

PacFW - Rec



Introductory Coach Meeting

Spring 2024

Tuesday, April 15th

8:15 pm - PacFW league

8:30 pm - SSUL



Before We Begin...

- Please make sure you are muted.
- Please use the chat to ask questions for the Q & A at the end



Agenda

- Leadership & Club Info
- PacFW – Rec Program Overview and Philosophy
- SSUL and Affinity (SSUL only)
- FAQs and Questions

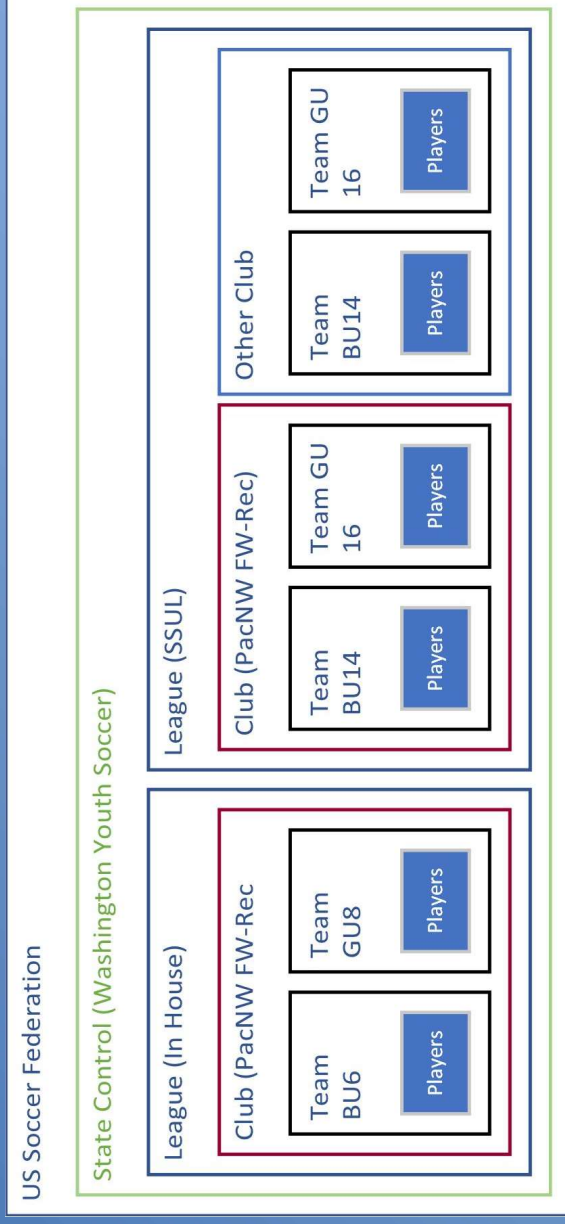


All info from this meeting will be emailed to you, with contact info.

Leadership & Club Info



Hierarchy of Soccer



Rules and Guidelines start at the top (US Soccer) and filter down through state (WYS), League (SSUL), and Clubs (PacNW).



Jenna Martinez

Coaching Experience

- FWFC Youth Director 2020-2021
- FWFC ADOC 2021-2022
- PacNW ADOC 2022-present
- WA State EPD - 2 years
- Team Head Coach - 11 years

Playing Experience

- Concordia University 2008 – 2012
- Sounders women - 2012

Coaching Licenses

- USSF National B License

Education

- Concordia University '08 – '12
BA Degree with a Major in Psychology



PacFW Rec Admin Team

Jenna Martinez – Rec Director

Jenna@pacnwsc.org

Chris Morrow – Rec Manager

FWRecManager@pacnwsc.org

- Game Schedules
- Team Formation
- U6-U12 Uniforms

Dave Lanning –

FWRecUniforms@pacnwsc.org

- U13+ Soccer.com Uniform Coordinator
- Gear Distribution & Collection

Nicole Holtman – Registrar

FWRecRegistrar@pacnwsc.org

- Player Registration
- Volunteer Coordinator
- Practice Scheduler
- City of Federal Way contact for field issues.



PacFW- Rec Program Overview and Philosophy



OVERALL OBJECTIVES AT TRAINING

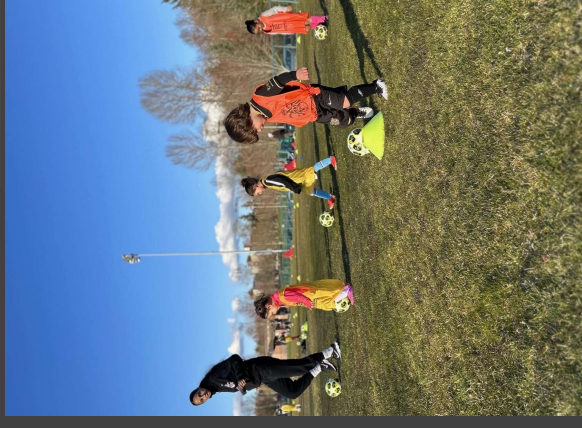
Trainings are active (no laps, lines or lectures)

Quality repetition over quantity

Being coachable

Problem solving + Decision Making

Most importantly: FUN!



“Is it over already?”

Training Environment

Coaches should be engaged & relationship builders

That way the players will feel seen:

The ability to “see” each child, meet them as individuals and create fun opportunities to play and learn should be the priority.


Opportunity for curriculum to be distributed this season.

