

# **SOAR Coaches Clinic**

## **Roles of a Coach**

1. Set an environment that is FUN and promotes learning.
2. We should be;
  - a. Organized- Have session planned ahead of time. (written down when possible)  
This will show. Players will appreciate it and your session will flow much smoother.
  - b. Positive/ Encouraging- Always be positive and creating a fun earning environment. Sarcasm and negativity have no place in youth soccer.
  - c. Patient- Don't leave kids behind in drills or become frustrated with lack of comprehension. They will all learn at different rates.
  - d. Energetic- One of the biggest factors in the players have a good experience is your energy. It sets the tone for practice and games.

## **Simple organization of a session**

1. Warmup- This can include a ball but does not have to. This one is important and should grab their attention while getting them moving if possible.
2. Technical/ Tactical portion- This is usually where the theme of your session is most prominent. This many times can consist of two portions that build upon each other.
3. Gameplay- This portion should quite simply replicate a game and will almost always be to goal. Many times the most effect and portion of training is simply splitting up the teams and allowing them to play and practice the things they just learned or rehearsed.

## **Elements of Training Session**

1. Organized
2. Game Like
3. Repetition or theme
4. Challenging