



COACH'S MANUAL

SPRING 2019

PRESENTED BY: TAYSA

TOWNSEND ASHBY YOUTH SOCCER ASSOCIATION
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Equipment Manager	Rob Strand	equipmentdirector.taysa@gmail.com
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Field Director	Phil Morris	fielddirector.taysa@gmail.com
Fundraising/Events Dir.	Jackie Lahoue	fundraisingdirector.taysa@gmail.com
Coach/Player Development Dir.	TBD	playerdevelopment.taysa@gmail.com
Publicity Director	TBD	publicitydirector.taysa@gmail.com

SPRING 2019 SEASON SCHEDULE

TIMELINE

EVENT	Date	Details
CORI check	ASAP	Mandatory
MYSA License + Heads Up courses	ASAP	Complete Online "Introduction To Grass Roots Soccer" Course
Coaches meeting	4/4/2019	
Start of travel season	4/6/2019	
Start of in-town season	4/13/2019	
Easter Weekend, No Games	4/20/2019	
Team picture (<i>in-town</i>)	5/11/2019	Picture Day, rain date TBD
Memorial Weekend, No Games	5/25/2019	
End of NVYSL Travel Season	6/6/2019	MTOC Playoffs TBD.
End of in-town season	6/13/2018	

Sprint 19 Travel Game Format				
Age	3/4	5/6	7/8	HS
Game time	Girls 9:00am Boys 10:15am	Girls 11:30am Boys 1:00pm	Girls 2:30pm Boys 4:00pm	Sunday 1:00pm, 3:00pm, 5:00pm
# of players	7v7	9v9	11v11	11v11
Co-ed	<i>No</i>	<i>No</i>	<i>No</i>	<i>No</i>
Ball size	4	4	5	5
Goal size	6' x 12'	6' x 18'	8' x 24'	8' x 24'
Throw-ins	Yes	Yes	Yes	Yes
Corner kicks	Yes	Yes	Yes	Yes
Goal Keeper	Yes	Yes	Yes	Yes
Penalty kicks	Yes	Yes	Yes	Yes
Goal kicks	Yes	Yes	Yes	Yes
Corner flags	Yes	Yes	Yes	Yes
Offside	<i>No</i>	Yes	Yes	Yes
# of refs	1 (AR if available)	1 + 2 AR's	1 + 2 AR's	1 + 2 AR's
Substitutions	Ref	Ref	Ref	Ref
Game duration	2H-30 min	2H-30 min	2H-35 min	2H-40 min
Score + Standings	Score	Score + Standing	Score + Standing	Score + Standing

Every season the Townsend-Ashby Youth Soccer provides approximately 300+ boys and girls the opportunity to play organized soccer, in an atmosphere where the focus is not only on learning the skills needed to play, but also on making the game fun and enjoyable for the players, parents, and coaches. TAYSA believes our kids deserve to have qualified coaches who not only know the game, but also have adequate training in how to teach young players properly and safely.

To that end, the TAYSA provides a variety of training and coach licensing opportunities for parents who wish to be involved in coaching and team management, and sets minimum requirements for coaches to ensure that our players have the best youth soccer experience possible.

3 MANDATORY COACHING REQUIREMENTS

1. CORI BACKGROUND CHECK

The Commonwealth of Massachusetts and Massachusetts Youth Soccer Association requires CORI background checks.

- The design of the Criminal Offender Record Information (CORI) laws and regulations in Massachusetts are to protect the public from exposure to potentially dangerous individuals with a criminal past. Organizations that serve vulnerable segments of the population such as MYSA are given limited access to information about prospective coaches, administrators, volunteers, and employees who may have a serious criminal history, and who may pose a significant threat to the children involved in youth soccer across the state.
- Massachusetts state law mandates that MYSA and TAYSA have every adult volunteer, including referees, registered through the Korrio system. **Even if you have filled out CORI for other organizations, you must register through the Korrio system.**

2. CONCUSSION AWARENESS TRAINING

TAYSA and Mass Youth Soccer Association has made Concussion Awareness Training mandatory for all youth sports coaches. Follow this link http://www.cdc.gov/concussion.HeadsUp/online_training.html to complete your training. *(NVYSL strongly encourages training)*

Once you successfully complete the training, you will receive an online certificate. Type in your name and save the pdf file or you can print it. Please forward the certificate to TAYSA's Vice President at vp.taysa@gmail.com.

3. MYSA COACHING – "INTRODUCTION TO GRASS ROOTS SOCCER" COURSE

- ALL COACHES (Head and Assistants) ARE **REQUIRED** TO COMPLETE THE ONLINE "Introduction To Grass Roots Soccer" COURSE. The "Introduction To Grass Roots Soccer" is a 20 minute course, conducted entirely online, intended for all parents and coaches of youth players. The focus of this grassroots course is to share U.S. Soccer's best practices in creating a fun, activity-centered and age-appropriate environment for 5-8 year old players. TAYSA will reimburse all related fees. All others are encouraged to continue their certification up to the appropriate age group level. *Complete before first practice.*

TAYSA suggests Head Coaches and Assistant Coaches to have an age appropriate license.

