



BGSC Coaches Guidelines and Responsibilities

Training:

- BGSC Training Staff will prepare and run all Training Sessions.
- Coaches should assist the BGSC Training Staff when needed. Please assist in providing players with individual coaching points, fixing technique, etc.
- Training sessions are geared towards providing our players with as much soccer as possible.
- Limit coaching points and stoppages to allow the maximum amount of playing possible.
- Training Times/Dates/Cancelations/Changes will be determined by the Club. There will be no additional sessions permitted unless approved by the DOC.
- Coaches will enforce dress code – Players will train in their BGSC Training Kit.
- Coaches should dress professionally at all BGSC Training Session (Athletic shorts, shirts, etc..)
- Please promote Drop In's for your players. Drop ins provide the opportunity for extra touches which in return makes our players and teams better!

While at Games:

- Coaches will arrive 30 minutes prior to the start of every game.
- Warm up will start 25 minutes prior to the start of the game.
- Warm up will consist of a Passing Series, Possession Game, and a Finishing exercise.
- Players will be provided with the opportunity to play different positions throughout the season. This helps with individual player development, and creates an overall more rounded player for your team!
- Please use positive coaching methods when coaching.
- Refrain from only pointing out the negative; be sure to provide positive feedback as well.
- **DO NOT OVERCOACH!** Let the players play the game. It is easy to point out the mistakes. Provide simple pointers throughout the game, but let the players solve the problems on the field.
- Take notes of common tendencies and mistakes. Share your notes with the DOC. We will work on those items at the next week's training sessions.
- **Refrain from being vocal towards the referee.**
- ****Coaches will be respectful to their players, referees, opponents, and spectators.****