



COACH EDUCATOR'S GUIDE

FUTURE LEADERS OF AMERICA:

The coach-educator's interest centers on the child. The coach-educator's main, essential mission is to ensure the child's development in sporting, social, psychological and educational terms.

The coach-educator knows the game and knows the players. Of course, a coach-educator will not know everything, even in his/her own subject. However, the coach-educator must have a very good understanding of the messages to be communicated. Victories and defeats are nothing compared with what football can promote in terms of human and social values. Football is a vital aid in training future citizens and encouraging young people's inclusion in society. Football can be a marvelous tool in conveying such values as respect, solidarity, mutual support, sharing, etc

The Coach Mentor's Mission: The coach-educator's mission, or indeed vocation, means sharing, giving, communicating and interacting with others and taking enjoyment in this.

A coach-educator's educational mission is essentially to convey knowledge and social skills. To achieve this, the coach-educator must know the child, understand his/her characteristics and take into account age and skills. In short, the coach-educator must teach through encouragement and achievement.

Play is children's main activity. Play is an essential need, innate in all children. Thus, the main objectives of FLOA football/soccer are to introduce children to football and initiate them in the practice of football/soccer through play.

Football/soccer in small-sided games, on small pitches, addresses both of these needs. On small pitches/fields, which are better suited to their physiological capacities, young footballers get more touches of the ball and learn to control and use the ball.

The coach-educator's mission is to promote learning through play. Play is an enjoyable way for children to learn. Play is an excellent way of developing psychomotor skills and allowing children to relax and overcome anxiety. It encourages children to take initiatives and risks and also encourages invention. Simply enjoying football together and sharing the moment

Goals of Coach Mentor:

The GOALS of the coach-educator

- Enjoy working with the children.
- Get to know the children very well.
- Be a point of reference for the children.
- Set high standards but be tolerant.

- [Listen to](#) the children.



- Keep [communicating](#).
- Instill confidence in the children and reassure them.
- Develop team spirit.
- Encourage initiative and risk-taking in individuals.
- Focus on the “spirit of the game” rather than errors.
- Teach by encouragement.

Behavior to be avoided

- Constantly shouting or behaving aggressively.
- Training children or asking them to [play](#) as if they were adults.
- Forgetting that the main motivation of children is to play football.
- Giving explanations that are too long.
- [Presenting](#) technical objectives that are too advanced for the children’s ages.
- Organizing exercises that become too routine.
- Focusing on one [exercise](#) for too long.
- Continuously interrupting play.
- Criticizing an individual in front of the group.
- Forgetting to balance the teams.
- Placing too much emphasis on the [results](#).

Five ‘feelings’ Fundamentals:

A football school is an environment in which children must feel happy and valued:

1. The feeling of safety

Protecting children from [physical](#) and emotional harm. A child who does not feel safe will [find](#) it [difficult](#) to be happy and enjoy the activities.

2. Feeling Of being welcome

Feeling welcome whatever the child’s age, sex, technical level, physique, culture or language. Football is an environment in which there must be no discrimination of any kind.

3. Feeling of being a good player

Every child must feel capable. For this reason children must always be encouraged, emphasizing the good points rather than the bad.

4. Feeling of belonging to a group

Being part of the group and feeling accepted by the team are essential to the children.

5. Feeling of being important

Children need recognition for their successes. They must be encouraged to be creative and expressive.

Partnership with parents:

The coach-educator should also try to establish a respectful partnership with the players’ parents. Depending on the family [culture](#) of the community where the grassroots program is taking place, parents can sometimes overreact to their child’s performances, and in other situations they can be really useful in assisting the coach-educator with transport and kit maintenance, for example. Part of

the coach-educator's role is to develop a healthy relationship with families. Below are some useful tips for coach educators to deal with parents:

- At the beginning of the season or at the [start](#) of an event such as a festival or a tournament, make sure you give the parents a quick briefing to explain the participation and educational principles of FLOA program.
 - Make sure you understand and consider the local family culture of the community where the program is taking place. A coach-educator should consider all of the particular traditions, beliefs and behavior of the families.
 - Conduct individual conversations with parents to give them some positive feedback about their child's development and behavior.
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- Bear in mind that parents may have good contacts that could help you with fundraising initiatives with local sponsors.
 - Educational lectures and meetings with parents can be organized by the grassroots coach-educator to discuss important topics about their children, such as nutritional habits, [injury prevention](#), personal hygiene, health and emotional support in sport.

