

57 MOST USEFUL TIPS THAT A COACH SHOULD USE AND PASS ON TO PLAYERS

1. Get the Cross in

As a rule almost, when you have the opportunity swing in the cross. Do this the next two or three times, and then the fourth time or when you see the opening, you can take that player on the dribble, beating him down the line and cut the ball back to a teammate or go to goal yourself.

2. Slow down

Essentially this is making the easy pass to the open player. It doesn't mean necessarily slowing down your speed of play but let the ball do the work and not you forcing things - have your mind moving fast and focused. If there is an open player play them the ball. Then when they get closed down they play the ball back to you.

As a young player one of the difficult things to learn is patience. This means things like letting the ball do the work and one and two touch play. Each time you make a pass the defense changes their positions and new things open up at different angles on the field - new spaces to run into, dribble, and pass are created when you move the ball.

3. Play with older players

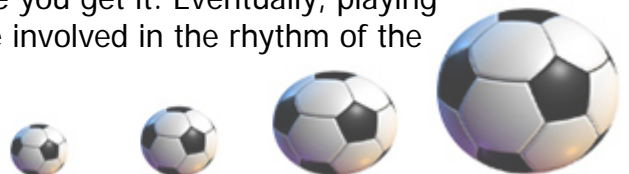
Try to find the best game possible near where you live when you are training. To become a great player you should push yourself and there is no better way to do this than to play with older players.

You can pick up all of their tricks and skills that they have learned over the years. This kind of mentoring process is a huge part of improving your game and often you won't even realize what subtle skills you'll pick up, just by watching and playing with better and more experienced players.

So challenge yourself simply by playing with older players when you can. It will speed up your play, make you play stronger, and you will learn from their experience - where to play the ball, when, and where to make runs.

4. Quick Decisions

As a pro or college player you won't have time to dribble or think out there. Try to know what you are going to do with the ball before you get it. Eventually, playing simple soccer will become automatic when you are involved in the rhythm of the



game, wanting and always asking for the ball trying to find the player in the most advantageous position. Two or three short simple passes can lead to someone who is open and in a position to make that goal scoring pass or score themselves.

You will also need to use your body to shield the ball, play simple give and goes with your teammates to get out of pressure, and be aware of where you can move or how you can position yourself to help out your teammates. Using your body means dribbling with your left when there is a defender on your right and dribbling and shielding the ball with your right foot when there is a defender on your on your left. If you don't know you can turn or have time, keep your body between the ball and the defense and get your head up and take a look around. You should really always try to know where you are on the field by taking quick looks before you receive the ball.

Hold the ball for a second while I get open or in a better position where I will have more time and can see the field better. This is one of the greatest aspects of the game of soccer, where you work with your teammates to ping the ball around the other team and through the other team, and they can't even get a touch on the ball before you score a goal.

5. Control

Thigh: Top of your thigh used to deaden the ball, used when the ball is hit high in the air. Try to push yourself by hitting the ball to the side when controlling the ball, as if a defender is trying to get the ball or even make a quick pass with your thigh when a ball is played to you in the air.

Chest: Use the upper chest region to deaden the ball, try to control the ball to the side away from the defender or control the ball up and out in front of you if you have space, so you can make the next pass immediately.

Head: At times used to control the ball to yourself, bringing your head to the ball to deaden it. More often used to flick or re-direct the ball to a teammate.

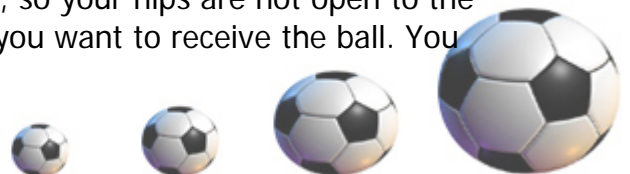
Inside of the foot: The most common surface area used to control the ball, large surface area.

Outside of the foot: Often used when coming back to receive a ball so as to have your body between you and the defender.

Top of the foot: To deaden the ball from a high pass, goal kick, or punt. See if you can re-direct the ball to yourself to the side and move with the ball.

6. Controlling the ball to the side.

Once again you want to make use of your body to protect the ball when receiving a pass from a teammate. Turn your body to the side, so your hips are not open to the person who is playing you the ball but to the side you want to receive the ball. You



are receiving the ball at an angle with the outside of your foot. Using the outside of your foot to control the ball is rare, most often used when you are tightly marked and checking back to the ball. Forwards sometimes check back to the ball at an angle so they can turn their defender. Normally you want to use the inside of your foot to control the ball so you can make a quick return pass.

