



# Fall 2023 Pre- Season Coach Meeting Micros and Minis

- To create soccer players, coaches, and teams of strong character, committed to achievement on the field and in our community.
- “Developing Champions for Life”

# Today's Topics

- About Loudoun Soccer
- Key contacts
- Key policies
- Communicating with your team
- Program formats and rule variations

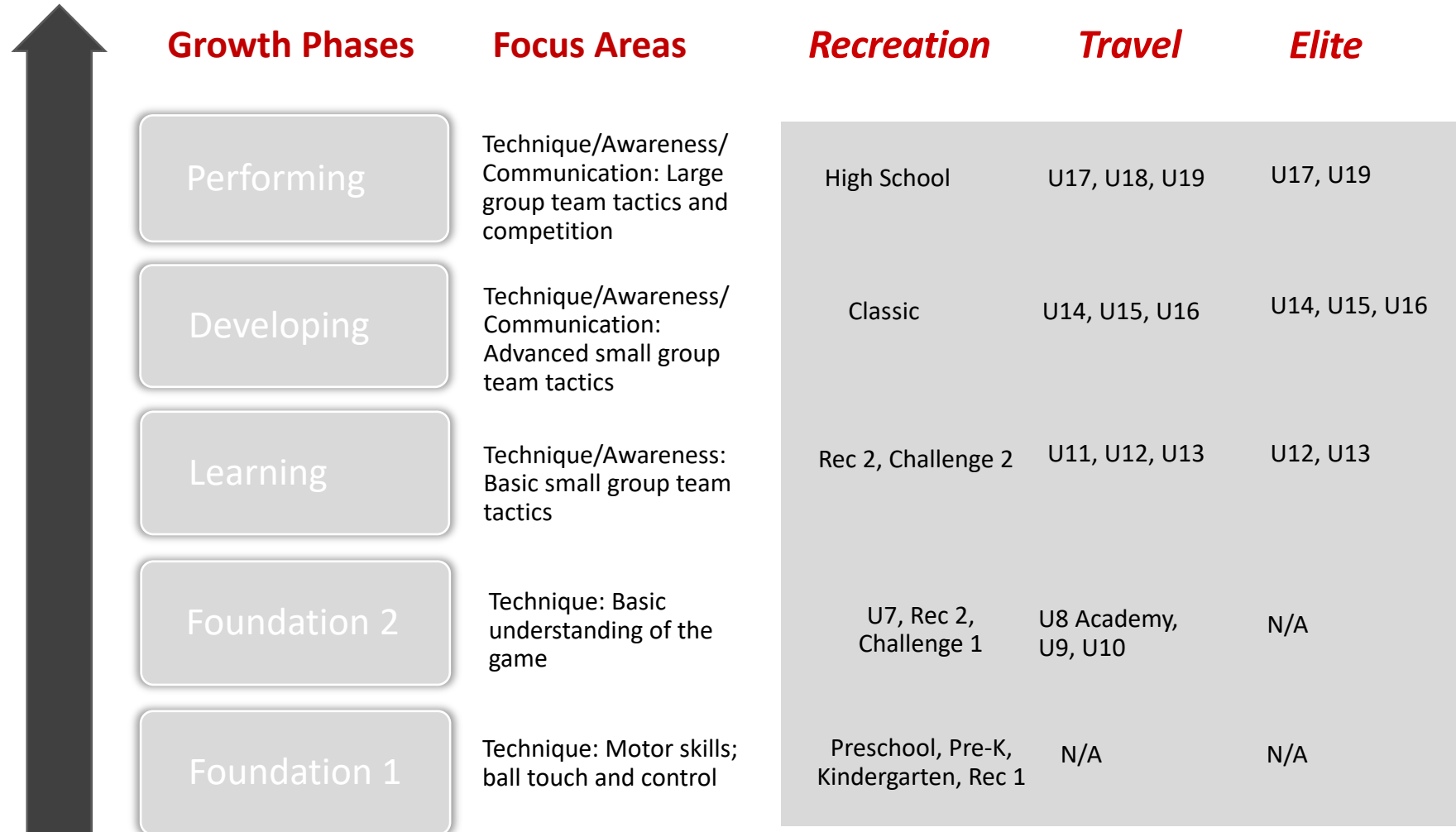
Fun! – Integrity – Fairness – Teamwork - Stewardship

