



Fall2023 Pre- Season Coach Meeting: Rec 1

- 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

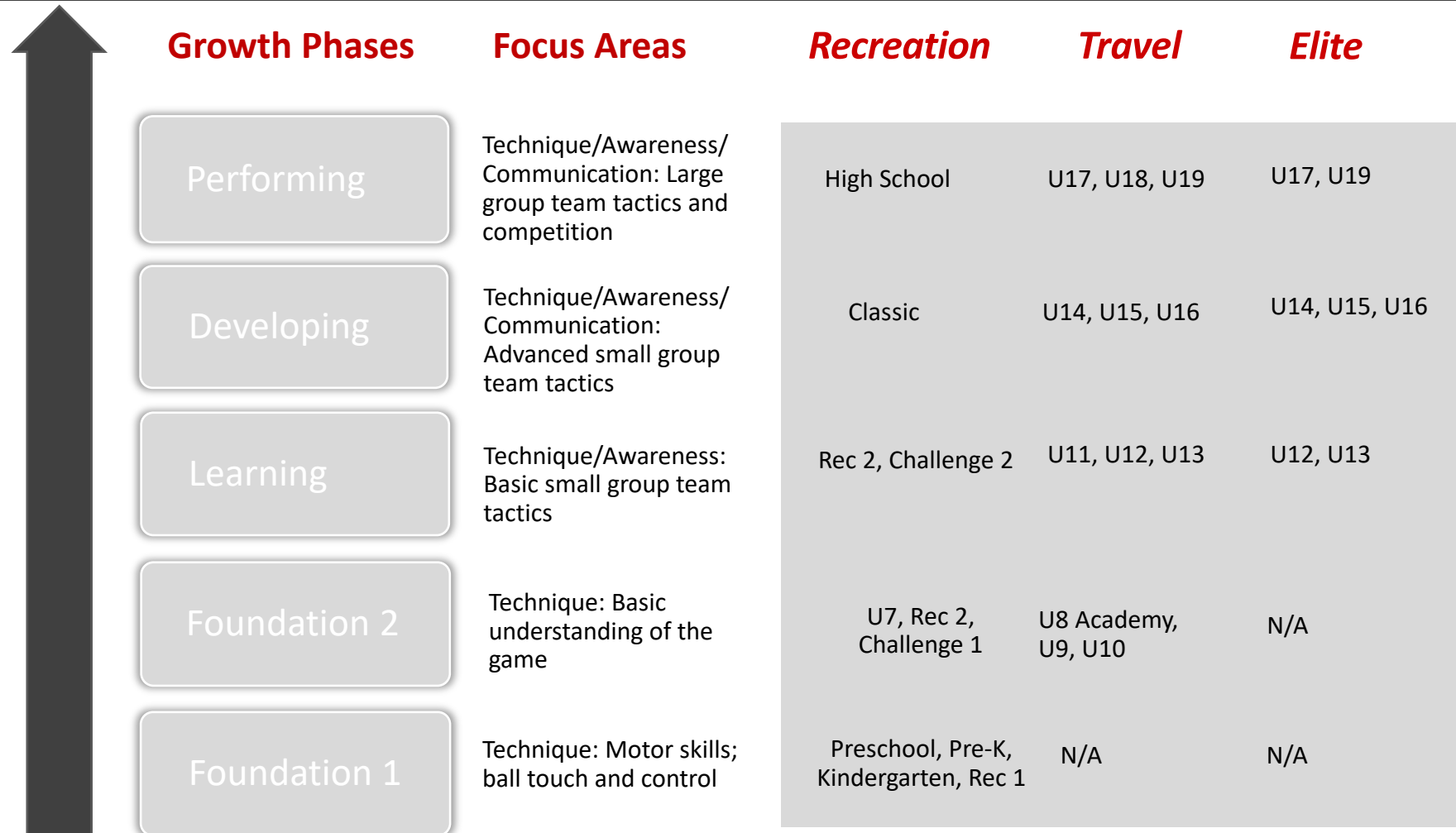
Fun! – Integrity – Fairness – Teamwork - Stewardship

