

Spring 2010 CCYSA Coaching

Welcome to the Spring 2010 season! You are CCYSA's most important resource!

Numbers to know:

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|---|----------|
| • Liz Crandall (website/escalation/communication) | 955-3675 |
| • Karen Russell (rostering/field availability) | 955-0158 |
| • Kurt Leta (field issues) | 336-9652 |
| • Shelly Pine (Treasurer/ref payroll) | 955-9453 |
| • Jenny Fernandez (equipment exchange) | 955-1308 |
| • Chrissi Moyer (secretary/pictures) | 955-3844 |
| • Mark Phaneuf (referees) | 955-6308 |
| • CCYSA Hotline | 955-9002 |

Schedule:

- Rosters – 3/19
- Game schedules – by 3/31 (hopefully earlier if rosters are stable)
- Practices begin week of 3/29 (if weather permits, I'd like to offer the week of 3/22 for 1st team meeting)
- 4/10 - First Games
- 4/17 & 4/24 Team Pictures
- 5/15 – Picnic
- 5/29 – Memorial Weekend, no games
- 6/5 – End of Regular Season
- 6/12 – Final ODSL games - Rain makeup opportunity for Rec?

Changes this season:

- Game times – 9am, 10:15am & 11:30am (when needed) for U6, U8, U10; 9am & 10:30am for U12, 9am & 11am for SFL (U14-U19)
- Practice fields – Standard: ½ a field, 2 times a week at 5pm or 6pm for all levels but U6 (they practice once a week)– this is very big season & we lose field 1 & 2 to School ball until 5:30pm – exception is Tuesdays & Fridays, where we can fit both 5pm and 6pm practices. Other levels U8 & U10 very full... need to utilize Fridays and possibly practice on different size fields. A U8 team may practice on a U6 field one day a week or a U10, may need to practice on the U12 field. Field 1 – likely won't be used for practices – The Park will have a new practice field next to it for Field 1 practices.

Coach Benefits: Team shirt, Team photo, "Thank you" Discount for future registration, training

Coach Education: Clinic with Challenger (wk of June 28th), \$25 reimbursement for any VYSA certification, Drills/Game ideas on website – Challenger notes from last 3 years

Equipment: balls, scrimmage vests, cones, first aid kit & goalie shirt, if applicable (U6 will receive 6 new balls – to give each player) – goalie gloves (U10 & up – not in bag, will need to have goalie try on – I will have at the field the first few weeks of practices & first games/with cleat exchange)

Rostering

- Only 3 players are "protected" on a given roster– coach, assistant coach & sponsor child. Beyond that we attempt to even rostering based on gender and age. When our Fall to Spring volumes & returning coaches/players were fairly stable, we did make the attempt to keep players with the same coaches for a full soccer year – return in Spring to same coach/team – for consistency. We have seen major spikes and dips over the last 2 years that do not make this approach feasible – what ends up happening is that experienced players return to experienced coaches and new players to new coaches – creating a very uneven situation for games.

First Team Meeting

- Your name (& assistant), practice dates/times/locations
- Code of Conduct/Medical Release forms (keep with you at all field events) – good idea when calling/emailing team to have them print these from the website & bring them to first meeting (have a few blank copies with you in case they forgot/can't print)
- Parent (or responsible party) attendance at practice – U6 required
- Your expectations/philosophy/discipline procedures
- Our number one priority is skills development, sportsmanship and learning the game – NOT winning
- Equipment requirements (shin guards/cleats) – nice to have: water bottle/own ball (U6 – distribute ball from CCYSA) – Notify team about Cleat Exchange
- Field closures (reported after 3pm on weekdays, by 7:30am on Saturdays)

Games

- Talk to your fellow coaches, during the game
- Games are much more fun when evenly matched & competitive:
 - If you are down by 5 goals, add an extra player
 - If you are up by 5 goals, have the team work on skills (ex. 3 passes before shooting or have best forward play defense, etc).
- Give each player at least 50% playing time (U6 is possible exception)

CCYSA Coaching Cheat Sheet

1. During games, coaches and their teams need to be on the **opposite side** of the field from spectators.
2. **Set expectations** with your team/parents at the first meeting (attendance at practice, playing time, gear to bring, game snacks, arrival time for games, etc.)
3. For U8 & up, substitution of players may occur during any stoppage of play (except corner & free kick stoppage), but the referee must first be informed of the intent to substitute. Substitutes enter the field at the halfway line.
4. **Respect your referees!** The U8 & U10 levels are the training grounds for our young referees. Show them respect during the game and expect the same from your team. Do not challenge a call during the game. If you do have any issues, you may address them with the referee(s) after the game, or more appropriately to our Referee Coordinator, Mark Phaneuf (RefCoordinator@clarkesoccer.org).
5. Want more information on **drills, games, rules?** Visit our website (clarkesoccer.org, coaches page) or our coaching library, housed at the Clarke County Handley branch.

