



Training Expectations

1. **Plan Ahead:** Coaches should create a detailed practice plan before each session using Sports Session Planner and following the curriculum put forth by Liverpool FC. A coach can click and drag from the extensive library provided to build the blocks of their session, or create new content as long as it is within the framework provided by LFC.
2. **Warm-Up Routine:** Begin each practice with a dynamic warm-up routine to prepare players physically and mentally for the session ahead. This warm-up routine will be provided to you by our Sports Performance personnel.
3. **Keep it Fun:** Incorporate fun and interactive drills/games to keep players engaged and motivated throughout the practice. Variety is key to maintaining enthusiasm and interest.
4. **Focus on Fundamentals:** Allocate time during each practice to focus on fundamental skills such as dribbling, passing, shooting, and defending. Break down complex skills into smaller, manageable components for players to master. Be realistic about the level of the team and build a foundation of the basics if needed, regardless of age.
5. **Individualized Attention:** Provide individualized attention and feedback to players during drills and activities. Offer constructive criticism and praise to encourage improvement and boost confidence. Make notes for evaluations if something stands out.
6. **Small-Sided Games:** Integrate small-sided games (e.g., 3v3, 4v4) into practices, when possible, to promote teamwork, decision-making, and spatial awareness. These games mimic real match situations and allow players to apply learned skills in a competitive yet supportive environment.
7. **Rotate Positions:** Encourage players to experience different positions on the field during practices. This helps them develop a well-rounded understanding of the game and fosters versatility within the team.
8. **Positive Reinforcement:** Emphasize positive reinforcement and encouragement to build players' confidence and self-esteem. Celebrate successes, no matter how



small, and create a supportive atmosphere where players feel valued and motivated to improve.

9. **Respect for Others:** Teach players to respect their coaches, teammates, opponents, and referees. Emphasize good sportsmanship and fair play at all times. Set a positive example for players by demonstrating good sportsmanship, professionalism, and a passion for the game. Your attitude and behavior will influence the team culture.
10. **Stay Organized:** Maintain a structured and organized practice environment. Clearly communicate instructions and expectations to players, and efficiently manage time to maximize productivity during each session. Add times to each block of your session and try to stick to it. If your time is not accurate, adjust it for that section of your next training session.
11. **Safety First:** Prioritize the safety and well-being of players at all times. Ensure that practice facilities are safe and free of hazards, and provide proper supervision during drills and activities to prevent injuries. Players must wear shin guards at all times.
12. **Reflect and Adapt:** Reflect on each practice session to evaluate what worked well and areas for improvement. Create a written log of this that can be shared with supervisors at various times throughout the year. Adapt future practice plans based on player feedback, performance observations, and evolving team dynamics.
13. **Communication with Parents:** Keep lines of communication open with parents, providing updates on practice schedules, team progress, and individual player development. Encourage parental involvement and support in fostering a positive and enriching soccer experience for their children.
14. **Safety after Training:** Make sure that every child has been picked up by a parent or guardian before leaving the fields.

Equipment Management

1. **Clear Communication:** Coaches should communicate openly about equipment needs and availability. Any borrowing of equipment requires a text message to be sent from the borrowing coach to the coach being borrowed from prior to using the equipment. You do not need an answer prior to use.



2. **Respect Equipment:** Coaches should treat all equipment with care and respect. This includes properly storing it after use and reporting any damages or issues promptly.
3. **Equitable Sharing:** It is important to recognize that we are all part of the same team and must be respectful to each other. An example of this would be to not create a practice plan that requires two goals at a time when the fields are full of teams. Instead, adapt the session to use bazooka goals on one side of the drill.
4. **Return Policy:** Borrowed equipment should be returned promptly and in the same condition as when it was borrowed. Coaches are responsible for any damages incurred while the equipment is in their possession.
5. **Labeling:** Clearly label all equipment with the owner's name or team affiliation to avoid confusion and facilitate easy identification.
6. **Hygiene Practices:** Encourage coaches to maintain cleanliness and hygiene standards when using shared equipment. This includes regular cleaning and disinfecting in a situation where highly contagious health concerns are prevalent such as the covid outbreak.
7. **Resolving Disputes:** If you feel that another coach is not being considerate in their use of equipment, establish open communication and mediation to find mutually agreeable solutions. If there is no resolution, seek help from your immediate supervisor.
8. **Goals:** Goals must be locked up every night. Check with the next coach after you use the goals, and if they do not need them, lock them away, even if there are more sessions later. Last coaches on the fields must always ensure that the goals are locked. If the last coaches are not using the goals but the goals are not locked, please inform the equipment manager so that she can remind the other coaches.