

SYS COACHING MANUAL

We appreciate your willingness to volunteer! We hope to make our players' soccer experience **fun and recreational** – while promoting sportsmanship, team etiquette, and knowledge of the game.

For those interested in learning more about how soccer is played, here is a link to a great little handbook, http://www.youthsoccer101.com/uploads/laws_of_the_game_1.pdf

RESPONSIBILITIES

- Complete your paperwork (code of ethics & background check forms).
- Complete your concussion certification (required every year – if you still have a current certification from a previous year, make sure you still have a copy of that for your folder).
- Safety first (make shinguard & equipment checks a regular part of every practice and pre-game warm-up).
- Have fun, fun, fun (and promote good sportsmanship, so *everyone* can have a fun time)!
- Communicate with your players & parents – notify your team of practice schedule & your contact information ASAP.
- Recruit a helper to put together a snack schedule (once game schedules are out).
- If your assistant coach cannot be present during a practice or game, recruit another parent to be present with you & the team.

PAPERWORK

Please complete the Code of Ethics for Coaches and return to SYS. The Code of Ethics for Parents, the Code of Ethics for Players, and the concussions forms should be handed out to players and returned to you by the next practice. Please keep these forms in your team folder.

EQUIPMENT

Please take good care of the SYS equipment and **return it in a timely manner** at the end of the season. You should receive a bag containing balls for your team, pinnies, cones, ball pump, and a first aid kit. A whistle and a stop watch are also available, especially for the younger teams where the coach serves as the referee during games (U-6 and U-8).

PRACTICE SCHEDULE

Make sure players know the **day, time,** and field **location** for your practices. Also, make sure you give them your **phone number** (especially cell phone for practice/game day issues).

GAME SCHEDULES

Game schedules will be distributed as soon as they are available. Games will start at 5:45 approximately the third week of September. As much as possible, no games will be scheduled during Stevensville's Open House, MEA Days, or Halloween. It's a good habit to start to always be at the game field 15-30 minutes before game time to allow for warm ups and equipment check.

Depending on the size of your team, usually someone will have to sit out during at least one quarter of the game. Please arrange your team line-up so that no one child has to sit out more than any other – we want this sport to be fun for all.

SAFETY CONCERNS

All players must wear **shin guards INSIDE long socks that cover the shin guard** – this is an important safety measure! If a player does not have shin guards, they cannot practice or play in a game.

Make sure players come prepared with a **water bottle** to every practice and game.

Players must not wear jewelry, watches, metal hair clips, or ball caps. Players are not allowed to play if they have a cast or a brace with metal in it.

There is **no slide tackling** in our program. Players will be warned twice. On the third infraction, they will be asked to sit for the remainder of the game.

During games, parents are encouraged to sit on the opposite side of the field from the players.

If a player needs **cleats**, we have 2 large totes with gently used cleats (some shin guards may also be available). Pickup times will be announced. Only soccer cleats are acceptable – no front cleat allowed.

Dress for the weather – as the season progresses, players should be dressed appropriately in layers. Team uniforms should be worn on the outside of coats & sweatshirts, clearly visible to all. Come prepared with hats, gloves, and sweatpants.

HEADING THE BALL

As part of U.S. Soccer's Player Safety Campaign, U.S. Soccer unveiled the U.S. Soccer Concussion Initiative that provides guidelines that have been implemented since January of 2016. Those changes include:

- Modify substitution rules to allow players who may have suffered a concussion during games to be evaluated without penalty
- Eliminate heading for children 10 and under (only U-14/16 players will be allowed to head)
- Limit the amount of heading in practice for children between the ages of 11 and 13

In addition to the safety initiatives, the following modified rule should be implemented: When a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect

free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.

MEDICAL JEWELRY POLICY

Any piece of clothing or jewelry that is clearly a medical-alert item **must** be allowed to be worn and **must** be secured so as not to be dangerous to other players.