Zoom Etiquette

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

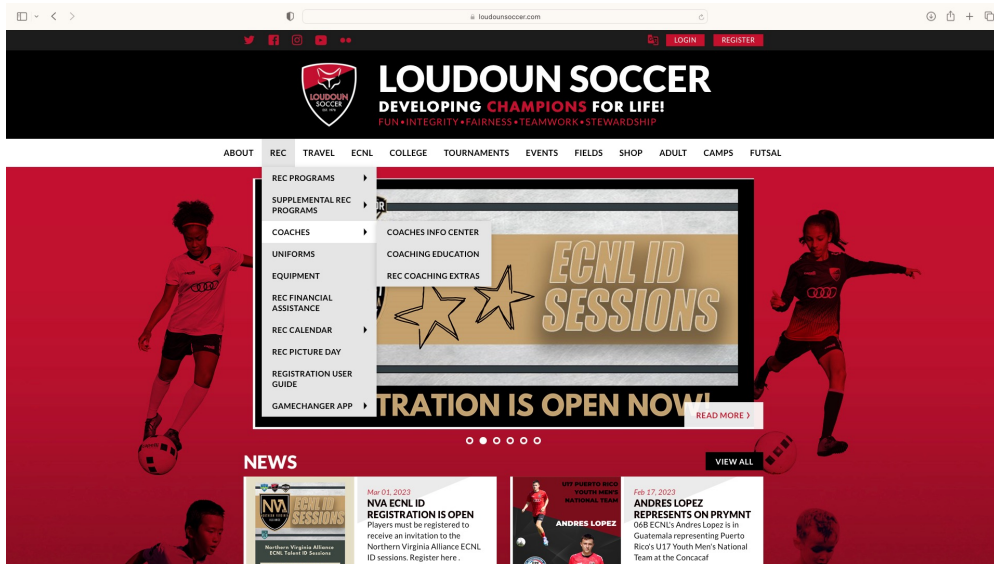
Progressive development framework

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 → 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

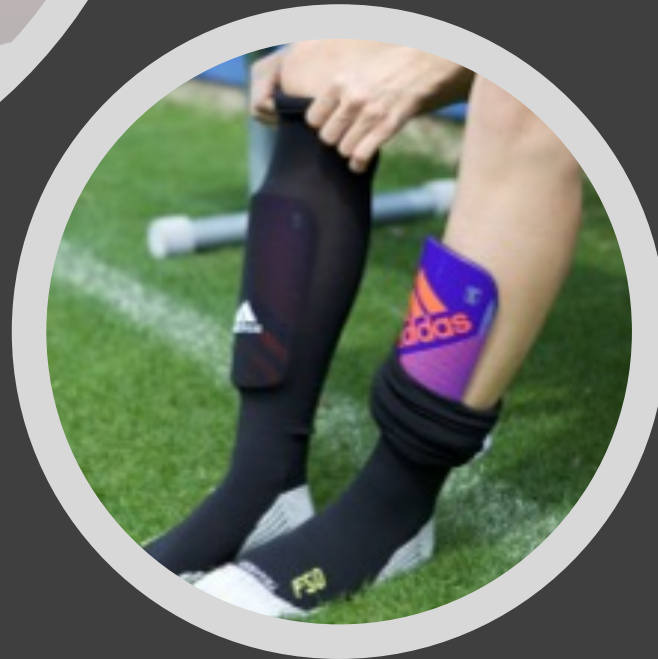
- Rosters may change over course of season
- Only players on your official roster (Team Page) may practice or play with your team
- Prospective players
 - DO NOT promise a spot
 - Direct them to program manager

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
 - Properly inflated ball (size 3)
 - Shin guards (mandatory)
 - Weather-appropriate clothing
 - Plenty of water
 - Hand sanitizer
 - 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

- 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 (5th grade)
- Limited heading allowed U12 and U13 (6th and 7th grade)
- No restrictions (but common sense) U14-U19 (8th-12th 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

Slide Tackling

- Slide tackling
 - Grades 1-6: no slide tackling permitted
- No heading
 - Intentional: indirect free kick
 - Unintentional: drop ball (ball dropped to opposing team)

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 [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



Fall Festival

- October 21 at Loudoun Soccer Park
- Games on turf
- Matchup vs. other towns
- Receive and distribute medals
- Celebrate the season

Practices

- 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
 - Practice schedules consistent
 - Game schedules: different locations, times, etc.
- Changes may occur
 - Location or time changes via email
 - Field closure alerts the day of
 - On site by referee (inclement weather or field conditions)

Game Reschedules

- Head coaches of multiple teams are de-conflicted
 - Notify your Program Manager if a conflict exists
- Reschedules due to weather/fields are generated by the Program Manager
- Ability to reschedule for other reasons is difficult
- If you have a conflict
 - Check with your Assistant Coach first about covering
 - Notify Program Manager ASAP
 - PM works with coaches on modified details
 - DO NOT reschedule on your own

Game Day

- What to bring
- Format
- Modified rules
- Referees and sportsmanship



Coach Equipment

- Coaches should bring the following:
 - First Aid kit
 - Game ball (size 3)
 - Cones
 - Scrimmage vests!
 - Extra jerseys, shin guards, etc.
 - [Abridged Rules document](#)

