

Coaches (and Managers),

Here are some FAQs we often get asked, so we hope that it assists you with your game day planning for your team(s) and helps you assign any roles to your volunteers...

What needs to be done before the game?

- Check player and coach availability and find guest players if needed (Mon/Tue)
 - If the Pro Coach is missing any part of the warm up/game, is there a coach with a pass and equipment there to cover?
- Ensure time and venue on teamsnap matches NorCal and MySoccerLeague websites
- Is there a referee assigned? If there isn't one find out if your affiliated ref can cover if required.
- Be prepared for other variables (rain, opposition requests, special rules for tournament/state cup games)
- Check all equipment

What to bring to games?

- Game Card
- Player Passes
- Medical Release Forms
- Game Balls (practice balls can be used, so long as they have no abrasions on the leather)
- Pennies
- Cones
- Pump
- First Aid Kit and Ice Packs
- Tactics Board / Notepad
- Goalkeeper Gloves / Jersey
- Coaches should wear PSC branded Adidas apparel to all games (Pro Coaches may also wear 24-7 Apparel)

What to do when arriving at the field?

- Arrive at least 45 minutes prior to kick off
- Coaches should arrive before players
- Introduce yourself to opposing coach and officials
- Set up a warm up space
- Welcome your players and say hello to them all individually
- Inform parents where to set up (opposite side from coaches)
- Players to line bags up neatly in technical area once previous game is complete

How long should a warm-up be?

- U6-8 (10 mins)
- U9-11 (20 mins)
- U12-14 (20-30 mins)
- U15-19 (30-40 mins)

What should I cover in the pre-game team talk?

- Give individual goals to each player before the game kicks off
- Assign captains
- Instruct your players of the starting line up, system of play and team goals
- Discuss any specific tactics for this game (knowledge of opponent, set piece takers, marking, etc)
- Remind all your players (and yourself) to have FUN!

What to do during the game?

- Start stopwatch (check half length with officials prior to kick off)
- Record playing time and adhere to club policy
- Sit down and take notes
- Keep coaching to a minimum
- Interact with subs and give them things to watch for
- Let them play!

What to do at half time?

- Confirm half time length (5/10 mins, depending on age/level)
- Have players sit down on bench, or in a spot out of the sun if possible
- Have all players get their water, sit and hydrate
- Write down starting line up, while players gather their thoughts
- Stay composed and limit the number of coaching points to suit age/level
- Allow players a chance to speak
- Set goals for second half
- Quick warm up to get heart rate up and send them out to play

What to do after the game?

- Handshakes (opposition, officials and parents)
- Check for injuries
- Cool down
- Brief team talk
 - No more than 2 mins
 - Save the more in depth comments for the next practice
 - Occasionally invite parents over to listen to debrief

**PLEASE REMEMBER**

***These are kids
This is a game
Parents cheer
Coaches coach
Referees are human
This is not the World Cup***

***JUST LET THEM PLAY!***