

## U10 Coaches

Thank you for volunteering to coach at Griffin Youth Soccer Association. Here are a few important notes:

### Parent and Team Management

1. Your team roster and with contact information will be available via sports affinity. Use the following link, [Sports Affinity](#).
2. Please contact all parents a week prior to your first practice. If a player's information does not work please email me at [afcgriffin@gmail.com](mailto:afcgriffin@gmail.com)
3. You may set up a Team Snap account to communicate with parents for free. If you are interested in creating an account email [griffinsoccer01@gmail.com](mailto:griffinsoccer01@gmail.com) with your name and team name.
4. Schedule a team meeting prior to your first practice, you can schedule it on the same day as your first practice. At the meeting discuss:
  - Players should arrive 15 minutes before practice
  - Players should wear shin guards under their socks, cleats, and athletic wear.
  - Players should dress for the weather conditions, if it is cold they should wear training pants or sweatpants, a sweatshirt or jacket, gloves and a hat.
  - Players should bring water and a size 4 soccer ball
  - When practices begins players should be on a separate side of the field then their parents
  - Select a team manager to handle ordering trophies and collecting money for the end of the season party.
  - Ask your parents not to coach their child during the game. Players should only pay attention to one voice.

### Coaching During Practice

1. You will be able to find the coaching lessons broken down by week at [griffinsoccer.org](http://griffinsoccer.org), select the resources tab and [coaches corner](#)
2. Once a week you will have a staff train who will train your team and the team next to you. He will demonstrate the proper techniques and model the training session.
3. During your practices focus on dribbling technique will all four parts of your feet.
  - a. Using the laces when there is open space
  - b. Using the sole to pull the ball back
  - c. Using the inside and outside to move sideways
4. Focus on passing properly with the inside of your foot and striking correctly with your laces.
5. Teach players to get into a boxer stance when defending and to keep moving to stay in front of the ball
6. Each activity will last a short period of time (no longer than 15 minutes), younger players have short attention spans.
7. Practices will last 60 minutes.
8. Most importantly, HAVE FUN

### Schedules

1. Check your team's schedule 2 weeks before the season starts
2. Go to griffinsoccer.org, select the schedules tab
3. Find the locations and addresses for away games
4. Send out the schedule with locations to your team as soon as possible
5. Ask your players' availability for each game

### Reschedules

- A game needs to be rescheduled:
  - Contact the other team to see what dates you both are available
  - Contact the referee assignor to see if referees are available
  - Send a copy of the emails or text to the referee assignor to confirm that both teams have agreed on the reschedule.

### Coaching During Games

1. Have players arrive 30 minutes before game time.
2. Players should place their waters on team's sideline.
3. Parents will sit on the other side.
4. Players should stay on the team sideline the whole time
5. Warm-up your team with dribbling exercises, passing exercises, and some finishing.
6. Games are played in a 7v7 situation
7. Set up your team to play in a 3-2-1 with a goalkeeper
8. Focus on only talking to the players that are off the ball
9. To ensure that every player plays one half of the game, split each half into quarters and sub each quarter
10. At the end of the game, teams should line up and high five.

### Required Training

All coaches are required by Georgia Soccer to complete Safesport Training and Concussion Training

- go to griffinsoccer.org, select coaches login
- Go to my account
- Select the certificates tab
- Select Safesport training
- The training has 3 modules, the pre-test is the same as the post-test
- You have to finish the entire training at one time
- The training will take 30-45 minutes.
- Then select Concussion training
- Complete the training modules.

All coaches will also be required to complete a background check through Sterling Volunteers

- You will receive an email from Sterling volunteers
- Please fill out the information requested
- The background check is free