# Zoom Etiquette

- Session is being recorded
- Mute your mic
- Q & A

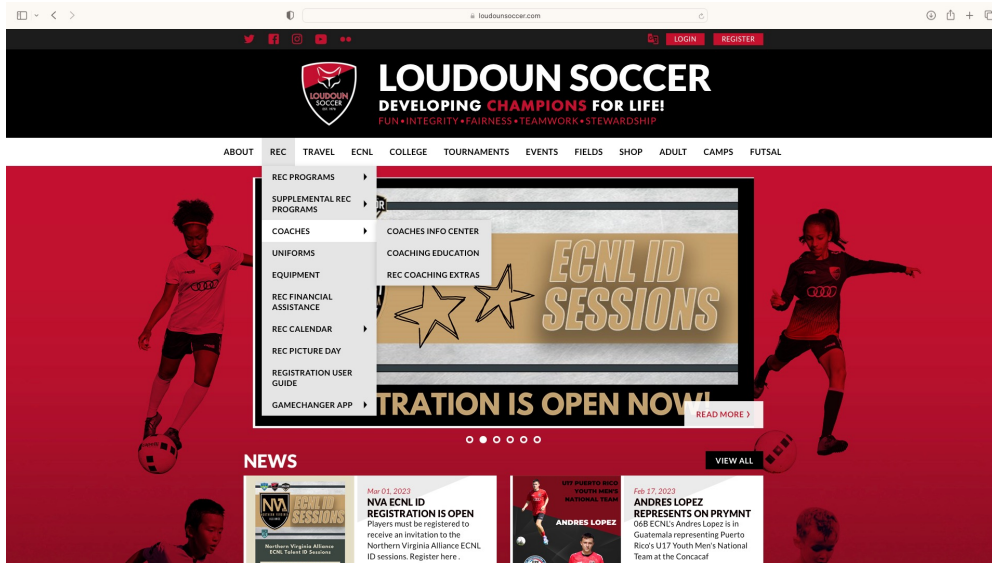
# Progressive development framework

Graduated phases of player growth



# Year-Round Rec Opportunities

- Primary seasons (Fall and Spring)
- Supplemental programs
  - Monday Mommy/Daddy & Me (ages 2-3)
  - Weekday Minis (ages 4-5)
  - Rec TA – Kindergarten and older
- Summer camps
- Winter clinics
- One day events (Holiday camps, Free Play Day)



# Online Coaching Support

- [www.loudounsoccer.com](http://www.loudounsoccer.com) → REC → Coaches
- Coaches Info Center
  - Rules, policies, SafeSport, Concussion training, etc.
- Coaching Education Resource Center
  - Session plans, helpful articles and videos, etc.

# Equipment Pickup and On-Field Clinic

- Saturday 8/26 at Loudoun Soccer Park
  - Minis/Micros: 9 am field, 10 am equipment
  - Rec 1: 10am field, 11 am equipment
  - Rec 2, Challenge 1 & 2: 11 am field, 12 pm equipment
  - Classic, High School: 11 am field, 12 pm equipment
- Sunday 8/27 at Loudoun Soccer Park – Equipment Pickup Only
  - All ages 9-11 AM

