



Director of Coaching: **Dan Dolan**

Coaching tips for your practice session

Below are some tips on how to run an effective practice. After your session ask yourself these questions. I am confident your practice will be very effective and fun for your players if you follow the guide. Please contact me if you have any questions.

Are you dressed appropriately? Soccer shoes, shorts, shirt tucked in?

Did you show up early and have your playing areas marked out before practice started?

Did your practice have a specific theme? (Dribbling, shooting, receiving, etc.) If your session is on receiving then only focus on that throughout your practice.

Did you show players how to do an activity not just tell them? Showing paints a picture for players. "A picture tells a thousand words"

Did you let your players mess up? That's where learning takes place. They are not failing their learning. Coach after the player makes a decision not before. Don't tell them what to do.

Were you in position to see everyone? Try to stay out of the playing area and observe.

Did you have everyone's attention? Is someone constantly being disruptive? If so have them sit out. The last thing a player wants to do is not play. But don't let them ruin a practice for everyone else.

Did you reach each player? Make sure everyone receives some kind of constructive feedback on the topic of your session. Also make sure to praise each player when they did something well at least once per training session. Everyone loves to hear something good about them self.

Did your practice start with an individual technique of your topic and then grow out to more numbers with pressure and to match related activities?

Did you get the most out of each player? Get kids to play out of their comfort level. Give restrictions to your better players to challenge them more.

Did you create a fun, competitive environment?

Did you see an improvement from your players throughout the session?