- 4v4 License – In-Town
- 7v7 License – Grade ¾
- 9v9 License – Grade 5/6
- 11v11 License – Rec 7/8 and HS
- National D License - MTOC 7/8 and HS
- Available courses can be found on MYSA website: <https://dcc.ussoccer.com/>

COACH'S COMMITMENTS & RESPONSIBILITIES

CODE OF CONDUCT

- Develop ability and confidence with players by creating a fun atmosphere. Kids will develop their own desire to win and compete. Focus on constructive criticism and positive affirmation to build players' confidence.
- Limit coaching from the sidelines during the game. Allow players to focus on the game and make mistakes. **Corrections/comments are best delivered on the sidelines.**
- You are responsible for your players' parents. Please monitor their behavior and remind them they **are not to communicate with the refs.**

- Parents must sit on the opposite sideline from players. NO EXCEPTIONS
- **NVYSL ZERO TOLERANCE BYLAW**

EQUIPMENT

- As a coach, TAYSA provides you with (1) coach jersey (1) ball bag, (1) ball pump, (1) first aid kit, (6) pinnies (6) balls (12) cones, and for travel coaches (1) ladder. Return all items to TAYSA's equipment manager, at the conclusion of the season.
- **Coaches are responsible for the care of the team's soccer equipment.** (E.g. Do not keep equipment in the car as temperatures can warp the balls, and game balls should be used only for games.)
- **Bring your First Aid Kit, player contact #s, and TAYSA Injury Report to every practice and game.**
- Check the pressure of the soccer balls before every practice and game.
- PUP goals are stored in the shed. Please store them neatly.
- TAYSA does not provide whistles and if coaches use them, use them wisely.
- We recommend having a ball for every child. We accomplish this by asking players to come to practice with a ball.
- If you need something, please ask immediately.

FIELD MAINTENANCE

SCHEDULE FOR H.B.M.S. FIELDS

Each in-town team is responsible to clean up trash after games. If your team has Saturday morning's first game on the field, please set up the goals and corner fields. If your team has the last game of the day, please put away the goals and corner flags. We recommend assigning this duty to parents on a weekly rotation. *Check field for debris before each game and practice as well.*

- NO DOGS ALLOWED (around children, games and practices)

SQUANNACOOK MEADOWS ENVIRONMENTAL DUTY

Squannacook Meadows field is one of the premier endangered species habitats in the state of Massachusetts. TAYSA leases the field from the town of Townsend. The Conservation Commission, volunteers, and TAYSA work closely with the Natural Heritage and Endangered Species Program to monitor species on the site and ensure that those species and other wildlife receive protection.

- There is a carry in, carry out policy at Allen, H.B.M.S. and Squannacook Meadow Fields
- NO DOGS ALLOWED

FIELD OPENING AND CLOSING ARE TRAVEL TEAMS' RESPONSIBILITY

Each week travel team volunteers are needed to setup and shutdown the equipment at the Squannacook Meadows facility for weekend travel games. These tasks typically take less than an hour to complete with 2-3 people. We are asking for parent volunteers to help with this to allow coaches to focus on coaching and not have to worry about these items before and/or after games.

SCHEDULE FOR SQUANNACOOK MEADOWS

SET UP ITEMS

- All setup items must be completed by 8am Saturday morning for the first 3/4 game.
- Field lining must be completed as required to provide visible lines for each field.
- All tear down must be completed by Sunday afternoon to prepare for the week of practice
- Refresh field lining as needed
- Place corner flags at initial locations for first games (coaches are responsible for flags between games)
- Clean up trash on fields, in parking lots and along grassy areas adjacent to the parking lot
- Position benches for each field
- Survey fields for any loose trash, friendly turtles and any safety items
- Place goals for first games
- Survey net conditions and repair as needed
- Note any repairs need on equipment and notify TAYSA board and Phil Morris, TAYSA Field Director

SHUTDOWN ITEMS

- Return all flags and two small benches to the shed
- Empty trash into dumpster (including all used paint cans)

- Move goals to sides of fields to minimize use of goal mouths during practices
- Sweep and organize shed
- Provide list of issues, needed repairs, or any items of concern to the TAYSA board via email

NEW LOCKS FOR TAYSA FACILITIES

ROTATE DRILLS

Do not perform repetitive drills in goalmouths. Our fields need respect to maintain good playing conditions. Please move goals off to sides and rotate to different locations each week. Instruct your players on this policy. Repairs for excessive wear and tear on the fields cost the program money that could be better spent on player development. Our fields make a lasting impression on the quality of our organization.

PRACTICE SCHEDULE

- Work with Travel Director, In-Town Director and Field Director on practice schedule and location
 - A maximum of two practice nights per week are approved for Travel Teams

SAFETY

PLAYER SAFETY

- REVIEW REGISTRATION FORMS FOR PLAYER HEALTH ISSUES. After closely reading, communicate with parents regarding actions or special attention required
 - FOOD ALLERGIES must be identified and parents should be reminded to consider this when preparing snacks on counters possibly contaminated with peanut oil etc.
 - Remind parents or guardians to have EPI pens available, if needed by their child
- All players are required to wear shin guards. Socks must cover shin guards
- Cleats are recommended and should not be baseball/football style with a toe cleat. Remove toe cleats with a knife or cutter to make shoes legal
- NO JEWELRY, hats, or hard casts - Referee must review soft casts
- APPROVED SPORTS SAFETY GLASSES ONLY - Referee must review eyeglasses.
- Bring an injury report form to each game.

GOAL SAFETY

- Goal safety is critical and is everyone's responsibility. Movable soccer goals can fall over and kill or injure children who climb on them or hang from the crossbar. The U.S. Consumer Product Safety Commission (CPSC) has reports of at least **35 deaths since 1979** resulting from soccer goals falling over.
- **NEVER** allow anyone to climb on the goals
- **NEVER** allow players/ children to carry the goals
- Safety checklist
 - Are anchors in place, secured properly to the goal and ground surface, and properly filled?
 - Is all connecting hardware in place and secure (e.g. nuts, bolts)?
 - Has the structural integrity of the goal been compromised, or do any sharp edges exist in any part of net attachment system?
 - Are welds cracked? Are the corner-joints' secure?
 - Is the goal on a level surface?
 - Are the nets attached properly to the goal frame, and do they have any holes?
 - **DO NOT** take sandbags from one net to put on another. Each net is required to have two sandbags at all times.