# General Reminders

- Team Rosters
- Team Officials
- Gear, Equipment, Uniforms
- Player Awards



# Team Rosters

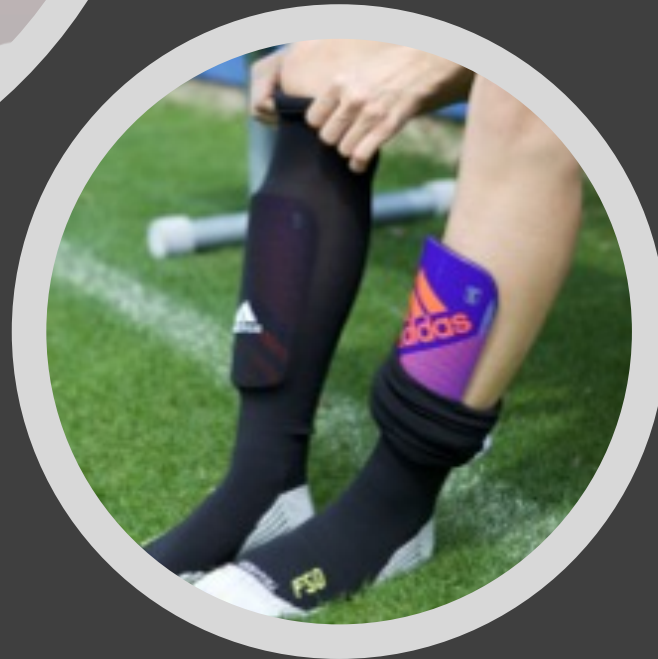
- Rosters may change over course of season
- Only players on your official roster (Team Page) may practice or play with your team
- Prospective players
  - DO NOT promise a spot
  - Direct them to program manager

# Team Officials

- All team officials MUST register, pass background check, and complete SafeSport training
- Anyone in a position of trust or authority MUST register
- Coaches listed on your Team Page are considered approved
- DO NOT allow a volunteer to assist if they are not listed on your Team Page.

# Required Equipment

- Each family is responsible for the following:
  - Jerseys (provided to coach to distribute)
  - Properly inflated ball (size 3)
  - Shin guards (mandatory)
  - Weather-appropriate clothing
  - Plenty of water
  - Approved shoes/cleats



# Required Equipment

- Shoes/Cleats
  - Soccer cleats or turf shoes permitted
  - No front toe stud (baseball, football)
- No jewelry permitted on field
  - Earrings must be removed; no tape or bandages
- Hard casts
  - Should be padded and fully covered
  - At discretion of the referee



EVERY SEASON STARTS AT



## Gear, Equipment, Uniforms

- Equipment bag provided by Loudoun Soccer – yours to keep
- Additional equipment (more cones, extra balls, ball pump, etc.) purchased on your own
- Shop at Dick's Sporting Goods August 25-28!



# Uniforms

- Jersey included with Micro and Minis registration
  - Distributed at first session
- Grades 1-8: Ordered online through Soccer Post
  - red/white jerseys, black shorts, black socks

# Safety Reminders

- Heading
- Concussions
- Slide Tackling
- Weather and Fields

# Heading

- No heading permitted from U11 and younger (5<sup>th</sup> grade)
- Limited heading allowed U12 and U13 (6<sup>th</sup> and 7<sup>th</sup> grade)
- No restrictions (but common sense) U14-U19 (8<sup>th</sup>-12<sup>th</sup> grade)



# Concussions

- Any player suspected of sustaining should be removed from play
- That player is barred from returning that day (“when in doubt, sit them out”)
- Inform family – explain symptoms
- Notify club office via designated form
- Family must provide “return to play” document from healthcare provider before rejoining
- Additional info available online in Coaches Information Center

# Safety

- No slide tackling
- No heading

# Weather/Field Alerts

- Closure notification by email, social, and text
- Decision made by LCPR or by club
  - Heavy rain may close fields
  - No training or games may occur once fields are closed
- Thunder/Lightning – 30-minute delay
  - In building or car – not outside
  - Account for ALL players if occurs

