



# Matchday Tips



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## Warm up:

- Arrive 40 to 60 minutes early
- Meet and greet every player
- Have a warm up drill set up
- If players arrive early encourage them to pair up and pass the ball if they are waiting. No wild shots at the goal unless supervised.
- Once the full team arrives - get them in a line and do light jogs and sprints, hand touches, knee touches, side way running, invisible headers etc. for 5 to 10 mins  
Get 2 or 3 players on 4 cones (inside) and pass, call name and run. Ensure they use both feet.
- Set up 4 cones in a rectangle about Hand out 3 or 4 bibs and have a possession game. If a player gives the ball away to a bib they swap.
- Have 2 lines of players facing each other. 1 light touch follow through and move to the end of the line
- Line players up to shoot at the goal keeper. Coach feeds the ball right or left. Player takes one or 2 touches and shoots.
- 5 min chat for positions and game chat.



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## Half-Time:

- Let them recover and have some fruit - save the sugar/ sweets until afterwards
- Ask them how they feel
- Motivate them
- If they are losing or winning tell them it is 0-0 again at half time
- Make sure they don't run off to their parents unless it is an emergency
- Get the team manager to keep parents away from the kids while there is a team talk
- Remind them to enjoy the football!

## Full time:

- If you need have a private team talk with your players before inviting the parents in towards the end
- Ask each player how they feel and if there's anything they'd change
- What did they learn?
- Motivate them
- Player of the Match
- Shake hands



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## Game Tips:

- Encourage keeper to play out from the back i.e. to pass the ball out right or left to a defender then have a winger ready on the line to receive the ball and run up the line
- If in doubt - kick it out
- Encourage players not to pass across your own goal
- Encourage them not to take too many touches unless there's space to run
- Encourage defensive shape, mark up - stay on a shirt
- Look at the players not just the ball
- Players should be encourage to shout their teammate names - let them know you're there
- If you lose the ball - chase it back until it goes out of play
- If you are a midfielder make sure you cover back and get back to your original position
- Always face the ball.