Turn to the right if you are going to control the ball and make a pass with your right foot and the opposite for your left. This way your body is between you and the defender. Although be conscious of controlling the ball a little bit in front of you so you can make a pass or take a shot with your next step, again this is knowing what you want to do with the ball before you receive it

7. Control the ball out in front of you.

Control the ball out in front of you, still using your body to protect the ball, but you are making use of the space given to you. When you have space, you can play the ball ahead of yourself to a degree so you can get your head up and make a play with your next few steps. This is controlling the ball into the open space. If you are a defender and you receive a pass with loads of time and open space in front of you, say just after someone has switch the ball from the other side of the field you can even control the ball five or six yards out in front of you so you are ready to attack the space and make your next pass. By doing this you can get your head up and see the entire field. Your not back on your heels but pushing the ball forward when you receive the ball.

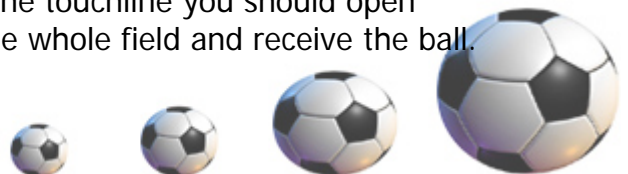
Again, whether you control the ball to the right or to the left or straight ahead, if you have time and space, controlling the ball a few feet in front of you gives you a chance to play the ball quickly since your next step can be a pass or a shot, and the ball is not tangled up in your feet. Keep the ball out of your feet when receiving or controlling a pass.

When you control the ball too close to your body you will have to take another touch to set yourself up to make a pass. This extra touch gives the defense another chance to adjust and close you down and you will miss seeing a teammate making a run since you are busy trying to get the ball out in front of you to make a pass. First touch is key. Make it sharp and a little bit out in front of you so you can see the field and make the next play. Of course, there are exceptions, and times you want to control the ball close to you.

8. The Half Turn.

When you are in the midfield you should position your body so you can connect with the forwards. You can accomplish this by not having your back to the forwards, that is usually their role, mid fielders should try to be half-turned and facing one of the sidelines. This way you can view both the back line, if they are trying to make a pass to you, and the forwards to see where they are making a run.

When you play on the wing or in a position along the touchline you should open yourself to the field - always in a position to see the whole field and receive the ball.



Again instead of having your back facing the forwards you can turn your shoulder towards the outside touchline and this way you are open to the field.

9. Forwards

One forward should sit closer to the mid fielders while the other tries to stretch the defense (almost standing next to the last player on the other team, usually the sweeper). With this alignment, the first forward can check back to the ball and then cut inside if he doesn't receive the ball.

The player with the ball (let's say the right back) can then play the ball inside to the first forward or to the forward who is posting up deeper into their opponents area. The post up forward can either try to receive the ball while he or she posts up or check towards the ball after the other forward makes the initial run back to the ball. The first forward then takes up the deeper position. Checking in and out and exchanging positions makes up the movement of the forwards.

The two forwards are aligned in a pair in the center of the field and the closest forward checks back to the ball at an angle, to the right or left, if he or she is marked then they can cut into the middle to receive the ball. But they keep running and rotate back to the post-up position. So it is really two runs, checking back to the ball, and then if that isn't on, making a run back into the middle. Meanwhile the other, posting up forward, can check back to the ball, and the other forward spins to offer support.

10. Mid fielders.

With quick check back runs towards the ball mid fielders can get open. These can be five or ten yard runs back to the ball, to the side or into the attack. It could even just be bringing your marker into an area where you don't want the ball so you can run into the space where you want the ball. Walking away a few yards away and then darting back to the ball.

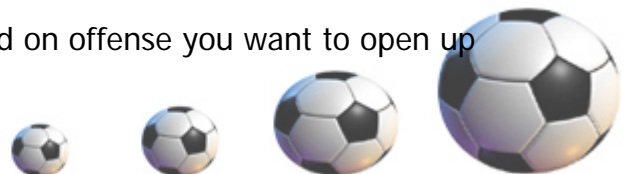
11. Back Door Cuts

If your defender is too tight you can simply fake like your checking back to receive the ball and then make a run into the attack. Checking back to the ball, seeing that the defender is too close, almost inviting them to mark you too tightly so you can sneak into the space behind them, making a quick burst behind the defender.

