

Arsenal Colorado

Welcome Recreational Coaches!



Fall 2020



Administration

- Contact players via email - They have been waiting to hear from you!
- Schedule a team organizational meeting
 - During a session/club office/neutral site
 - Refer to 'Team Meeting checklist' in your coaching handbook
 - Training schedule/coaching philosophy/expectations of parents & players
- Team Manager(s) - snack schedule, teamsnap, party, coaches gift etc
- Assistant Coaches - identify and introduce to team

Training



Remember who you are working with...



Understanding your audience will help you to provide an enjoyable experience for both the players and yourself





Training Sessions

- Be prepared with a training plan
- Arrive early and leave late (start and end on time)
- Make sure location and field are safe for players
- Age specific curriculum - see handbook for age group expectations
- Active vs Inactive
- Set the tone early
- Make it fun and challenging
- Always end in a small sided game



Training Resources

- Coaching Academies & additional programs
- Online libraries
- Directors of Coaching - (Arsenal Staff)
- Weekly Emails
- Peer coaches
- WeatherBug App





Training

Have FUN!



Learn

Improve

Grow



Game Day





Game Day

- Warm-Up
 - Prepare players physically and mentally for the game
 - Age appropriate activities
- System
 - U6/U7 - (1-2-1) diamond
 - U8-U10 - (1-2-3-1) or (1-3-2-1)
 - U11-U12 - (1-3-1-3-1) or (1-4-3-1) or (1-3-3-2)
 - U13-U18- (1-4-4-2) or (1-4-3-3)
- Style
 - Possession with a purpose
 - Emphasis on individual technical ability and decision making
 - Attack and Defend together as a team



Game Day can be emotional, parent sideline behavior is an important piece in an enjoyable experience







Game Day



- Sideline demeanor, be a good example and a student of the game
- Identify opponents strengths and weaknesses and be realistic of your own strengths and weaknesses.
- Observe and make adjustments at half time according to age and ability level
 - 1-3 specific coaching points
- Enjoy the game (*training is for learning*) take notes to use the following week
- Be accepting, of all ability levels
- Post game talk should be brief, focusing on positives, and areas of improvement

Sideline Demeanor begins with coaches modeling good behavior...





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