



EBYA Soccer COED 4/5 Coach Packet

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## EBYA Pledge

**As a member of EBYA, I promise:**

To obey all of the rules in every sport I play,

To take pride in myself, my team, my coaches, and my community,

To respect myself,

To respect the coaches, umpires, referees, and all other game officials,

To be responsible for my actions both on and off the field,

To be cooperative, courteous, and helpful,

To try my best at all times,

And to exhibit fair and humble sportsmanship whether I win or lose.

# Letter from the COED 4/5 Soccer Commissioner

Hi Coaches,

Thanks for offering up your time, talent and energy to make our soccer program a great experience for the families in our community. We recognize and appreciate the sacrifices you have made for our program.

COED 4/5 Soccer is the first soccer experience for many children, if not their first organized team sport experience also. This is true for the families as well.

Our goal is to provide a positive environment so that the kids become athletes for life, whether playing soccer or pursuing another athletic passion. And we want a welcome and open environment for their families so that they develop a healthy youth sports relationship and perspective.

I assure you: If you are having fun, then you will achieve our goal!

Thank you.

Mike Mize, EBYA Soccer Committee

[mize8@hotmail.com](mailto:mize8@hotmail.com)

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# EBYA Soccer Board

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# Goals for COED 4/5 Players - by season's end

- Have fun
  - Be comfortable with coach and teammates
- Basic soccer awareness - understanding the direction of play
- No positions but kids should see the idea of attacking and defending based upon possession of the ball
  - They will steal the ball from teammates and pass it to opponents however :)
- Basic dribbling - any part of foot to dribble
- Basic passing - beginning to open hips and rotate ankle to pass with inside of foot, in practice
  - Do not expect the average COED4/5 player to pass to a teammate
- Goalkeepers are introduced in the 6 year old division
- Positions - offense vs defense are introduced (though not well maintained during play) in the 6 year old division
- Sportsmanship
  - We do not keep score, but kids can count
  - However, both teams shake hands and say "Good game" independent of the score
  - We do not maintain standings until BOYS1/GIRLS1 (only in the Fall season)

## COED 4/5 Game Format

- Coed 4 year old: Teams will be comprised of 6 or 7 max players per team. Teams will play 3 v 3 with coaches assisting on the field. Play 2 (20) minute halves. No goalkeepers. Size 3 ball.
- Coed 5 year old: Teams will be comprised of 6 or 7 max players per team. Teams will play 3 v 3 with coaches assisting on the field. Play 2 (20) minute halves. No goalkeepers. Size 3 ball.

# EBYA Soccer Rules

EBYA Soccer Rules are published each season on the [EBYA Soccer Coach web page](#) under the **Field Map and Rules** section.

Our Fall 2019 Rules are copied below for reference.

Regular season games will be played in 2 halves. This chart specifies the times and number of players on the field by age group.

Division	Timeframe	Players	Soccer Ball Size
High School COED	2 x 35 minutes	11v11	5
Boys/Girls 3	2 x 30 minutes	11v11	5
Boys/Girls 2	2 x 25 minutes	8v8	4
Boys/Girls 1	2 x 25 minutes	7v7	4
6 Year Old Boys/Girls	2 x 20 minutes	6v6	3
Coed 4/5	2 x 20 minutes	3v3	3

\*Division commissioners may communicate alternate formats season-to-season based upon team sizes.

Coaches on the Field: Coaches can be on the field to assist for the Coed 4/5 and 6 Year Old Boys/Girls divisions.

Referees for 6 Year Old Boys/Girls: In the final 3 weeks of the season, referees will be scheduled to manage the game. Coaches are requested to be off the field for the final 3 weeks.

All other divisions' coaches Boys 1/Girls 1 and older are not allowed on the field during the game unless there is an injury.

If both teams are short players, please decrease the length of the halves and increase the break between the halves. You must inform the referee before the game starts of this change.

Players from another team at the same or lower level can play if a team is short players. The team getting the players gets a loss in the league standings for teams with a playoff. These substitute players should play back positions, so the team's regular players can play the forward positions.

## **Regular Season Rules:**

Matches are governed by FIFA rules

(<https://resources.fifa.com/image/upload/laws-of-the-game-2018-19.pdf?cloudid=khhloe2xoigyna8juxw3>)

\*Please also review the following US Soccer Federation 2019/2020 Laws of Game - Changes and Clarifications -

<https://bsbproduction.s3.amazonaws.com/portals/5255/docs/outdoorsoccer/2019-20-lotg-summary-of-updates-and-changes.pdf>

Our soccer league follows the rules above with the following East Brandywine changes:

Player Substitutions occur on the fly at any time during the game

The goal keeper (goalie) can only play ½ of the game in Net.

