**Parent Coach Orientation**

**Theory**

* A place for kids of all skill levels to have an opportunity to play soccer on a team
* Coaches’ duty
	+ Develop skill
	+ Organize on the field
	+ Grow love for the game

**Expectations**

* To be present at every practice and game
	+ If you cannot be at a game/practice, let me and the other parents/guardians know
* Soccer is physically demanding, but this is not a fitness course
	+ Include fitness into actives (ex. touches on the ball)
		- Not laps, pushups, crunches, etc.
* Come prepared to practice with a plan
* You will have trainers on field during practices to help
	+ Trainers are good soccer players, you are good with kids
	+ They will help with keeping kids engaged and develop skills
* Your job to solve behavioral problems
	+ Pull kids aside and ask what is wrong
	+ Help get players back on track, by removing personal problems
	+ If additional help is needed, reach out to age group coordinator or myself

**Practice Plan**

* A practice plan will be provided before each practice
* The plans are guidelines
	+ Practice plans will follow a theme/certain skill
		- Dribbling, passing, defending, etc.
* Feel free to adjust as you see fit
* Trainers have soccer experience
	+ They will be prepared to help make adjustments

**Communication**

* **Team Snap**
	+ As a volunteer coach you will have access to message your designated team when necessary
	+ Any questions regarding Team Snap, please do not hesitate to reach out.

**Skills to Coach**

* **Dribbling**
	+ Controlling the ball using feet
		- Making short passes, but well-calculated kicks
	+ Keep the ball close to feet
		- Avoid losing possession while moving quickly
	+ Coach players to win challenges from defenders and looking up from the ball
	+ Dribble with both feet, inside and outside of the foot, and backwards.
* **Passing**
	+ Moves the ball around the field faster than dribbling
		- Good play utilizes passes to and from all players on the field
	+ Key skill for good passes
		- Placing your plant foot next to the ball
			* Pointing it in the direction of where you want the ball to go
		- Keeping the striking foot locked, in check marked position
		- Hitting through the middle of the ball
* **Finishing/Shooting**
	+ Teaching the correct way to finish the shot
		- A player places their plant foot slightly behind the ball
		- Striking with a locked ankle using their laces
		- Following their leg through the shot
		- Body over the ball and land on their striking foot
	+ Important to learn using both feet

**Make it fun for the kids!!!**