**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!!!**