

**WELCOME TO EXCEL SOCCER CLUB'S 2006 SEASON  
THANK YOU FOR COACHING!!!**

**Here are some (we hope) helpful suggestions and reminders.**

- ◆ Please remember you are coaching children, many of whom have never played a sport before and who vary greatly in their rate of development. Excel does not approve of negative coaching techniques. We believe that positive encouragement is far more effective than criticism. Youth coaching should be towards the future of the players and developing individual and team skills, as opposed to the score of the present game.
- ◆ If by half time your team is up by 5 or more goals have a plan in place to change the focus of your team's play from scoring to passing and having players kick with their non-dominant foot. If you have some highly-skilled strikers and/or defenders, take them out of the game for part of the second half. This should be talked about at practices. It is not a put down, but rather an opportunity for you and the opposing team to improve different skills in a game situation.
- ◆ Parents, coaches and players are expected to be exemplary in their treatment of referees and one another. Verbal abuse is unacceptable. Coaches are held responsible for all behavior on their sidelines. Many of our coaches have learned new and effective coaching skills by attending the Positive Coaching workshop. See <http://www.positivecoaching.org> for more information.
- ◆ Do not let parents or spectators stand by the goals. It is confusing to the goalie, adds un-needed pressure to the player and can disrupt play. (Parents can coach their children before and after games.) You are the coach on the field and at practices.
- ◆ Out of respect for the game, have your team ALWAYS shake hands with the opposing team at the end of the game and with the referees. If anyone has an issue with the referee, speak with them courteously about it after the game and if so moved, contact the head referee (present at both fields). You can also contact the referee coordinator at: [refereecoordinator@yahoo.com](mailto:refereecoordinator@yahoo.com). A lot of the referees are young people themselves. They need your support and encouragement. Let them know when they've done a good job.
- ◆ If one team is short players, the opposing team can play the same number of players (but have the advantage of substituting). If both coaches agree, the team with more players can also have some of their players play for the other team to even things out.
- ◆ You don't have to do everything! Have your first practice be a meeting with the players and their parents/guardians. Ask a parent to coordinate the half-time and after-game snacks; ask another parent to print out team rosters (to easily stick on game cards at games); and another to put together a phone tree to contact parents when and if needed, about a practice, game or event. Ask for help at practices.

Excel Soccer Club - 425-0405 – (Coaches only, call to check if game is cancelled due to rain, then call your players and let them know. Rain outs will NOT be rescheduled.)