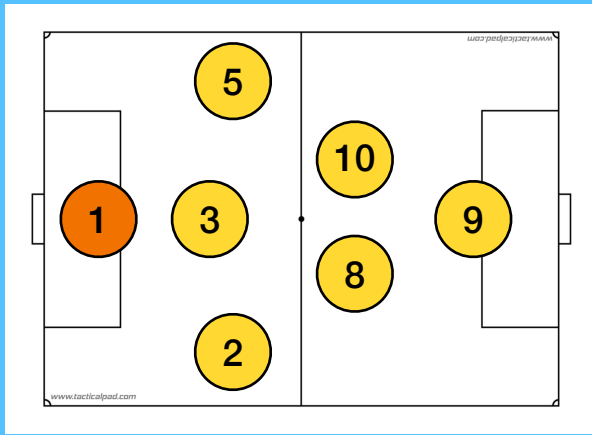


# TEAM FORMATION



- When the team has the ball, encourage players to contribute to creating and scoring goals.
- When the team does not have the ball, encourage players to contribute to recovering the ball.
- Everybody cooperates at all times.

# MATCH-DAY

- Make sure you have everything you will need before leaving home (balls, cones, bibs, board, markers, etc.).
- T-45: Meet with the players at the ground.
- T-40: Make sure everyone's gear is in order.
- T-25: Pre-match talk.
- T-15: Warm-up.
- T+5: Post-match talk.
- Make sure each player leaves with a responsible adult.

# GAME TIME & ROLE DISTRIBUTION

- Every player should play a similar amount of minutes. There can only be significant differences in game time due to missing training, arriving late to the match, disrespectful behaviour or injury.
- All outfield players should play in AT LEAST two different positions during the same match. If the team doesn't have a goalkeeper then all players will take turns at goal (not necessarily in the same game).
- Decisions on the positions in which each player will play should be guided by the principle of DEVELOPMENT. Avoid making decisions on *performance*, *talent* and *quality* for junior players.
- We must make sure that ALL players have the SAME opportunities to learn, develop and enjoy the game.

# PRE-MATCH TALK

- **Announce starting line up to the players. Avoid the word "reserves". Explain that everyone will enjoy of a similar game time.**
- **Help the players to set a game-related goal they would like to achieve during the match (e.g. *creating more scoring chances than the opponent*).**
- **Help the players to set a value-related goal they would like to achieve during the match (e.g. *enjoy the match by helping my teammates*).**
- **Pick a team captain (each week a different player) who will be in charge of leading the warm-up.**

# HALF-TIME TALK

- **Give a few minutes to the players to rest and hydrate.**
- **Ask the players what they think the opponents are doing well.**
- **Ask the players what they think we are doing well, based on the match goals (game + value).**
- **Ask the players what they think we could do better, based on the match goals (game + value).**
- **Be calm and positive. Matches are just another learning opportunity!**

# WARM-UP

- **Rondo (5')**
- **Passing activity (5')**
- **3 sprints**

# DURING THE MATCH

- **Be a ROLE MODEL for sportsmanship.**
- **Respect the opponents and the referees. That includes decisions we may not agree with.**
- **Never yell at the players.**
- **Avoid telling players what to do - let them play!**
- **Encourage and praise their efforts and actions.**

# AFTER THE MATCH

- **Shake hands with opponents, referees and teammates.**
- **Bring the players in and ask them to reflect about what the opponents did well.**
- **Ask players to reflect about what we did well and what we could have done differently.**
- **Guide them through the process. Encourage debate. Acknowledge effort, not results or performance.**