Pre-Game

- Uniforms: “Home” wears Red, “Away” wears White
- Arrival time:
 - Coaches: 20 minutes before kickoff
 - Players: 15 minutes before kickoff
- Wait for previous teams to depart before reporting to field
- Warm-ups: avoid using goal area and penalty area when possible (preserve field)
- Greet Referees and Opposing Coach
 - Confirm variations to format
 - Set a positive tone for all



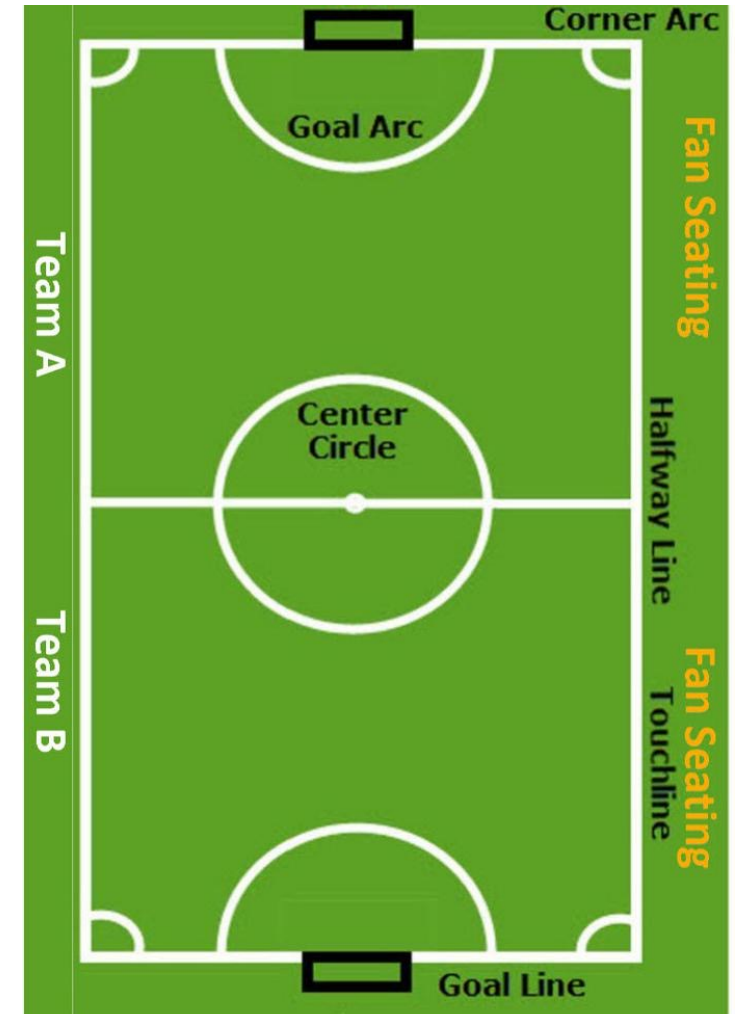
Pre-Game

- Uniforms: “Home” wears Red, “Away” wears White
- Arrival time:
 - Coaches: 20 minutes before kickoff
 - Players: 15 minutes before kickoff
- Wait for previous teams to depart before reporting to field
- Warm-ups: avoid using goal area and penalty area when possible (preserve field)
- Greet Referees and Opposing Coach
 - Confirm variations to format
 - Set a positive tone for all



