



Fall 2023 Pre-Season Coach Meeting: Challenge, Rec 2, Classic & HS

- 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

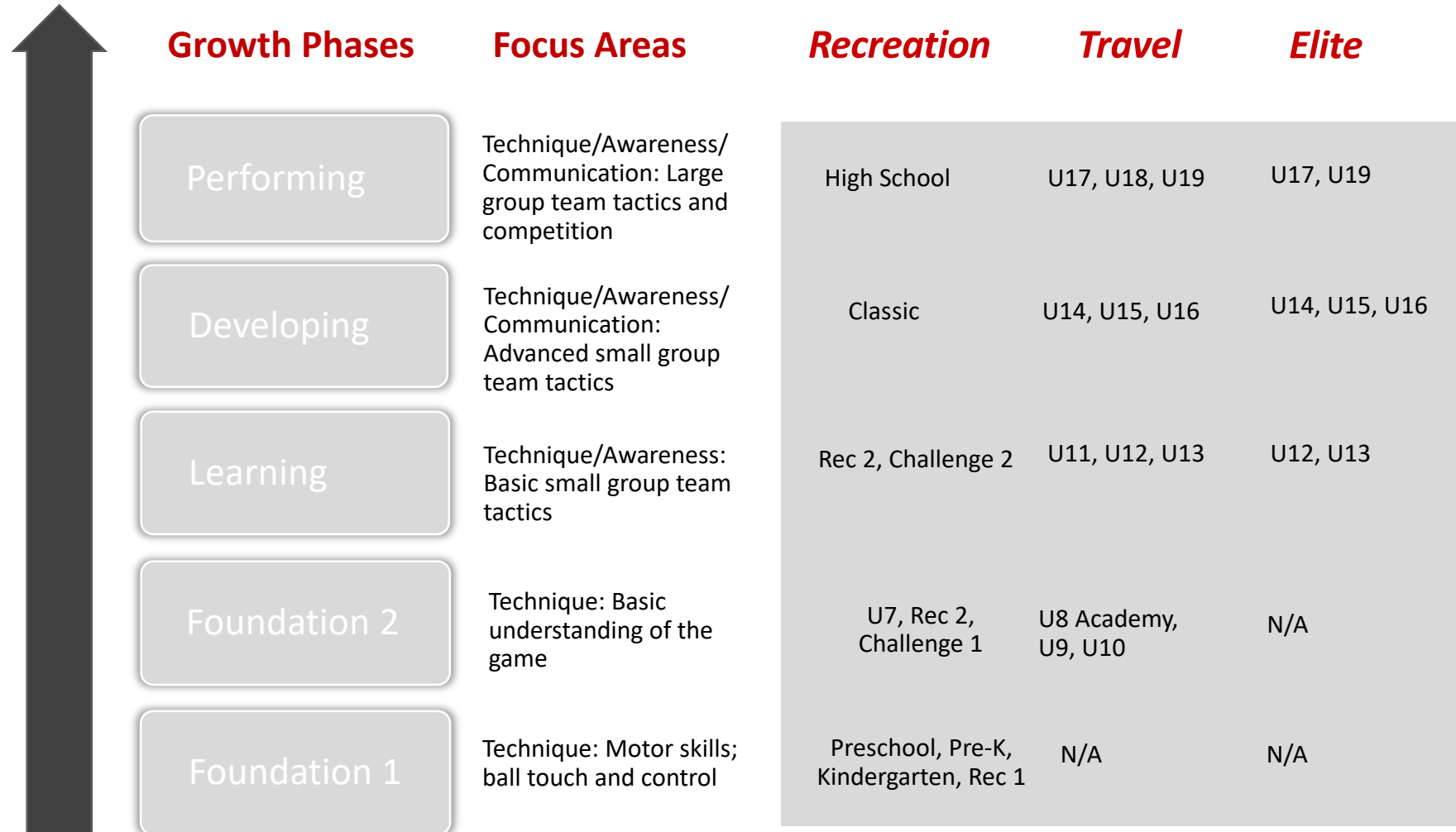
Fun! – Integrity – Fairness – Teamwork - Stewardship

