

# Switching the Field

RESOURCES

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## Practice Coaching Guide

for the parent coach

Topic	Action	Example(s)
Success in Practice	A successful practice is one that is fun and in which the players are consistently active and engaged.	No lines, no laps, no lectures.
Managing Players	Take the time to get their attention before explaining – use “teacher tricks” if needed.	Clapping rhythms, raising hand until everyone is quiet, “touch your head (shoulders, hips, elbows, etc.) if you’re listening”
Activity Progression	Use water breaks as a segue from one activity to another. This allows some time to set up if needed.	N/A
Explanations	Demonstrate and/or walk through the directions in addition to explaining.	N/A
Teaching the Game	<ol style="list-style-type: none"><li>1. Follow the match rules when playing the scrimmage. This will allow kids to learn the Laws of the Game before the weekends.</li><li>2. Use positions in scrimmages to teach positions.</li></ol>	N/A
Player Feedback	<ol style="list-style-type: none"><li>1. Praise effort and ideas, not just results. The right idea to pass is as important as actually executing it.</li><li>2. Give praise for more than goals – who assisted it? Did other make the right kinds of runs? What about the player who stole the ball?</li><li>3. Make sure everyone is getting some sort of positive praise throughout the game.</li></ol>	“Good idea to pass there!” “I love how you made the run to get open.” “Great try to beat the defender on the dribble.” “I love that you ran so hard to get back on defense!”