

## "How To" Guide for New Arlington Soccer Club Coaches



Thank you for volunteering to coach our ASC soccer players! Here are some tips for success:

### When you receive your teams Roster:

- Email your team to Introduce yourself and your assistant coach(es)
- Share with them practice and game schedule
- Share with them the ASC Respect, Keeping it Fun and Zero Tolerance policies
- Invite parents if they want to share with you any behavioral or other concerns/heads up about their child
- Ask parents to inform you of any absences ahead of time if possible
- Remind them that shin guards are required
- Consider a snack sign up on a google sheet where parents can bring end-of-game snacks for the team each week
- Touch base with your assistant coach(es) to see what their experience is and how you might want to divide up coaching roles/tasks

### During the first 2 weeks of practices:

- Deliver ice breaker games [▶ Fun Warm Up and Ice Breaker Games](#)
- Introduce the team to basic positions and formations. I.e at 5v5 1 - Goalkeeper, 1 defender, 2 midfielders, 1 forward, it should look like a diamond
- Introduce the team to the rules of the game such as, where the game starts from, the area of the field, goal kicks, free kicks, penalty kicks, what a foul is, how to take a throw-in, how to take a corner kick, goal kicks and kick offs
- Teach sportsmanship: congratulate each other, don't criticize, respect the coaches and the referee, if a goal is let in there should not be blame assigned
- Vote on a team name

### For your first game:

- Review the rules for your sized game i.e 5v5, 7v7,9v9 or 11v11  
<https://www.arlingtonsoccerclub.org/rules/>
- Ask players to arrive 20-30 minutes early for warm-ups. Remind them to bring water and wear sunscreen if applicable.
- It's best to come prepared with a starting line up, as well as designated captains and goalkeepers for each game, on a rotating basis. This is for fairness and also to prevent players asking to play a certain position at the start of each game. Goalkeepers can be rotated every 15 min or every half. *They should wear a pinnie or a different shirt and gloves are optional.*
- For substitutions, have this pre-planned, there is no set limit on when to make substitutions as long as every player gets at least 50%
- No team should have a +5 goal margin
- At the end of the game, cheer for the other team and thank the referee