### **Slide tackles:**

All sliding tackles are not allowed, and will result in the other team being awarded an indirect kick

### **Header Rule:**

No balls will be allowed to be directed by using the head. The referee will stop the game and award an indirect kick from the point of contact.

### **Build Out Line for BOYS/GIRLS 1 and BOYS/GIRLS 2:**

Build out Line rules are in effect for BOYS/GIRLS 1 and BOYS/GIRLS 2. Punting is NOT allowed in BOYS/GIRLS 1 and BOYS/GIRLS 2.

The defending teams must retreat beyond the buildout line for goal kicks and when the goal keeper (goalie) has possession, the goalie cannot punt or perform drop kicks.

Offside is enforced from the Build out Line to the goal, not the center line.

### **Goal Kicks**

Follow East Brandywine standards, so please inform the referee(s) before each game.

Coed 4/5 year old players: No goal kicks

Boy's 6/Girls 6-year old players: all Goal kicks are from the 10-yard box (Not the goal box)

Boys/Girls 1 (7 and 8 year old players): all Goal kicks from the 10-yard box (Not the goal box)

Boys/Girls 2, Boys 3/Girls 3, High School COED: all Goal kicks from the 6 yard box

### **Penalty Kicks**

For divisions BOYS 2/GIRLS 2 and younger – there are no penalty kicks during normal game play.

\*Playoff ties for BOYS 1/GIRLS 1 and BOYS 2/GIRLS 2 will still be decided by a penalty kick shootout.

In the divisions BOYS 2/GIRLS 2 and younger – any infraction that occurs in the penalty area will result in a kick (direct or indirect, as appropriate) placed on the penalty line. Players defending inside the penalty area are allowed to protect themselves from the kicks.

### **Throw-In**

Coed 4/5 year old players, No throw-in's. Let the player kick the ball in.

Boys/Girls 6 - Practice throw-in. Let the player re-do until they get it correct.

Boys/Girls 1 and Boys/Girls 2 – For the first 5 weeks let the player re-do throw-in's until they get it correct. From week 6 on, an incorrect throw-in results in the loss of the ball.

Boys/Girls 3 and High School COED, an incorrect throw-in results in the loss of the ball

### **Playing time:**

All players should have equal playing time and experience all positions. DO NOT pigeon hole a player into one position on the field. This is a recreational league and every player should experience both forward and back positions during the season.

### **Big Leads:**

If you see the games getting out of hand, please put your best players into a back position to limit the scoring. If you are up by 4 goals you should pull one player or more, and the other team can add a player. Please also encourage the players to pass the ball more or shoot with their weaker foot. Please don't let the score get out-of-hand.

### **Coaching:**

No coaching can take place from the 18-yard line or from behind the goal. Please ask anyone that is behind the goals to move. Please remember EBYA is a recreational soccer league. EBYA does not allow coaches or parents to coach from the back of the goals and from within the penalty box (18 yard line is smaller for the younger players). Please do not direct the goal keepers (goalies) during a game when to come out and get a ball.

Coaches and players shake hands both before & after the game. Include the referee where possible.

### **Medical:**

Parents please email/talk to your coaches about special medical conditions or allergies. Please inform the parents of players that need an EpiPen that they or someone responsible that knows how to use one must be at the field for games and practice. Please remind parents not to send players with asthma to the field with their inhaler.

Forearm casts will be permitted in B1/G1 through B4/G4/HS COED, provided a doctor's note is given to the commissioners for the age group clearing the player. All casts must be bubble wrapped and inspected by the referee prior to the start of any game. If a referee at any time thinks that the cast is presenting a safety hazard for other players, he or she reserves the right to take the player out of the game.

### **Two-deep Leadership:**

Do not stay at the field waiting for a parent without another adult present. Inform all parents that if someone is late at pickup time, another adult must stay with you.

### **Weather Guidelines:**

Leave the field and end practice if you hear thunder. If parents are waiting in their cars - Inform the parents to return to the field if they hear thunder to collect their child. Games or practice must end if you hear thunder!!! If the Ref does not hear the thunder - tell the Ref.

In the event of bad weather on Game Day, we will cancel games by 7:00 AM and we will update the website at [www.ebya.org](http://www.ebya.org) The league will also send an email blast to all impacted divisions.

### **Player/Parents:**

Players must wear shin guards at all times during practices and games. Players cannot participate if they are not wearing shin guards.

