



# Coaching Handbook

## Taughannock Soccer Club

### Fall 2020

Welcome to the Fall 2020\_TSC youth soccer season!

Thank you all again for your support and commitment to help develop our young players. Although these many hours on the field at these early ages can seem daunting, they will pay off tenfold as these kids develop and take what you teach them into their lives on, and off, the field.

#### **ADMINISTRATIVE**

##### *Coaching Code of Conduct*

Our player safety & well-being is of the utmost important. We also value our coaches and want to support you. Please carefully read the code of conduct before signing.

##### *Risk Management Pass*

In order to coach, you must have a Risk Management pass through NYSWYSA. If you need a pass or your pass is expired, go to the Coaches Resources heading on the website and click on Risk Management. If you have questions, please contact club registrar Jim Organ ([jim@socalmojo.com](mailto:jim@socalmojo.com)). Don't wait. This can take up to 3 weeks and you must have it to coach a league game.

##### *Communication/Team Manager*

Running a youth team is a big commitment and TSC truly appreciates your time. Disseminating practice and game info is vital to keeping parents/guardians informed. To help with team management, a team manager is highly recommended. If you know your players/parents and have chosen a manager, please inform the club administration so that the manager will receive all communications. During registration, parents/guardians are given the option of volunteering for the team. That information will be passed on to you and may be a source of help.

Emails can be sent directly from the website to all registered players. There is also an associated app that we are looking forward to using. We are still acclimating to the new website attributes and options, so bear with us. We want to make communication as easy and streamlined as possible for you and your players/parents/guardians.

##### *Player registration*

Players register at <http://taughannocksoccer.com/>. The club will promote registration through email & school newsletters. We ask coaches or managers to send a friendly email to previous/known players saying hello, giving an outline of the season including start dates and a reminder to register. Club administration will give you contact information for new/rising players. Two important forms (Player Code of Conduct and Medical Release) will be distributed on the website during registration and must be printed out and brought to the first practice.

Registration fee covers player registration, player cards (U14 and up), league registration, ref fees, jerseys & equipment, field usage & maintenance and coach compensation.

Sibling discounts: Are incorporated into the website registration. Families pay full price for the first child and received 50% off registration for any additional children.

Double Rostering: There are two distinctions for double rostering: a) Within an age groups if the club has multiple teams registered and b) Different age groups i.e. playing up. There is some discretion here. If the team has a solid financial base and the player is only “helping out” for a few games or “getting experience at a higher level” for a few games, there is no additional cost. If the player intends to play in most games, there is a 50% discount for registering for the second team. Player “playing up” must receive a recommendation from their age-level coach and decisions must be made based on what is best for the player development.

Scholarships: Other scholarships will be handled on a case by case basis at the Club’s discretion. In general, all scholarships will be 50% off registration. Request for scholarship must be approved by the TSC President. Our first goal is to make sure everyone can play. Our second goal is to try to make sure teams cover costs and don’t operate at a loss.

#### *Concussion Protocol Form*

Be aware of BCSA’s policy about how to deal with a possible concussion of a player in practice or during a game. If a player take a hit to the head or fall in a way that may result in a concussion, the the ref must stop the game. The player must come out and be evaluated for concussion symptoms. If there is any indication of a possible concussion, the player cannot be readmitted to the game until he/she is seen by a medical practitioner (or parent). The parent or practitioner must sign the USYSA Concussion Notification form and give to the referee before the child can return to play. The form is posted on our website under Coach Resources. Please print several copies and have them with you at games. There is a short, helpful online training “Heads Up to Youth Sports” available to refresh your memory on concussion symptoms. The link is on the website in Coach Resources.

NYSWYSA (New York State West Youth Soccer Association) has adopted a ZERO TOLERANCE POLICY to help prevent physical assault and verbal abuse in leagues & clubs. This policy applies to all coaches, players, parents, spectators and other supporters and referees. Please review this policy. The ultimate responsibility for the actions of coaches, players & spectators resides with the member clubs i.e.

Taughannock Soccer Club. Please follow the directives to coaches and advise your parents/guardians/spectators to abstain from any interactions with the referee (unless the referee has initiated the conversation or it’s necessary to point out an emergency/safety issue) and absolutely no derogatory remarks to players of either team. The policy is posted on the website in Coach Resources.

#### **LEAGUE & REGISTRATION INFORMATION**

TSC plays in the Broome County Soccer Association league.

For specific league details: <http://www.broomesoccer.org/>

Teams have 8 games, 4 home and 4 away. Away game distances range from Hector (15 minutes) to Cooperstown (2 hours 30 minutes).

*Important Dates for **Fall 2020***

Two week free change period begins: 8/16/2020

Two week free change period ends: 8/30/2020

First date of Play: 9/12/2020

All games must be complete by: 11/1/2020

Practices generally begin 2 weeks prior to the first scheduled game.