Zoom Etiquette

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

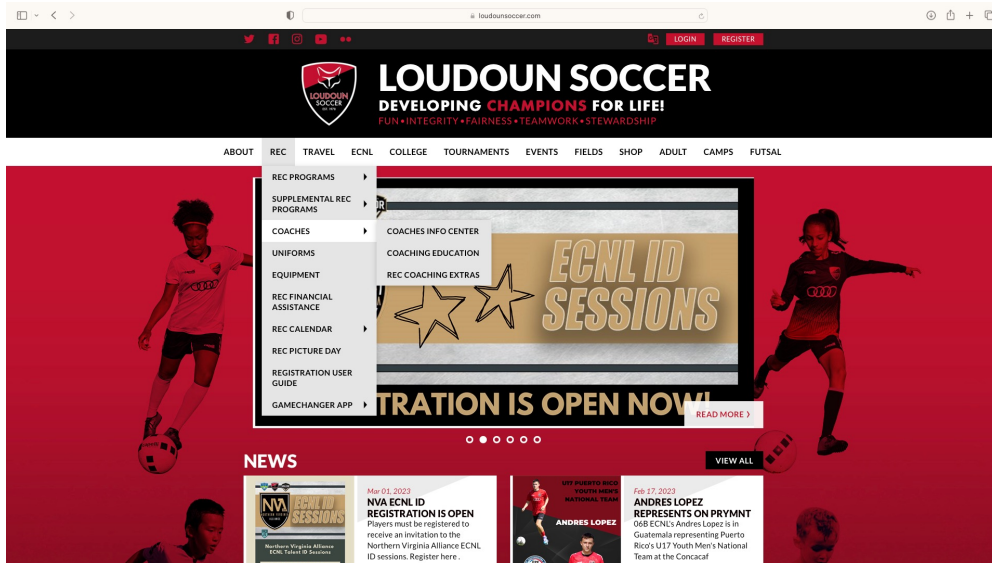
Progressive development framework

Graduated phases of player growth



Year-Round Rec Opportunities

- Primary seasons (Fall and Spring)
- Supplemental programs
 - Rec Technical Training Academy (grades K-12)
 - Rec Goalkeeper Academy (grades 3-12)
 - Rec Speed/Agility Training (grades 4-12)
 - Rec All-Stars (2012-2015)
- 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

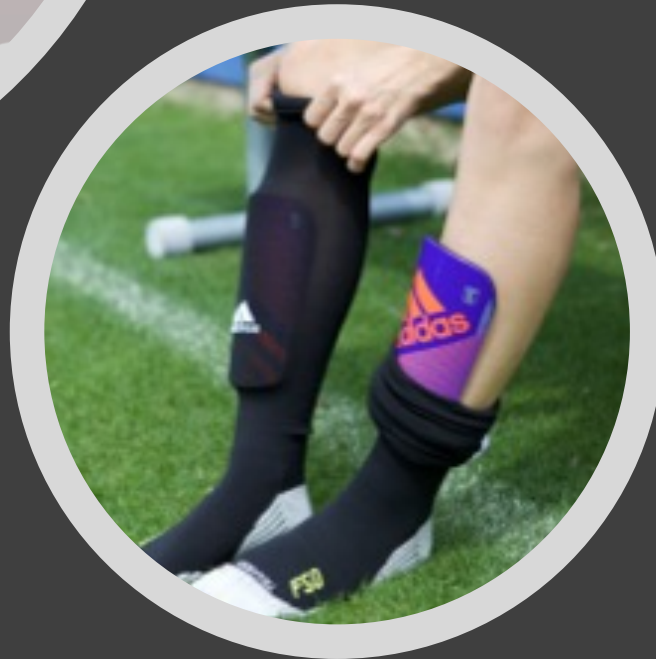
- Rosters may change over course of season
- Only players on your official roster (Team Page) may practice or play with your team
- Prospective players
 - DO NOT promise a spot
 - Direct them to program manager

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 (HS teams: provided to coach)
 - Properly inflated ball (size 4: grades 3-6; size 5: grades 7-12)
 - 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

- Grades 1-8: Ordered online through Soccer Post
 - red/white jerseys, black shorts, black socks
- High School: jerseys available for coach pickup on 8/26

Safety Reminders

- Heading
- Concussions
- Slide Tackling
- Weather and Fields

Heading

- No heading permitted from U11 and younger (5th grade)
 - Intentional: indirect free kick
 - Unintentional: drop ball (ball dropped to opposing team)
- 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