No jewelry or earrings of any kind can be worn during the game or practice. Note: Please do not have your child's ears pierced during the season. Band aids over new earrings are NOT ACCEPTABLE and your child will not be able to play. Jewelry also includes hair beads, watches, bracelets, Fitbits, etc.

Please review the sidelines after the game and have the kids pick up water bottles and trash that often gets left behind.

All participants, parents and volunteers agree to the EBYA Soccer Parent and Player Code of Conduct upon registration. A copy of the Code of Conduct is displayed on the EBYA Soccer Parent web page: <https://www.ebya.org/Default.aspx?tabid=630835>

*I agree to abide by the EBYA code of conduct.*

*I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.*

*I promise to help my child enjoy the youth sports experience by doing whatever I can, such as being a respectable fan. I will, and I will ask my child to, treat other players, coaches, fans, and officials, with respect regardless of race, sex, creed, or ability.*

*I will not undermine EBYA, coaches, or the referees.*

*I will adhere to the highest standards of fair play and sportsmanship.*

*No profanity or intimidating/taunting language or actions will be tolerated.*

*No intimidating mail, email or phone calls to EBYA administrators or referees will be tolerated.*

*Failure to comply with the code of conduct could mean expulsion from EBYA, EBYA events, or cause the team of the offending spectator to forfeit the game.*

Please remember that this is just a game for our kids. Keep this perspective and stay in control!

## Playoff Rules:

If your division participates in post season play, the following rules apply:

- A goal keeper (goalie) can play the entire game during the playoffs
- Games will be shortened by 5 minutes on each half to allow for Overtime and Penalty Kicks (if required)

## Field Location

### Community Park - Field 5 Micro Fields (Fields 5-1 through 5-5)

**Community Park** is the location for all EBYA Soccer games and practices. There are also (4) fields for baseball and softball.

From Downingtown take Rt 322 to Hopewell Rd. Make a right onto Hopewell and left on Dilworth rd and park is on the left.

GPS Address: 466 Dilworth Rd Downingtown, Pa. 19335



Community Park has a large gravel parking lot near Field 5, highlighted above. You may also park in any other parking lot or across the street at Brandywine Wallace Elementary School. There are two port-a-potties. One near Field 3 and the soccer shed and the other near Field 4. There are also full bathrooms near Fields 1 and 2. Encourage your families to make sure their child visits the potty before walking down for the practice/game.

There are two AEDs at the park. One on the pavilion near Field 4 and one on the building with the full bathrooms near Fields 1 and 2.



## Soccer Equipment Shed

There is an equipment shed near Field 3.

We do not maintain coaching equipment in the shed, as all coaches are issued an equipment bag at the start of the season

The shed is used on game days for corner flags for older divisions. Equipment is returned to the shed at the season's conclusion.



# Field Maintenance

You or a team parent should arrive about 10 minutes early for games and practices. Walk the field, removing any trash or other materials that should not be there. Align the goals into their proper location and anchor the goals with a sand bag.

On a wet day, you may identify areas of the field that are too soft for play. Use cones to highlight these areas and instruct players to avoid them.

If your field is too wet for a practice/game, it is OK to cancel. You may also find an open area at the park to run a practice.

Taking care of our fields is important because they must remain in good condition for the full 10 week season.

When leaving the field, please remove any trash or debris from the field. Move the goals outside of the playing field so that they do not kill the grass.

We have a landscaping company that mows and maintains the fields. If you observe issues with a field, contact your division commissioner and the landscaping company will be notified, making repairs if possible. Some repairs (re-growing grass in worn areas) must wait until the season's conclusion.

# Rain

Coaches are responsible for canceling practices and games if field conditions are too poor to play. You may contact your division commissioner if you want an additional perspective to decide.

You may wish to arrive at the field one hour before practices or games if field conditions are in doubt. This will allow you to contact your team about an hour before the scheduled start. Families appreciate about an hour of notice so that they can adjust their family schedule if necessary.

On practice nights, if rain is in the forecast - during the day, email your fellow coaches and any other coaches sharing the field that evening. Collectively, you can make a decision.

If our area sustains significant rainfall, the league may send a league-wide email canceling all practices or games. Absent this notification, it is the coach's discretion.

A great way to be aware of the weather is to use the IFTTT app. <https://ifttt.com/>

It has a recipe that will text you if rain is forecast the following day:

<https://ifttt.com/recipes/168-will-it-rain-tomorrow>

# COED 4-5 Soccer Assessing the Weather & Fields

First of all, in general we do play soccer in the rain.

However, whenever rain is in the forecast, everyone starts thinking about canceling practice.

