



ALEXANDRIA SOCCER

# VOLUNTEER COACHES GUIDE

*A guide to organizing and creating an environment where kids can learn*

You registered to be a volunteer coach or you are interested in coaching, **now what?** This guide will help answer questions and ease concerns you may have. Your time is valuable to us, and more importantly it's valuable to the children you will be coaching. Thank you for getting involved!

## ROLES & RESPONSIBILITIES

- Complete a volunteer registration in your ASA account. This includes a background check and SafeSport Certification.
- 2.5 hours a week of your time and energy
  - One practice per week
  - One game each Saturday (or Sunday!)  
PreK-6th grade games are played in Alexandria. 7th-12th graders have home and away games.
  - Weekly communication to the team via email – practice and game day reminders

As the coach, you pick the time & day of your practice. We will share available locations & you select what works for your schedule.

## WHAT MAKES SPORTS FUN?

- Trying your best
- Working Hard
- Exercising & being active
- Playing well
- Being strong & confident
- Competing
- Having a coach who is a positive role model
- Being challenged
- ..... & More!



## ASA PROVIDES:

- Pugg goals
- Cones
- Pinnies
- 2-4 soccer balls
- Weekly practice plans
- Coaching shirt

Questions? Email [Cindy@alexandria-soccer.org](mailto:Cindy@alexandria-soccer.org)

## TIPS & TRICKS

### FUNDAMENTAL NEEDS:

- FUN
- Safe Environment
- Respect
- Development

### HOW DO PLAYERS LEARN:

- Learn through doing
- Learn in game like environments
- Normalize mistakes as part of the learning process

### TIPS:

- Three L's: — No Lines, no Laps, no Lectures
- Create a safe game like environment
- Coaching energy should be positive
- Adjust the practice to team and player needs on and off the field
- Create a player centered environment

## PLAYER CHARACTERISTICS

<b>PreK &amp; Kindergarten</b> <ul style="list-style-type: none"> <li>• Selfish - one player, one ball</li> <li>• Motivated by scoring goals</li> <li>• Does not understand positioning</li> <li>• Careless about the score</li> <li>• Short attention span</li> <li>• Needs routine</li> <li>• Sensitive to external factors</li> </ul>	<b>1st &amp; 2nd Grade</b> <ul style="list-style-type: none"> <li>• Selfish - one player, one ball</li> <li>• Motivated by scoring &amp; preventing goals</li> <li>• Basic understanding of positions but still roam</li> <li>• Selectively care about score</li> <li>• Can understand slightly more complex rules and activities</li> <li>• Sensitive to external factors</li> </ul>
<b>3rd &amp; 4th Grade</b> <ul style="list-style-type: none"> <li>• Begin to understand "we/team"</li> <li>• Motivated by scoring &amp; preventing goals</li> <li>• Better understanding of positions and responsibilities</li> <li>• May have positional preference</li> <li>• Care and keep track of the score (although not tracked by the league)</li> <li>• Less sensitive to external factors</li> </ul>	<b>5th &amp; 6th Grade</b> <ul style="list-style-type: none"> <li>• Understand "we/team"</li> <li>• Motivated by scoring, creating and preventing goals</li> <li>• Understand/prefer positions based on specific roles and responsibilities</li> <li>• Selectively care and track the score (although not tracked by the league)</li> <li>• Not sensitive to external factors</li> </ul>
<b>U13-U19</b> <ul style="list-style-type: none"> <li>• Understand "we/team" collectiveness</li> <li>• Motivated by scoring, creating and preventing goals</li> <li>• Understand/prefer positions based on specific roles and responsibilities</li> <li>• Selectively care and track the score; Highly value social interaction</li> </ul>	