

Pre-Season Recommendations

Once your team has been assigned to you it is suggested that you contact all parents and arrange a pre-season meeting. This will afford you the opportunity to meet the parents and also give you the chance to express your ideas and opinions regarding the important task of coaching your team's age group. In this meeting you can discuss the following topics.

- ◆ Reasons for coaching this particular team.
- ◆ Soccer background - coaching, playing, etc.
- ◆ Time availability for training sessions and matches. Choose a site for training sessions.
- ◆ Help needed from each parent.
- ◆ Attitude toward winning and losing.
- ◆ Children and sports and sportsmanship.
- ◆ Aims and goals for upcoming season.
- ◆ Sideline behavior of the adults at training sessions and matches.
- ◆ Discipline: handling a mild case and handling a severe case.
- ◆ Substitution.
- ◆ Rules and regulations of the local club/league.
- ◆ Laws of the Game - modified version for their child.
- ◆ Obtain at least one, hopefully two, assistant coaches.
- ◆ Obtain team mother or manager to handle refreshments, uniform fittings, team functions, help with all administrative functions as required by the club/league, etc.
- ◆ Obtain basic information as pointed out in the example below:

EXAMPLE

Johnny Jones	123 Main Street	222-1234	(home)
	Anytown, USA	222-5678	(dad office)
		222-9123	(mom office)

E-mail address; cellular phone #; beeper #; etc.

Jersey #

6

parents' names

Jim and Jan

~ Helpful information to know about each child.

- a) Nicknames
- b) Allergies
- c) Medication they are taking
- d) Handicaps
- e) Type of personality

10 Point Checklist

- I. Ensure good coaching!
- II. Delegate responsibility to team parents.
- III. Set guidelines for the sidelines!
- IV. Teach basic safety.
- V. How to handle injury and illness.
- VI. Give kids straight advice about soccer shoes.
- VII. Inform kids about good nutrition.
- VIII. Prevent dehydration.
- IX. Develop a team philosophy.
- X. Understand the game.



The Game for All Kids!®