordinator: this person helps with organizing the snack schedule, birthday celebrations, end of season picnic, etc!

These positions are optional, however, the more help and organization the better!

### **Coaching Your Own Child**

Coaching your own child can become a strange dynamic. Below are some tips on how to handle certain situations as well as important areas to address before the start of the season:

1. Explain that when you both step out of the car onto the field, that you become a coach and your child becomes a soccer player.
2. Explain that, on the field, you will treat them like a player.
3. Explain to your child that they should treat you like one of their teachers.
4. Keep the discussions in the car light hearted. Don't try to coach your child on the car ride to and from games.
5. Some discussion points for after practices and games might include what your child best liked about practice or what might they want to do at the next practice.



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### Parent Meeting

It is very important to recognize that each player comes with a parent(s). Effective communication with these parents will make your role as the coach more enjoyable. Coordinate a meeting prior to your first training session or game. We recommend inviting the parents to attend the first scheduled parent, to meet and then to watch. Communication of the meeting should be done as soon as you receive your contact list / roster.

During the first meeting with the parents it is important to outline what you are going to be like as a coach (philosophy) and what you expect from them. Both these areas, will allow you to control any unrealistic expectations from parents as well as any potential problems from the side line.

### Parent Meeting Topics should include:

1. Coach introduction, including any soccer back ground and why you are coaching.
2. What can parents expect from U5 & U6 soccer?
3. What is the structure for practice and games at your club? For instance, how long will each practice be, what is the format of the game on the weekend and what will you be working on?
4. Players Information: Medical Information, previous experience on other teams, family situation, etc
5. Parent Information: Emergency contact info.
6. Players and parents are responsible for appropriate dress, shin guards, ball and water.
7. Snack Schedule! At these ages the snack can mean more to the player than actually playing!
8. Parent guidelines: outline any boundaries you might have for training and games. For instance; what is the protocol when a player is injured, how do you want them to act on the sideline (no coaching), etc