Here are suggestions for how to play on, or cancel, your team's practice.

1. Collaborate - email the other coaches on your practice night. See what they think.
  - a. COED 4 & 5 coach contact info is found at the end of this packet
2. If the field is saturated, cancel practice. Swing by the field an hour before practice (5PM), and walk the field. Or delegate that task to a member of your team.
  - a. If the field is saturated, it may be dangerous. It may also damage the field to hold practice.
3. If possible, send a cancellation while at the field.
4. If it has been raining all day and is going to continue to rain at practice time, cancel practice.
  - a. Check the hourly forecast on weather.com
5. Our fields can take up to 2 inches of overnight rain, and drain in time to be playable.
6. To determine total rainfall, check the Lanchester Landfill weather website:
  - a. <http://www.chestercountyswa.org/index.aspx?nid=191>
  - b. They are close enough to East Brandywine to use as a reference.
  - c. Just make sure the date/time on the website is current (it updates hourly)
7. If there are thunderstorms in the area, cancel practice.
8. If it is cold & rainy, cancel practice.
9. \*\* If your COED 4/5 team's first practice is canceled due to rain: It doesn't matter at all.
  - a. You will not see a difference in game play. Kids just chase the ball and sometimes attempt to kick it toward the correct goal.
10. Don't worry about rescheduling practice for this age group.
11. If possible, offer to text your team if you cancel practice.
  - a. Load their cell phone numbers into your contacts ahead of time

# Safety Paperwork

The EBYA.org website Safety Info page details the safety paperwork requirements for all coaches:

<http://www.ebya.org/Default.aspx?tabid=844801>

1. All coaches must pass a background check in compliance with PA ACT 15
2. PA State Police
  - a. PA Child Abuse Clearance
  - b. FBI Background Check, or Volunteer Affidavit if a resident of PA for the past 10 consecutive years
  - c. Background checks are good for 5 years
3. Concussion Training
  - a. Send certificate of completion to division commissioner
4. AED/CPR Training
  - a. Plan to attend a free training session hosted by EBYA each season
  - b. If you are unable to attend a training session, view the AED video

# Coach Training

Your division commissioner will hold a preseason first time coaches clinic. The clinic itinerary is copied below.

For practices, we provide practice plans from YouthSoccer101.com as well as a home grown practice curriculum that has been used by our coaches for over a decade.

The YouthSoccer101.com practice plans will be automatically emailed out each Saturday, so that you may prepare for the upcoming week's practice.

Whether before or during the season, if you have questions about rules, technique, situations, etc - please contact your division commissioner and you will receive the information you need.

## Coach Clinic Itinerary

- EBYA Overview, soccer basics, COED 4/5 practice & game format/expectations, practice drills overview
  - Local recreational sport for children in our community
  - Play from age 4 to 18 (almost 19)
  - Fun, Fundamentals, equal playing time
  - Goal - play a team sport again next season
  - Setting up the field
- We provide a practice curriculum, set up the drills twice to spread the kids out
  - 3 L's - no lines, no laps, no lectures
  - We have a simple practice curriculum that has been used for many years
  - All coaches also receive weekly practice plans from YouthSoccer101.com
  - I will provide practice & game tips
- My drills
  - Steal the bacon
  - Drag racing
  - Pacman (opposite of dribbling knockout)
  - Get out of here
- Have fun at the game
  - Have assistant coach or a parent rotate the players
  - Post-game snack
- Communicating with your players & their parents, using your team's ebya.org portal
  - Cancel 1 hour before the event
  - Ask them to arrive 10-15 minutes prior to an event
- Stuff you need

- Whistle
  - Ball pump
- Paperwork for coaches - background check, concussion tutorial, CPR/AED training
- Q&A
- Distribute equipment bags (size 3 soccer balls, cones, pinnies)

# Equipment Bags

All teams will receive an equipment bag consisting of (4) Size 3 soccer balls, (4) pinnies, and (10) cones.

Pinnies are practice jerseys that are used to split your team in half when doing drills and games. Please make sure that all items in your equipment bag are labeled "EBYA."

Encourage your players to label their own equipment and items such as jackets so that lost items find their way back to their owner.

Coaches pick up their equipment bags when the division commissioner announces that they are ready.

Coaches return their equipment bags at the season's end.

# Uniforms

All players receive a jersey (shirt) and socks. Uniforms will be distributed during the week prior to the first games.

Players must supply their own shorts and shin guards.

It is a good idea to remind players that when they are in uniform, they represent our league. So they should behave properly both on and off of the ball field when in uniform.

