



GLoucester DRAGONS RECREATIONAL SOCCER

Coaching Do's and Don'ts

Do

1. Communicate often with your players and parents. Tell them what is going on.
2. Get help from other parents (assistants, first aid, refreshments, etc).
3. Get coach training for yourself and parent volunteers (free from the Dragons) and always strive to improve yourself as a coach.
4. Be prepared for practice; make it well-structured, active and fun.
5. Be punctual for games and practices.
6. If feasible, all players should get equal playing time.
7. Be positive, enthusiastic and have fun.
8. Dress appropriately.
9. At games, ask parents to sit on the opposite side of the field from the players.
10. Introduce yourself to the other team's coach before the game.
11. Encourage your team...and the opponent.
12. Teach fair play, respect and sportsmanship; set an example.
13. Praise good play, creativity, and improvement, not just goals.
14. Insist that at least one parent be present for games and practices at the U5 to U11 levels.
15. Inform the parent if their child is injured.
16. Know the Laws of the Game.
17. Review the code of conduct (in the Handbook) with your players and parents.
18. Intervene immediately if you detect inappropriate behaviour (bullying, racism, foul language, rough play, etc.) on the part of your players or their parents.
19. Focus on individual player development, not just on winning.
20. Have a proper warm-up and cool-down before and after every activity.
21. If you would like to approach the referee to request an explanation of a call (not to argue for a *change* in the call), please do so in a calm and respectful manner and only at half-time or after the game.

Don't

1. **Criticize or argue with the referee or the other team's coach, players or parents.**
 2. Scold a player for making a mistake.
 3. Run up the score (max. 5-goal spread).
 4. Make a habit of directing the game from the sidelines.
 5. Leave a child unattended at the end of a game or practice.
 6. Try to win at all costs.
 7. Take yourself too seriously.
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