Important Dates



Playoffs: Challenge 2, Classic & HS

- October 28
- All teams participate
- End of season event
- Multiple brackets may be formed based on standings
- As many as two games played that day
- Schedule to be posted after regular season schedule
 - Send “save the date” to team

Fall Classic

- November 3-5
- Grades 3-6
- Optional post-season tournament
- Head coaches register their team; collect money from participating families
- Rosters from Fall used for event

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
- Fields and Facilities Assistant, Jamie Rawson:
jamie.rawson@loudounsoccer.com

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 4 or size 5)
 - Cones
 - Scrimmage vests!
 - Extra jerseys, shin guards, etc.
 - [Abridged Rules document](#)

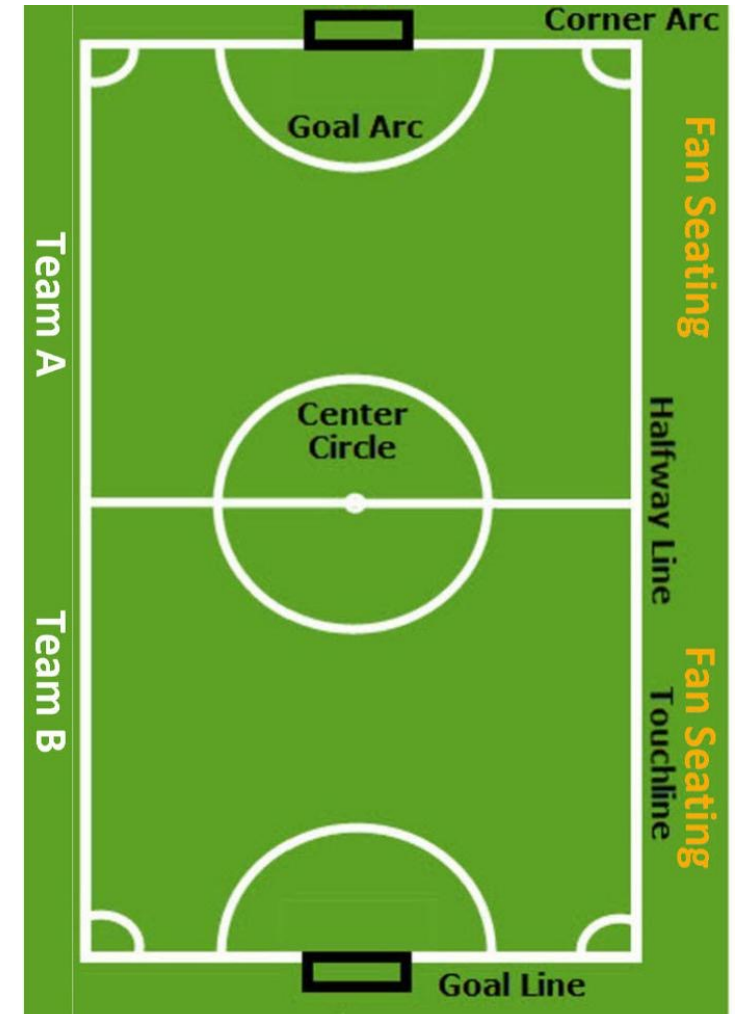
Pre-Game

- Uniforms: Grades 1-8 “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



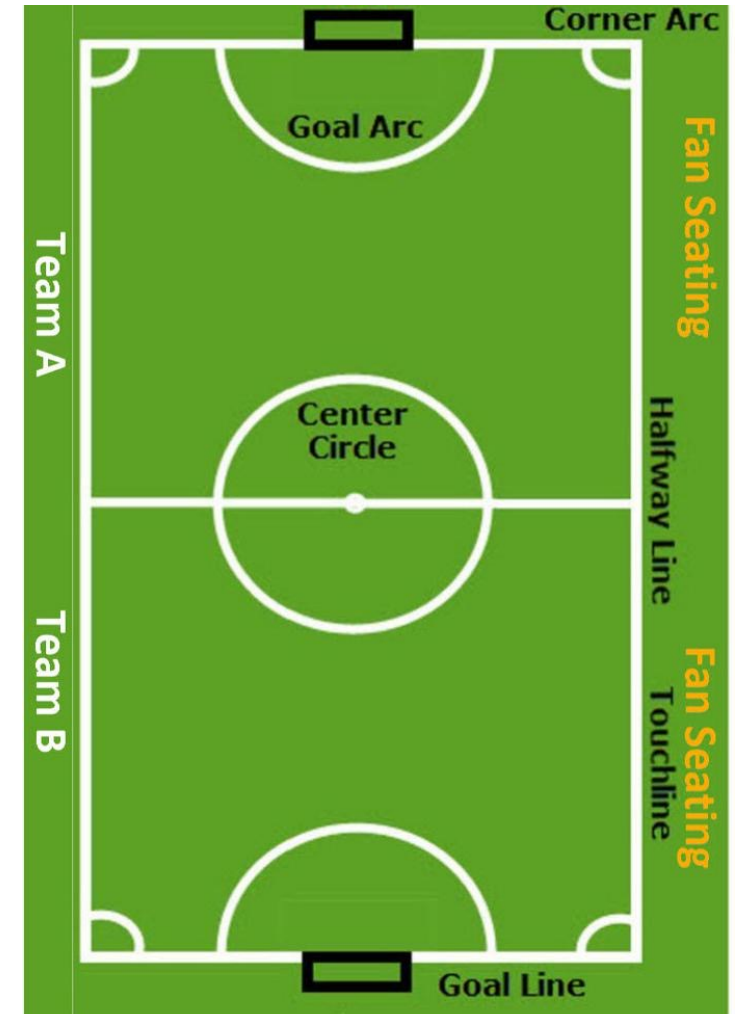
Team and Spectator Areas

- 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: Grades 3-4

- 7v7
- 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
 - Players who attend at least one practice per week
 - Quarter as GK not included
 - 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](#)

Goalkeeper Position: Grades 3-4

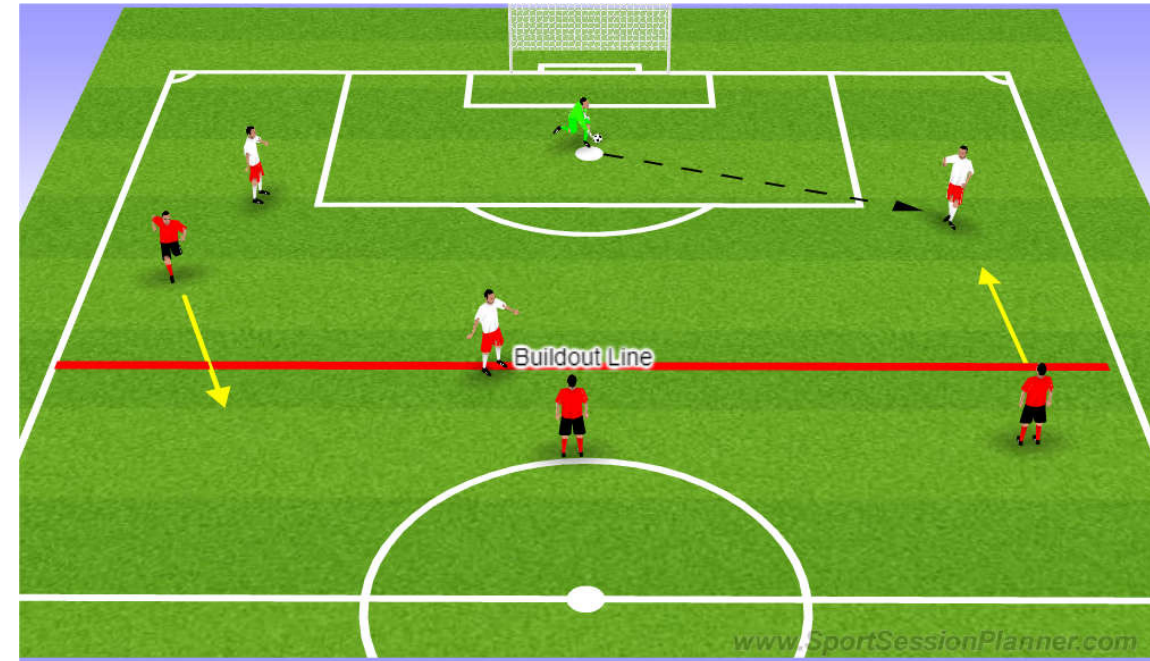
- Must play four (4) different players as goalkeeper
- Different GK per quarter
- Quarter as GK does not count toward minimum playing time
- 2 quarters on field + 1 quarter as GK
- Use provided scrimmage vests to distinguish GK from field players

