



PRESENTED BY:  Statoil

Coaching the Recreational Player

Preparation

- Plan (write down) a plan for your session
- Arrive early to ensure safety of playing area
- Have appropriate size and amount of equipment
- Set up area with the end in mind
- Dress appropriately for Soccer

Content

- Equal in length to the length of a game
- Avoid games of exclusion
- Do not cram multiple skills into one session
- Progress activities gradually to end in a game
- 70% of time, players should be active

Approach

- Be Positive and vary your delivery
- Be fun, and encourage
- “Paint” the picture – DEMONSTRATE; if you cannot, get someone who can
- Avoid lines, laps and lectures
- Adapt the game to children. They are not miniature adults.

Assessment

- Was it fun?
- Did learning take place?
- Was focused maintained?
- Was the session appropriate for the level of players – too easy or hard?
- What would you change if you could do it all over again?

Please feel free to contact us if you require further assistance or have soccer coaching related questions.

Good Luck for the Season!
Go Dynamo!

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