TRAVEL REPORTING

SCORES

Please report the score correctly, and immediately following your game. Confirm the final score of your match with the referee and opposing coaches before you leave the field. Score are to be reported to the Travel Director.

REFEREE EVALUATION

Please share your feedback on the referee's conduct immediately following your game at <http://nvysl.org/refreport.php>.

Note: Any incident of a player injury, poor sportsmanship, parent misconduct must be documented on this evaluation form.

For your convenience, a referee note card will be provided to make it easier to share your constructive feedback to the NVYSL and TAYSA, so that our young refs can continue to improve their craft.

TEAM ROSTERS AND PASSCARDS FOR GAMES

For the SPRING playing season, a passcard is required for each coach, and for MTOC players.

The Coach must provide two validated copies of his or her team roster prior to each NVYSL match. Only players named on the valid team roster may play.

REFEREE GAME REPORT

Fill out the NVYSL game report card and hand it to the referee prior to every home game.

REFEREE ADVISORY COMMITTEE

Advisors are present on the sideline, observing and acting as a support for our young Grade 9 referees. Coaches who have questions regarding the referee and his/her officiating are advised to submit a 'Referee Evaluation Form', located in the NVYSL website.

In addition, coaches are welcomed to submit comments, concerns and issues directly to the TAYSA Referee Director, refdirector@taysa.org for any home and/or away game where their team and/or coaches would like to address a concern that is technical, administrative, or other.

We appreciate your support and understanding as we work with our young referees in building their character and confidence on the pitch.

PLAYER EVALUATIONS

At the end of each year, we ask coaches to fill out Player Evaluation Forms based on benchmarks tailored to a respective age group. TAYSA utilizes your coaching observations as additional data points to put players in situations to develop and succeed. It is critical therefore; you provide accurate, confidential, and current input. Here are guidelines to use when evaluating:

1. **Individual Technical Skills** (*dribbling, passing, trapping, shielding, etc.*),
2. **Physical Abilities** (*speed, balance, endurance, quickness & aggressiveness*)
3. **Psychological/Mental Skills** (*focus, drive, work ethic, attitude, and coachable objectivity*)
4. **Overall Offensive Ability** (*attacking, wants to be in the play, winning the ball etc.*),
5. **Overall Defensive Ability** (*responsiveness, defense under pressure, stopping & containing attacks*).

Please note, do not evaluate your own son or daughter. These evaluations are private and should be handled as confidential information. Do not discuss the players or your rankings with other coaches on your team while filling out the evaluation.

COACHING PRINCIPALS

PRACTICAL GUIDE TO COACHING

1. Age appropriate activities

Every child has the right to develop and the right to our attention and care as coaches. Whatever the scenario may be, it is not acceptable to write off any players at this age. We cannot reliably determine who will ultimately be the best players at age 18 based on what we see at age 10 or 12. Our job, is to continue to help each and every player develop both technical skills and an understanding of the game while having fun. It is not appropriate to lose focus of this during any practice or game.

- Example: U8 make it fun, make it fast, listening time to a minimum, lots of encouragement, set boundaries, transitions are important-once you lost them you are in trouble

2. Economy of Training "*What counts is not the number of hours you put in, but how much you put into those hours.*"

Training economically means the inclusion of more than one of the four components of the game (Technical, Tactical, Physical, and Physiological) into the same activities within a training session.

- An example of an uneconomical practice would be running for a whole practice. Fitness might be improved (though injuries increase); however, players would not improve tactically or technically.
- An example of an economical activity is ball tag that includes manipulation of the ball (technical work), turning, stopping, and running (physical), decision making (tactical), and if the coach sets the environment for success; confidence can be instilled by the coach (psychological). With the little time we spend with players, economical training is a must.

3. Plan your practices

Warm-up activity, can be tied to theme of your practice

- 1st activity, explain briefly, get into practice quickly
- 2nd and 3rd activity progresses to be more advanced and game like, (use goals or ways to score)
- Scrimmage, can use first 5 or 10 minutes to reward team for correctly executing skill. (pressure cover done correctly=goal)

4. Use your assistant coaches

- One coach can be preparing the practice grid while the other coach greets the players and gets them into their first transition activity
- Wait time between activities invites behavior problems
- Number of touches per player can be increased by running two simultaneous drills (shooting one end, defending corners the other)

5. Gauge the energy level of your players and adjust your practice accordingly

- If kids have been in school all day they might need a little more running or longer warm-up before they are ready to listen to instruction

6. Teach the basics

- Break each skill down into 3 to 4 simple steps, communicate in ways to meet a variety of learning styles (verbal, visual, kinesthetic)
- Have kids do the demo's as much as possible
- Use curriculum drills, choose your space and size for practice carefully, work to maximize ball touches
- Emphasize practice at home, especially wall passing and juggling

COACHING PHILOSOPHY

IN-TOWN CLINICS

- TAYSA has hired In-the-Net (ITN) coaches to help with U4 clinic.

IN-TOWN RECREATIONAL SOCCER

TAYSA's recreational program is the first phase of our long-term development model for our youth soccer players. This foundation should be conducted in a conducive environment that helps players develop a love of the game and introducing the technical aspects (moves and dribbling) to help them develop their base for which the rest of their skills in later years will be built upon, without any type of pressure from any family members.

