

**Coaching in the Game**

Coaching in the game is very important for the development of the soccer players

individual play within the game. There are things that are appropriate to say in the game

and there are things you cannot say within the game. Coaches have to choose there words

correctly, so the players understand and carry out the proper instructions.

**Themes**

Coaching in the game is to gel the players technical and tactical skills into

smooth, successful team play. The bulk of work will be concerned with implementing

the basic principles of play. This includes recognizing and playing with your teams

strengths, while recognizing and playing against your opponents weaknesses.

**Numbers and Areas**

The target is to teach the 11 a- side game played on a full length pitch.

However, the use of half the field, or areas which are two thirds of the normal length,

with limited numbers involved, can be invaluable in teaching aspects of the game.

This type of method ensures the necessary repetition of individual and group skills

required for improvements in players performance.

**Methods**

**Freezing -** The play is paused following a signal from the coach. The players must freeze

immediately, otherwise the required “picture” will be distorted. This method can be used

to illustrate good and poor positioning. Stick to the one theme. Do not freeze the play

frequently in order to illustrate numerous unconnected points.

**Restricted Area Practice -**This is where particular themes are repeated in a restricted

area. i.e. two thirds of the normal fields. Once the task has been fulfilled and some

progress achieved, then the whole field and complete teams can be introduced.

**Conditioned Game -** This can be done by imposing strict rules, i.e. two touch, beat an

opponent before passing. Great care should be taken to ensure that this type of practice

does not become artificial. Conditioning should be used sparingly, and short periods

of practice, approximately 10-15 minutes are recommended.

The way to use conditioned game is to use less stifling directives like:

a) try to play the quickest pass available

b) players in a wide area are allowed one touch before the opposition gives pressure

c) seek and exploit 1-2 movements in the central attacking area

Game conditioning can also include rewards which acknowledge certain selected aspects

of play i.e. 4 points for a goal and 2 points for 6 consecutive passes.

**Simulation**

After stopping play, aspects of the game can be rehearsed. After a few successful practices

the whole game is restarted following the completion of the rehearsed movements.

**The Running Commentary**

This is where the coach guides the players verbally explaining the visual signals which

they are confronted with. Sometimes the coach also anticipates the moves for the players.

This, however, must be handled with care as the players may become dependent on the

instructions and will not think for themselves.

**Tutoring the Individual**

This is where the coach observes and guides one player during the practice match.

The coach may communicate from the touchline or actually go on to the field during the

game and instruct the player. As with most soccer teaching, the player should be

encouraged to find his/her solution to the problem. This is achieved through intelligent

questioning by the coach.

**Selecting Theme Practice**

This is where the team play on a selected theme i.e. counter attack, while taking part in a

full scale practice match. Coaching comments should be restricted to the improvement

and development of the specific theme.

**Principles**

a. In coaching soccer, great care must be taken not to create artificial playing situations.

b. Always finish a practice session with unrestricted play.

c. During coached practice games, do not stop the play too often.

d. During practice sessions, emphasize the quality of performance rather than winning.

e. Where possible, give visual guidance rather than verbal instruction.

f. When coaching in the game, the aim is to incorporate the player, with all their

 individual capacity into the team organization.

g. Throughout this type of work the coach must communicate in a concise, constructive

 and composed manner.

Emphasize certain aspects of play but refrain from introducing practices which

are negative, restrictive and unrealistic.

***Keep It Simple- Keep it Realistic***

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