# EBYA.org Website - Team Portal

All volunteer coaches receive access to manage their team's portal on [www.ebya.org](http://www.ebya.org)

Logon to ebya.org with the account used to register your child.

You'll also want to install our website's app. Again, logon with your ebya.org account.

<http://www.bluesombrero.com/dicks-tshq-mobile-app/>

Within the team portal, you can:

- View, export, and print your team roster.
- Send a message to your team, for example - to cancel practice
- Create tasks for needs such as post-game snacks
- Upload your photo and edit your coach profile
- Add news briefs

# Team Picture Day

Team Picture Day is a very busy day. Pictures are taken at East Brandywine Community Park. Team photos are scheduled about an hour before your team's game. You will receive your scheduled time about 2 weeks prior to photo day.

Please share your team's Picture Day schedule with your team - encourage parents/players to arrive 10 minutes early so you are ready to go.

Also encourage players to attend Picture Day even if they do not order anything - it is good for the Team Photo.

Here is a map of the photo day area at East Brandywine Community Park:



All coaches receive the following free photo items: team photo, team photo plaque, "buddy photo" with the coach's child.

# Positive Coaching

The following document gives a very nice checklist and then some more comments on how to maintain a positive coaching style:

[http://assets.ngin.com/attachments/document/0020/0869/Positive\\_Coaching.pdf](http://assets.ngin.com/attachments/document/0020/0869/Positive_Coaching.pdf)

For youth sports, this has a huge impact on your players' day-to-day enjoyment of the sport and long term participation.

Here is the checklist contained within the Positive Coaching document. The document itself goes into greater detail.

As a helpful reminder here's a checklist of some behaviors connected with positive coaching.

## **Youth Sports Coach Behavior Checklist**

- I praise kids just for participating.
- I look for positives, and make a big deal out of them.
- I stay calm when my kids make mistakes, helping them learn from their mistakes.
- I have reasonable and realistic expectations.
- I treat my kids with respect, avoiding put-downs, sarcasm, and ridicule.
- I remind my kids not to get down on themselves.
- I remember not to take myself too seriously during the game.
- I maintain a "Fun is #1" attitude, with lots of laughter and a sense of humor.
- I emphasize teamwork, and help my kids think "we" instead of "me."
- I am a role model of good sportsmanship:
  - (a) Winning without gloating
  - (b) Losing without complaining
  - (c) Treating opponents and officials with fairness, generosity, & courtesy.

# Game Day Basics

1. Your games are scheduled for (40) minutes in length - (2) 20 minutes halves plus a 5 minute half time break, with 30 minutes between the games - you have a little flexibility if your game might run over 1 hour.

Encourage your players/parents to arrive 15 minutes before the game, to provide time for warmups and to avoid delaying the start.

Do not be surprised if more than half of your team shows up at the exact time the game should start. Just get your team situated and start the game.

Please walk the field before your game and clear it of any hazards.

Last game of the day, move the goals off of the playing field.

2. Review the League Rules on our Soccer Coach page.

3. Some kids might not want to participate in the first few games.

Encourage them to watch the game, allowing them to join the action at their own pace.

Share this message with the parents, too. Eventually, all kids will join the game.

4. Leave the field cleaner than you found it.

Bring a grocery bag to collect any trash your team would otherwise leave behind.

# Game Day Tips

- Remember your whistle
- Designate a parent to run the 20 minute clock
- Designate an assistant or parent to manage the substitutions, every 3 or 4 minutes
  - They can use a stop watch to keep track
  - Make sure kids who sat out at the start of the game get to start in the 2nd half
- It is OK to win. It is OK to lose.
- It is OK to win every game. It is OK to lose every game.
- If you are losing resist the temptation to leave your best player in the game. You want to give the players equal playing time.
- If the ball goes out of bounds, now and then you may want to give the kids leeway before blowing the whistle, to keep the game moving
- The kickoff to start the game and 2nd half, and after each goal that is scored: Set the ball on the center mark.
  - 1 team kicks off to start the game
  - The other team kicks off to start the 2nd half
  - The team that gave up the goal, kicks off following a goal
  - Players kicking off stand on the center line
  - Players defending the kickoff stand on or outside the center circle
- You do not need to switch sides after the first half. Parents already have their foldout chairs setup and you will want your kids to have easy access to their parents while on the sideline
- Let a player rest if they need rest, a red face is a good indication, same with water breaks
- Let a player rest as long as they need to rest. If they are tired and miss their turn in the rotation, it is OK. Their endurance may build over the course of the season.
- Parents or coaches might try to push their kid to get back on the field but sometimes they are just not having a good day, and that's OK
- Be aware of the perception of "coach's child favoritism"
  - You may unintentionally play your child more than others, keep the playing time fair and balanced
  - You can avoid this perception by having your child rest at the start of the game and the half, with an occasional start

● Be prepared for a significant variation in ability, tending to the weaker players with patience, and praise for even the smallest accomplishment.