### *Game Schedules*

All teams will have 8 games, 4 home and 4 away. On 8/16/2020 we will receive our season schedules.

\*Please review these carefully.

\*If you need to reschedule a home game:

1) Contact the field coordinator (Emily Ouckama) for available days/times.

2) Contact the opposing team's coach to verify.

3) Contact the Age Group Coordinator and notify them that both coaches have agreed to the change.

Copy the field coordinator and the opposing team coach.

If we need to reschedule a game AFTER the game change period, it is still possible, but is more complicated, and needs to be done at least 2 weeks prior to the game.

## **FACILITIES & EQUIPMENT**

### *Coaching Bag*

All coaches should have a coach's bag that includes cones, first aid kit, a whistle, shed key, concussion forms and ice packs. If you do not, let the Club know so we can get you one. There are additional boxes of ice packs in the shed. If you notice we're running low on anything in the shed (pinnies, balls, etc.), please let club administration know so we can order more. It is also recommended that your bag contains an extra jersey, socks & shinguards. The club can purchase these, if necessary.

### *Fields*

U10 games will be held on in the high school baseball outfield.

U13 games will be held on the high school baseball outfield.

Practice times: We need to reserve the field through the school for practice times. I will be in touch regarding the parameters: school use conflicts, number of teams, etc. Please let me know if you have any time/day constraints. Generally, teams practice twice a week after 5:00.

### *Player Uniforms*

Our Club uniforms consist of green and black striped jerseys with black shorts and black socks. Jerseys are located in bins in the shed labelled Child and Adult. Take as needed. If there are very few or not enough jerseys of the sizes needed, let the equipment coordinator know ASAP. All players must come dressed to play in their uniforms at all games. Goalies must wear a contrasting jersey or pinnie.

Players are allowed to keep their jerseys and may size up as needed.

### *Cleat Exchange*

We have a collection of donated cleats and shin guards located on the back of the shed door. These are available for players to have or borrow. Please let your parents/guardians know.

### *Lost & Found*

Located in a large pink bin in the shed. Please place items you find in this bin & encourage players/guardians to look here for lost items. Items remaining after seasons will be donated.

## **COACHING RESOURCES**

As noted in the coaching code of conduct, if you are at any point feeling overwhelmed, please reach out. TSC wants to support you- whether you need a substitute for a game or practice, some new coaching ideas, or help with team management.

For coaching development, The US Soccer Learning Center courses are a great place to start and get all club coaches on the same page regarding philosophy and language. The Grassroots Intro class is free & online. You can then take a 2 hour online course for your age group: 4v4, 7v7, 9v9, or 11v11. The club will reimburse you for the registration fee. There are also 4 hour in-person classes available at the grassroots level. It is highly recommended that you take the appropriate online class and if possible the in-person class. <https://learning.ussoccer.com/coach>

Coaches Remuneration: See the [Coach's Remuneration Policy](#) under About Us on the website.

## **SESSION & GAME SAFETY & PROTOCOL**

### *Practice Sessions*

Aim to arrive early, set up your session and be available to greet players as they arrive. (A useful session strategy promoted by US Grassroots soccer is to begin with small sided games that players jump into as they arrive.)

Always strive to have at least 2 adults at practice sessions. The second adult can be an assistant coach, the team manager, or a volunteer parent/guardian. The second adult does not need to actively coach players but is helpful in case of injuries (applying ice packs & band aids) or helping with a player behavior issue.

Bring your coaching bag including a first aid kit & ice packs. Have access to parent/guardian contact information in case of emergency.

Have a session plan. See Coach Resources on the website for a session template and links to ideas & session plans.

Before leaving, ensure that every player has a ride home or permission to safely wait for a ride. Never leave a player alone. Only give a player a ride when you have permission from a parent/guardian and you have another person in the vehicle.

### *Games*

Arrive early and be prepared. Dress respectfully.

Remember:

- Roster, Coaching Pass, and Ref Fees
- Player Cards (U14 and older)
- Balls, Cones & Pinnies for warmup
- Extra player uniform & pinnie for goalkeeper
- First Aid Kit, Ice Packs, Concussion Forms
- Water & Tent, if necessary.

Demonstrate to your players how to win and lose with grace. Encourage and instruct this behavior.

Remember that the opposing team also consists of children. Use creative coaching techniques to avoid running up the score. Find another learning opportunity within the game and execute it with subtlety and compassion.

Our coaches and teams are representatives of Taughannock Soccer Club. Thank you for promoting our values of teamwork, fair play, sportsmanship, and concern for others, both on and off the field.

If there are additional questions, please contact me via email (best), text or by phone if it is urgent.

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Emily Ouckama  
TSC President  
607.342.2041  
emouckama@gmail.com  
[www.taughannocksoccer.com](http://www.taughannocksoccer.com)