What a good recreation practice in Phase 1 looks like:

Kids are constantly moving in activities relevant to playing the game of soccer and each player frequently touching a ball and making decisions. The coach is engaged, but that does not mean they have to necessarily be moving or talking constantly to the players. Kids moving, experiencing the game with minimal, but purposeful, specific and short points addressed by the coach is an ideal session we would like to see our recreation coaches lead.

Recreational U5/6 Program Philosophy:

- 3 L's: **NO laps** (running without a ball to get "in condition"), **NO lines** (no players should be waiting to play), **NO lectures** (if it takes you longer than 10 seconds to say what you think you want to say, it's too long)
- 1:1 Ratio = one player: one ball

- Activities and games at trainings should be 1v1 or 2v2, and never exceed 3v3 to allow all players regular contact with a ball
- Agility/coordination of the body should be heavily integrated into training activities. No heading ball at U5/6 if possible.
- Moves and dribbling should dominate teaching topics – players should perform techniques slow when learning new skills and coaches should encourage the ability to use both feet
- Learning positions and winning/losing should hold **zero** precedence
- Equal playing time for all players regardless of ability
- Taking chances, trying new moves, and messing up trying moves should be strongly encouraged

Recommended to coach this age group, someone who:

- Can relate to kids well
- Calm temperament
- Caring nature
- Positive outlook

In-TOWN RECREATIONAL SOCCER U8

TAYSA's U8 recreational program is the second phase of our long-term developmental model for our youth soccer players. The primary focus should still be on technical development to help players develop their base (dribbling, doing moves, developing into creative players who are not worried about messing up) for which the rest of their skills in later years will be built upon, without any type of pressure from any family members.

What a good recreation practice in Phase 2 looks like:

Kids are constantly moving in activities relevant to playing the game of soccer and each player frequently touching a ball and making decisions. The coach is engaged, but that does not mean they have to necessarily be moving or talking constantly to the players. Kids moving, experiencing the game with minimal, but purposeful, specific and short points addressed by the coach is an ideal session we would like to see our recreation coaches lead.

Recreational U/8 Program Philosophy:

- 3 L's: **NO laps** (running without a ball to get "in condition"), **NO lines** (no players should be waiting to play), **NO lectures** (if it takes you longer than 10 seconds to say what you think you want to say, it's too long)
- 1:1 Ratio = one player: one ball
- Games and activities should be 1v1 or 2v2, and never exceed 4v4 to allow all players with regular contact with a ball
- Emphasis on ABC's (agility, balance, and coordination) within training activities; as well as running, jumping, twisting, and kicking to develop sensory awareness to allow kids to develop their full potential and create a sense of confidence
- Moves and dribbling should dominate the skills being taught – players should perform techniques slow when learning new skills and coaches should encourage the ability to use **both** feet. No heading ball at U7/8.
- Learning positions/formations and winning/losing should hold **zero** precedence
- Equal playing time for all players regardless of ability
- Taking chances, trying new moves, and messing up trying moves should be strongly encouraged

Recommended to coach this age group, someone who:

- Can relate to kids well
- Calm temperament
- Caring nature
- Positive outlook
- Has great enthusiasm

- Can teach proper technique for moves and/or dribbling
- Doesn't put any precedence on winning/losing, but does help kids develop a love of the game and able to challenge young players to be creative (i.e. dribble, try moves)
- Has the willingness to attend coaching seminars to help develop coaching skills, as well as follow the club curriculum

TRAVEL RECREATIONAL SOCCER GRADE 3/4

TAYSA's 3/4 travel program is the third phase of our long-term developmental model for our youth soccer players. The primary focus remains on technical development to help players develop the base for which the rest of their skills in later years will be built upon, without any type of pressure from any family members. **Good sportsmanship** is an additional aspect of the game that is not only introduced, but also stressed to *players at these ages – from parents, coaches, and TAYSA staff*.

The field will be slightly larger and games will be refereed by certified youth and adults (if needed due to numbers).

What a good travel recreation practice in Phase 3 looks like:

Kids are constantly moving in activities relevant to playing the game of soccer and each player frequently touching a ball and making their own decisions. The coach is engaged, but that does not mean they have to necessarily be moving or talking constantly to the players. Kids moving, experiencing the game with minimal, but purposeful, specific and short points addressed by the coach is an ideal session we would like to see our travel recreation coaches do.

At a ¾ level, teams are split based on gender. Please be aware of gender differences. Boys want praise and can become tougher on teammates. Girls start to behave as part of a group, singling them out for praise or criticism will not be received well. Be sure to adjust your communications accordingly.

Travel 3/4 Program Philosophy:

- 3 L's: **NO laps** (running without a ball to get "in condition"), **NO lines** (no players should be waiting to play), **NO lectures** (if it takes you longer than 10 seconds to say what you think you want to say, it's too long)
- Ratio should be two or three players to one ball as much as possible
- Games and activities should be 2v2 or 3v3, and never exceed 6v6 to allow all players regular contact with a ball
- Emphasis on ABC's (agility, balance, and coordination) within training activities; as well as running, jumping, twisting, and kicking to develop sensory awareness to allow kids to develop the full potential and create a sense of confidence.
- Moves, dribbling, and passing with the insides of the feet should dominate the topics being taught – players should perform techniques slow when learning new skills and coaches should encourage the ability to use both feet
- Learning positions should be introduced, but **NOT** a topic of focus. The importance of creating triangles (**creating numbers up offensively and defensively**) and being introduced to how to manipulate time and space should be the extent to which players are introduced to "tactics" of the game at this age.
- Winning/losing should still hold **ZERO** precedence
- Equal playing time for all players regardless of ability and players should be given the opportunity to play all positions (**not just for the last few minutes when a blow-out is taking place**).
- Taking chances, trying new moves, and messing up trying moves should be strongly encouraged