12. Defenders

The defensive movements are mostly in support and cover positions. Similarly on offense you are moving in to position to relieve pressure and switch the ball into an open area of the field. Although defenders can often get into attack by overlapping or making delayed runs when the time is right or they have switched with another teammate.

On defense you want your team to be compact and on offense you want to open up



and expand. As a compact unit you can close down a certain area and win the ball and still have time to get back if the other team makes a long pass to the other side of the field. As a defender you want to run back towards your goal - re-group and defend as a unit.

12.1. It starts with one person pressuring the ball so the offensive player has to make a decision and can't get his or her head up.

12.2. Then a cover person who lets the pressuring person know if her or she should try to win the ball.

12.3. Next, is a organized compact unit letting those ahead of them know where players are around them and which direction they should steer them so the unit can win the ball.

13. Dribbling: Stop and Go

For this move - the key is simply a change of pace. You jog slowly with the ball, usually when a defender is along side of you, and then burst past the defender. Again, you jog nonchalantly along with the ball, then stop for a second, and then burst past the defender.

You can also put the sole of your foot on top of the ball for a second when you stop the ball, and then push it forward with your instep when you break off on the dribble again to escape the defender.

14. Dribbling: The Cut Back

With the inside of the foot you cut the ball back behind your body. Using your right foot to cut the ball back you plant your left foot to the side of the ball and then bring your right foot up to cut the ball back. The reverse if you are cutting the ball back with your left foot.

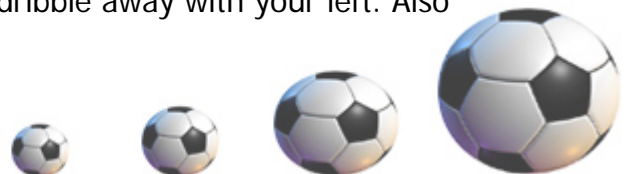
You can often tie this in with a fake shot. Dribbling away from a defender into space you fake a pass or shot and then chop the ball back with the inside of the foot you used to fake the pass or the shot - then dribble in the other direction.

15. Dribbling: The Fake Shot

Simply bringing the leg back like you are going to shoot can buy you time. Bring the leg back as though you are going to make a pass or take a shot and then stop the ball just in front of the ball - then move the ball to the left or right to set yourself up for your next play.

16. Dribbling: The Step over

You have to take your right foot over the ball and dribble away with your left. Also often called the scissors.



17. Dribbling: Inside Outside

You kind of fake like your going inside and then rush to the outside. With the inside of your foot on the ball you carry the ball a little bit to the inside a few steps (leaning to the inside) and then when you think the defender is off balance or not ready, you push the ball to the outside (with the outside of your foot) and you then have more space to cross the ball, or make a pass, or shoot.

18. Dribbling: Outside Inside

This time use the outside of your feet, this is usually more difficult because you don't have as much control with the outside of your feet, in terms of surface area, so make the dragging of the ball to the outside a little shorter in distance. Same as above but starting with the outside of your foot.

19. Dribbling: Dropping Your Shoulder

Dribbling slowly at a defender you feint with the shoulder, ducking or leaning your shoulder down a little bit one way and take off the other way.

20. Dribbling: Sole of the foot turn

Pull the ball back with the bottom of your shoe and burst away with a change of speed.

21. Dribbling: Scoop

Lift the ball over the defender's foot. This is usually done while feinting one way and then scooping the ball the other way just over the defender's planted foot.

After you lift the ball over the defenders foot make sure to take off with a burst of speed. Often, you want to scoop or lift the ball over the defenders foot and to your other foot so your body will be between you and the defender after you make the move. So you are dribbling with your right foot and scoop the ball over the defenders foot and to your left foot or the other way around. Also, this move is also usually done when you are in an almost standing position and the defender is rushing at you or you're suckering the defender in and then lifting the ball over their foot as they came in towards you to fast and you then slip away.

22. Dribbling: The Lean

Leaning to one side kind of carrying the ball with you, as if you are going to dart off with the ball, and when the defender doesn't expect it, take off in the opposite direction.

23. Dribbling: Sucker them



Entice the defender to try to go for the ball, exposing the ball as if the defender can steal it and when he or she makes a move to go for the ball you cut the ball away and take off. Again, change of pace is the key when beating a defender on the dribble.

This is why, when training, you touch the ball each time you dribble, so you can gain greater control of the ball and make those sharp cuts to the side or back, and entice and elude and frustrate and really annoy defenders.

