



Coaching in the Game

Coaching in the game is very important for the development of the soccer players individual play within the game. There are things that are appropriate to say in the game to the players. Coaches have to choose their words correctly, so the players understand and carry out the proper instructions.

Themes

Coaching in the game is to get the players technical and tactical skills into smooth, successful team play. The bulk of work will be concerned with implementing the basic principles of play. This includes recognizing and playing with your team's strengths, while recognizing and playing against your opponent's weaknesses.

Numbers and Areas

The target is to teach the 11 a- side game played on a full-length pitch. However, the use of half the field, or areas which are two thirds of the normal length, with limited numbers involved, can be invaluable in teaching aspects of the game. This type of method ensures the necessary repetition of individual and group skills required for improvements in player's performance.

Methods

Freezing - The play is paused following a signal from the coach. The players must freeze immediately, otherwise the required "picture" will be distorted. This method can be used to illustrate good and poor positioning. Stick to the one theme. Do not freeze the play frequently in order to illustrate numerous unconnected points.

Restricted Area Practice - This is where particular themes are repeated in a restricted area. i.e., two thirds of the normal fields. Once the task has been fulfilled and some progress achieved, then the whole field and complete teams can be introduced.

Conditioned Game - This can be done by imposing strict rules, i.e., two touch, beat an opponent before passing. Great care should be taken to ensure that this type of practice does not become artificial. Conditioning should be used sparingly, and short periods of practice, approximately 10-15 minutes are recommended.

The way to use conditioned game is to use fewer stifling directives like:

- a) try to play the quickest pass available
- b) players in a wide area are allowed one touch before the opposition gives pressure
- c) seek and exploit 1-2 movements in the central attacking area

Game conditioning can also include rewards which acknowledge certain selected aspects of play, i.e., 4 points for a goal and 2 points for 6 consecutive passes.

Simulation

After stopping play, aspects of the game can be rehearsed. After a few successful practices the game is restarted following the completion of the rehearsed movements.

NO Running Commentary

This is where the coach guides the players verbally explaining the visual signals which have been confronted. Sometimes the coach also anticipates the moves for the players.

Important coaching point: This will make you as a coach into a Joist Stick coach and the player become very robotic listening to your coaching points.

Tutoring the Individual

This is where the coach observes and guides one player during the practice match.

The coach may communicate from the touchline or actually go on to the field during the game and instruct the player. As with most soccer coaching, the player should be encouraged to find his/her solution to the problem. This is achieved through intelligent questioning by the coach. Let the players guide the conversation and give you answers to open questions.

Selecting Theme Practice

This is where the team play on a selected theme i.e., counterattack, while taking part in a full scale practice match. Coaching comments should be restricted to the improvement and development of the specific theme.

Principles

1. In coaching soccer, great care must be taken not to create artificial playing situations.
2. Always finish a practice session with unrestricted play.
3. During coached practice games, do not stop the play too often.
4. During practice sessions, emphasize the quality of performance rather than winning.
5. Where possible, give visual guidance rather than verbal instruction.
6. When coaching in the game, the aim is to incorporate the player, with all their individual capacity into the team organization.
7. Throughout this type of work the coach must communicate in a concise, constructive and composed manner.

Emphasize certain aspects of play but refrain from introducing practices which are negative, restrictive and unrealistic.

Keep It Simple- Keep it Realistic