

UMNSC Intramural Coaching Clinic

Wendell Beres

Head Coach

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- Be Prepared!
 - Look the part
 - No whistles
 - Write your sessions down, including the amount of time for each exercise
 - Minimal line standing
 - Have a Plan 'A' and a Plan 'B'
 - Give water breaks and utilize the time to set up the next activity
 - Pinnies, Cones and Balls should all be strategically placed

- General Guidelines
 - Smaller sides equals more learning!
 - (2) 3v3's are better than (1) 6v6
 - Individual technical skills are the top (and sometimes only) priority
 - The game is the best teacher
 - "Blobs" are GOOD for the younger age groups
 - No punishments! i.e. pushups, etc
 - Consequences are ok, but no player should be singled out
 - Positive Feedback!
 - YOU are the coach NOT them
 - Everyone is a Goalkeeper

- Each age group has their own objectives

- Suggested Reading

- “E” Coaching manual can be found at www.ussoccer.com under the resources page

- **Pre-Game**
 - No static stretching
 - Set 1 or 2 team objectives for the game
 - Winning is not an objective!

- **During Game**
 - Limit coaching of players on the field. It can be viewed as yelling.
 - Do NOT argue with referees
 - Be a cheerleader

- **Half Time**
 - Let the players relax and monitor fluid intake
 - Give 2 positive statements regarding the team’s play
 - Reiterate the Pre-Game objectives

- **Post-Game**
 - Remind team of their responsibility to demonstrate sportsmanship
 - NO COACHING!
 - Remind team of their next team function

UMNSC Intramural Referee Clinic

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- Look the part
 - Proper uniform
 - Shirt tucked in
- Interact with players (age appropriate)
 - Encourage both teams
 - High fives
 - Explain rules to them
- Interact with coaches
 - You both have a common goal
- General Guidelines
 - Do not keep score?
 - Show enthusiasm
 - Help get balls that go out of bounds
- Dealing with upset parents / coaches
 - Be mature
 - Remain calm
 - Listen
 - Be Respectful