

## Preseason Parent Meeting Agenda

1. Coaching Philosophy
  - a. Introduce the coach: Background, origin, life outside the game, etc.
    - i. Attach written coaching philosophy for parents to review later
  - b. Approach to player development
    - i. Create a positive environment – 5:1 positive to negative feedback ratio
    - ii. Forgetting and overcoming mistakes – remind players to focus on what’s next and not worry about mistakes
    - iii. Create a fun environment that involves learning and a balance of success and challenges
    - iv. Long-term development mindset
      1. Winning is not the priority – self-improvement and excellence are the goals. We can control effort and attitude, but match results involve uncontrollable factors.
      2. The desire to compete is important – players are challenged to compete with themselves and improve each outing
    - v. Game-specific philosophy
      1. We will learn to play out of the back
        - a. Controlling the ball and game = controlling our destiny
        - b. GK will take all goal kicks
        - c. Occasional “consequences” and sacrifices will happen. We *will* make mistakes and we *will* get scored on while trying this
      2. Long-term, yearly, seasonal, and daily development plans
        - a. What does the long-term timeline look like? Where does this team stand on that timeline?
        - b. What does the year-long development plan look like?
        - c. What does the seasonal development plan look like? Provide a copy to parents.
        - d. Coach will develop a lesson plan designed for each individual practice (like teachers)
      3. Technical competence is a high priority
        - a. What technical components will be the primary focus? Why?
      4. Players will learn to problem solve and make their own decisions
        - a. Coach will not constantly give direction or tell players what to do – will allow players to figure things out and learn from first-hand experience
        - b. Coach will primarily sit down during matches
      5. We value and encourage risk taking. Risk taking = confidence
    - vi. Players must watch and live the game
      1. Watch/follow the professionals
        - a. Watch on television
        - b. Watch in person
        - c. Look up YouTube clips
        - d. Have a favorite team and follow them
      2. Play, practice, experiment outside of the team
2. Expectations
  - a. Parents
    - i. Remain calm, respectful, and positive on the sideline
      1. Absolutely zero comments to referee or other team/parents/coaches
      2. Avoid reacting poorly to mistakes, such as “Aw!” after missed shots or putting hands on the face after poor decisions
        - a. Stay positive and give players a clap or “thumbs up” to encourage them to try again next time
    - ii. Do not coach
      1. Do not shout out directions – but cheer loudly and proudly!
        - a. After a play, use positive reinforcement to encourage concepts worked on in practice
        - b. “Go” “Run” and “Get it out” are all examples of directions
      2. The players are often given a specific direction or focus by the coach. If something they are doing does not make sense or seems wrong, let it go.
      3. Cheer for good soccer – even for the opposing team
    - iii. Refrain from offering extrinsic rewards or incentives for performance

# Switching the Field

RESOURCES

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1. Players need to develop intrinsic motivation and a desire to succeed and compete for the sake of succeeding and competing
  - iv. Communication
    1. Three questions to ask players after a game:
      - a. Did you have fun?
      - b. Did you try your best?
      - c. What do you want to eat?
    2. Questions/comments for coach: wait 24-hours after a match
    3. Players should address concerns directly with coach (a parent can be present)
      - a. It is important that they learn to handle their own situations directly with the people involved
    4. Tell coach if player will be absent ASAP – we need to plan for the session!
  - v. Nutrition
    1. Ensure players eat and drink properly
      - a. Plenty of water before and during competition – not sports drinks
      - b. Chocolate milk after competition
      - c. Good/healthy food
      - d. Timing of meals – don't eat too much before playing
    2. Players must get plenty of sleep
  - b. Players
    - i. Have fun
      1. Come to practice and games to play hard and compete
      2. Be positive
      3. Stay focused – do not deter development of peers
    - ii. Equipment to bring every time we meet
      1. Shin guards
      2. Proper shoes, socks, and apparel
      3. Soccer ball
      4. Water
      5. Both uniforms (for games)
    - iii. Arrive to practice on time – ready to play at start time (early is on time)
    - iv. Arrive to games at communicated time prior to games
  - c. Coach
    - i. Players will be in a safe environment
    - ii. Players will have fun and learn
    - iii. Players will play more than half the game
      1. There are no “starters” – every player will get the opportunity to start a match and/or half throughout the season
      2. Players will play in more than one position throughout season
      3. Players will rotate playing goalkeeper (unless specific players show a preference for the position – those players will rotate in GK more often)
        - a. Playing GK does not come with any additional implications regarding playing time/positioning on field
    - iv. Act professionally and respectfully toward players, parents, opposition, and referees
    - v. Continuously look for ways to improve each player individually and the team collectively
    - vi. Send out weekly practice and game review e-mails
    - vii. Will address any concerns and answer any questions from parents
3. Goals
    - a. Success is defined by:
      - i. Each player will enjoy playing and being on the team
      - ii. Each player will improve his/her technical ability – will be better technically by the end of the season than at the beginning of the season
      - iii. Each player will have a better understanding of soccer and how to make decisions in games at the end of the season than at the beginning of the season
    - b. Season Outlook:
      - i. List any team-specific expectations here (i.e. we will struggle this season to get results because we moved up a division) and address how to handle possible resulting situations