24. Dribbling: Every Step

Try to touch the ball with each step you take with the ball. In very quick succession touch the ball a little bit ahead of you. This will create both good control and increase your dribbling speed with the ball. With this kind of control you can elude defenders when they try to reach in and steal the ball, you can just cut the ball away since it is always so close to you, this will give you overall greater control when your dribbling. It is almost like you are trying to get as many touches in as you dribble forward with the ball.

25. Dribbling: Change of Pace

Here it is again, sorry for the repetition, in a few weeks you will see a more complete and concise website. Change of pace is the key to going by a player on the dribble. You don't necessarily need to be extremely fast to go by someone. You just need to kind of lull the defender to sleep for a second and then break past the opponent with a burst of speed.

26. Dribbling : Improving Your Left Foot

The best advice is just to use it. Continue to strike the ball against a wall with your bad foot, slowly but steadily you will see improvement, have patience. There is always exceptions, if you look at one of the best players in the world 'Rivaldo', he only uses his left foot, simply because his left foot is so incredible and he positions his body so well to protect the ball. He is a player that is so experienced and so skilled with his left that he can get a away it.

27. Dribbling: Drills

A great drill is simply weaving in and out of a set of cones, and you can of course get creative, as I was saying before I used to dribble in and out of a field of weeds, you can make variations in the drill and put rules on yourself to make it more difficult.

Put about 8 to 10 cones in a line about three yards apart and dribble in and out of the row of cones without touching or knocking over the cones. Also, try not to touch the ball to far away from the line of cones, keep the ball close to you and don't dribble out away from the row of the cones.

When you have this down you can then vary the way that you dribble through the cones, just with the right foot and then just with the left foot, and then alternating



feet, where you touch the ball to the left and then to the right as you weave through the cones, just with the inside of the feet, and so on, you can make up restrictions to put on yourself to try to improve a specific part of your dribbling technique.

28. Passing

Inside of the foot. This is the most common part of the foot you use when passing the ball. The part of your foot that gives you the most surface area, thus giving you the most control and accuracy.

Outside of the foot. This kind of pass is used when you want to bend the ball into a teammate or into an area, often your body is in a position where can't make a simple pass. Try to strike through the ball, following through with the upper portion of the outside of your foot.

Inside of the foot. Same as above but with the inside of your foot, wrapping your foot around the ball so the ball curves into your teammates feet or into an area as with a cross.

Long Passes (Driving the ball in to a teammate). If you are picking a player out you don't need to follow through the ball but instead, strike the ball sharply and stop your follow through just after hitting the ball.

To work on technique try kicking the ball against a wall. Make sure to use both your right and left foot. Keep your ankle locked and strike the center of the ball with pace. A firm pass is much easier to control than a soft or lazy pass.

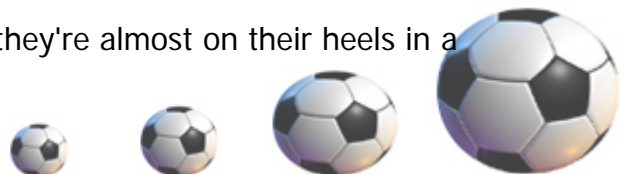
Overall, passing allows your team to keep possession of the ball and find holes in the opposing team's defense. As a team try to keep the ball moving and spread the defense; taking advantage of open spaces. The best way to accomplish this is to play one and two touch.

While training you should try to make the situations game like, with the right kind of intensity and pressure (anybody can play keep a way when they aren't under pressure) but only the good player can do it under game like pressure. Try to make the areas you are playing in small so that there is constant pressure on those with the ball and then open the game up and play in a larger area when you are getting the right intensity.

29. Passing Patterns: Give and Go or Wall Pass

This is where you make a pass at an angle to a teammate and he plays the ball back to you after you have made a run behind the defender. The key here is suckering in the defender, let him get just close enough to you, where the defender thinks he or she has a chance of getting the ball, although not so close they can get a touch on your pass.

Once they are close to you and the angle is right, they're almost on their heels in a



way, you make the pass and then break into the open space where you want to receive the ball.

It is important for the person making the pass (the wall) to put the right weight on the ball so the person initiating the give and go can run on to the ball and not have to break stride.

This is a very important play and essentially there are millions of variations and this is the foundation for organizing a support system on your team. You can play a give and go to create a scoring chance or to relieve pressure from a defender to have time to make a long pass.