# Practice Tips

Soccer practices succeed when they are planned. This packet includes sample practice plans or you are welcome to create your own. The YouthSoccer101.com practice plans that will be emailed to you weekly contain helpful drills and games.

Here are tips for a successful practice.

1. Arrive with a plan
  - a. Keep the plan in your pocket so that you don't have to memorize it
2. Have a backup plan! Some days the kids will just be too rambunctious. It's OK to just throw the day's plan away and just let the kids run around playing tag!
3. Rain-outs - As the coach, you are responsible for cancelling practice due to rain or poor field conditions.
  - a. I recommend sending out both an email and a text message to your players 45 minutes to 1 hour prior to your practice time. It is not fun to cancel practice, but you will do so out of safety concern and out of concern for integrity of the field over our ~10 week season.
  - b. If you reschedule practice for a different day than you selected, just let me know.
  - c. Personally, I walk the field about an hour before practice on rainy days and make a decision about the field. If you do not have this luxury, recruit a friend, family member, or player's family to perform this quick task.
  - d. Few of us are meteorologists so use the same judgement you'd use planning a trip to the pool or a picnic.
  - e. Do not worry if you cancel practice and the weather turns out OK. It happens to EVERYONE. If there is lightning or thunder during practice, leave the field and go to your car.
  - f. On game days, EBYA will send out a notification if rain or wet fields will cause cancellations.
4. Walk the field before you begin practice to make sure there are no hazards. Notify me of any safety issues. If a safety hazard like a stray dog, cat, etc. appears during your practice, move to another field or go home.
  - a. As practice ends, do not let the team leave if you will be alone with a player (except your child). Require another parent or adult to stay with you until the player is picked up.
  - b. Parents of COED 4/5 players should not drop off their kids and leave for the duration of practice, but their situation may require them to do so.
  - c. Do not be the only adult left at the field with a player.

5. Bring ice and sandwich bags, or ice packs. Useful for any bumps.
  - a. You may also want to bring a First Aid Kit or at least bring Band-Aids.
  - b. There are also AEDs at Community Park. I will give you a map of their locations
6. Bring extra water bottles to practice especially on warm days until parents get into the routine of bringing enough water for their player.
7. Have a practice plan, like the COED 4-5 practice curriculum on the soccer coach web page. A few minutes planning beforehand helps your practice run smooth and doesn't leave any players standing around.
  - a. Feel free to experiment with different games and drills. If they don't work, move on. Follow the 3 L's - No lines, no laps, no lectures.
    - i. No Lines - Split up practice into stations, or split players in half and have them do the same drill to avoid lines.
    - ii. No Laps - If you are going to have the players run around to warm up, have them dribble a soccer ball while they're doing it.
    - iii. No Lectures - You are dealing with short attention spans. You might have one minute to get your message across and then get the players moving.
  - b. Keep the plan in your pocket so you don't have to memorize it.
8. Water breaks are a great transition between drills/games. You need them and the kids need them.
9. Ask all of the parents if they would like to help during practice.
10. Identify an Assistant Coach at your first practice. You may not get another opportunity.  
Ask all of the parents if they would like to help
11. Arrive 15 minutes early. Set up your first two drills/games ahead of time.
12. When players dress for soccer, their long soccer socks must go OVER their shin guards. They may not own those type of socks until we issue them with the Jerseys this week. Also, earrings must be removed.

# Sample Practice Plans

Week 1	Dribbling						
Crabs & Lobsters	20 x 20 Grid. 1 group on end line. 2nd group in box on hands and feet like crabs. Group 1 tries to dribble to end line, while group 2 tries to stop kick balls away from players. Once reach end line. Stop the ball dead on the end line with sole of foot on ball						
Dribbling Knock Out	20 x 20 Grid. All players in the box have ball but 1 defender without ball. All dribble around inside the box. Defender kicks the ball out of the box. Once a players ball is kicked out of the box, they become a defender. Last person with the ball wins and is the defender in the next round.						
Wacky Races	Make a race track with cones. Curve the track. 2 players race to end of track with ball at feet. First to get to finish line wins.						
End practice	End practice with a small sided game. Put restrictions on the game to emphasize what was worked on in the practice.						
Week 2							
Slalom Through Cones	Line of cones. Players on either side dribble to end of cones and give ball to next player, they dribble through. Repeat						
Dribble Around Turn	Place cones 5 yards from end line. Player dribbles around the cone and back. Gives ball to next player. Repeat						
Dribble, Turn, Escape	Dribble toward each other, turn and go back to end of box.						
End practice	End practice with a small sided game. Emphasize what was worked on in the practice.						
Week 3							
Dribble to Corner	20 x 20 Grid. Mark corners with cones. Number the corners so all know which is which. All dribble round in grid. When coach calls a						