Recommended to coach this age group, someone who:

- Can relate to kids well
- Calm temperament
- Caring nature
- Positive outlook
- Has great enthusiasm
- Can teach proper technique for moves, juggling, dribbling, shooting, receiving, and passing

- **Doesn't put any precedence on winning/losing, but does help kids develop a love of the game and able to challenge young players to be creative (i.e. dribble, try moves)**
- Has the willingness to attend free and/or paid coaching seminars to help develop

TRAVEL SOCCER GRADE 5/6-7/8

Players should continue to learn the importance of using both feet when doing skills and playing various positions to expose them to different scenarios within the game. Their primary focus also includes players starting to grasp the idea that teamwork becomes more important to accomplish things. Players should continue to experience the psychological aspect of the game and learn to apply their individual skills in ways that assist their teammates and move the whole team to its goal(s). All players should still receive an even amount of playing time, regardless of ability, and players should play various positions.

What a good rec practice these ages looks like:

Kids are constantly moving in activities relevant to playing the game of soccer and each player frequently touching a ball and making their own decisions. The coach is engaged, but that does not mean they have to necessarily be moving or talking constantly to the players. Kids moving, experiencing the game with minimal, but purposeful, specific and short points addressed by the coach is an ideal session we would like to see our rec coaches do.

Travel 5/6-7/8 philosophy:

- 3 L's: **NO laps** (running without a ball to get "in condition"), **NO lines** (no players should be waiting to play), **NO lectures** (if it takes you longer than 10 seconds to say what you think you want to say, it's too long)
- Ratio should be three or four players: to one ball as much as possible
- Games and activities should be 3v3, 4v4, or 6v6 as much as possible to allow all players with regular contact with a ball
- Emphasis on ABC's (agility, balance, and coordination) within training activities; as well as running, jumping, twisting, and kicking to develop sensory awareness to allow kids to develop the full potential and create a sense of confidence
- Learning positions should be introduced and expanded on, but should not dominate a training session. The importance of **creating triangles (creating numbers up offensively and defensively)** and being introduced to how to manipulate time and space should be the most important part of "tactics" for these ages
- Winning/losing should hold *minimal* value
- Equal playing time for all players regardless of ability and players should be given the opportunity to play defender, midfielder, and forward (**not just for the last few minutes when a blow-out is taking place**). Having three to four players play goalie is strongly recommended as well.
- Taking chances, trying new moves, and messing up trying moves should be strongly encouraged

Travel 5/6-7/8 philosophy:

- At this age level the MTOC (Mass. Tournament of Champions) begins. This is a highly competitive grouping that only the premier level of teams is available for. Due to the competitive level, wins, losses and the goal differential are meaningful, some of the recreation division standards in regards to playing time do not apply.
- At this level wins, losses and goal differential do hold meaning but **cannot** take over all emphasis.

Recommended to coach this age group, someone who:

- Can relate to kids well
- Calm temperament
- Caring nature
- Positive outlook
- Has great enthusiasm
- Can teach proper technique for moves, juggling, dribbling, shooting, receiving, and passing
- **Doesn't put any precedence on winning/losing, but does help kids develop a love of the game and able to challenge young players to be creative (i.e. dribble, try moves)**
- Has the willingness to attend free coaching seminars to help develop coaching skills and capabilities

QUIET COACHING

We have all done it, and as coaches, we know we look silly when we are continually shouting instructions at players from the sidelines. However, before you yell from the sidelines again, stop for a moment and ask yourself a few questions:

- Can your players really hear you during the action of a game?
- Can your players really process what you are saying?
- Are you setting a good example for your players and parents?

Instead, consider these general guidelines

- Provide instruction when the players come out of the game or when the action stops. Your efforts will be much more effective. When you sub players or have dead ball situations, use that time to talk with players one-on-one. Teach them, make the game fun, and set a good example.
- If you say anything during the action of a game, keep it positive. Words of encouragement are good for those players that are within distance to hear (also setting a good example for the player on the bench and parents on the sideline).
- If you feel that you must provide instructions during the action of the game, it can be effective to have a few key concepts that you can use to instruct the players during a game situation. For example, the coach can shout “out wide” and the players will remember they are supposed to get the ball to the sidelines, not up the middle. You can also use short phrases like “don’t bunch” or “down the sideline” on throw-ins, and “not in the middle” when they are clearing the ball.

HALF-TIME TALKS

Children can only absorb a limited amount of information in a five-minute period. Try to focus comments on a few key points. The “rule of three” can be used by selecting one major strategy point from each of the three branches of the game: defensive (including goalie), offensive, and dead ball plays. Individual instruction should be addressed as the players come off the field with the event fresh in their mind.

UNCOMPETITIVE GAMES

In the event of a lop-sided game, please install these tactics to keep the goal differential under six. These may include:

- Put players in positions they struggle with to improve overall game
- Shoot with opposite foot or outside the penalty box
- Goals can only be on crosses from the corner and must be ‘one time’ shots.
- Every player (including goalie) must touch the ball and maintain possession before the goal.
- X number of passes must be made before a shot on goal.
- The ball must go sideline to sideline X number of times before a shot on goal.
- Remove one player from the game, playing with a man down disadvantage. Remove an additional player if that is not enough.