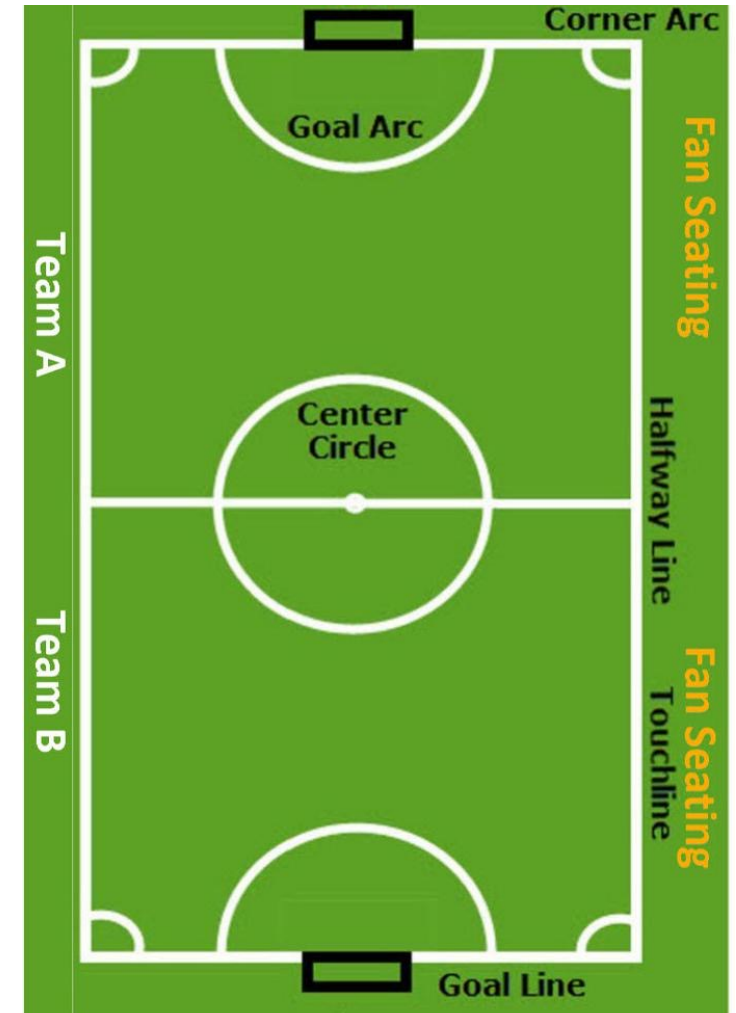
Team and Spectator Areas

- Teams occupy one touchline; spectators on opposite
- Everyone (coaches, players, spectators) at least 10 feet from touchline
- No one adjacent to Penalty Area (Goal Arc) or behind goals
 - Unless distancing rules require it.
 - No coaching, instructing, directing, cheering permitted in that area



Team Technical Area

- Coaches Remain in Technical Area
 - Between midfield and top of penalty arc
 - Stay on your half
 - 10 feet from touchline
- Coaches are NOT permitted to enter the field during play



FIFA Laws of the Game

- FIFA's Laws of the Game govern soccer at the highest levels
 - Revisions implemented on July 1 each year
- Youth soccer modifies these laws
- Abridged rules available in Coaches Info Center
- Playing formats and variations

Playing Format – Rec 1 Grades 1-2

- 4v4
- Four 10-minute quarters
 - 1-2 minute break in between quarters
 - 5 minute break at half-time

Playing Time and Substitutions

- Minimum 50% play time per game
 - No one plays 3 quarters without everyone playing 2
 - No one plays all 4 quarters w/out everyone playing 3
- Substitutions are at made quarter breaks or for injuries
- [Team management documents](#)

Play Balance

- Used when one team has fewer than 4 players present
- Two options:
 - Team short players may borrow from opponents for that game (may rotate loaned players each quarter) – preferred method
 - Play down for even numbers (e.g. 3v3 instead of 4v4) as long as opposing team meets min play time standards
- Unlikely to occur for most Rec 1 games due to roster size and game format.

Player Positions

- Coaches are encouraged to rotate players into multiple positions
 - Can be done each game
 - Should be done throughout the season
- DO NOT pigeonhole players at young ages to specific positions

Restarts

- All restarts are kicks (no throw-ins)
- Restarts are indirect (cannot score directly; must touch a 2nd player)
- Kickoffs:
 - Can play in any direction
 - Defending team outside of center circle and/or 5 yards away

Restarts

- Goal Kicks:
 - Place ball in front of goal
 - Defending team must retreat into defensive half
 - Allows opponent to build out
 - May pressure once ball is kicked
- Corner Kicks: taken from corner of field (no corner arc)

Offside

- Not enforced in 4v4
- No “Goalkeepers” and no “Cherry Pickers”
 - Players must stay connected to play
 - Instruct/encourage players to push up and drop back as a team
 - Instruct players to move away from the goal
 - “Goalkeepers” and “Cherry Pickers” cheats the game and hurts player development

Competitive Balance Rule

- Used to make games more competitive
 - When team is losing by 4 goals, they may add an extra player to the field
 - Once the deficit is reduced to 3, that specific extra player is removed
- Additionally: leading team is expected to adjust style to avoid running up the score
 - Rotate positions
 - Play less developed players more
 - Add conditions



Referees

- Independent of Loudoun Soccer
- Severe shortage of referees (both quantity and quality) – local and nationwide
- Many will be young (14-17 years old) with 1 or fewer seasons of experience
 - Some will be good, others not-so-much
 - They are learning just like the players

Model Appropriate Behavior

- Be a positive role model for all (players and parents)
- ZERO TOLERANCE toward referee abuse (verbal) and assault (physical)
- 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 Game

- “Good Game” gesture to opponents
- Thank the referee(s) – players and coaches
- Clean bench areas, clear area for next game
- Snacks!
- Report serious issues to your 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
- Technical Staff: Daryn Patricio,
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