30. Passing Patterns: Short Long Pass

This is two short passes and then a long pass to spread the defense or escape pressure. Two small give and goes and then a long pass as the defense closes in on you. Generally, in soccer your team will have time and space to make a two, three, or maybe four passes in a small area to escape pressure and then the next pass should be a switch or a longer pass that breaks from the pressure entirely. A few exchanges on the left with the forward and mid-fielders and then a switch to an open midfielder or defender on the right side of the field.

31. Passing Patterns: Third Man Running

This is where you play a ball to someone knowing that there is another teammate reading the play and running to receive this pass from the player you just played the ball to. For instance, the defender plays a driven ball into the forwards feet because he or she sees their midfielder making a run towards the forward. Another example could be where the center midfielder plays the ball out wide to the winger or outside midfielder and the defender makes an overlapping run.

32. Passing Patterns: Checking Out - Opening Up Space

Moving from a certain position or area to make space for a teammate. A wide midfielder makes a run into the middle because he or she sees the defender is moving up into attack.

33. Passing Patterns: The Overlap

Similar to the give and go in that this a stock (common) play in soccer, with a number of variations.

The most common type of overlap is when the outside midfielder cuts into the middle with the ball and the outside defender behind him makes a run down the line. This is more just simple run. An overlap is more when the player with the ball plays it to his teammate and then makes a run around that player. A center midfielder making a pass to a winger and then running around him or her to receive the ball down the line.



34. Passing Patterns: Make the Ball Do the Work

The ball will never get tired. So make it work by spreading it around the field, always keeping the other team chasing the ball and expending energy. Play the ball into the forwards feet, get it back, swing it to the left defender get it back, play it to the forward get it back and then play it in behind the defense to an on rushing winger. It is kind of an amoeba like progression up the field. Of course, ideally there could be one or two passes and you're running at goal. There are many different styles to play and this depends upon your team makeup, the score of the game, what the conditions are of the field, and so on.

35. Goalie training tips

Drink Water! While playing, the body needs fluid replacement frequently. Make sure you bring a full water bottle to goalie practice to prevent dehydration. Drinking water also keeps those nasty muscle aches at bay -- so allow goalie up!

Should goalies also lift weights? Absolutely! Strong muscles are less prone to injury and increase speed, agility and endurance. Just don't forget to order a stretch!



36. Print this out and give to each player:

Food Sources

Carbohydrates are important in providing energy when exercising. They provide fuel. Simple carbohydrates have little to no food value. Simple sugars provide a quick fix. Complex carbohydrates are longer lasting and have more nutritional value. They are great sources of energy. They are an excellent food for the recovery process.

Examples of Complex Carbohydrates:

Grains: Bread, cereal, rice, pasta; Fruits: Fruits are all carbohydrates; Vegetables: Up to eighty percent carbohydrates; Milk: Fifty percent carbohydrates, fifty percent protein (Milk also contains an important mineral, calcium. Calcium is responsible for muscle contraction and relaxation; also, fast twitch muscle productivity.).

Examples of Simple Carbohydrates:

Fructose, lactose, sucrose and glucose – some fruits, juices, soft drinks and candy.

Protein is the primary source from which muscle is made. It plays a role in cell growth and, therefore, is a factor in developing muscle. Protein should be somewhere between fifteen to twenty percent of your daily calories. Sources of protein are: meats, fish, poultry, cheese, eggs, milk (dairy), nuts, legumes (beans), and whole grains.

Fat is an important part of your diet. Fats are known as oils or lipids. Insufficient amounts of fat in your diet can affect how well you burn carbohydrates. Fat and carbohydrates work together to provide energy. There are certain vitamins that require fat to help them be absorbed into your body. They are referred to as fat-soluble vitamins (A, D, E and K). In addition, fat is important in insulating and protecting your body. You need fat in your diet.

Vitamins and minerals have very specific functions in the body. Your body cannot make vitamins, and therefore, they need to be in your diet. Vitamins, although necessary, are not sources of energy (A, C, E, D, and B-complex). Minerals regulate many processes in the body. Some of them play a part in the ability of your muscles to work for periods of time. Examples of minerals are calcium, potassium, iron, chloride and sodium.