SOCCER STRUCTURE AND ROLES

REFEREES

- RESPECT young referees and appreciate their experience level concerning mistakes. They are learning, and TAYSA has a **ZERO TOLERANCE** policy regarding disrespect toward them from coaches or parents. Coaches are responsible for parents’ behavior.
- IN-TOWN: Using referees will be new to the players and may require some coaching to take place on the field. Coaches must request permission from the refs, and try to minimize instruction as it slows down the game. The refs can help with positional instruction in many cases. They may also be relaxed about throw-ins and allow a second try for learning purposes.

HEAD COACH

The most important responsibilities of a youth soccer coach are:

- to provide a safe, healthy environment for the practice and play of soccer
- to provide mature, adult supervision for young athletes and set expectations for parents

Leadership

Coaches have a leadership role. You are a role model and should set an example for each player. For coaches to succeed, and for the kids to realize the best the sport has to offer, coaches must adhere to the code of fair play. Fair play can be described in three ways: behavior, good manners, and respect. Please review the Coaches Code of Conduct—the guidelines set by the NVYSL.

Coaches should perform their duties so they reflect their knowledge of the game in a manner that emphasizes good intentions and shows a proper respect for the efforts of the players, coaches, and referees.

Knowledge of the game

Coaches are responsible for learning and understanding the rules of soccer for their age group. Those rules that are not modified by USYSA, NVYSL, TAYSA, or USYSA can be found in [FIFA's Laws of the Game](#).

ASSISTANT COACH

The assistant coach helps with conducting practices, motivating players, and instructing athletes in game strategies and techniques.

Encourage participation

Each **in-town** player, when present at a game or practice, shall be encouraged to play 50% of the time, unless a player cannot for medical or disciplinary reasons. In this case, the coach is to notify the player and parents prior to the beginning of the game that the minimum time has been reduced (non-attendance at practice and non-payment of fees may be cause for disciplinary action).

PARENT COORDINATOR

TAYSA is continuing the parent coordinator program to help coaches with a variety of activities that can become a distraction throughout the season. We are requesting that each team designate a parent volunteer to coordinate the following activities:

- Coordinate distribution and collection of raffle fundraiser packets
- Manage parent snack sign up (**IN-TOWN**)
- Distribute TAYSA information – flyers for events, newsletters, parent contact list, ride sharing, etc.
- Organize field setup and breakdown with fellow parents each week
 - Field painting, position and check goals for safety
 - Place corner flags and put away after the game
 - Perform field sweeps to check field for dangerous debris, holes, endangered turtles, etc.

PARENTS

Parents are responsible for bringing players to practices and games, ensuring proper nutrition and hydration, and making sure their child is properly equipped to play. Parents are encouraged, but not required, to help with snacks, fields, and equipment. No coaching from the sidelines or disrespecting the referee is ever permitted.

PLAYERS

Players are expected to:

- **BE PREPARED** - Be on time, and ready to participate at all games and practices.
- **GIVE 100%** - of attention, awareness, and effort to each task to help the team
- **EXHIBIT SPORTSMANSHIP** at all times

WEATHER AND CANCELLATION POLICY

- All **IN-TOWN** cancellations are the responsibility of the in-town director or executive board members
- **DO NOT CANCEL GAMES ON YOUR OWN.** We have a system in place for a single point of communication. Multiple sources can confuse parents and cause conflicts with referees
- We encourage parents to check the website for a status, and attempt to make cancellations at least an hour before scheduled game time. In addition, we will send an email blast to all members affected by the cancellation
- Postponements may be used to allow time for weather or conditions to improve
- If conditions are acceptable for some parents, we are obligated to operate. However, parents are encouraged to use their best judgment regarding their child's participation if they do not feel comfortable with the conditions
- General guidelines- cold is okay, wet is okay, cold and wet together are not okay. Both cold and wet conditions must be reasonable and must not introduce any safety risks or substantial damage to the fields.
- **TRAVEL** parents should check the website for a status. NVYSL attempts to make cancellations between 24 and 2 hours before the scheduled game.

TOURNAMENTS

- The TAYSA Board is strongly suggesting that Travel Teams enter into at least one Tournament per season (Pepperell Fall Classic, Columbus Day, John Smith Memorial Day, Devens, are recommended). If the head coach and assistants cannot

make the tournament, they are to make every effort possible to reach other teams in the age group to give their players a chance to attend. These tournaments give the children a number of advantages.

1. There is no way to replicate game speed and scenarios. Even in a scrimmage the amount of effort given is not, the same as game speed and the more the kids play actual game time the better they will become. (2 four game tournaments = extra season of play)
2. Team building: Generally, we have multiple teams entered and we set-up a "TAYSA base camp." This gives the kids a chance to interact with kids on the team that they might not get a chance to interact with at school. It also gives them a chance to cheer for and be cheered for, by other TAYSA teams and age groups.

SAMPLE COMMUNICATIONS

SAMPLE: INTRODUCTION EMAIL – IN-TOWN

Hi,

My name is <NAME> and I am looking forward to coaching the U8 Beat TAYSA soccer team. I will call you in the next few days to introduce myself and address any questions or concerns you may have. Please find my contact information and schedule for the season.

CONTACT INFO

<NAME>, Coach <NAME>, Asst. Coach

<PHONE> <PHONE>

<EMAIL> <EMAIL>

SCHEDULE

The soccer season runs April <DATE> to June <DATE>. There are no games on 5/23. Games will begin at <TIME> at the <FIELD>. We will play # v # games. <SUMMERIZE AGE APPROPRIATE RULES>

PRACTICES

Practices will be held on <DAY> at <TIME> PM at <FIELD>. <SET EXPECTATIONS> Practices will run approximately 60 minutes. The first 30 minutes will focus on skills, the second 30 minutes we will scrimmage to work on game situations. * Later in the season may require adjustment due to daylight savings.

