



Coaching Intercounty Soccer – Getting Started

Contacting your team

You will receive an official roster, with parent and player contact information, from the Club. Once you receive your team's contact information you should begin contacting parents. Since this may be your first coaching experience, this document will cover the basics.

E-mail parents to re-confirm their contact information. Provide them the dates you want to get the team together for practice and have a short parent meeting before or after your first practice. At least one parent should be present at the meeting.

Sample E-mail

"Hello, my name is Joe Soccer from the Cranford Soccer Club. Your son/daughter has been assigned to the Cranford Cosmos and I will be the head coach this season. Our first practice will be held Monday from 5:30-6:30 at Memorial Field. Please arrive 10 minutes before practice for a short parent meeting. Also, please ensure your child arrives to games and practice wearing cleats and shinguards. I'll answer any questions you may have at our parent meeting prior to Monday's practice. Have a great day!"

Parent Meeting

Here is what you will need for the meeting:

- Copies of the roster with the coaches contact information.
- Important dates during the season (picture day, game schedule, tournaments, awards, etc.)
- Schedules and locations for practices and games.
- Player equipment required for practice and games.
- Discuss procedures for canceling games and practices.
- Discuss coaching philosophy at this age, player development.
- Ask the parents if they check their email regularly- this is the main form of communication.
- Ask for a team parent volunteer to act as Team Manager and handle communication with the team.

Basic Rules

For parents and players who may be new to the game you can share a [link](#) to the basic rules of soccer.

Coaching Equipment

- First aid kit
- Proper size soccer ball
- [Medical Forms](#), including emergency contact information and Allergy information
- Extra water bottle

- Team Bench

Practice

For coaches hosting their own practice sessions and need help with preparing training sessions and drills, NJ Youth Soccer has partnered with [YouthSoccer101](#). The website is organized to provide coaches age-appropriate games and practice drills for their teams. [Register](#) on their website to receive a free weekly training plan.

Pre-Game Tips

- Have emergency contact information available
- Make sure your players have cleats and shin-guards.
- No jewelry.
- Sports goggles only
- Inspect the field removing any trash and ensuring the field is safe for play.
- Check the goals to make sure they are anchored. **Important!**
- Players not in the game should remain on the bench, several feet away from the sideline.
- Maximum of three coaches are allowed on the team sideline.
- Show respect for the opponent, parents, and referees.

More Information

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Information on the Club, SYSL, New Jersey Youth Soccer Association, US Youth Soccer and FIFA can be found at the following web sites:

Cranford Soccer Club www.cranfordsoccer.com

Suburban Youth Soccer League www.syslnj.com

NJYSA www.njyouthsoccer.com

USYSA www.youthsoccer.org

FIFA www.fifa.com