# Team Communication

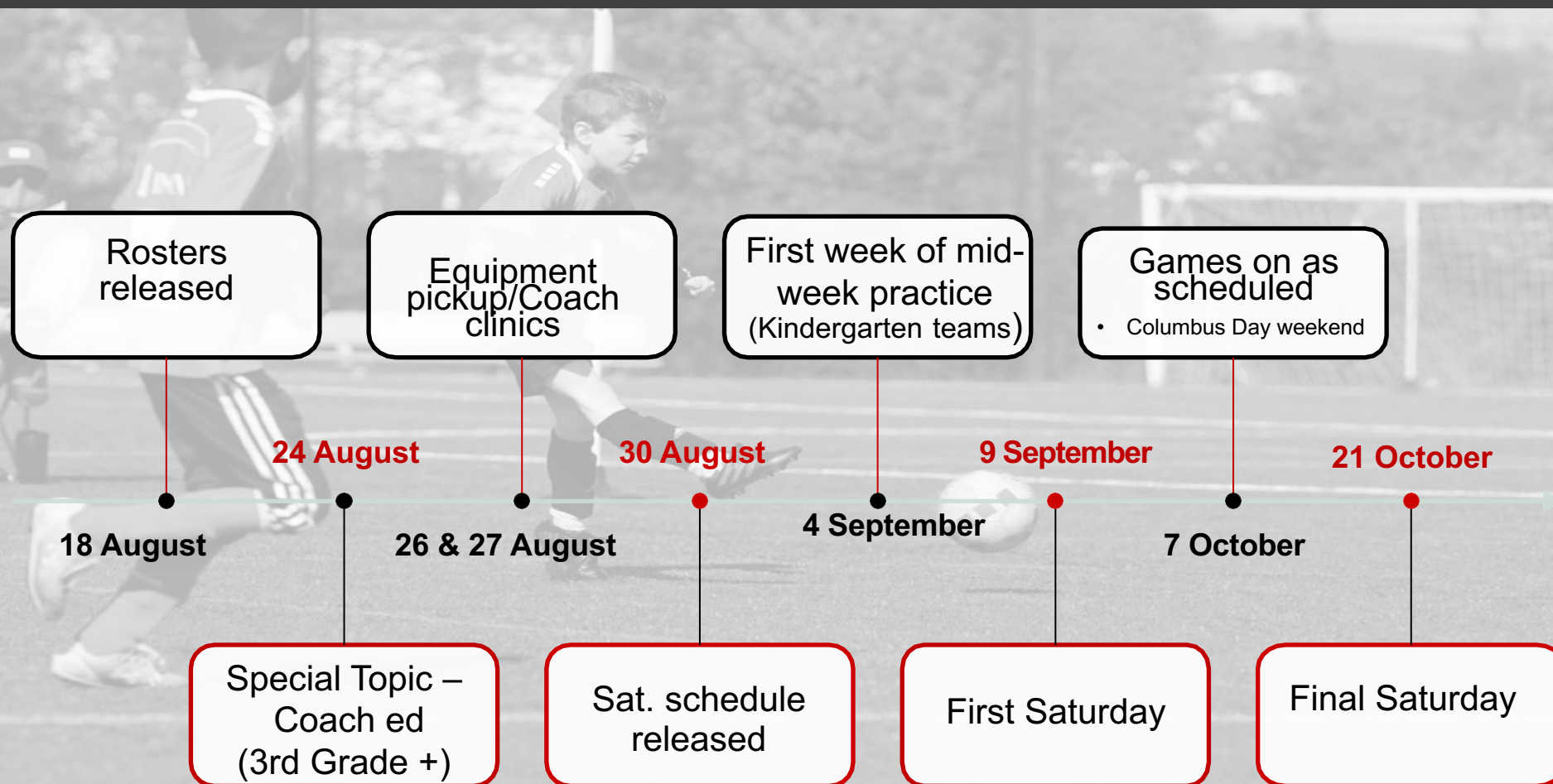
- The head coach is the primary point of contact with the team
- Reminder email (upcoming dates, what to bring, etc.) to families encouraged via the [Team App](#)

# the Team App

- Free app
- Syncs with Sports Connect schedule and roster
  - Similar to TeamSnap
- May require some individual maintenance if schedule/roster changes
- [Instructions/troubleshooting on club website under “Rec”](#)