As detailed in the codes of conduct, it is necessary that coach-educators and parents work together to guarantee an environment of enjoyment and welfare in the future beginnings program.

Code of Conduct: The coach-educator has a great influence over players involved in FLOA football/soccer. From the very fact that coach-educators spend a lot of time with the children, their own conduct and behavior will inevitably affect the attitudes and conduct of the children. For this reason the coach-educator must always maintain a [positive manner](#) and display an exemplary attitude to all participants, both in physical respects as well as in social and emotional relationships. The coach-educator must not just be perceived as a football expert or organizer, but also as a guide, educator and example to be followed.

The children's code



- [Play](#) for your own enjoyment and not simply to please your parents or coaches.
- Enjoy football, develop and flourish through football.
- Learn and respect the rules of the [game](#) and the rules of the group.
- Fit in to the group and be a good team-mate.
- Respect your opponents.
- Accept the decisions of the referees and your coach-educators.
- Ensure fair play in all circumstances.

The parents' code

- Remember that children play football/soccer for their own enjoyment, not for that of their parents.
- Encourage rather than force or oblige.
- Encourage children to always respect the rules of the game.
- Never reprimand a child for a technical error or for losing a match.
- Remember that children learn from example.
- Encourage both teams.
- Congratulate both teams irrespective of the [result](#) of the match.
- Help to eradicate all physical and [verbal abuse](#) from football.
- Respect the decisions of the coaches and referees and teach the children to do the same thing.

- Support, encourage and help volunteers, coaches, organizers and officials in their work. Without them, the children would not have the [opportunity](#) to play football.
- Ensure fair play in all circumstances.

Voluntary work

The volunteers should also be aware of the principles of FLOA program. The more they know about the educational and participation aspects of the project, the better they will be able to assist the players, coach-educators and parents.

Voluntary work is a very important aspect in the development of FLOA football/soccer, and member associations should strive to recruit volunteers to help with projects. These volunteers can be parents, teachers or [community leaders](#). Even if volunteers do not have a formal role in the member association's structure, their participation can be crucial to the [success](#) of FLOA football/soccer in the country.

Some volunteers are happy to help with the administrative tasks, while others [prefer](#) to organize tournaments and festivals or simply help with transport arrangements for the children.

Safety and accident prevention

Ten very important obligations of the coach:

1. Provide a safe environment: The [sports](#) installations and equipment must be safe for the children and other participants. Poor weather must be taken into consideration for all FLOA [football](#) activities.
2. Safe, appropriate sports equipment and facilities: The existing codes and standards for equipment must be respected. All equipment and facilities must be kept in good condition and must be appropriate for the category of player involved (e.g. size 4 footballs).
3. Planned activities: Poorly planned football sessions can result in injuries. Technical skills must be taught in a progressive manner, in particular techniques that involve an element of risk (e.g. headers or tackling).
4. Monitor players who are temporarily hurt or injured: Players who are injured or temporarily incapacitated must be exempted from exercises that may cause them harm.
5. Play within age categories: It is initially necessary to allocate children to different groups, including talented young players, not only according to age, but also taking into account height, weight and maturity. Experience and skill should also be considered.
6. Inform the children and parents about the inherent risks of the sport: The inherent risks of football can only be legally accepted by the children – or their parents/guardians – if they are aware of, understand and accept the risks.
7. Closely monitored activities: The practice environment must be appropriately monitored in order to ensure that it is as safe as possible.
8. Knowledge of first aid: Coach-educators must have a basic knowledge of first aid and must keep this knowledge up to date. Appropriate medical assistance must be available during organized activities and nothing must be done that may aggravate an injury.

9. Set out clear rules of the activity and how they should be carried out: Clear, written rules must be drawn up and distributed before all activities, describing how they work and the behavior expected.
10. Gather essential information on the health of the children: The coach-educator's essential mission is to ensure the protection of the children, not only for the sake of the participants themselves but also to reassure the parents. Given the large number of children, both boys and girls, who take part in football activities, their protection must be a priority. Nobody must be left unsupervised. If carried out correctly, the procedures to protect the children will still allow them to enjoy playing football.