

Match Management

Game Day Approach

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Match Management

Pre-Game

- Begins the training session before the match
- Meal and rest the night before the match
- Meal before the match
- Time to meet at the field
 - Dress out?
- Warm-up
- Line-up
- Water
- Kick-off

Post-Game

- Rehydration/regeneration with low-fat chocolate milk
- Care for injuries
- Cool-down
- No postmortem
- A few positive highlights
- Any player of note
- Reminder on post-game meal
- Proper rest



Match Management

- Warm-Up
 - For U6 just show up and play.
 - For U8 dribbling game and balance exercise.
 - For U10 & U12 rhythmic movement (skipping, hopping), small group game and balance exercise.
 - For U14 to U19 follow the FIFA 11+ routine.



Match Management

Advice to captain on coin toss choice.

- Ball or end of field
- Field condition
 - Dry/hard
 - Wet
 - Ice/snow
 - Bumpy
 - Type/height of grass
 - impacts roll (speed) & bounce of the ball
- Wind
 - affects the flight of the ball (advantages?)
- Sun/floodlights
 - affects sight of high balls (impact on goalkeepers, choice of when and why to play high balls – put the sun in opposing keeper's eyes)



Match Management

U6-U12 Pre-game

- Coaches arrive 30 minutes prior to kickoff
- Set responsibilities with staff
- Consider the environmental conditions
- 10-20 minutes of actual warm-up [10 minutes for U6; 15 minutes for U8; 20 minutes for U10]
 - individual warm-up [U6, U8, U10]
 - pairs [U8, U10]
 - small group [U10] {possession activities, directional games}
- U10/U12
 - introduce GK into game/warm-up
 - introduce dynamic stretching to promote good habits
- Starting line-up
 - Do not over-emphasize position and tactics – avoid specific positions
- Team huddle
 - Final instruction/reminders – cheer!
- Where will the team go for halftime?

➤ Excerpt from the US Youth Soccer Player Development Model (Appendix B)



Match Management



Match Management

1st Half

- Time to settle into the match before critical analysis
- General analysis in the thirds
- Proper matchups
- Key player roles
- Game plan is correct or needs adjustment
- Execution at set plays
- Individual performance
- Substitutions (limited?)
- Thinking about half-time

2nd Half

- Line up
- Any formation modification?
- Special assignments?
- Proper matchups based on opponent's changes
- Key players leading
- Execution at set plays
- Execution of 2nd half game plan
- Substitutions
- Thinking about post-match



Match Management

U14 – U19 Game

- Start game, sit down and enjoy the game
- Finding a balance between the puppet master, cheerleader and silent “non-existent” coach
 - Stay within the technical area
 - Limit coaching!
- Be sure all players get playing time
- Take notes
 - Attacking and defensive strengths and weaknesses
 - Individual, small group and team strengths/weaknesses
- Tactical adjustments
 - Which Principles of Play can be addressed at half-time?
- Allow players to play extended times {getting into the flow of the game and make mistakes, play through it and figure it out}

» Excerpt from the US Youth Soccer Player Development Model (Appendix B)



Match Management

- Manage your technical area.
 - Staff
 - Reserve players
 - Player health – water, first aid
- Interacting with reserve players.
- Speak with player coming off at a substitution.
- Replacing an injured player.
 - Action plan for major injury
- Dealing with a player being cautioned or ejected.
- Control your players if a fight occurs.



Match Management

DEFENDING

- How quickly does the team make the transition to defense? Are they consistent?
- Communication within the team...
 - Does it exist?
 - Is it effective?
 - Are the key players taking responsibility?
- Compactness...
 - Horizontal
 - Vertical
 - How quickly does the team make the transition to defense? Are they consistent?
 - Does the team know how to stay together and execute in groups?





Match Management

Can the players execute offensive ball skills?

Quality of the 1st touch – Receiving, Passing, Shooting

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Match Management

Goalkeeper

How does the goalkeeper interact with his/her teammates in the first five minutes of the match?

Does the goalkeeper stay physically and verbally connected to the team?

How is the goalkeeper's organization of his/her team while defending at free kicks and corners?

Does the goalkeeper think and act as an attacker when his/her team is in possession?





Match Management

During the match coaches should observe more than verbally direct the players.

Have a professional appearance.

Remain composed to give your players confident leadership.



Match Management

Adjustments to formation, team tactics or individual assignments must be within the understanding and capabilities of the players.

BE REALISTIC

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Match Management

Coaching Staff

- How is the interaction with the players before, during and after the match?
- What are the actions during the match?
 - Coaching position
 - Communication
- Is there any involvement with the reserves?
- Does the head coach involve/consult with the staff?
- Does the coach consider the match a competitive learning opportunity or solely focused on outcome?
- What interaction is there with the opposing staff and players before, during and after the match?
- What is the staff demeanor, tone and appearance?
- Does the staff direct the organization of the bench area, team equipment and players' sportsmanship?



Match Management

Mental

- In general how do the players react to:
 - Opponents
 - A foul
 - High pressure
 - Tight marking
 - Verbal exchanges
 - Respect
- How do the players respond to climatic and field conditions?
- How do individuals and the team react to referee calls?



Match Management

Half-Time

- Is first aid given when needed?
- How is hydration handled?
- Where does the team meet and why?
- Is the halftime talk player and coach dialogue or a monologue by the coach?
- What is the last thing done by the team before retaking the pitch?



Match Management

2nd Half

- After 5 minutes are the players working to execute the game plan?
- Impact of fatigue
 - Timing of substitution
 - Who to take off & who to put on?
- Will the match end at regulation time or go into extra time or to PKs? Impacts the coach's decisions on substitutes.



Match Management

Your team is playing for the oldest youth national championship in the USA – The McGuire Cup [inaugurated in 1935]. The match is being televised live on Fox Soccer Channel. There are 3500 fans watching in the stands.

Can you give your team confident and assured leadership?

Can you keep your perspective to help keep your team on an even keel?



Match Management

- Scenarios:
- Your team is dominating an opponent (or being dominated by an opponent), what can the coach do with his/her team to make it more competitive?
- Down/Up by a goal with 10 minutes left in the match. Tactics?



Match Management

Post-Match Recovery

- Chocolate Milk (low-fat)
- Can affect performance at the next match or training session.
- Can help reduce the chances of injury.
- Boost the health, well-being of your athletes.



Match Management

Post Match

- Shake hands with opposing coaches, players and the match referees. Set the right example regardless of the match outcome.
- Care for any injuries
- Rehydration
- Cool-down
 - Easy movement – range of motion stretching
 - Static stretching
- Player of note to mention?
- Thank you & dismissal



Match Management

References

- Coaches Connection – Analysis Assignments
- US Youth Soccer Player Development Model



Match Management

Together
Everyone
Achieves
More



T. E. A. M.

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