Picture day is <DATE>. The game time may be at a different time to accommodate the photographer.

Please visit www.taysa.org to see our schedule and field location. Our first game is this Saturday, April <DATE> vs. <OPPONENT> on <FIELD #> at <FIELD>.

LOOKING FOR VOLUNTEER TEAM MANAGER

I am looking for a parent volunteer to help me with scheduling snacks/oranges for each game, photo packages, fundraising, equipment set up/ take down and/or line painting. Please contact me if you are able to contribute your time.

MY COACHING PHILOSOPHY

- <INSERT YOUR PHILOSOPHY>
- Have FUN and increase player fitness
- Improve individual soccer skills
- Play as a team using effective communication
- Practice good sportsmanship

PLAYER EQUIPMENT

- All players are required to wear shin guards
- Socks must cover shin guards
- Please bring a water bottle to every game & practice
- Cleats are not mandatory, if used they should not have a toe cleat
- Players may purchase a reversible (red/white) jersey for \$20 at the Snack Shack

- No jewelry, hats or casts including earrings studs

WEATHER & CANCELLATION POLICY

All in town cancellations are the responsibility of the in-town director

Parents are able to check the <http://www.taysa.info/> for a status, an attempt is made to make cancellations at least an hour before the scheduled game. TAYSA will send an email blast to all members. Postponements may be used to allow time for weather or conditions to improve

FIELDS

- NO DOGS at the fields

FAN PARTICIPATION GUIDELINES

- DO cheer and give positive encouragement
- DON'T coach from the sidelines or disrespect the referee

I look forward to seeing everyone for our first practice on <DAY>, <DATE>.

Sincerely,

<YOUR NAME>

SAMPLE: INTRODUCTION PHONE CALL SCRIPT – IN-TOWN

Hi, my name is <NAME>. I will be coaching your <SON or DAUGHTER>, <NAME> on the <TEAM NAME>.

<ASK ABOUT CHILD> Has <NAME> ever played soccer? Is there any special information that I need to know? What other activities do they enjoy?

Our first practice will be <DAY><TIME><FIELD> and first game is <DAY><TIME><FIELD>.

A few things you should know:

- All players are required to wear shin guards
- Cleats are not mandatory, if used they should not have a toe cleat
- Jersey's will be distributed <DATE>
- No jewelry, hats or casts are permitted including earrings studs
- Please bring a water bottle to every game & practice

Did you have a chance to review the email I sent? Do you have any questions?

Thanks, I look forward to meeting you in person on <DAY>.

SAMPLE: FIRST MEETING – IN-TOWN

- Coordinate a meeting location for your players and parents
- Review any health issues listed on registration, and request notification of any player's medical issues (e.g. allergies, asthma)
- Review the contact information for each player
- Ask for the best phone number to use when reaching them during the day to cancel practice
- Ask permission to share contact information for team email communications or car-pooling coordination
- Ask for parent coordinator and volunteers for snacks, clean-up, and equipment set up/ tear down

SAMPLE: INTRODUCTION EMAIL – TRAVEL

Hi team,

I am looking forward to coaching your child on the <#> TAYSA soccer team this season. I will be joined by Assistant Coaches, <NAME> and <NAME>. Please find my contact information and schedule for the season. Always feel free to contact me if you have any questions or concerns.

CONTACT INFO

<INSERT INFO AND COMMUNICATION PREFERENCES>

SCHEDULE

<INSERT>

PRACTICE, PRACTICE, PRACTICE

<INSERT> Practices will run approx. 75-90 minutes. The first 10 minutes will focus on warming up,, the next 50 minutes will be spent on skill development, and during the last 30 minutes we will work on game situations and cool down (be sure to bring enough water).

Attending practice is essential.

As players age, the competition and expectations become greater, and players need to work together and communicate effectively to be successful. Attending practice will assist them greatly in achieving these goals.

<INSERT YOUR> STANDARDS AND EXPECTATIONS FOR ALL PLAYERS

* BE PREPARED - Be on time, and ready to participate at all games and practices (5 minutes early for practice, 30 minutes early for games).

* GIVE 100%- of attention, awareness, and effort to each task to help the team

* EXHIBIT SPORTSMANSHIP

DO NOT

* Argue with the refs

* Put down teammates or opponents

* Talk back to coaches or parents

DO

* Congratulate teammates after goal at midfield

* Support your goalie and defense if scored upon

* Cheer for and support teammates

<INSERT YOUR> SPRING SEASON GOALS FOR PLAYERS

* #1- Have fun

* Improve individual soccer skills, at every practice and every game

* Increase awareness of teammates and opponents to recognize 2 v 1 and 1 v 2 situations, at every practice and every game

* Rally and support teammates, at every practice and every game

* Communicate effectively with teammates & coaches

* Exercise good sportsmanship with opponents & referees

* Exhibit leadership abilities and qualities

MY COACHING STYLE--"quiet coaching" <INSERT>

Coaches teach during practice; the games are for the players to enjoy. I will do my best to coach only when players are on the sidelines and not on the field. This is my intent; however, it is tough to do :).

