



SANDRINGHAM SC MATCH DAY PLANNING

TEAM: _____

MATCH PREPARATION SCHEDULE

- | | | | |
|------------------------|-------------------------|--------------|-------------------------|
| 1. Arrive at venue | _____ minutes before KO | 5. Team talk | _____ minutes before KO |
| 2. Players get changed | _____ minutes before KO | 6. Huddle | _____ minutes before KO |
| 3. Warm up | _____ minutes before KO | Other: | |
| 4. Free time | _____ minutes before KO | 7. _____ | _____ minutes before KO |

WHEN WILL YOU PLAN THE PRE-GAME TEAM TALK AND STARTING LINE UP?

At the venue On the way to the venue At breakfast The day before No need to plan

WHEN WILL YOU HAVE YOUR PRE-MATCH TEAM TALK?

In dressing room On the bench before we start Won't have one

WHEN SHOULD PLAYERS PUT THEIR SHIN PADS ON?

Before leaving When in change rooms After warm up

WHO SETS UP WARM UP AREA

Coach Assistant

WARM UP CONTENT

Run-throughs Passing drill Shots Keepings off 5v5 half court with tactics Possession

WHO WARMS THE GOALKEEPER/S UP?

Coach Assistant Themselves Team Manager Parent

IF PLAYERS HAVE A PROBLEM, THEY SHOULD SPEAK TO:

Coach Assistant Team Manager

HOW WILL YOU RECORD GAME TIME

Coach Assistant Substitutes

WHO WILL RECORD STATS

Coach Assistant Won't record stats

HOW WILL YOU COMMUNICATE WITH PLAYERS DURING THE GAME

Coach: Constantly When needed Never

Assistant: Constantly When needed Never

HALF TIME TEAM TALK STRUCTURE

Coach: Talk to group whole time Talk to group some of the time Individual talks Free time for players

Assistant: Talk to group some of the time Individual talks Do nothing

IF A PLAYER GETS A YELLOW CARD / IS BEING STUPID (REF ABUSE, PLAYING TOO AGGRESSIVELY ETC)

Automatically subbed off Continue but tell them to be smarter Player can choose to be subbed

IF A PLAYER KNOCKS AN OPPONENT OVER

Apologise Help them up Don't worry, part of the game

AFTER MATCH HAS FINISHED

Team talk Cool down Talk to parents Get changed

TEAM ATTITUDE TOWARDS CLEANLINESS

Leave change rooms tidy Leave benches tidy Keep drink bottles and bags neat Not important