Restarts: Grades 3-4

- Throw-Ins when ball exits over touchline
- 2 chances permitted for proper form
- Direct and Indirect free kicks
- Defending team at least 6 yards away
- Penalty Kicks may occur
- Buildout Line in place for Goalkeeper possession and goal kicks

Buildout Line – Grades 3-4

- Painted or use of cone
- Goal Kicks and Goalkeeper possession
 - Defending team must retreat past buildout line
 - May pressure once ball is played
 - GK may restart before defending team retreats
- No punting or drop kicking from GK
 - Rolling, throwing, kicking permitted
 - 6 seconds to release the ball from their hands after handling the ball



Offside – Grades 3-4

- Enforced from Buildout Line to Goal line
- Not applicable on throw-ins, corner kicks, or goal kicks
- Players behind second-to-last opponent involved in the play
- Difficult concept for players to understand
- Difficult Law for referees to enforce

Playing Format: Grade 5-6

- Pre-Game coin toss to determine kickoff and direction
- Substitutions made at stoppages at referee's discretion
 - Your team's throw-in
 - Opposing team's throw-in if they too are subbing
 - Any goal kick
 - Any kickoff
 - Injury or disciplinary situation (1-for-1)
 - At half-time

Playing Time and Goalkeeper: Grades 5-6

- Minimum 50% play time on field per game
 - Players who attend at least one practice per week
- Goalkeeper
 - At least two different players per game
 - No more than one half as goalkeeper
 - Should also receive playing time on field
 - Use provided scrimmage vests to distinguish GK from field players
- [Team management documents](#)

Restarts: Grades 5-6

- Throw-Ins when ball exits over touchline
 - 1 chance permitted for proper form
- Direct and Indirect free kicks
 - Defending team at least 8 yards away
- Penalty Kicks may occur
- No build out line:
 - Offside enforced at midfield
 - Punting permitted

Playing Formats and Variations: Grades 7-12

Age Group	Format	Game Length	Goalkeepers	Competitive Balance
Grades 7-8	11v11	2x35 mins	Encouraged to rotate	Add conditions, rotate players
Grades 9-12	11v11	2x40 mins	Encouraged to rotate	Add conditions, rotate players

Start of Play and Substitutions

- Pre-Game coin toss to be held
 - Send one captain
- Substitutions made at stoppages at referee's discretion
 - Your team's throw-in
 - Opposing team's throw-in if they too are subbing
 - Any goal kick
 - Any kickoff
 - Injury or disciplinary situation (1-for-1)
 - At half-time
- [Team management documents](#)

Playing Time

- Minimum 50% play time on field per game
 - Players who attend at least one practice per week
- Does not mean equal playing time – but everyone receives at least 50 percent
- Goalkeeper
 - Should also receive playing time on field when/if splitting
 - Use provided scrimmage vests to distinguish GK from field players

Play Balance: all Ages

- Used when one team is short a full starting lineup
- 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. 6v6 instead of 7v7 or 8v8 instead of 9v9) as long as opposing team meets min play time standards

Player Positions: All Ages

- 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

Competitive Balance

Rule: All Ages

- Used to make games more competitive (7v7 and 9v9 only)
 - 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
- All teams: leading team is expected to adjust style to avoid running up the score
 - Rotate positions
 - Play less developed players more
 - Add conditions

Score Reporting

- All Challenge, Classic, & HS head coaches should submit scores within 24 hours
- Google survey link to be sent later
- Standings posted
 - Email the actual score (e.g. 7-1 as 7-1)
 - Max 4 goals per game differential counted/posted (7-1 posted as 5-1)
 - No need to run up the score



Referees

- Referees are assigned to matches
 - 1 ref per Grades 1-4
 - 3 refs per Grades 5-12
- Sometimes referees don't show
 - Last minute conflict (many also play)
 - Life happens (car trouble, illness, etc.)
- If a referee does not show:
 - Play the game (e.g. coaches alternate quarters reffing, find a parent or sibling, etc.)
 - Notify us of the referee absence

Referees – How You Can Help

- Do not yell at or criticize them or offer them advise
 - Keep your focus on your team
- Do not ask for their name – we know who they are
- Say “thank you” to them after the game
- Notify Loudoun Soccer re referees who stand out
 - Both the good and those with “room for improvement”
- Encourage anyone age 13 or older to certify

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
- 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: Karen Corpe,
Karen.corpe@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