Sample Menu Ideas

The following are sample menu ideas we provide our hotels when we travel:

Breakfast: Selection of dry cereals, fresh fruit, hard boiled eggs, breads (bagels, toast, English muffins), peanut butter and jelly, orange juice, assorted juices, coffee, tea, water, skim and two-percent milk



Choose one daily: Pancakes, French toast, waffles

Lunch and Dinner: Have daily: Bread, rolls, peanut butter and jelly, fresh fruit, juice, ice tea, soda, water, coffee, plain rice or plain pasta. Main dish choices: Rice, potatoes (baked or fried), salad, vegetables, cold cuts (turkey, ham, cheese), pasta with marinara sauce on side, chicken dishes, fish, soups, pizza, Mexican night, lasagna, meat (a few times a week)

Dessert: Cookies, yogurt, fruit, pie or cake occasionally



37. Soccer Speed Training session

<p>General Warm-up</p> <p>1/2 to 1 mile jog</p> <p>Full Body Stretch</p> <p>Warm-up Speed Drills</p> <p>High Knees (3X30m)</p> <p>Heel-Glutes (3X30m)</p> <p>Carriocca (3X30m)</p> <p>1/2 Speed Striders (3X30m)</p>	<p>Week 1:</p> <p>Monday and Friday (sprint speed)</p> <p>3X30m (45 sec rest between reps)</p> <p>3X60m (45 sec rest between reps)</p> <p>3X90m (45 sec rest between reps)</p> <p>Wednesday (speed-endurance)</p> <p>Use a 3:1 Rest Ratio (ex. if it takes 30seconds to run 150m, then rest for 1:30 before the 200m)</p> <p>50m-100m-150m-200m-150m-100m-50m</p> <p>Repeat the pyramid one more time</p>
<p>Week 2:</p> <p>Monday and Friday</p> <p>5X30m (45 sec rest between reps)</p> <p>5X60m (45 sec rest between reps)</p> <p>5X90m (45 sec rest between reps)</p> <p>Wednesday (speed-endurance)</p> <p>Use a 2:1 Rest Ratio (ex. if it takes 30seconds to run 150m, then rest for 1:00 before the 200m)</p> <p>50m-100m-150m-200m-150m-100m-50m</p> <p>Repeat the pyramid two more times</p>	<p>Week 3:</p> <p>Monday and Friday</p> <p>6X30m (30 second rest between reps)</p> <p>6X60m (30 second rest between reps)</p> <p>6X90m (30 second rest between reps)</p> <p>Wednesday (speed-endurance)</p> <p>Use a 2:1 Rest Ratio (ex. if it takes 30seconds to run 150m, then rest for 1:00 before the 200m)</p> <p>50m-100m-150m-200m-250m-200m-150m-100m-50m</p> <p>Repeat the pyramid two more times</p>



38. Tactics and Team Management to Overcome 20 Match Hazards : Wind

If you get choice of ends, play with the wind at your back in the first half. The wind could stop or change by the second half. When playing against the wind, keep passes on the ground, make clearances wide. If the wind is very strong, clear everything from the defending third of your field, not just from the penalty area, and sort out possession in the midfield or attacking thirds.

39. Tactics and Team Management to Overcome 20 Match Hazards : Bad Sun Angle

If it is clear that sun be an extreme problem at one end during the second half, take that end during the first half if you have a choice. Otherwise, ask your captain to take the end with the least sun in your keeper's eyes during the first half. Clouds may arrive before half-time.

40. Tactics and Team Management to Overcome 20 Match Hazards : Rain

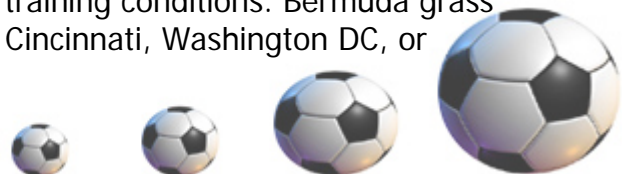
Ask your keeper to get body and hands behind every ball to ensure that a wet ball won't slip through a grip or skip through legs. Player communications will have to be louder.

41. Tactics and Team Management to Overcome 20 Match Hazards : Wet or Muddy Field

If standing water or mud stops instep passes, coach your players to loft their passes and to carry the ball in attack. In defense, don't play possession at the back. Keep a tight defending shape, and clear everything from the defending third into the midfield or attacking third first time. If standing water covers the center of the penalty area, play the ball wide and attack the goal by crossing or shoot from outside, rather than attacking by penetration on the dribble or with combination play.

