

ADEL DESOTO MINBURN

SOCCER CLUB



COACHES INFORMATIONAL HANDBOOK

A Successful Season.....

A successful season is a season, during which, all the players had fun, everyone's basic soccer skills improved, and their life skills grew.

ADEL DESOTO MINBURN SOCCER CLUB

COACHES INFORMATION

<http://admsoccer.net/>

On behalf of the ADM Soccer Club, we thank you for volunteering your time as a club coach. We hope that you will experience a great season! The information and resource material contained in this packet serves just as a starting point on your journey as a soccer coach. Much of what is learned will be from watching other coaches, reading, research on the Internet and watching local games.

Please take some time in the next few days to look over the material and contact Melissa Greer, Director of Coaches if you have any questions.

Thanks again for volunteering your time as a coach.

Tim York
ADM Soccer Club President

Code of Ethics for Coaches

- I will treat each player, opposing coach, official, parent and administrator with respect and dignity.
- I will acknowledge in my behavior and language that the ADM Soccer Club exists for the children first and a love of soccer second.
- I will, in all circumstances, teach and model good sportsmanship...winning with grace and losing with dignity.
- I will base playing time decisions on individual player development and learning...not winning.
- I will do my best to learn the fundamental skills, teaching and evaluation techniques and strategies of soccer.
- I will become thoroughly familiar with the rules of soccer and teach them to players and parents.
- I will uphold the authority of officials who are assigned to the contest in which I coach, and I will assist them in every way to conduct fair and impartial competitive contests.
- I will learn the strengths and weaknesses of my players so that I might place them into situations where they have a maximum opportunity to achieve success.
- I will plan and conduct my practices and games so that all players have opportunity to improve their skill level through active participation.
- I will communicate to my players and their parents the rights and responsibilities of individuals on our team.
- I will protect the health and safety of my players by insisting that all the activities under my control are conducted for their psychological and physiological welfare, rather than for the vicarious interests of adults.

Tips for the Season

Keys for a Successful Season of Practices

- Develop a “practice plan” prior to starting practice for the season
- Make sure your season practice plan covers all relevant skills and concepts
- During the season, focus your practices on game observations
- Keep the kids moving...lines are visible evidence the practice is low energy
- As a pointer, count how many “ball touches” a single player gets in each drill
- Make sure the kids get to play soccer at each practice
- When in doubt about a drill...just let them play
- All practices can take place in grids... full fields are only needed for games!
- Practice shooting and juggling in each practice
- Play and emphasize small sided soccer and 3 x 3 play

Keys for a Successful Game

- Arrive for all games half an hour early
- Plan your warm-up drills ahead of time...use at every game
- Take notes each game...by player...by skill
- Be watchful and attentive...games are a time for supportive coaching!
- Games are time to put practice to test, not to teach
- Do not yell or argue with referees... you are a role model!

Keys for successful relationship with parents

- Make contact with parents by email or phone as soon as possible with the team roster and establish a practice schedule.
- Have a pre-season meeting with parents to discuss rules and conduct. (A handout is helpful.)
- Have a player vs. parent scrimmage. LOTS OF FUN!
- Keep parent contact info with you at all practices and games.
- Communication is key!!!

ADEL DESOTO MINBURN SOCCER CLUB
GAME CANCELLATIONS/RESCHEDULE PROCEDURES
SAMPLE PRACTICE PLANS

U8/U10 – 1 hour practice

- 5 min. Warm-up/stretching
- 5-10 min. Individual ball skills
- 10 min. Passing drills
- 10-15 min. Group drills
- 10-15 min. Small side scrimmage
- 5 min. Cool down, stretch and talk

*Remember short water breaks

U12 and up - 1 ½ hour practice

- 10-15 min. Warm-up/stretching
- 15 min. Individual ball skills (turn & go)
- 10-15 min. Partner ball skills (passing long and short)
- 10 min. Small side #1 (3 v 3 keep away)
- 10 min. Small side #2 (3+2 v 3 + 2)
- 15-20 min. Passing drills
- 10-15 min. Scrimmage

*Remember short water breaks

To get ideas for drills you may want to visit the following websites.

www.iowasoccer.org - Resources – Coaches – Lesson plans and manuals & Training and game recommendations

www.coachingsoccer101.com - Lots of ideas for drills for all ages

www.top-soccer-drills.com - You can sort by type and age

www.youtube.com - Always a good source

CANCELING A GAME

Coaches – the following steps should be completed by you should you need to cancel a scheduled game

1. Contact Director of Referees to inform that the game has been canceled.
Heith Hockenberry - directorofreferees@admsoccer.net
2. Contact the opposing coach to determine 3 possible reschedule dates and times.

RESCHEDULING A GAME

Coaches – the following steps should be completed when you need to reschedule a home game

1. Contact the opposing coach to determine 3 possible reschedule dates and times.
2. Contact the Director of Referees with the reschedule dates.
Heith Hockenberry – directorofreferees@admsoccer.net
3. Once the Director confirms there are a field and ref available you will receive confirmation with the rescheduled date.

INCLEMENT WEATHER CANCELLATIONS

In the event of inclement weather or conditions on the Adel Desoto Minburn Soccer Club home fields that would prevent play, the President of the ADM Soccer Club will be responsible for canceling games. Tim York can be contacted at 971-6560. Decisions for canceling games will be determined no later than 2 hours before game time as to provide adequate notification for traveling teams coming to Adel.

The following steps will be followed to cancel in inclement weather situations:

1. President determines playability of games and current field conditions
2. If it is determined that games cannot be played at the scheduled time the President will cancel all home matches on ADM fields
3. President will update the ADM Soccer Club Web Page www.admsoccer.net with the field status. Coaches should check there first for field status or instructions.
4. If access to the website is not possible, President will call Director of Coaches to have that person notify all coaches scheduled for home games to inform them of cancellation.
 - a. Coaches will need to contact the opposing coach to tell them of cancellation.
 - b. Coaches will need to contact players to notify them of cancellation.
5. President calls Director of Referees to notify them of cancellation.

****NOTE:** Coaches will need to follow the procedures for RESCEDULING A GAME to replay a game due to inclement weather.