FUN & HELPFUL DRILLS

To help with organizing games and drills for soccer practices, please consider the following resources. The first link (Washington Youth Soccer) is especially helpful, as it focuses practice on one soccer skill per session, **progressively** building on that skill throughout the practice time. Players learn the skill thoroughly as they work on the skill one-on-one, then in increasingly larger groups to reinforce the skill. Drills are suggested that are **age-appropriate**, both in building the skill and in addressing the players at their play level. The last two links (SAY Soccer) are also arranged by age level, outlining each practice session in a progressive manner.

http://www.washingtonyouthsoccer.org/coaches/coaching_tools/age_appropriate_training_sessions/

<http://www.soccerxpert.com/soccer-passing-drills.aspx>

<http://www.coachingsoccer101.com/drills.htm>

<http://www.saysoccer.org/coachingskillsanddrills.aspx>

<http://www.saysoccer.org/ages13plus.aspx>

GAMES & WEATHER

Please wait until at least 4:30 before canceling a game if the weather is acting up. Before then, it's hard to say as the weather can change so quickly. It is best to wait right up until game time to cancel unless it's extremely miserable. Players concerned about smoke during fire season should be advised to attend practice as their health permits. SYS will let coaches know if conditions require cancellation of games.

LIGHTNING POLICY

The safety of players and participants is of utmost importance. Soccer fields can be a dangerous place during severe weather.

- You are in danger if you can see lightning.
- You are in danger from lightning if you can hear thunder.
- Lightning often travels sideways as far as 10 miles and can strike away from any rainfall even when skies are blue.

In event of a storm, games and/or practices must be stopped and suspended until the danger has passed using the following **minimum** criteria:

(1) The sighting of a lightning flash or the hearing of the sound of thunder shall be reason enough to immediately stop and suspend a game and/or a practice session; • Do not wait until it rains

- Do not try to reach the end of a period or the end of a game.

(2) Coaches shall take their players to a safe location upon suspension of a game and/or a practice session;

- (3) Following suspension of a game, the referees shall promptly leave the field to a safe location;
- (4) Play and/or practice shall not be resumed prior to 30-minutes after the last sighting of lightning or the last sound of thunder heard.

LONE ROCK GAMES

The Lone Rock fields are located off AMBROSE CREEK on Sunnyside. You should be able to see the goals from Ambrose. Please allow for extra travel time to get to the fields so that you arrive on time. The weather there is usually a little cooler & a lot windier than in town, so don't forget your layers, hats & gloves! The U-6 and U-8 fields are smaller than our playing fields, with poles to mark the goal area (rather than a physical goal).

TEAM PICTURES

Don't forget to have players in their **team jerseys, shorts & matching socks** (with any layers of clothing underneath). If you choose not to purchase any photos, fill out your photo form anyway to receive your free 5x7 team photo. Coaches will automatically receive a free 5x7 team photo.

SNACK IDEAS

Here are some good after-game snack ideas to share with parents: bananas, grapes, crackers, graham crackers, yogurt, apple slices, granola, cereal bars (the less sugar the better), trail mix, banana bread, oatmeal cookies, goldfish crackers. Anything healthy and fresh is highly recommended for soccer. Please make sure you let the parents know if anyone has a food allergy.

TIMES TWO POLICY & BACKGROUND CHECKS

SAY is organized under the national umbrella of SAY Soccer, through which we have our non-profit status and player insurance. To ensure a safe, healthy soccer experience for players and volunteers alike, SAY has implemented a "Times Two" policy to ensure that no less than **two adults are present at any team function**. Team functions include, but are not limited to, games, practices, picnics, etc. While the focus of this policy is the child, it also provides protection for the volunteers as well in the event of misunderstandings. Under no circumstances should the activity take place if only one adult is present. SAY recommends that volunteers not provide transportation for non-family members.

NOTE:

1. The adults assigned can be a combination of coaches, parents, board members, etc.
2. While the focus of this policy is the child, it also provides protection for the volunteers in case of misunderstandings.
3. SAY National has for a long time recommended that volunteers not provide transportation for non-family members. This was more of an insurance issue but now has implications in regards to the intent of the "Times Two" policy.

The second portion of the SAY volunteer protection program is the volunteer screening application and **background checks**. Any individual that may have unsupervised access to children participating in a SAY sanctioned activity, for the purpose of assisting in that activity, will be screened. While coaches best fit

this description, other volunteers (such as team parent, officials, board members, etc.) shall be covered as well (this does not include parents observing their children during such activities). All coaches, assistant coaches, and referees will fill out a SAY volunteer application annually.

CONCUSSION CERTIFICATION

As outlined in the SAY National Concussion Policy posted on www.saysoccer.org, ALL coaches and officials regardless of their age and/or status (i.e., Head Coach, Assistant Coach, Head Referee, Assistant Referee, etc.) will be required to complete a concussion training course every year. This training **MUST** be completed prior to being able to participate in any SAY activity, whether it be a practice or a game situation.