# Important Dates



# Practices - Kindergarten

- Teams allocated one half of a field
  - Share with another team
  - Some teams may have a full field (not the norm)
- Coaches lead the session
  - Session plans online
- End about 5 minutes early for clean up and exit
  - Allows next group to start on time

# Saturday Schedules

- To be published and available within your Team Page
- Double check details (time, location, etc.) on weekly basis
  - Most Micro and Mini schedules will be consistent
- Changes may occur
  - Location or time changes via email
  - Field closure alerts the day of
  - On site by the lead trainer (inclement weather or field conditions)



# Saturday Session Format

- What to bring
- Arrival and departure
- Format
- Trainers



# Coach Equipment - Minis

- Pre-K and K Coaches should bring the following:
  - First Aid kit
  - Game ball (size 3)
  - Cones
  - Scrimmage vests!
  - Extra jerseys, shin guards, etc.

# Playing Format – Micros

- 7 Saturdays
- 45-minute sessions
- Co Ed
- Soccer-related activities
- Trainer-led
- Team Coaches assist the trainer



# Playing Format – Pre-K and Kindergarten

- 7 Saturdays
- 50-55 minute sessions
- Co Ed (Pre-K) or single gender (K)
- Soccer-related activities, followed by 4v4 “games”
- Trainer-led first 3 weeks
- Coach-led next 4 weeks



# Coaches Role: Pre-K and Kindergarten

- Manage 4v4 “games”
- Assist the Trainer first 3 weeks
- Lead session last 4 weeks
  - Session plans provided

## 4v4 “Games”

- Split your team into two “squads”
- Your “squads” will play against another team’s “squads” on dual-field
- Use scrimmage vests
- You manage one field, Assistant manages other





# Dual Field Setup



## 4v4 “Games”

- Primary goal: keep the players moving
  - Playing = Fun
  - Lectures or being screamed at by adults = Not Fun
- Don’t stop play unless necessary
- Rotate players in and out every few minutes
  - Hydrate while sitting out
- Brief “half-time” if needed





# Restarts

- Coaches roll the ball back on the field
  - Do not kick the ball in
  - Do not throw or play ball in air
- Coaches can manipulate restarts
  - Roll to an open space
  - Roll to less developed players to increase their involvement

## 4v4 Trouble Shooting

- One team is short → “borrow” a player from the other team
- One player dominates → roll the ball to other players to start
- A child seems disinterested → be positive, encourage them, ease them into it.

# 4v4 Trouble Shooting

- They bunch up or only dribble → don't worry about it...they're 5 and 6 years old!
- They dribble or kick in the wrong direction → don't worry about it...they're 5 and 6 years old!
- They don't listen to your directions while playing → don't worry about it...they're 5 and 6 years old!



# Model Appropriate Behavior

- Be a positive role model for all (players and parents)
- Coach is responsible for team & fan conduct
  - May need to correct inappropriate behavior
- No confrontations with others (parents, coaches, refs, etc.)
  - Keep cool and walk away
  - Report knuckleheads to us
- Remember: It's for the Kids! It should be fun!

# Post Session

- “Good Game” gesture to opponents
- Clean bench areas, clear area for next game
- Snacks!
- Report serious issues to Lead Trainer and/or Program Manager

# Resources

- Coaches Info Center (rules and policies)
- Coaching Education Resource Center (helpful articles, videos, and tips)  
Admin Support: Mackayla Brodie,  
[mack.brodie@loudounsoccer.com](mailto:mack.brodie@loudounsoccer.com)
- Technical Staff: Daryn Patricio,  
[daryn.patricio@loudounsoccer.com](mailto:daryn.patricio@loudounsoccer.com)

# Good Luck

- Keep a healthy perspective
  - Your value as a coach is not measured by wins or losses
- Make it fun for the kids
- Set a positive example for others to follow
- Good luck this season