

ONSIDE SOCCER - INFORMATION SHEET

Setting up a Coaching Session

COACH NOTES

- It is helpful to keep good records of each session you conduct. This should include the names of the players who have attended and the drills used during each session. To make this easier we have included some helpful forms which you can find on the Onside website.

Careful planning is a key part of the success of any soccer coaching session. It is important to always think about what outcomes you wish to achieve in each session and the best way to do this.

Your soccer coaching session plan should take into account the ages and capabilities of your players, coach/player ratio (how many coaches you have available compared to how many players you have), how much space you have available, equipment, etc. but generally your soccer coaching should follow this pattern:

- Pre-session preparation (choosing appropriate time, location, drills, etc.)
- Informing players to ensure that everyone can attend
- (At session) Preparation of playing area and equipment to be used.
- Dynamic stretches/appropriate warm up drills to raise players' heart rate, stretch muscles and get players focused on the training session.
- Drills (including demonstrations) with rest break included, following timetable within 'Football Camp Training Programme' book
- De-brief of session with players

While it's important to plan your soccer coaching sessions, be careful not to make them too rigid in structure. Be prepared to change things according to what you see and hear from the players.

Don't try to pack too much in to your drill sessions – remember to allow time for discussion, setting-up, drinks, etc.

Don't persevere with a plan that isn't working. If things aren't going as they should always have a back-up plan.

Don't use drills that involve players standing in lines for too long – they'll soon get bored.

Don't coach players on your own. Always have at least one coaching assistant, even if all they do is tie laces and fetch balls. This is an important health and safety concern.

Always treat your players with respect. Listen to what they have to say. Find out what they want from you and agree some clear ground rules.

Health and Safety

It is of vital importance that all coaching sessions are conducted in a safe environment, for both players and coaches. A number of checks should always be made:

Training ground or pitch should be checked for hazardous objects or areas that could cause injury, i.e. Stones, glass, potholes, water, etc.

All equipment should be thoroughly checked for faults or defects, especially goalposts.

Players should be asked if they are carrying any injuries. If they are, are they fit enough to participate? This decision is yours but if you are unsure always take a cautious approach.

Never conduct training sessions alone. This is for your protection and also that of the players. Always have a minimum of two coaches per session and ensure that no coach is EVER left alone on a one to one basis with any of the players.