The policy outlines the “Removal-From” and “Return-to-Play” procedure. Namely, any athlete that exhibits signs and symptoms of concussion either during a practice or during a game **MUST** be immediately removed. This athlete **MAY NOT** return to play nor participate in any SAY activity on the same day that he or she has been removed (even if a written medical clearance is provided). In addition, the athlete is not permitted to return to play or participate in any SAY activity until he or she has been assessed and received written clearance by a physician or by another licensed health care provider.

This **FREE** online training program is provided by the CDC: “Heads Up Concussion in Youth Sports,” which can be found at <http://www.cdc.gov/concussion/HeadsUp/Training/index.html>.

After completing the course, you will need to **print out** your personalized “certificate of completion” and **keep a copy** with you at all SAY-related functions (especially referees, as you may be required to show your personalized certificate to the appropriate SAY authorities prior to being allowed to officiate any games). A copy of your certificate will also need to be forwarded to the Director of Coaching (Cathi Cook).

COMMUNICABLE DISEASE PROCEDURE

When a player is bleeding, or has an open wound, or has an excessive amount of blood on the uniform, the player must immediately leave the game.

The bleeding must be stopped, the wound cleaned and covered, and the bloody uniform changed (or adequately cleaned or covered) before the player may return to the game.

IDEAS TO COACH A LOPSIDED GAME (and keep the score down)

(from SAY FAQ's Every Coach Should Know)

Running up scores will not be seen as positive coaching. Be aware of the possibilities early on. Coaches need to be proactive and be ready to adjust when the game is at 3-0 or 4-0, not when the score is 7-0.

Start the so-called stronger players at defender or goal keeper if you know that you are playing a weaker team. This may prevent scores becoming lopsided early.

Stipulate rules. For example: the team must make five passes before scoring. Goals can only be scored by the weaker foot, from outside the penalty area or after the player has performed a move such as the Maradona that has been worked on in training. Goals can only be scored once every player in the team has touched the ball.

Coaches should work together. After four goals are scored, consider allowing the opposition to add a player and be prepared to add another player if the score dictates.

Teams can take a player out of the game if the score moves above 4-0. The option above will not penalize playing time of the kids just for scoring goals. It is also suggested that the referee should intervene when the score moves above a certain point. This way coaches are not put in tense situations.

Finally, it's ok to tell the players not to score anymore and talk about good sportsmanship so they understand why.

HOW TO HANDLE A CHILD THAT CAUSES PROBLEMS AT PRACTICE

(from SAY FAQ's Every Coach Should Know)

The coach needs to be patient, encourage and try to remain upbeat with the child and the rest of the group at all times. Do not allow one child to bring practice down for the whole team.

Always highlight positive behavior of the child causing problems at both training and games.

If the child will not join an activity, ask the child to sit out of the exercise. When you have finished the exercise play the child's favorite game. Do not allow this child to play the first time you play this game. Play the game a second time and allow the child to play, although explain the consequences that if he/she disrupts the session again, he/she will not be allowed to play the game next time.

Talk to the parents and explain to them the challenges you are facing with their child at practice. Ask the parents if they could talk to their child and stay for a couple of practices; one to see the problems they are causing and secondly to take care of their child if they disrupt the sessions.

The final solution would be to ask a local board member to observe a practice. Resulting in that the child may be moved to another team or your last course of action may be to remove the child from the program for the season.

If there are issues during a game, give the kids warnings and let them know that after their second warning, they will be escorted to their parents.

HOW TO KEEP KIDS MOTIVATED DURING A LOSING SEASON

(from SAY FAQ's Every Coach Should Know)

At the beginning of the season it is very important to get your parents together at the team bonding session to explain the SAY philosophy (see coaches meeting on the next page), how teams are put together, and your expectations for the season. As a coach, always be energetic, enthusiastic and positive in all training sessions and game environments.

At the U-6 and U-8 age group, children do not care about the score. Often scores are not kept; it is only the parents who make a big deal about the outcome of the scrimmage. At the end of the game, the players are more concerned at running through the parent's tunnel and seeing what the after-game snack is.

Create themed training evenings and make them both fun and interesting. Bring snacks and small prizes and hand them out during practice. For example: you could call the evening a South American soccer evening. Each child has to come in the colors of the country they have been given (Brazil, Argentina, etc.), paint their face, and bring three interesting facts about their country. This builds morale after a couple of big defeats and gets the kids thinking that soccer is FUN.