U6 Summary Guidelines

FUN should be the top priority of all U6 coaches. The game guidelines below are given to help create consistency across teams and for education purposes.

1. Play 3 vs. 3, each player should get at least 50% playing time
2. Use size 3 ball
3. No goalie
4. No referee, use coach or parent and encourage "do-overs"
5. 4 quarters, 8 minutes each, don't switch sides at half time
6. No penalties, fouls or offsides called at this level
7. Use kick-in, not throw-in, Goal & corner kicks per FIFA
8. Discourage slide tackles and keeping score
9. Opposing players & coaches should shake hands after the match.

U8 Summary Guidelines

The U8 level introduces our young players to their first taste of structured soccer with a referee. This level player should begin to understand the value of team play, but having fun is still the priority.

1. Play 4 vs. 4, each player should get at least 50% playing time (5 vs.5 is appropriate rosters are overloaded)
2. Use size 3 ball, No goalie
3. Center Referee only – Infringements should be explained to offender
4. 4 quarters, 12 minutes each, switch sides at half time
5. Use throw-in, allow one retake during games (referee/coach should demonstrate proper technique)
6. Teach offense & defense; focus on passing and playing in pairs/as a team
7. No offsides penalties
8. Goal & Corner kicks per FIFA
9. Discourage slide tackles and keeping score
10. Opposing players & coaches should shake hands after the match.

U10 Summary Guidelines

This is the first level that a goalie is used and players are more team conscious. They should learn to anticipate and not just react at this level.

1. Play 6 vs. 6 (5 plus goalkeeper)
2. Use size 4 ball
3. Center Referee required, 2 assistant referees/linesman will be provided whenever possible (not required).
4. Two 25 minute halves, no overtime
5. No offsides penalties
6. Heading permitted
7. Kicks & Penalties per FIFA
8. Opposing players & coaches should shake hands after the match

U12 Summary Guidelines

1. Play 8 vs. 8 (7 plus goalkeeper)
2. Use size 4 ball
3. Center Referee & 2 assistants/linesman
4. Two 30 minute halves, Overtime consists of two 10 minute halves with Golden Goal rule in effect (first to score wins)
5. Offsides penalty will be called
6. Heading permitted
7. Kicks & Penalties per FIFA
8. Opposing players & coaches should shake hands after the match

Effective Coaching Techniques – Here are a few of the techniques the Challenger coaches used that were very effective with the camp players:

1. **Ask lots and lots of questions** to reinforce ideas, keep them listening and involved. As we opened the clinic, the kids were all grouped together chatting and the coach walked up... He said “When I’m talking, you’re what?” Kids answered “listening” and he suddenly had their undivided attention. When setting up cones for a drill or game, the guys were always asking/not telling. What kind of touches do we want to use? Kids answer “small”. Right, small, why? Kids answer “to keep control of the ball”.... We are going to work on Feints, what is a feint? Kids answer (or maybe they don’t know, so Coach answers or coach assistant answers) – a move to trick the defender and make them think you are going one way when you are going another. So, I’ll put a cone here, this cone is??? Kids answer “a defender”, etc.... constant interaction between coach and team – no lectures, a full conversation
2. Don’t be afraid to **stop a drill or scrimmage to bring home a point**/explain something. First have a phrase you’re players know means stop whatever you are doing – Freeze – whistle blow, whatever. Don’t point out mistakes – give the player another chance to look at the situation and ask “what could you have done differently?” Even reposition the players and let them see the situation again and make a better choice. Make sure that you occasionally stop play to praise a good move/decision, as well.
3. **Positive reward system.** The Challenger coaches use “World cup points”... You earn points for nailing a skill or drill, or anything really. You’d be surprised what the kids would do for a couple of “World cup points” 😊 At the end of the session, a simple “who can collect the most cones?” had the kids scattering to get the most & cleanup.

