



PRE GAME TEAM TALK

A good pre-match team talk for kids should aim to inspire and motivate while also providing some practical advice. Here's a sample:

"Hey team! Today is our big day! I'm so proud of each and every one of you for all the hard work you've put in. Remember, the most important thing out there is to have fun and give it your all.

We've practiced and trained really well, now it's time to show everyone what we're made of. When we step onto that pitch, we're not just a group of individuals, we're a team. We support each other, we communicate, and we play with heart.

No matter what happens out there, I want you to know that I believe in you. Believe in yourselves too. Trust your skills, trust your teammates.

So let's go out there, give it everything we've got, and remember to enjoy the game!"

The core message of encouragement, teamwork, and fun should remain consistent throughout the season!

HALF-TIME TEAM TALK

For a half-time team talk with kids, it's good to strike a balance between motivation, encouragement, and constructive feedback. Here's a simple and effective half-time team talk:

"Alright, team, gather around. You've all been doing great out there! I've seen some fantastic effort and teamwork. Remember, the most important thing is to have fun and enjoy the game.

Now, let's focus on a few things for the second half. First off, keep communicating with each other on the field. Let your teammates know where you are and support each other every step of the way.

Secondly, remember our game plan. We've practiced our passing and dribbling skills, so let's use them to keep possession and create scoring opportunities.

Also, stay disciplined. Keep your positions and stay organized defensively. And if we make mistakes, don't worry about them. Learn from them and keep pushing forward.

Lastly, stay positive! We're a team, so let's go out there in the second half, give it our all, and have fun!"

Encouraging words, reminders of strategy, and emphasizing teamwork and enjoyment can go a long way in motivating kids during halftime.



POST GAME TEAM TALK

After a match, it's important to provide encouragement and constructive feedback to kids. Here's a good post-match team talk for kids:

"Hey team. First off, I want to say great job out there today. You all showed fantastic teamwork and determination on the field. I'm proud of each and every one of you.

Remember, whether we win or lose, what matters most is how we played the game and how we supported each other. Today, we gave it our all, and that's something to be proud of.

Now, let's talk about what we did well. I saw some amazing passes, great defense, and some excellent shots on goal. Keep up the good work in those areas.

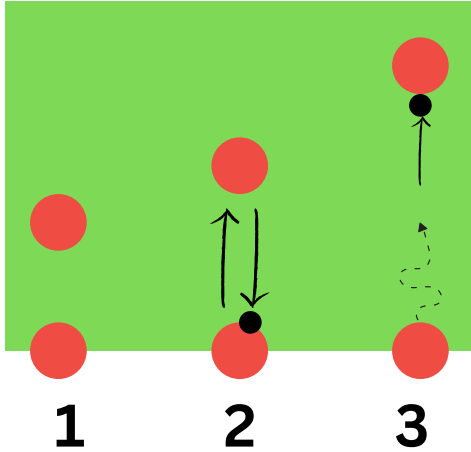
Of course, there are always things we can improve on. Maybe we need to work on communication on the field, or perhaps we need to practice certain skills a bit more. That's okay! Every game is a chance for us to learn and grow as a team.

Remember, the most important thing is to have fun and enjoy playing the game we love. Win, lose or draw, we're a team, and we support each other. So let's keep our heads up, stay positive, and get ready for the next game.

Great job today!!"

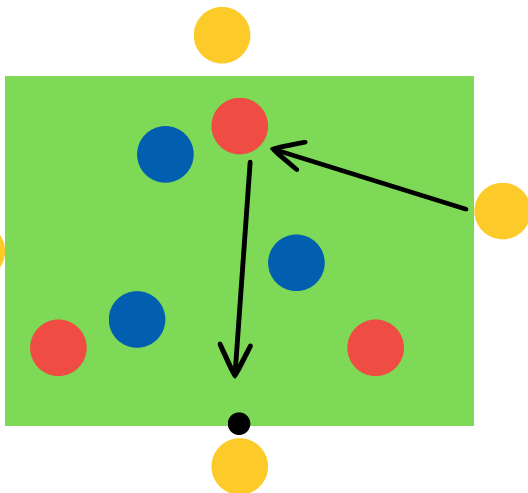


PRE GAME WARM UP



Warm Up - Passing In pairs (5-7 minutes)

