



# HYSA Coaches Orientation Training

**Spring 2016**

Mar 14<sup>th</sup> and 24<sup>th</sup>

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Coaching Education

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# HYSA Mission Statement

To provide recreational and competitive soccer for the youth of Holliston and to instill in the youth of the community, the ideals of good sportsmanship, honesty, loyalty and physical fitness. The purpose shall be achieved by providing instruction, safe equipment, adequate field facilities and competitive athletic games. All members of the organization shall bear in mind the development of soccer skills, team play and the molding of future men and women are of equal importance.



# U6 (K-clinic) Overview

U6 Soccer: a fun activity that happens to include a soccer ball

Skill Development: dribbling and kicking

- Emphasis on individual skills – “becoming friends with the ball”
- Dribbling the ball – guiding it, stopping it, turning it
- Kicking (not passing) – reasonably straight over 8-10 yards
- **NO** game tactics
- **NO** lines, lectures, or laps

Coach’s Role: activity leader

- Keep kid’s busy with fun games (minimal talking, brief explanation of game)
- All activities should have each player with a ball (maximize touches) – “One player, One ball”
- Self-learning through fun activities with a soccer ball

Format

- 25 minutes of fun games and activities
- 25 minute 3v3 scrimmage
  - no goalies,
  - lots of goals (no score keeping)



# U8 Overview

U8 Soccer: Soccer is fun

Skill Development: dribbling, receiving, passing and shooting

- Emphasis remains on individual skills
- Dribbling the ball with insides, outsides and bottoms of both feet
- Receiving – controlled first touch
- Passing and shooting – reasonable accuracy at 8-10 yards
- “Sharing the ball” with one teammate
- Very basic tactics – protecting the ball, basic “shape”, spreading out when in possession of ball
- **NO** lines, lectures, or laps

Coach’s Role: still mostly an activity leader

- Keep kid’s busy with fun activities (minimal talking, brief demonstrations of skills )
- Activities should involve as many touches as possible
- Let the games stimulate and teach the kids

Format

- One weekly, 60 minute practice
  - fun “learning” activities
  - small-sided games (1v1, 2v2)
  - scrimmage
- One weekly 4v4 game – no goalies, no keeping score
  - Emphasize lots of shooting and scoring

# U10 Overview

U10 Soccer: Soccer is cool

Skill Development: Strong emphasis on developing individual skills and introduction to tactics

- Beating defender with the ball, using “moves” and feints
  - Changing direction
  - Changing speeds
- Receiving ball to set up next move
- Passing and shooting – reasonable accuracy at 15-20 yards, inside of foot and laces
- Introduction to goal tending
- Introduction to game tactics – going to ball, pressuring, moving away from pressure, ...
- **NO** lines, lectures, or laps

Coach’s Role: Soccer “teacher”

- Keep kid’s busy with fun but technical-based activities (minimal talking, brief demonstrations of skills )
- Activities should involve as many touches as possible
- Let the games stimulate and teach the kids

Format

- One weekly, 60 minute practice
  - Fun, technical-based activities
  - small-sided games (2v1, 4v2, 3v3)
  - scrimmage
- One weekly 6v6 game – 5 field players and a goalie, no keeping score
  - Emphasize individual creativity and basic team tactics



# U10-U14 Overview

- Travel teams for U10 – U14 designed to continue the soccer experience thru a more competitive mixed inter-town team play.
- Play evolves from more of individual skills to team tactics and strategy: Formations, set plays, offensive & defensive tactics, off-sides play from U-11 onward.
- Opportunity to play in divisional play and championships (MTOC and President's Cup)
- Opportunity to play in local tournaments, Natick Columbus Day, Father's Day Tournament – RI, etc...



# Coach's Training

- Weekly practice plans to be provided
  - Age group specific
  - E-mailed to each coach
- Coaches Licensing
  - HYSA reimburses fees
  - All coaches should get F license (available on line)
    - <http://www.ussoccer.com/coaching-education/licenses/national-f>
  - Other courses can be found on MYSA website
    - <http://www.mayouthsoccer.org/>
- HYSA Goalie training by Coach Kern (FSU Girls Soccer Coach)
  - For U10 and above
  - See HYSA website for details
- Coaching resources on HYSA website
  - <http://www.hollistonsoccer.org/coaches/coaches-corner/>
- K-clinic coaches package is available from Marc Wolfgang
- US Youth Soccer curriculum document also available from Marc Wolfgang



