

# COACHES CODE OF CONDUCT

I hereby pledge to live up to my certification as a NYSCA Coach by following the NYSCA Coaches' Code of Ethics:

I will place the emotional & physical well being of my players ahead of a personal desire to win. \_\_\_\_\_

I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group. \_\_\_\_\_

I will do my best to prevent my team from "Running up the Score" (please see "What is the Point of Running up the Score?" on the back) and I agree to abide by the 5 Goal Rule. \_\_\_\_\_

I will do my best to provide a safe playing situation for my players. \_\_\_\_\_

I will promise to review and practice basic first aid principles needed to treat injuries of my players. \_\_\_\_\_

I will do my best to organize practices that are fun and challenging for all my players. \_\_\_\_\_

I will lead by example in demonstrating fair play and sportsmanship to all my players. \_\_\_\_\_

I will provide a sports environment for my team that is free of drugs, tobacco and alcohol and I will refrain from their use at all youth sports events. \_\_\_\_\_

I will be knowledgeable on the rules of soccer and will teach these rules to my players. \_\_\_\_\_

I will use those coaching techniques appropriate for all of the skills that I teach. \_\_\_\_\_

I will remember that I am a youth sports coach and that the game is for children and not adults. \_\_\_\_\_

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**I hereby agree to abide by this code of conduct and further agree to accept the ESUFC Board of Directors' decision regarding any disciplinary action they deem necessary if I should fail to abide by this Code. I further understand that possible disciplinary action could include temporary suspension or permanent expulsion from ESUFC.**

\_\_\_\_\_  
Coach's Name (print)

\_\_\_\_\_  
Age Group

\_\_\_\_\_  
Coach's Signature

\_\_\_\_\_  
Date

## WHAT IS THE POINT OF RUNNING UP THE SCORE?

Being an ESUFC coach, we expect you to abide by our “5 Goal Rule” and prevent the score from being run up. We as coaches should want everyone to play and enjoy this beautiful game for as long as possible! It doesn’t matter what age group you coach. If a game score becomes lopsided it is counter productive to both teams. The winning team gets sloppy as it requires little effort and the team on the losing end gets demoralized. The demoralized team therefore exerts less effort and it becomes less and less challenging for the winning team. Why would players ever want to play this beautiful game again? It defeats the purpose – the game is no longer fun under these circumstances!

### The ESUFC “5 Goal Rule” States:

If you are in a situation in which your team is leading by 2 or 3 goals, you as the coach must affect the game in a positive way by taking the necessary steps to keep the score respectable and by showing respect for the opposition. ESUFC believes it is up to the coach to assess the situation and react accordingly. As a coach you have the capability of affecting the game & score while still keeping it enjoyable for all by:

- Putting players in different positions.
- Restricting players to scoring with their weak foot or a header.
- Playing with one less player in order to challenge the other players on the team.
- Practice in the game what you did in your previous training session.
- Ask players to shoot first time (one touch)
- Request your players to make 4 or 5 passes before shooting
- Use a code word like “popcorn” so that your players know it is time to work on other skills during a game to keep the score within this range
- Request that players take shots from outside the 18-yard box only.
- Have players dribble the ball to a corner flag, turn and make a one-time pass to front of goal for an attempt at the goal by another player.

The point being that the above requests force players to concentrate on and practice a weaker part of their game under match conditions. This is called *Player Development*; it is also showing respect for the opposing coach. Please remember fair play & sportsmanship must preside & players should be challenged at the correct level of ability, otherwise kids will continue to drop out of the game of soccer. IT MUST BE FUN FOR ALL!

**I hereby agree to abide by this 5 Goal Rule and further agree to accept the ESUFC Board of Director’ decision regarding any disciplinary action they deem necessary if I should fail to abide by this Rule. I further understand that possible disciplinary action could include temporary suspension or permanent expulsion from ESUFC.**

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Coach’s Name (print)

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Age Group

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Coach's Signature

Date