

# Management

## - The captain is an extension of the coaching staff and should serve as a "go between" for the players.

This section provides you with information on outlining players responsibilities during the season, how to handle disruptive players and suggestions for selecting your team captain.

Players responsibilities:

Hand to your players at first team meeting.

### **Ready to Play**

Players should bring the following with them to every training session:

Inflated ball.

Their own cool water (cool water is absorbed faster).

Shin guards.

Soccer shoes and indoor shoes (be prepared for the weather).

Tape.

Extra shoe laces.

Emergency phone #'s.

A complete change of clothes (especially socks).

Keepers bring gloves, shirt and long pants in case the field is poor.

In short, you should be ready for anything! Put these items in your bag the night before your session so that you do not have to hunt them down and thus be late for training the next morning! Be at practice 10-15 minutes early, in time to get your gear on so that you are ready to start on time.

### **Practicing on your own**

The best thing that you can do is get your friends together, set up a field, choose sides and play. Sometimes, invite players that are older than you, and better. The most important thing is that you play, whether it is 1 v 1, 2 v 2, 4 v 4, or even 2 v 3. It doesn't matter, just play.

If you cannot get others to join you, spend as much time with the ball as you can. Find a wall to kick against, invent juggling games for yourself, try to chip a ball into a garbage can from various distances, be creative, have fun. You have to claim responsibility for your own development. Once you realize how much fun it is to play the game with skill, you may never want to stop!

### **Selecting a Team Captain:**

Careful consideration should apply when selecting your team captain. Some coaches allow the players to vote for their captain. However, this can become a popularity contest and sometimes result in the wrong player being selected. The captain is an extension of the coaching staff and should serve as a "go between" for the players. On occasion players feel a little uneasy talking directly to the coach, so relaying their concerns through the team captain is an alternative.

The captain should have several attributes. Below is a checklist of the qualities you should look for in a team captain:

#### **A team captain must:**

- Be a leader on and off the field.
- Be a starter on the team.
- Be positive and encouraging to teammates.
- Be vocal.
- Be respected.
- Be honest.
- Be a good sportsman.
- Be level headed and not get into fights on the field.
- Be reliable.
- Be loyal.

Once you have made your choice of team captain, an individual meeting should be arranged. During the meeting you should explain the roles and responsibilities of being the captain.

#### **Here are some assignments for your team captain:**

- Take the team for warm ups during practice and pre-game.
- Greet game officials.
- Coin toss
- Selecting sides for kick off.
- Hold informal team meetings.
- Help collect equipment at end of practice.

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