



South Mason Youth Soccer Club  
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<http://www.smysc.org/>

Here are a few tips if it is your first-time coaching.

The main goal is for these kids to have fun. As the coach you want to try to give them equal playing time (no matter the skill level). Anything else you offer is just a bonus. I will mention that SNACK is important to the kids after a game too so be sure to get a snack sign-up sheet filled out by parents at the practices & send them a reminder because no snack will equal sad faces.

Shin Guards with socks over are required (cleats recommended but not mandatory). Strongly recommend they bring a water bottle to every game/practice and please make sure they leave with them also.

If a team is short players you can either offer some of your players for that game, or play with less kids on the field so the numbers are even.


During June for ages 5 and under the coach can be on the field (not kicking the ball) to help guide the kids. When July starts, please try to stay on the sideline. Coaches are not allowed on the field for ages 6+. Sports are a unique environment where kids get to apply strategies on the field and develop individual response to the obstacles the encounter.

Please go easy and be kind to our summer referees. They are volunteers who are minimally trained and for many of them this is their first "job." Please thank the referee after each game.

We try not to let the game scores to be blow-outs so if ever you are up by a few goals then use that opportunity to play the kids up front on offense who don't typically score and find a go getter and make it their mission to pass the ball to that kid to help them get a goal. If you have a super star and they've scored some move them into goalie or defense. Try to get a couple kids to stay back on defense. Remind them they will get a turn up front on offense too.

Try to switch out the goalie each 1/2 of the game. Some times each quarter if many kids want to play goalie. If it is a young team, they will all want to play goalie so you'll want to take turns throughout the season and remind them they get the next game. If it is an older team sometimes no one will want to play goalie so rotate to share the position.

If it is a super-hot day you can ask the ref to play quarters instead of halves in order to give the kids longer water breaks and get their hair wet. Please communicate with the referee to determine thresholds.



With limited practices you usually won't have adequate time to work on skills development. YouTube is invaluable for teaching drills and the club has training sessions plans available for use. In the end I just play games with my kids to break the ice. A team that plays together will win over individual skill every time. Create time for me to get to know them, for them to get to know me, and for them to get to know each other.

One thing I WOULD NOT SKIP at a practice is teaching to use the ball while in motion. Discourage backing away from the ball to perform a kick or pass.

Encourage them to give a lot of high fives to each other and use each other's names.

I hope these tips help. If you have an older team and want more skills to teach just let us know. We are happy to help.

I know I haven't covered all possible questions you may have, please contact the program director with any further questions. We are here to help you in any way we can. Thank you again for being part of this Summer Soccer Program, each of you are amazing! Remember to have fun and enjoy the experience!

Sincerely,

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