

CASSIOBURY RANGERS FC



TIPS FOR NEW MANAGERS

At CRFC we encourage a passing style of play. Coaching this early pays dividends as players grow older. For younger age groups it is best for every player to have their own ball as much as possible. The more touches they have the more comfortable they become on the ball

Most importantly football at this age is “social” as much as “sporting”. By giving lots of praise we develop confidence and enjoyment.

General

1. Have a register of names and parent contact details for emergencies
2. Encourage parents to stay and watch training – not “drop and go”
3. Each week organise a height line and divide players by size rather than age
4. Be fair and firm, players’ spot inconsistency and exploit indecision
5. Allow players as much time with a ball at their feet as possible
6. Explain your coaching objectives at the beginning of the session
7. Use plain language – consider the age of the players you are coaching
8. Don’t “over coach” – give players the freedom to learn and develop
9. Allow players plenty of drinks and snacks breaks
10. If a player is unhappy allow them to stand with their parent until ready to join in
11. If your son is in the squad it is often better to let a co-coach look after them

Training

1. Be prepared for your session - it will run far more smoothly.
2. Be early for training. Set up before the players arrive and start on time
3. Encourage players to arrive early and let them have a small sided game before training
4. Do not allow adults (including coaches) to join sessions as players
5. Allow 20 minutes for fun warm up
6. Allow 40 minutes for coaching drills – make them fun and game related
7. Allow 30 minutes for small sided games at the end – 3v3 / 4v4
8. Rotate goal keepers

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Small Sided Games

1. Keep games to 3v3 or 4v4 – this allows players to “see” more of the ball
2. If you have an odd number use a floater who plays for the team in possession
3. Play “rush keeper” or “break-out keeper”
4. Use 4 small gates rather than 2 goals to encourage passing

Match Day

1. Confirm details of venue and time by email on the Tuesday before the game
2. Arrange a resting rota so parents and players get occasional Sundays’ off
3. Don’t take too many subs – 3 is manageable – more is a distraction
4. Allocate a parent to be your match delegate
5. Lay a line of cones two yards behind the touchline for spectators to stand behind
6. Set the example - do not criticize the referee or opposition
7. Enjoy yourself – win, lose or draw remember this is kids football

AT CASSIOBURY RANGERS WE BELIEVE SUCCESS IN YOUTH FOOTBALL IS IF YOUR CHILD IS STILL PLAYING THE GAME THEY LOVE AT 18.

WE PLACE THE EMPHASIS ON THE TECHNICAL AND SOCIAL DEVELOPMENT OF THE PLAYER.

IF THEY CAN PLAY THE GAME WELL, IRRESPECTIVE OF RESULT, THEY WILL ENJOY IT.

IF THEY ENJOY THEMSELVES THEY WILL CONTINUE TO PLAY INTO ADULTHOOD AND REAP THE HEALTH AND SOCIAL BENEFITS THAT COME WITH BEING INVOLVED IN ANY SPORT.