

**Common Faults**

Here are some common faults that you find in coaching.

There are some simple points that occur when coaching, which are not helping the players

as individuals and team members.

The main aspect is about improving the individual player and teams over the season by demonstrating well, so they can pick up their education on the game.

The most challenging part of coaching is how you get your point across effectively and

make it easily to understood by all players.

**These are a few common faults where coaches have problems:**

1) The Coach boring the group with long-winded speeches.

2) The Coach not in a neutral color.

3) Coaches complicate exercises by offering too much information (max 3 points).

4) Skills practices become endurance work.

5) The coach following the ball around, instead of observing from a certain position.

6) The coach acts as a "Ball Boy".

7) The coach failing to demonstrate the appropriate skill.

8) The ball boys taking part in the exercises.

9) Poor organization and layout of the soccer balls and other soccer equipment.

10) The coach offering instructions while running.

11) Awareness of space for appropriate skills and exercises.

12) The coach fails to communicate correctly the point of the exercise to each player.

13) The coach speaking in generalization - Be specific.

14) The coach offers a running commentary - Players switch off.

15) Spectators and additional people encroaching on the field - adds confusion.

16) The coach trying to demonstrate something which he cannot put across.

17) The teaching process involves:

 a) Communicating the instructions

 b) Organizing the practice

 c) Offering the key teaching points

18) The coach fails to spot flaws in the practice and subsequently neglects to make

 appropriate corrections.

**Presentation Hints**

# **Preparation**

Attention to detail! Have your sessions planned bearing in mind the players

abilities, facilities, and equipment at your disposal.

# **Motivation**

# The key motivation in soccer is the ball- use it as much as possible in your

# training sessions. It is very important that warm -up sessions are well handled, as this is

# the time when the coach takes command and "sets the tone" for the practice.

**Demonstration Position**

Select a suitable demonstration position. This should be followed:

a) Coach must see every player. Do not begin to speak until all are in front of you

 with their eyes on you and standing still. Players nearest should crouch down.

b) Immobilize all soccer balls. Have the balls out of players reach as you speak.

c) Do not speak into a strong wind which can distort the communication.

d) Players should not be asked to look into the sun at the coach. It is better that

 the sun is in the eyes of the coach.

e) Speak with Authority (One Voice). Only one person speaks at a time.

# **Demonstrations**

Do not demonstrate a difficult skill if you know that someone on your squad could

do it more efficiently - get the player to demonstrate for you?

# **Speak When Still**

If demonstrating yourself, do not if possible, speak while you are moving.

Short explanation before and/or after is desirable. “Snippets” of information is easier to pick up.

# **Involvement**

Involve as many players as possible, try to ensure that each player has a specific job.

Start simple and proceed to more complex.

a) Observe from outside the activity.

b) When coaching make sure you are wearing a neutral color.

c) Try to make all technical exercises as realistic as possible.

d) The layout and collection of equipment should be done with military precision.

e) Always have an adequate supply of soccer balls available in order to avoid time

 wasting during a technical exercise.

**Coaching in the Game**

During the game, each coach can communicate with his players from the touchline and

speak directly to one or more of his players. No long winding speeches as the players will loose you main coaching point.

**Summing Up**

Each coach takes two minutes at the end of the session in order to briefly sum up

their team’s performance. Please note that the two coaches conduct the whole session,

including refereeing the game, to ensure consistent authority/leadership.

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