



Common Faults

Here are some common faults that are in the coaching world today. There are some simple points that occur when coaching, which is not helping the players as individuals and team members. The main aspect is about improving the teams over a certain amount of time, which is in the way we work and demonstrate the skills. The most challenging part of coaching is how you get your point across effectively and make it easily understood by all players.

These are a few Common Faults:

- 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.
- 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. (Ask a player to demonstrate)
- 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 correctly communicate 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 Coaching 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 you prepared your sessions thoroughly bearing in mind the player's abilities, how many are at the sessions and the equipment at your disposal.

Motivation

The key motivation in soccer is the ball- use it as much as possible in your training sessions. If you are using equipment, try to make sure your layout has visual impact. 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 players are in front of you with their eyes on you and standing still.
- 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. (Spotlight on you as 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. (Smart Coaching)

Speak When Still

If demonstrating yourself, do not, if possible, speak while you are moving. Short explanation before and/or after is desirable.

Involvement

Involve as many players as possible, try to ensure that each players have a specific job. Start simple then proceed onto the more complex skills.

- a) Observe from outside the activity
- b) When coaching, makes 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.

Summing Up

Each coach takes two minutes at the end of the session / Game in order to briefly sum up their teams performance. Please note that the two coaches conduct the whole session, to ensure consistent authority/leadership.