# Coach's Code of Conduct

- Before, during and after the game, be an example of dignity, patience and positive spirit.
- Before a game, introduce yourself to the opposing coach and to the referee.
- During the game, you are responsible for the sportsmanship of your players. If one of your players is disrespectful, irresponsible or overly aggressive, take the player out of the game at least long enough for him/her to calm down.
- During the game, you are also responsible for the conduct of the parents of your players. It is imperative to explain acceptable player and parent behavior in a preseason meeting.
- Encourage them to applaud and cheer for good plays by either team. Discourage them and you may need to be forceful and direct from yelling at players and the referee.
- During the game, do not address the referee at all. If you have a small issue, discuss it with the referee calmly and patiently after the game.
- If you have a major complaint, or if you think the referee was unfair, biased, unfit or incompetent, report your opinion to your League. Your reactions will be taken seriously if they are presented objectively and formally.
- After the game, thank the referee and ask your players to do the same.



# Zero Tolerance Policy

- Below is the BAYs Zero Tolerance Policy, which HSYA adheres to for our entire program.
- **BAYS Zero Tolerance Policy**
- All individuals responsible for a team and all spectators shall support the referee. Failure to do so will undermine the referee's authority and has the potential of creating a hostile environment for the players, the referee, and all the other participants and spectators.
- Consequently, BAYS has adopted and modified the following rules:
  - 1. No one, except the players, is to speak to the referee during or after the game. Exceptions: Coaches may ask questions before the game, call for substitutions and point out emergencies during the game, or respond to the referee if addressed.
  - 2. Absolutely no disputing calls, during or after the game, no remarks to the referee to watch certain players or attend to rough play. NO YELLING at the referee, EVER, and no criticism, sarcasm, harassment, intimidation, or feedback of any kind during or after the game.
  - 3. Violators may be ejected and are subject to disciplinary action by the BAYS Sportsmanship Review Committee.
  - 4. If coaches or spectators have questions regarding particular calls, rules, or a referee, or wish to give feedback regarding a referee, please contact the town soccer club referee's coordinator for the game in question, or contact the BAYS Referees Representative at <http://www.bays.org>.
- **Offense by Spectator(s):**
  - 1<sup>st</sup> Referee will ask the coach to intervene to quiet spectator.
  - 2<sup>nd</sup> Referee will stop the game, ask coach to warn spectator that next time he/she will be asked to leave.
  - 3<sup>rd</sup> Ask coach to make the offender leave the field.
- **Offense by Person Responsible (Coach/Manager):**
  - 1<sup>st</sup> Major. If serious misconduct, then caution or ejection. Referee may show card to coach.
- **Otherwise:**
  - 1<sup>st</sup> Referee may ignore.
  - 2<sup>nd</sup> Verbal Warning.
  - 3<sup>rd</sup> Caution (optional yellow card).
  - 4<sup>th</sup> Ejection (optional red card).
- **\*Note:** Obscene language, stepping on the field and threat of bodily harm are major offenses deserving immediate ejection. Prolonged significant outburst or dissent is deserving of a caution or ejection at the discretion of the referee. If you have any concerns, please contact the appropriate [referee coordinator](#).
- All coaches must acknowledge reading the Zero Tolerance Policy via an email acknowledgement to their respective HSYA age group coordinator



# Some Coaching Guidelines

- Always keep it positive, its supposed to be fun
- Maintain a safe environment
  - Discourage overly aggressive, dangerous play
- Minimal coaching from the sidelines
- Even playing time, especially at the intramural level
- No protecting the net (i.e. goal keeping) at the K-clinic and U8 level
- Limit goal keeping to one half per player per game maximum
  - Players need to play the field to become good soccer players
  - Good goalies need to solid fundamental field skills
  - Too young to specialize as goalies
- New 2015 US soccer ruling on “heading” the ball – safety
  - No heading 10 years and younger
  - Heading limited to practice only for 11 to 13 year olds, i.e. no heading in games
- New Age Groupings for 2016-17 seasons



# Managing “one-sided” games

- The objective for intramural games (K thru U10) is to maintain a competitive and fun experience
- When goal differential in a game approaches > 5 goals, please consider the following corrective actions when coaching your team
  - Restrict shooting to the “weaker” foot, i.e. tell kids they can only shoot with their left foot
  - Require your team to connect three consecutive passes before they are allowed to shoot on goal
  - Inform the other coach in a polite manner that he/she can field an additional, extra player on the field
  - Etc...
- If you are on the losing side of a lop-sided game, do not take offense to corrective measures by the opposing coach – the players typically don’t notice or care, they just want to have fun and getting “blown out” isn’t fun