

# S.O.S

## SAVE OUR SURFACES

### S.O.S PRINCIPALS

#### SHOOT

Don't always practise shooting in the goal mouth areas. Use training poles or portable goals to rotate the areas used for this type of training.

#### OVERUSE

Rotate the area used for training drills and consider other options to avoid overuse. Don't be lazy and always train in the same area!

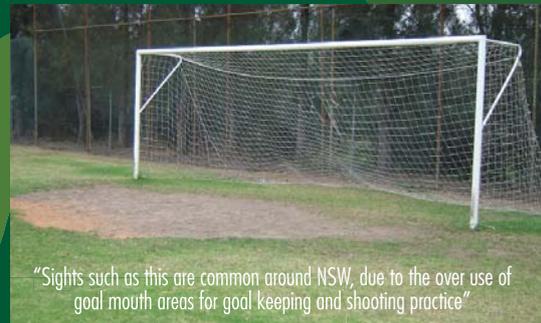
#### SPRINTING /SHOES

Complete sprinting and agility work off the field. Also consider wearing turf shoes for training, as they do not wear the surface as much as moulded or screw in studs.

The Soccer NSW S.O.S Program has been designed to educate coaches on how they can make a difference to the quality of their playing surface. The efforts of coaches will ensure a better quality surface for matches, a safer environment for playing sport and hopefully will ensure more field availability in the future.

At present all sports are facing a crisis, as field space becomes hard to secure and the quality of surfaces across NSW deteriorate each year. This is due to a variety of factors including:

- Lack of field space for all sports
- Effects of drought and water restrictions
- Coaching mismanagement
- Over use



**Frank Farina** Former Soccerroo Coach and Current Queensland Roar Coach

"Ensuring a quality playing surface is essential for good football and the safety of all soccer players. S.O.S provides practical ways for coaches to help preserve our playing surfaces."

*If you follow the basic S.O.S principals you will be rewarded with a better playing surface.*

## COACHING MISMANAGEMENT OF FIELDS

Coaches control the quality of their training surfaces through training and turf management practices. Some examples of common misuse include:

### SIDELINES

Coaches often promote wear on the fields by using the sidelines for turning points in agility or sprinting work or for outlines in grid games.

### CENTRE OF FIELD

The centre of a field sees the most action during a game and unfortunately coaches often use this area for grid work.

### PENALTY BOX

All players love shooting practice but this causes significant wear as does grid play in the box area.

### WET WEATHER

Coaches need to understand that when the fields are wet they will wear more and will struggle to recover.

### WINTER SPORT

Remember soccer is a winter sport and grass grows very slowly during the winter months. Once damage is done to your surface it is unlikely that it will recover during the season, therefore implement the S.O.S principals from the start of the year to protect your surface.

## OTHER TIPS FOR COACHES

### WARM UP

Never warm up on the fields, use the areas behind the goals or at the side of the fields.

### CROSS TRAINING

Cross training can be a great break for the players and good fun. Cross training may include gym sessions, pool sessions, long distance running, circuit training or playing other sports.

### WET WEATHER

If heavy rain falls during a session ensure your squad moves off the field and trains at the side of the field or at least on a dryer part of the field.

### FUTSAL

Consider playing Futsal at your local indoor centre or on a local tennis court for training instead of using the field.

### BALL WORK

Use the playing field for ball work only.

### LIMIT SQUAD

Not all clubs have a choice but if possible limit the number of squads using the fields each week.

## It's time for clubs to act **NOW!**

By providing coaches with some basic training or reminding them of their responsibilities, clubs can make a big difference to the overall state of your playing surfaces.

By simply educating your coaches on the three basic S.O.S principals (shooting, overuse and sprinting/shoes) your surface quality will improve and subsequently your player's skill level and enjoyment will also increase.

## TIPS FOR CLUBS

### ENCOURAGE COACHES

Communicate with your coaches regularly and encourage them to change their training methods to help preserve the field surfaces.

### EDUCATE YOUR COACH

Explain the principals of S.O.S. It is easy for your coaches to make a difference.

### REWARD YOUR COACHES

Congratulate coaches for their efforts, reward them with field allocations or public recognition as the "S.O.S Coach of the Month".



Tip Top Coaching proudly support the S.O.S Program and junior coaches in NSW.  
For more information on Tip Top Coaching please visit [www.tiptopcoaching.com.au](http://www.tiptopcoaching.com.au)

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