



Thanks for volunteering your time to coach in the WISC/Sharks Rec Soccer League! We appreciate your time and look forward to a great season. We have listed some important information below to aide you in your coaching. Please let us know if you have any questions or concerns. Have fun this season!

### Philosophy

- Coaches have the unique opportunity to help shape and form kids in the sport of soccer and in life.
- Our goal is to create a positive and fun environment that encourages a genuine enjoyment for the sport while teaching the fundamentals of the game to help them succeed.
- **If you have fun, the kids will have fun!**

### Practices

- Each team will practice one hour each week. **If you have to miss a practice or game please let us know and see if another parent can step in for you.**
- We have some great resources to help you coach. Check out the **Mojo App** to set up your season long curriculum. It's easy and it has some great videos.
- You don't need to have coaching experience or to even have played to be a successful coach. Have a plan. Here is a basic structure you should follow:

**0-10 Minutes** - Warm Up Stretch

**10-20 Minutes** - Skill of the week (dribbling, passing, shooting, trapping...)

**20-40 Minutes** - 1-2 games that work on that skill

**40-60 Minutes** - Scrimmage

- Coaches do not have to follow the exact curriculum and can use their own games if they so choose. If it isn't working, move on!
- **Stay away from the three L's!** No Lines, No Laps and No Lectures. We want to keep the kids active during the entire practice with drills and games without have them just running, standing in line too long for a drill or sitting while you explain things for 15 minutes. Certainly you have to teach them and may go over some formations but keep that down to a few minutes.
- **If you need help on something don't hesitate to ask our staff!**

### Games

- Be sure to play all the kids during games. We realize some kids are going to be stronger than others. However, this is a rec league and we need to make sure all the kids get sufficient playing time.
- Be positive and encourage the kids. We will not tolerate screaming or yelling at kids. We don't mind coaches getting into the games and getting excited, as long as it does not negatively affect the game.
- Show good sportsmanship before, during and after games. Please do not yell at the other coach, players or referee. Players and parents will tend to follow your lead on that and we want to set a good example.