

DO's and DON'T's FROM THE DEVELOPMENT COACHES

By: Glenn Cristofori and Mario Prata

Development Coach Glenn Cristofori has ten points that need to be stressed – points that players need to avoid. Immediately following each point, is a positive coaching point to be emphasized.

1. Bunch up, stay close to teammates.
 - • Space out evenly to cover the field in attack and defense.
2. Kick the ball as far as you can towards the other side.
 - • Don't just give it away-find a teammate, keep possession.
3. Be very quiet, don't talk, you may disturb others.
 - • Always talk to your closest teammates, for support in attack and defense.
4. Use your strong foot only, and it will become quite good.
 - • Use both feet and practice turning and going in many different directions.
5. See how high you can kick the ball.
 - • Try and keep the ball low – the air game (heading) is for more advanced players.
6. Throw balls right at your teammate and always high for heads.
 - • Play to feet and sometimes lead your partner with a throw to a space.
7. Take goal-kicks right down the middle because we want to go straight to the opponents' goal.
 - • Goal kicks should go wide first, then high and far if possible.
8. Shoot at the goalie - hard – it's tough to be accurate and maybe it will go just to their side and in, or we will get a rebound.
 - • Aim for the corners with your shot. A good hard low shot to the far post will sometimes give a teammate a rebound opportunity.
9. If you are an attacker don't come back and help, stay up.
 - • Always support on defense and pressure the ball – try to win it back!
10. If you are a defender – hang out near our goal and never go over midfield to attack.
 - • Push up into the attack – keep the teams' shape and help keep the ball in the opponents half. Work as a team.

Development Coach Mario Prata also has his favorite list. Mario's list is directed toward coaches. – points that coaches need to avoid.

1. Don't say boot it.
 - • Let them have the ball, allow them to make mistakes.
2. Don't be negative with the kids.
 - • Soccer should be a positive experience for the kids.
3. Don't resolve their problems for them.
 - • Let them resolve their problems, that way they will learn to think, which in turn means they will be smarter players.
4. Do not allow violence.
 - • Soccer should be played fairly.
5. No laps around the field without the soccer ball.
 - • Soccer is not track and field, soccer is played with a ball and is not played at a constant speed and in the same direction all the time.
6. Don't treat the kids like adults.
 - • Kids are kids.
7. Do not call drills to the exercises.
 - • Soccer is not the Army.
8. Do not stop play with the whistle.

- • The whistle is for the referees.
- 9. Don't talk for too long.
 - • The attention span of children is limited and you don't want to get them confused.