Excerpt from letter to coaches on Clarke County Soccer Philosophy

As the word implies, the point of our recreational league is **FUN!** Our strongest and most serious players & coaches migrate to our Travel League starting around U11/12 and those teams often form the base of our JV & Varsity school teams. In Travel and in school ball, we are all highly competitive, though hopefully still sportsmanlike. In Recreational ball, we actually have a number of guidelines in place to make sure we **don't** take ourselves too seriously and lose the FUN (not just for your team, but your opponent too).

- 1) **Everybody plays!** In Rec ball, we work to ensure that every player gets a **minimum of 50% playtime**. Yes, it is easy to favor the ones that love the game and are dying to be on the field. I know that there are kids that prefer to socialize on the sidelines or pick flowers, but please give them all a chance. Try them at different positions and work with them at practices. One very effective position for a player that isn't into running is Sweeper/defense. Teach them to hang out in the back field (not in the goal, but middle of your side) and just kick the ball to the sidelines when it comes in their area, etc. My son's u6 team had a girl that cried every time the coach put her on the field. The only thing the coach could get her to do was kickoff (tap the ball to the player on her right – and that was if the coach stood with her).... You wouldn't believe it but 3 years later, she's actually quite a soccer dynamo and still playing.
- 2) **A well matched game is a FUN game!** Yes, it is fun to win, but actually it is a lot more fun to play hard and play well against an evenly matched opponent. Teams are rostered with a bit of blindness – we don't know all the players and their skill levels and some teams turn out to be superior, while others struggle all season. Here are some strong "suggestions" when you are playing a mismatched game:
 - a. **Losing by 5 goals?** It is time to put in an extra player, at the next stoppage of play. Please notify the referee & opposing coach of your plan. (I'm calling this a "strong suggestion" rather than requirement. You are the coach and I trust you to do the right thing – maybe they scored two lucky goals right together, but you've been well matched otherwise, so you want to give it until the half to see if you come back, or you haven't put in your best players this quarter and you want to try that first, etc...). If you've gone down further, please put ego aside & reconsider.
 - b. **Winning by 5 goals?** We never want to punish players for being good at the game, but in this situation coaches should be thinking about how to even the odds. Has your best guy been at forward the whole game? Can you try him in a defensive role? Has everyone on the team had their play time? Maybe, you try focusing on some skill building in this situation – 3 passes before you can shoot for the goal, shoot with your left foot, etc...
- 3) **You are a role model!** The way you treat opposing coaches, players, your team and your referees is being seen by these young kids (many of them at an age where mouthing off is their favorite pastime). Please do not teach them that it is acceptable to treat officials, coaches, each other or other players in a disrespectful manner.
 - a. **Referee concerns?** Many of our youngest referees are working at the U8 & U10 levels. They are learning too. We have a mentor program in place where senior referees monitor the younger ones and offer them feedback/ways to improve. We value your feedback as a coach & really WANT you to share it. That is how the referees will improve and our program as a whole will improve. However, the appropriate method for sharing those concerns is to notify our Referee coordinator (Mark Phaneuf) or myself or any board member & let us communicate it. It is never appropriate to yell at a referee. I would prefer that you not address them directly on any **negative** feedback – remember, they are just teenagers and you are more intimidating than you think. One bad experience can drive a kid away from refereeing for good. Think back – teenagers are very emotional and even small things feel like the end of the world... please don't take away their love of the game, while you're fired up and not thinking – calm down and give your valid feedback to us. We **will** address it!
- 4) **This is a learning experience!** Rec ball is all about learning: Learning the game of soccer, learning positions, learning sportsmanship. We encourage our referees to take this viewpoint, as well (Especially with our U8 kids, but also throughout Rec ball). Many kids give soccer a try for the first time at the U8 & U10 levels. And even if you've come up through U6 every season, new things are introduced each year, like throw-ins, goalies, offsides penalties, etc. Just because you know the rules, don't assume your kids do. Our good referees take the time to explain to the kids what they have done wrong, so that they can learn and correct. Just whistling and grabbing the ball and handing it to the other side teaches nothing.... At the U8 level, you should see one "do-over" offered to a child on throw-ins done improperly (usually they jump). I always love to see the refs explaining to the kids why they are being penalized. Teaching the kids is the point of the whole league!