

Risk Management

- Have an action plan
- Check field for issues
- Err on the side of safety
- Understand the player's needs
- Never leave a child alone at field
- Never be left alone with a player at field
- Players depart with legal guardian/parent
- Use volunteers to help with organization (i.e. water, treats, ice, assistants, etc...)

Team Management

- Schedules and locations for training sessions and games.
- Drop off and pick up times for training sessions and games.
- Player responsibilities and behavior at training sessions and games
- Parent responsibilities and behavior at training sessions and games.
- Player equipment (soccer ball, shin pads, soccer shoes or sneakers, water, appropriate clothing).
- Coaching equipment (soccer balls, 25-30 cones, 10 vests/pennies, first aid kit, small cooler of ice and zip lock bags).
- Fill out program registration forms and medical release forms.
- Discuss the procedure for canceling training sessions and games.
- Discuss your philosophy of coaching... player development, not winning and losing

Coaches Checklist

- ✓ Are the activities fun?
- ✓ Are the activities organized?
- ✓ Are the players involved in the activities?
- ✓ Is creativity and decision making by the players possible?
- ✓ Do the activities go from simple to complex?
- ✓ Are the spaces used appropriate?
- ✓ Is the coach's feedback appropriate?
- ✓ No L's: No Lines, Laps, Lectures!

Coaching Plan Structure

- Make a lesson beforehand
- Begin an instant activity as soon as players arrive
- Have practice areas and equipment organized before players arrive
- Establish start/stop procedures = “*FREEZE*” concept, whistle
- Forming groups
- Transitions (i.e. water breaks, changing activities, etc...)
- Use a variety of different games/activities
- Play the game at the end