	number all try to dribble to that corner. First player there wins.						
Truck and Trailer	Players in pairs. 1st player is truck and dribbles around the box. Change directions. The 2nd player must follow the first player, and do whatever they do. Each player gets to be the truck						
Show Me Moves	20 x 20 Grid. Dribble around in grid and follow the commands of the coach. Stop - Put sole of foot on ball. Turn - Change directions 180 degrees. Step Over - Perform step over move. Fake - Fake pass. Explode - Change speed rapidly to open area of grid.						
End practice	End practice with a small sided game. Emphasize what was worked on in the practice.						
Week 4	Passing						
Mechanics of the Push Pass	2 Players. 1st player kneels and holds ball between hands. 2nd player steps to kick ball with inside of foot and hit it in stride. Switch						
Mechanics of the Push Pass	2 Players. Players face each other count 1, 2, 3 and step toward each other with ball between players then hit ball with inside of foot at the same time.						
Under the Bridge	3 players. 1 with the ball, 1 in between players with legs spread apart in a bridge, 1 player on other side. Player with ball push passes the ball through the bridge to the other player who passes it back. Players switch so all are in the middle.						
End practice	End practice with a small sided game. Emphasize what was worked on in the practice.						
Week 5							
Land on the Moon	Circle of cones. Players push pass the ball into the circle of cones						
Soccer Marbles	Circle of cones with 1 cone in the center. Players push pass the ball into the circle of cones. Player with the ball closest to the cone wins. Give points and repeat						
The Incredible	10 x 20 box. Try to push pass the ball into the box, points awarded						

Shrinking Box	for getting the ball into the box. Shrink the box and repeat.						
End practice	End practice with a small sided game. Emphasize what was worked on in the practice.						
Week 6							
One Man Relay	10 x 20 Grid. 2 players. Player 1 rolls ball to player 2. She passes the ball back 1st touch back to passer. Turn and run to end of box and repeat. Switch players after a few minutes.						
Target Passing	10 x 10 Grid with 5 ft goal. Roll ball through goal to player. The 1st touch passes ball back through goal to player, turns and runs to end of line. Repeat.						
Balls in Box	10 x 20 Grid. 2 x 2 box inside grid. Server on side line passes ball to player running into grid. She redirects the ball through the cone 1st touch.						
End practice	End practice with a small sided game. Emphasize what was worked on in the practice.						
Week 7							
Swap the Ball	10 x 10 Grid. 2 players on either side of grid. Each have a ball and on the count of 3 they pass the ball to each other without hitting the other ball. Repeat.						
Knock Down Cone	10 x 10 Grid stand 1 cone in center. 4 players in 2 teams. Each team passes the ball and tries to hit the center cone for 1 point. Team who hits the cone sets it back up and repeats.						
3,2,1 Blast Off	10 x 10 grid with 3 sets of cones in center of grid in a line. 3 together, then 2, then 1. Pair of players on either side of grid start passing the ball and must knock down the 3 cones, then 2 etc. Make several grids and have the teams compete.						
End practice	End practice with a small sided game. Emphasize what was worked on in the practice.						

Week 8							
Relay Passing	10 x 10 Grid. 2 players. One kneels down and passes the ball to the other player who is running from the other end line toward the ball. She 1 touches the ball back to the hands of the passer and runs back to the end line. 1 point for each pass back into hands. Repeat and keep score. High score wins						
Pass and Run	10 x 10 Grid. Players on either side of grid in lines. 1 ball, they pass the ball to the other line and run to end of that line. Other player receives the ball and passes to next line etc.						
Pass and Overlap	Same drill as above, but add 2 cones near side lines. Players pass ball and run around cones to the other end line.						
End practice	End practice with a small sided game. Put restrictions on the game to emphasize what was worked on in the practice.						

