

## EXPECTATIONS FOR COACHES

You are the teacher. Prepare them at practice. Let them enjoy the game.

" POSITIVE" BEHAVIOR BY A COACH MEANS.....	"NEGATIVE" BEHAVIOR BY A COACH MEANS...
<p><b>Instructions to Players</b></p> <ul style="list-style-type: none"> <li>- LESS IS MORE!</li> <li>- Any Instruction should be very limited.</li> <li>- Simple Instruction/strategy should be given BEFORE the game and AT HALFTIME.</li> <li>- During the game, if really necessary, offer a few simple and quick clarifications to specific player when they are near you, and the ball is far way.</li> <li>- Give players responsibility to tell other players. this helps create leaders and develops communication skills.</li> </ul>	<p><b>Instructions to Players</b></p> <ul style="list-style-type: none"> <li>- There should be NO verbal directions <b>when a player has the ball</b>. The player should be allowed to make their own decision.</li> <li>- There should be VERY LITTLE verbal directions <b>when a player does not have the ball</b>. The player should be allowed to make their own decision.</li> <li>- Don't yell "Kick in, clear it, cross it, pass it, hold it, hurry, turn left, turn right, shoot, run here, run there, run faster, etc". This only causes confusion and frustrates the player. And ask your players, they don't hear you anyway.</li> <li>- Constant direction is useless to the player's development</li> </ul>
<p><b>Strategy Changes</b></p> <ul style="list-style-type: none"> <li>-Try to make most changes at the breaks.</li> <li>- If necessary, it is ok to make a positional change or strategic change, such as pulling a defender forward to help in the attack, switching a left wing to right wing. Or having your defense drop back or push up more.</li> <li>- More importantly, you want to have your players make those decisions, such as telling your last central defender it is his/her responsibility to keep the other defenders pushed up.</li> </ul>	<p><b>Strategy Changes</b></p> <ul style="list-style-type: none"> <li>- Yelling at players <b>constantly</b> to defend, to attack, to get back, go forward, go left, go right ..over and over again. This is not strategy. This is just annoying and doesn't give the player time to think.</li> </ul>
<p><b>Motivating Players</b></p> <ul style="list-style-type: none"> <li>- Motivate the players positively by cheering, applauding them and giving them positive feedback on successes they had.</li> <li>- Being specific helps. "Great Cross, Jimmy", "Nice run, Emma" etc</li> </ul>	<p><b>Motivating Players</b></p> <ul style="list-style-type: none"> <li>- Do not motivate the players negatively means yelling. "C'mon, hurry up, what are you thinking, why did you that, you're not working hard, you're better than that, go faster, push it, etc."</li> <li>- Do not embarrass a player out loud for his poor play. This is unacceptable. If you know a player is playing way below his potential, take him a side and give a little positive pep-talk, plus a little direction. Maybe he's just having a real bad day because of family or school issues. Just remain positive. Less is more.</li> </ul>
<p><b>Helping the Referee</b></p> <ul style="list-style-type: none"> <li>- Shake hands with the referee before and after the game.</li> <li>- Nothing needs to be said during the game.</li> </ul>	<p><b>Helping the Referee</b></p> <ul style="list-style-type: none"> <li>-Do not call fouls, offside, yell "What was that, what are you calling," etc.</li> <li>-The referee is trying his/her best and is not biased against anybody.</li> <li>- Do not use grunts, whines or hand gestures to show disapproval.</li> <li>- Any complaints you have will be picked up the parents and they will follow your lead.</li> </ul>

