

HELPFUL HINTS FOR COACHES

1. Arrive early to training and games. This allows you to get prepared and sets a good example.
2. Organize for the next activity while the players are stretching or getting water. This will allow you to start the next activity right away, instead of making the players wait for you.
3. Prepare your sessions prior to practice.
4. Create a "supply of balls" next to the playing areas so whenever a ball goes out of play, you can quickly put another in to play.
5. Communicate with your assistants prior to the practice or the game. This will ensure that both of you are prepared.
6. Arrange for a team manager that can coordinate "phone trees", scheduling, etc.
7. Have a parents meeting to introduce yourself, establish your policies, express your goals and philosophy, explain the parents roles and the players responsibilities.
8. Create standards and enforce them (ex: attendance).
9. Have meetings with players to review their progress. Explain what they do well and what they need to improve on. Give them exercises or resources that will help them. Encourage them to watch high level games and to play on their own.
10. Continue your education as a coach through going to coaching clinics, watching professional games, playing, observing other coaches, reading books and watching videos.