42. Tactics and Team Management to Overcome 20 Match Hazards : Deep Grass

If deep grass makes long instep passing difficult, encourage your players to loft their passes to the wings and to space behind the last defenders, to play shorter combinations, and to carry the ball in attack. Instead of diagonal balls on the ground to the wings, play lofted diagonal passes. In defense, the deep grass will assist your defenders, so ask them to be patient and to keep the attackers in front of them, no diving in. Now, what's "deep grass" varies by your training conditions. Bermuda grass teams from Atlanta and Dallas find fescue fields in Cincinnati, Washington DC, or



Pleasanton,CA to be pretty slow going, but a team from St. Louis, Indianapolis, or Milwaukee would not notice any difference.

43. Tactics and Team Management to Overcome 20 Match Hazards : Hard Field With Clumpy Grass

If you are the home team, assess your team's skill with respect to the other team. If you are way ahead, select a game ball that is inflated to the legal maximum and let the other team struggle with a bouncing ball. If you are way behind, select a softer ball. Urge your players to keep the ball on the ground and to pass to feet. If the opposing team is a whack ball team, you'll want to coach your players to attack by combination play and dribbling, and to avoid passing the ball or crossing the ball into the space in front of the opposing defenders. Cross the ball or chip the ball into the space behind the central defenders instead, or play a through ball from midfield into this space. Ask one of your strikers to use the opposing sweeper as a starting position and to challenge for every ball so that the sweeper will not have the chance to clear cleanly. Ask your central defenders to keep more depth in their defending shape, and ensure that your wing mids and mid fielders track runners on loss of possession. Despite all the rude things we say about whack ball teams, many of them are decent at transition to attack, and they get people forward.

44. Tactics and Team Management to Overcome 20 Match Hazards : Narrow Field

Persuade your wing players to get all the way out to the touch-line in attack to make the best of a bad situation. Keep your strikers pushed up to get as much back to front shape as possible, since you don't have much in width. Take advantage of the narrowness of the field and attack with crosses from the wings.

45. Tactics and Team Management to Overcome 20 Match Hazards : Short Field

Unless the opponents play flat at the back and push out a lot, there will not be much chance to play through balls or use the space at the back of the defense. Ask your players to keep the ball on the ground and to attack by dribbling, by combination play to penetrate the penalty area, and by crossing attack from the wings. In defense, clears should use the full width of the field. Wing mids will need to check back to provide feet visible to the ball. Likewise, your strikers should take turns checking back into midfield to provide feet visible to the ball, but, at any moment, one of your strikers should be playing off of the opposing central defenders to provide someone forward to receive the ball.

46. Tactics and Team Management to Overcome 20 Match Hazards :Under inflated Ball



Experienced coaches, players, and referees can easily identify an under inflated ball by sound, but many referees are amazingly indifferent to under inflated balls. Most of these referees never played and don't touch the ball except to place it for kick off. Further, many referees do not realize that a properly inflated ball is amazingly hard. Ask the referee to check the ball when it goes in to touch. If you get no results, try again at half-time if you have a younger age team. Older boys teams routinely at the top level deliberately shank poor balls far into the woods where possible to force a change to a better ball.

47. Tactics and Team Management to Overcome 20 Match Hazards : Slippery Ball

Strangely enough, many balls issued at tournaments you attend in the future will be of "economy" quality or will have such a slick coating on the outside as to not be "keeper friendly". Prepare for this by roughing the surface of the ball before you play in case the field marshal requires you to use the bad ball. Take a full sheet of coarse grit sandpaper and a nail file to tournaments. Sand first, groove last.

48. Tactics and Team Management to Overcome 20 Match Hazards : No Warm-up Space

Move two automobiles and warm up with aerobics, isometrics, jogging in place, jumping, stretching, and partner serve ball touches in the space left behind. Touches can be volley back to chest with inside, outside, and instep of foot, thigh pops, chest and foot, headers, and so on. Send your team manager to get an exact time remaining figure from the linesman. Complete your parking space warm-up and move your team and equipment into position behind one of the teams playing the preceding game. Be ready to begin your first on-field exercise at the final whistle.

49. Tactics and Team Management to Overcome 20 Match Hazards : Excessive Referee Procedure

There is nothing in the laws of the game that says the referee is required to make a long speech to your team before the game, nor is the referee instructed to belittle women players condescendingly by calling them "ladies" and making jokes about their jewelry or boyfriends, or to otherwise waste your warm-up time with jokes and trivia with your team. This often does happen and you can stop it by challenging the referee to complete the equipment inspection and check the player passes. "Please ref, we need to complete our warm-up" is all you should have to say. Referees usually don't argue, and most of them know that they should be expediting the match, not appearing as the star entertainer.

