

Filling Your Players Emotional Tanks

Soccer Suggestions

For tank-fillers to be effective, coaches have to make sure their comments are truthful and specific! Simply saying, “Nice game,” or “Good job,” doesn’t give players the type of feedback they need to improve, and it doesn’t fill the emotional tank as much as some of the following examples.

Remember, you would only use these when they apply to one of your players and his/her specific performance.

- “Steph, I really liked your movement off the ball. You did a great job of being in the right place to support your teammates.”
- “Sam, your defensive marking was excellent. When we were on defense, you never let your player get free.”
- “Alex, I want you to keep up the positive talk coming from our bench. There were times when our players got quiet out there, and you were the first one to pick them up.”
- “Bobby, way to keep your head up when you’re dribbling. You made some great passes, and that happened because your eyes were up so you could see your teammates.”
- “We really need our defense to communicate with each other, and Ryan did a fantastic job of organizing our defense. I could always hear him.”
- “Sarah, you did a great job of using your head. You were there to contest every ball in the air in your area.”
- “Matt, thank you for passing the ball back to keep possession. Often the smartest pass is backwards, and you do a great job of knowing when to push forward versus when to pass back.”
- “Lisa, thanks for being the first one in when I blew my whistle.”
- “Dave, I really liked the way you followed your shot. You were right where you needed to be to take advantage of a keeper error or bobbled ball.”
- “Amy, great job organizing our offside trap. You were vocal and made sure our defenders were all on the same page.”



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