



# **The LUSC Way:**

## **11 Thoughts on How to Be a Great Volunteer Coach**

*“The health of the team is reflected in the face of the coach.”*

*- Arsene Wenger*



# The 7 Be's

- **Be Kind**
- **Be Prepared**
- **Be Present**
- **Be Age Appropriate**
- **Be Patient**
- **Be Consistent**
- **Be a Role Model**



# Be Kind

- Create a Welcoming Environment
- Kids crave a safe place to learn and enjoy the game of soccer
- The coach is the centerpiece in creating this atmosphere.
- Smile!



# Be Prepared

LUSC will provide you with tremendous support throughout your coaching journey:

- practice plans
- professional staff
- model sessions
- coaching demos
- website full of material



# Be Present

- Both physically and emotionally. When you're present you engage your players & develop healthy relationships.
- **Caution:** Leave work at the office for the time you are on the field with your players. Our children deserve our engagement and carrying outside distractions to the field can impact both the players and your own enjoyment in a negative manner.



# Be Patient

- 10 years to create a player (Ajax)
- 10,000 hour rule- the accepted norm for the time it takes for anyone to become a master in their field



# Be Developmentally Appropriate



“Provide them with the appropriate diet” Tosh Farrell, Former Everton Youth Director





# Be Consistent

This will help foster the safe environment children crave.

- It's important that the player (child) has an expectation of what is expected. When there is no consistency, it negatively impacts the learning process.
- Provide a similar structure to all of your practices.
- Try to limit mood swings. Erratic behavior can be very disruptive to the learning process.



# Be a Role Model

For both players and parents!

- The Coach that is punctual has players that are punctual.
- The Coach that is composed will instill composure not only in his/her players, but the parents as well.
- The Coach that is tardy, will have players that are consistently late
- The Coach that gets flustered at every misfortune and harps on the players and official, will have parents that follow suit.



## **3 Don'ts**

- **Don't Be a Puppet Master**
- **Don't Be a Perfectionist**
- **Don't Lose Perspective**



# Don't Be a Puppet Master

Soccer is a player's game. We don't get to orchestrate the plays and call timeouts. We have to trust our players and allow them to make decisions.





# Don't Be a Perfectionist

- Mistakes will happen. This a good thing since it will allow for the player to learn from their mistakes, persevere through it, and grow.
- The 75/25 rule. An ideal practice should consist of 75% success and 25% struggle. This means the kids were challenged appropriately in that they experienced lots of success, but also had the opportunity to fail and know there is still work to be done.
- 100% success may be fun to watch, but it won't challenge the kids to push beyond their current level.



# Don't Lose Perspective

- We are all here because we care about the children in the Lexington community. We hope to instill life skills in our children while teaching the game of soccer. If we fail in the life skills department it doesn't matter how well we do in the soccer department.
- One incident example. All the goodwill you have built up over a season or career as a coach can be discarded with a single over the top incident. Kids are impressionable and when we lose perspective bad things happen.



# 1 Final Thought

**Enjoy the Journey!**

It's supposed to be fun.  
The more you enjoy  
the experience of  
coaching, the more  
the kids you coach  
will enjoy playing as  
well.