## Other Coaching Resources

1. You will receive weekly practice plans via email from YouthSoccer101.com and their website also has plenty of resources for coaches
2. Email your fellow COED 4/5 coaches. They might have great ideas for practices.
3. Chester County Library - The library system has a ton of soccer books
4. National Alliance for Youth Sports - Good youth sports perspective and info
  - a. <https://www.nays.org/>

# COED 4/5 Soccer Coach Contact List

## COED 4

Team Name	Practice Night	Practice Field	Coach	Role	Email	Cell
Team 1	Monday	Field 5-1	Jenna Abiaad	Head Coach	jtr1209@gmail.com	484-429-0533
Team 1	Monday	Field 5-1	Stefanie Hollinger	Assistant Coach	<a href="mailto:stefanie.hollinger@gmail.com">stefanie.hollinger@gmail.com</a>	610-368-5533
Team 2	Tuesday	Field 5-1	Eric Backlund	Head Coach	backlune@gmail.com	848-203-9200
Team 2	Tuesday	Field 5-1	Joseph Feliciani	Assistant Coach	feliciani.joe@gmail.com	267-644-6889
Team 3	Thursday	Field 5-1	Alexander Byard	Head Coach	awb5154@gmail.com	717-413-5494
Team 4	Thursday	Field 5-2	Matthew Christ	Head Coach	mchrist83@gmail.com	201-230-3314
Team 5	Tuesday	Field 5-1	Jim Curley	Head Coach	jcurl329@gmail.com	484-639-3299
Team 5	Tuesday	Field 5-1	Greg Dunn	Assistant Coach	Gmd362@gmail.com	484-459-9473
Team 6	Wednesday	Field 5-1	Karen Dwyer	Head Coach	Karen.dwyern@yahoo.com	267-234-2250
Team 7	Wednesday	Field 5-2	Larry Gasperone	Head Coach	daniellegasperone@gmail.com	
Team 7	Wednesday	Field 5-2	Jeff Seiss	Assistant Coach	jseiss21@hotmail.com	484-678-3366
Team 8	Monday	Field 5-2	Kevin Mccann	Head Coach	Kmccann8@gmail.com	484-798-9079
Team 9	Monday	Field 5-2	Aubrey Pool	Head Coach	aubbies@gmail.com	609-658-0735
Team 10	Monday	Field 5-3	Allan Snider	Head Coach	asnider1230@gmail.com	
Team 10	Monday	Field 5-3	Nathanael Manthey	Assistant Coach	pardoned1998@gmail.com	484-947-9161

## COED 5

	<b>Head Coach</b>	<b>Head Email</b>	<b>Assistant Coach</b>	<b>Assistant Email</b>	<b>Practice Night/Field</b>
1	Mark Hineman	markhineman@gmail.com 610-299-2331	Christopher Martin	martintoph@gmail.com 610-639-5764	Monday 5-3
2	Matthew Fromm	mattandashleyfromm@gmail.com 919-208-7890			Monday 5-4
3	Mike Ferrara	mferrara4@comcast.net 610-241-5080	Mark McLaughlin	Markmcl0210@gmail.com 610-476-6103	Monday 5-5
4	Krista Reger	krista.lloyd@gmail.com 610-547-9431	Jeff Reger		Tuesday 5-3
5	Ryan Gerber	RyanSGerber@yahoo.com 610-763-2841			Tuesday 5-4
6	Marley Quinn	marleyquinn16@gmail.com 484-636-7025	Sara Wise	Sarawise6@gmail.com	Tuesday 5-5
7	Art Schenck	aws130@gmail.com 484-881-1666			Tuesday 5-5
8	Kevin Courtney	kevcourtney1@gmail.com	Steven Chapracki	schapracki@yahoo.com	Wednesday

		484-459-8285		610-996-4548	5-4
9	Amber Duquette	amberfulginiti@gmail.com 610-246-4963			Wednesday 5-5
10	Philip Riggs	philip.riggs@gmail.com 484-888-4567	Jamey Goodrich	Jamesgoodrich180@gmail.com	Thursday 5-3
11	Mao Ye	mye1984@gmail.com 484-631-8045	Amanda Ye	amandaye131@gmail.com 610-952-0781	Thursday 5-4
12	Jonathan Grimes	jongrimes2003@yahoo.com 610-883-2332	Brad Van Schooneveld	bs.vs@hotmail.com 484-888-8439	Thursday 5-5
13	Joe Lopez	joelopezimpress@yahoo.com 610-216-4589	Chet Eagles	ceagles10@gmail.com 484-889-7601	Thursday 5-5
14	Sarah Jennings	sarahjennings7@gmail.com 802-777-0273	Gretchen Pacinelli	gretchenpacinelli@gmail.com	Friday 5-4