FAN PARTICIPATION GUIDELINES

DO

* Cheer and give positive encouragement

* Coach from the sidelines or disrespect the referee

**I am responsible for our players and parents' behavior at games. NVYSL has a zero tolerance bylaw for fan/parent communication with refs. Disruptive parents receive a verbal warning first, and then are asked to leave. If the fan does not leave, the referee will abandon the game and the team will forfeit the match.*

EXPLANATION

*I encourage the players during the game to listen to the referee first, their teammates second, their coaches third (and for one hour a week, they do not have to listen to their parents :))

CONCUSSION AWARENESS

Concussions in all sports are a concern, especially in soccer. I recommend that parents take this free online concussion awareness course on the TAYSA website to learn how to identify symptoms. http://www.cdc.gov/concussion/HeadsUp/online_training.html

SEEKING VOLUNTEER TEAM MANAGER

I am looking for a parent volunteer to help me with scheduling snacks/oranges for each game, photo packages, and fundraising materials. In addition, TAYSA is always looking for help to paint field lines, in positioning and checking goal safety, to set up and breakdown corner flags, and to sweep the fields for debris, dangers and turtles. Please contact me if you are able to contribute your time to any one of these activities (they do not need to be completed by one person).

SQUANNACOOK MEADOWS FIELD DUTY

TAYSA leases the fields from the town of Townsend. As part of its lease agreement, TAYSA must comply with Conservation Commission regulations. To ensure compliance, TAYSA will assign clean up duty for each team. Our schedule is T.B.D.

Remember -

* NO DOGS at the fields

* Carry in/ carry out policy (no trash barrels available at Squannacook Meadows or H.B.M.S.)

WEATHER & CANCELLATION POLICY

* Parents are able to check the <http://www.taysa.info/> for a status; the plan is to make cancellations between 24 and 2 hours before the scheduled game.

Thank you!

<YOUR NAME>

APPENDIX:



Townsend Ashby Youth Soccer Association
P.O. Box 589
Townsend, MA. 01469
<http://www.taysa.org/>

INJURY REPORT FORM

Player Name: _____

Team Name: _____ Age/Division: _____

Coach Name: _____ Asst. Coach: _____

Date of Injury: _____ Time of Injury: _____ am/pm

Location where injury took place _____

Were parent/guardians present when injury occurred? Yes / No

Injury Description: _____

How did the injury occur? _____

Description of any first aid given: _____

Name(s) of person administering first aid: _____

Was further medical attention necessary: Yes / No

Names of other adult(s) witnessing the injury _____

Reporters Signature _____ Date _____

NOTIFICATION PROCEDURE

- 1) Coach/Asst. Coach completes Injury Report Form
- 2) Coach/Asst. Coach notifies the TAYSA Division Director (provides completed injury report form)
- 3) Division Director notifies the TAYSA President
- 4) TAYSA President or designee contact MYSA about incident and insurance (if applicable)
- 5) Injury Report forms are maintained by the Secretary

NASHOBA VALLEY YOUTH SOCCER LEAGUE COACH'S PLEDGE

As a coach in the Nashoba Valley Youth Soccer League (NVYSL), I agree to read, know, and abide by the Laws of the Game of Soccer. I particularly agree to read, know, and abide by the rules, philosophy, and spirit of the Nashoba Valley Youth Soccer League. I understand the rules and philosophies are written in general terms to eliminate the necessity for many additional rules. The intent of our rules is to create balance of play, equal opportunity between players, reasonable safety/protections, fun, development, and an atmosphere of sporting behavior and fair play. I agree not to attempt to take unfair advantage of or to manipulate NVYSL rules and the Laws of the Game to our advantage. I understand this is not appropriate and will not be tolerated.

I agree to respect and support our referees. The administration of each game is best handled through cooperation of referee, coaches, and players. The letter and spirit of our rules and philosophies shall be considered as mutual agreements. No conduct that will incite assistant coaches, players, or spectators against referees will be tolerated. I also agree to use my tremendous influence as a coach to enhance sporting behavior by our coaches, assistant coaches, players, and spectators.

If a complaint is made to the Nashoba Valley Youth Soccer League Sportsmanship Review Committee regarding the conduct of a coach, assistant coach, player, or spectator from which action could result, then that person has the right to a timely notice of a formal review. I understand that if I am found to be in violation of the NVYSL Zero Tolerance Bylaw, the NVYSL Code of Conduct, the MYSA Coach's Code of Conduct, or this Pledge, that the NVYSL may take appropriate measures to prevent such reoccurrence including game suspension or dismissal from the League.

I further accept responsibility for the actions of the players, assistant coaches, and/or others representing this team.

I, _____, representing the

_____ team of the

_____ soccer club have read and agree to adhere to the NVYSL Zero Tolerance Bylaw, the NVYSL Code of Conduct, the MYSA Coach's Code of Conduct, and this Pledge.

Signed _____ Date _____



REFEREE EVALUATION FIELD NOTES

Game #	Age/ Flight:	Date:	Time:
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Home Team: _____

Away Team: _____

Final Score: Home: _____ Away: _____

Center Referee: _____

Assistant Referee: AR1 _____ AR2 _____

PREGAME On-time, appearance, team check-in, field check, introduction to coach , knowledge of rules

Notes: _____

MECHANICS: Hustle on field, instructional, hand signals and verbal calls, communication with players & coach

Notes: _____

CONTROL: Game management, decisiveness, , use of ARs, safety of players etc.

Notes:

Please share your feedback on the referee's performance immediately following your home or away games at

<http://nvysl.org/refreport.php>

(Referee feedback for your home or away games may also be sent to refdirector.taysa@gmail.com)

PARENT/ VOLUNTEER SIGN-UP SHEET

	DATE	VOLUNTEER NAME	SNACK	FIELD	COMMENTS
1					
2					
3					
4					
5					
6					
7					
8					