- 1: Start 2 metres apart facing each other. Play short 1-touch passes (1 minute)
- 2: Increase distance to 8 metres apart. Play passes -back and forth using 2-touch. (90 seconds)
- 3: Increase distance to 15 metres. Player with ball dribbles about half-way, passes to partner and quickly moves back to where s/he started. Partner does the same thing (90 seconds)

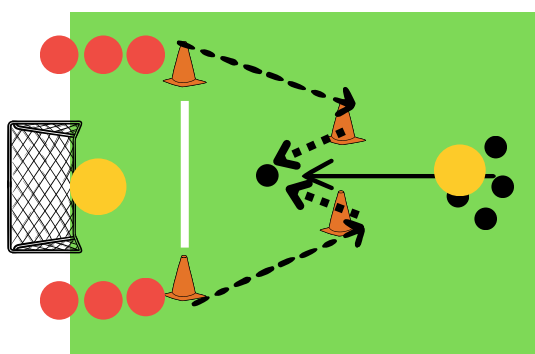


Warm Up - Possession (8-10 minutes)

Create 20x20m area and split group into 3 teams

- 1 team on outside who play for the team in possession
- 2 teams in the middle playing against each other
- 10 passes in a row WINS!

Swap outside team every 2-3 minutes



Warm Up - Finishing (5-7 minutes)

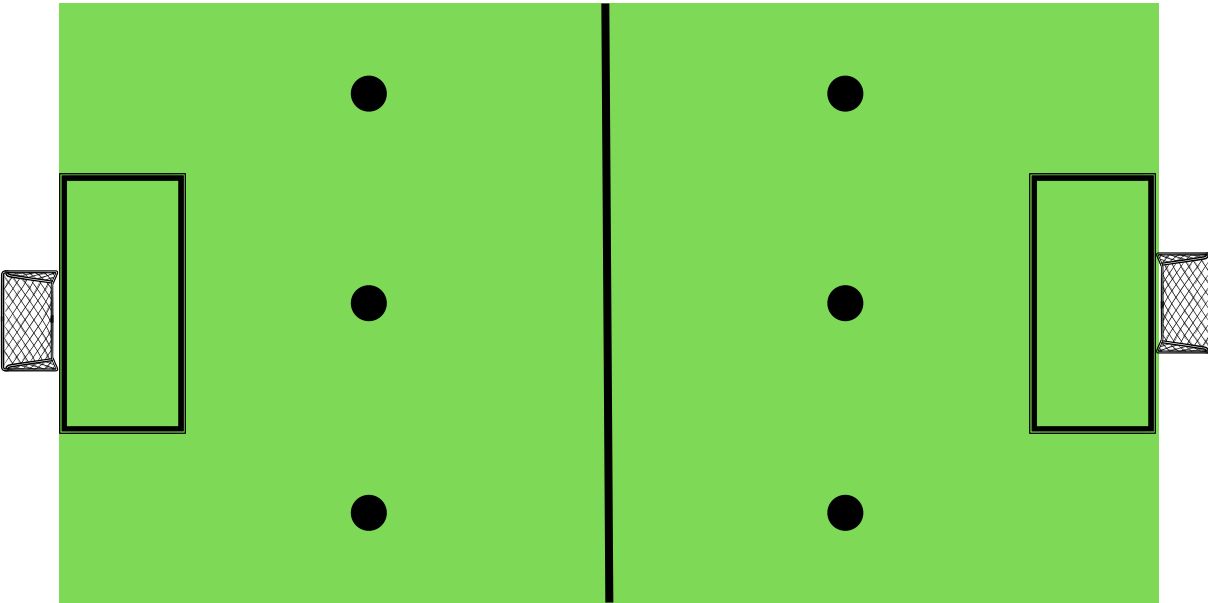
Split group into 2 teams with each team standing behind a their cone. When coach rolls/passes the ball through the gate, the players at the front of the line, race through gate and attempt to score.

- 5 seconds to score
- As soon as goal scored or ball goes dead, roll next ball.

Progression:

- must be past cones (white line shown in diagram) before shooting

FIELD DIMENSIONS



9/10th Grade - 55m x 35m

- Goal box 8x12m
- Retreating line 18m (flat discs)

11/12th Grade - 70m x 50m (half of full size field)

- Goal box 8x12m
- Retreating line 23m