50. Tactics and Team Management to Overcome 20 Match Hazards : Color Conflicts



Players should pack an alternate top, shorts, and socks. Select your uniform parts for maximum contrast. Don't worry about style. Zip lock freezer bags are popular for packing uniforms, as they keep everything dry and clean until use.

51. Tactics and Team Management to Overcome 20 Match Hazards : Holes or Sprinkler Heads

Check the field before you start warm-ups. Bring it to the attention of the referee as soon as the referee arrives. If there's not fill dirt available to safely fill and cover these dangerous ankle breakers, don't play the match. Your medical kit should have a plastic spade for this purpose. (REI and other outfitters sell these as "sanitary shovels".) As your team gets older and you move toward state cup play and important tournaments, there is no way that you can afford to have a player out 4 to 6 weeks with a serious ligament tear.

52. Tactics and Team Management to Overcome 20 Match Hazards : Unsafe Goals or Torn Nets

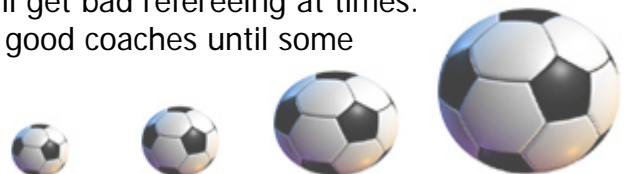
Check the field before you start warm-ups. Bring unsafe goals or torn nets to the attention of the referee. If the either goal appears to be structurally unsafe or in danger of tipping and there is no solution, don't play the match.

53. Tactics and Team Management to Overcome 20 Match Hazards : Lightning

Leave the field immediately. Put the kids into automobiles or a building. Lightning can occur at the front edge of a storm from a clear blue sky, and it can also occur in the middle or end of an otherwise light rain shower. Lightning can strike 8 or 10 miles from the heart of the storm. Because of this, there is no scientific way to decide if or when to resume. At WAGS years ago, a heuristic rule was used. Visible lightning stopped play for 15 minutes. Every subsequent lightning strike reset the clock to 0. There is no league or tournament match so important it can't be abandoned. Ignore the wrath of the parents, the referee, the field marshal, and your players. Your obligation as a coach is not to any of these people. Your obligation is to the young people your players will become later in life.

54. Tactics and Team Management to Overcome 20 Match Hazards : Bad Referee

Until many of our experienced youth players can get off to college, graduate, get jobs, and return home to referee, there will be a shortage of excellent referees who can read the game as well as you might like, so you will get bad refereeing at times. (Referees are thinking that there won't be enough good coaches until some



experienced youth players get back from college, and they are not wrong.) Meanwhile, you should not destroy or distract your team by losing your cool, it won't help. If the referee misinterprets a law of the game, does not keep up with play, or allows serious foul play, you can point this out at the time, contact the tournament committee, or write a short letter to the state youth referee administrator. If it's a league match at your field or an in-house club match, contact your club president, coaching director, and referee booker. Explain your complaint clearly, but don't beat them to death over it or they'll doubt your objectivity. If the referee says "red" when it should be "blue", you are out of luck.

55. Tactics and Team Management to Overcome 20 Match Hazards : Hostile Opposing Parents

Go through the referee, field marshal or the opposing coach and ask for help if there is abuse or profanity. Teach your players that hostile parents are just one of many distractions to be tuned out. Ensure that your team's parents understand that you would like them not to respond to the hostile opposing parents in any way, or to address any players on the field.

56. Tactics and Team Management to Overcome 20 Match Hazards : Your Abusive Team Parents

Let your assistant run the team. Walk around the field and speak privately with the offending parents, one at a time. Ask them to help you out by not talking to the players. Parents should say "nice shot", "great pass", and "well done", and that's about it. Well-meaning parents can undermine your teaching, and abusive parents can permanently wreck their own kid's psychology to the point their own player has less confidence and mental toughness than Barney Fife. This is ironic, because the same abusive parents would go to court to stop a teacher from abusing their player in the same way.

57. Tactics and Team Management to Overcome 20 Match Hazards : Bad Directions

Players getting lost on the way to fields contributes to poor warm-ups and bad match results. When playing away in league play, get directions from the opposing coach, check them with another coach in your club or with maps from your state office, and drive to the field on your own before your last practice before the match. Make sure that each of your players has a map, and take a copy of the map to your office to FAX to the dad of the player who did not attend your last practice. On the night before the game, update your hot line message to include the uniform of the day and directions to the field

