

## Improvise

A great coach is prepared for anything, and the same can be said about a great player. Game and practice situations can change quickly due to a variety of reasons, so it's important for coaches and players to adjust to changing conditions with poise and confidence. Take time in practice to prepare your players for the many different situations that come up in games. The more prepared your players, the better apt they'd adjust to the ever-changing game situations, thus gaining the confidence that comes with success.

Use scrimmages to simulate situations that occur during games, some examples are: playing short handed, playing down two goals late in the game, playing against a trap, playing with a yellow card (caution), marking a featured player, or playing a team who double teams your top player...