

britannia soccer



Personality of the Micro Footie Coach

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Personality of the Micro Footie Coach

The Micro Footie coach is first and foremost an educator - an educator on sportsmanship, team cohesion, fairness, fun, preparedness, patience, and motivation.

Leader

The Micro Footie coach is the leader of his or her team. The coach meets the team, prepares the team, organizes the team, cheers the team, and deals with the players both individually and as a group. The beauty of Micro Footie is that the beginning and the end of the program is the same for everyone.

Young Eyes

Micro Footie likes to think from the eyes of the player. It is from the young soccer player that the role of the coach becomes clear. In anticipation of Micro Footie practice a wee player arrives home from school, has his or her dinner, puts on the soccer boots, hops in mumma or pop's car, jumps into the car and runs across the field to both teammates and coach. From this moment the player has five main goals: to have fun, have a laugh, get along with team mates, learn soccer and improve. From this knowledge the coach's role becomes simple.

The coach needs to provide fun, have a laugh with the team, makes sure the team is cohesive as a unit and each week teaches good progressive drills. If these four aspects are effectively accomplished, the fifth goal of the young player--improvement--will come naturally.

How will the coach motivate the team?

One of the factors which is always a pleasant surprise within the league is the multiple ways coach's motivate their teams. Each year Micro coaches continue using varied methods to create team harmony and motivation. To accomplish this some coaches hold special event practices with obstacle courses and soccer style infused drills. Some coaches have used vocal soccer terrace style chants before or after each game, while other teams use pre-match huddles. Then there are the teams who have parents who support and yell louder than others. Or in the opposite end of the spectrum there is the team with coaches who yell louder than others. Let's not forget the supremely organized coaches who apply effective rotating systems whereby the conclusion of the league players are changing faster than shifts between a pro hockey team. This kind of individual style and bravado adds to the Micro program. So whatever motivation you as a coach may use, don't be afraid to augment your personality and "out the box" thinking with your team.

Make sure your team mixes well. Before conducting the various drills, the coach should always select the teams. Never let the players do it. Players selecting teams will only encourage cliques within your team and discourage confidence. Instead demonstrate there are no favorites. I have found drills that pair kids with one another as an effective tool in making players gel. Pair players wearing the same color shirts together, pair brunettes with brunettes, two players against one player, the fastest with the second fastest, the tallest with the smallest, a defensive player with a forward etc.etc. Meanwhile during team games ensure all the players are receiving equal play. As a coach you may not be keeping tabs on how long each player plays in the game, however both the players and their parents know: In Micro Footie be aware and keep things as even a playing field as possible.

Everyone has different ways of enjoying themselves. However in Micro Footie there is only one way that proves the soccer players are enjoying themselves.

The Micro field should be abuzz with activity. With an intensity where both practices and games are filled with activity and high stimulation. Save the pep talks, clip boards, and technical mumbo jumbo for coaches who are b*o*r*i*n*g. On the contrary practices and Micro Footie games should look like a bee hive that's just been struck by a wildly thrown rock. If your practice

resembles this kind of hubbub activity, it is a guarantee that players will always be enjoying themselves.

What Doesn't Work!

- Poor preparation, the coach has no soccer balls, no cones, cleats left at home
- Lack of fun training sessions... "what is this?...the Premiership?"
- Too much talk... "Blah, Blah, Blah "
- Boring talk... The Coach would be a cure for insomniacs
- Too much time on one drill... "enough already !"
- Tactical work when legs are still fresh... "hey coach, why are you talking. I want to run about"
- Having the kids pick players... "coach why am I always picked last? I need therapy"
- Poorly organized drills
- Mismatched drills ie: rocket fast super dribbler Oakley versus turtle paced teammate
- Drills too advanced for team's ability... "I dinny understand this "
- No routine to overall practice sessions

What Does Work!

- Good Preparation. Make your mini field look good and set up exactly as you want it... "you should coach for the Premiership !"
- Fun Practices. "let's do it again"
- Horizontal lines or short waiting vertical lines
- Informed talk that teaches.. "I get it now !"
- Drills with appropriate time spent (not too long, not too short)
- Tactical work when legs are knackered.. "thank goodness, a rest"
- Coach picks the players "I've never played with Johnny yet"
- Organized drills
- Drills which are simple but progressive
- Drills where slow foot Johnny is up against slow foot Simon "competition"
- A routine to your practice

Progressives!

The most important arsenal in a coach's repertoire is the ability to progress a drill. Whether the exercise is the warm-up, shooting drills, teaching skills, or even enjoying a regular soccer game the coach should always be asking "how can I progress this particular drill?" Having the ability to create progressives with every soccer drill has key advantages:

- progressives involve short explanations and allows for greater flow in the soccer practice
- progressives involve less preparation - they are the continuation of the same drill, only different
- progressives are appreciated by the kids. Less long winded stop and starts for the soccer team means way more playing.
- progressives mean less chopping and changing of the field dimensions. This is important to remember because with every new soccer drill comes a new set up.

Understanding of progressives

First start with the basics. With every kind of soccer drill a coach should start with the most basic element of the exercise. Allow the players the opportunity to comprehend where the coach may be going with a drill. If the players understand the basic element of a drill they will be far more open to a soccer drill that offers an increase in difficulty.

Managing your Team

Trades

Please do not trade players from team to team. The Footie program is FULL and the teams have been carefully selected according to both ability and individual requests. As well, only a certain number of t-shirts have been ordered. Any request for player changes must be made through your Coordinator (Rocio or Adam) or by calling Lori at Britannia.

Sickness/illness or inability to show up for a game or practice

The Micro Footie program is dependant on the commitment of the coaches and it is greatly appreciated. We realize that times may occur, however infrequently, that you may be unable to meet your commitment to the Micro Footie program. If you are unavailable to come to a practice or game please ask a parent from your team to cover for you and then call your Coordinator.