Not mandatory, but a tool.


curriculum will be sent out following the meeting







Example Session Plan



Pacific Northwest Soccer Club
Interactive Session Plan



| | | | | |
|---|--------------------------------|--|-----------------------------------|-----------------------------|
| Coach: Jenna Martinez | Team: US/UE Rec Academy | Session Date: 9/20/22 & 9/22/22 | Time available: 60 Minutes | Duration: 20 Minutes |
| Session Objective: FUW! & Dribbling control | | | | |
| I. Warm-Up: Scrimmage - PLAY MULTIPLE 2-3 MINUTE GAMES | | | | |
|  <p>Objective: Basic Scrimmage</p> <p>Organization: Set up a 15Wx20L field with a small goal at each end and a cone in the center to mark the halfway line/outbound line. Play for 2-3 minutes and then adjust teams as the kids get water to try and make the teams even.</p> <p>**As soon as players start to arrive get them playing - game might start 1v1**</p> <p>Coach can play to help guide the game. As kids arrive, they should be added into the game right away.</p> <p>Key Words: Go to goal, score goals</p> | | | | |
| II. Super Mario Bros. | | | | |
|  <p>Setup: 15Wx20L grid</p> <p>RULES: Place 8-10 cones randomly across the middle third of the field; these are mushrooms. All the players start at the goal. On the coaches command the players try to dribble to the other side without hitting a mushroom. If all the Mario Bros. make it through, the coach puts down more mushrooms and the players try again. After all mushrooms are down, have the players go faster.</p> <p>COACHING POINT: 1. EYES UP 2. EYES UP</p> | | | | |
| III. The Blob | | | | |
|  <p>Setup: 15Wx20L grid</p> <p>RULES: Everyone has a ball. Start with one person and the coach as the "blob". The blob tries to kick the ball away from the players with the ball. If the ball gets kicked out, then they join the blob. The last player with a ball wins the game.</p> <p>Coaching points: 1. Keep the ball close 2. Eyes up 3. Dribble away from the blob and elude the other dribblers</p> | | | | |
| IV. Scrimmage - PLAY 2 HALVES | | | | |
|  <p>Objective: Basic Scrimmage</p> <p>Organization: Same as the start of training, but this time play 2 halves.</p> <p>Key Words: Go to goal, score goals</p> | | | | |

Interactive Session Plan provided by soccercloud.com

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- 2 days per week
- U6-U10: At Celebration Park
 - Coaches pick time
 - 45-60 min (U6)
 - 60 min (U7/U8)
 - 75 min (U9/U10)
 - Tuesday/Thursday



- U11+: Sacajawea, Saghahie, Celebration Park
 - Head Coach picks
 - Subject to day/field availability
 - 5:00 – 6:30 PM or 6:30 – 8:00 PM



Rec Trainings

Game Day Objectives

DEVELOPMENT vs RESULTS

- Creating a Competitive Mentality
- Transfer: training to game
- Tactical instructions: reinforcing players to problem solve and have ideas behind their actions
- Freedom to take risks



**Create a love for the
game!**

Game Day Expectations

As a coach, the expectation is for you to meet these standards:

- **Each player playing multiple positions and at least 50% of each game**
- **Conduct with Referee is appropriate and setting a positive example**
- **Maintaining parental conduct on the sidelines**

You are a role model for the parents and players. They will take their lead from you.

Soccer should be FUN!

If there are allegations of inappropriate conduct, issues with referees or anything that leads us to believe a positive, safe environment for players is not being provided, volunteer coaches can be subject to supervision, suspension or removal.



SSUL Spring 2024 Coach's Meeting

All Coach's & Volunteers must watch the recorded meeting [here](#).

Covers:

- Spring Season Dates and Reminders
- Schedules and Entering Game Information
- Game Day Rosters and Player Cards
- Standings, Score Reporting, and Forfeits
- Rescheduling Games
- Rule Changes for 2023/2024
- Sportsmanship, Goal Differential, and Sideline Conduct
- Guest Players
- Disciplinary Reporting and Required Action
- Air Quality Alignment
- Q&A



SSUL Game Schedule

SSUL Game Schedule is posted in wys.affintysoccer.com

Rescheduling Games

- Please do everything you can to keep original game dates.
- Rescheduling is hard on opponents and club administrators.
 - *Reschedules are preferred to cancellations.*
- Be as flexible as possible on revised dates and reschedule games as soon as possible.
- Reschedules **MUST** be coordinated with the opposing team AND your Club Admin. Field availability and referee crews need to be coordinated as well.
- The Reschedule button will only be available until 4 days prior to the match.
 - **DO NOT** rely on the button.
 - **CALL** and **EMAIL** the opposing coach.



Games Loaded to PlayMetrics

Team staff is responsible for adding their games into PlayMetrics.

- Login to your Coach/Staff Profile.
- "Add Game" in your team page.



Home Game Responsibilities

Home Team:

- Marking the field-of play.
 - Karl Grosch 9v9 field marked with cones.
 - Grass fields at Celebration Park will be lined.
- Provide anchored goal/nets.
- Provide a proper game ball.

U6 – U10 Home Games at Celebration Park

U11 – U12 Home Games at Karl Grosch Park at Steel Lake

U13+ Home Games at Sacajawea or Karl Grosch



Parents Role

“Young people need models, not critics”

- John Wooden

GREEN FLAGS!

Release your child to the game

NO COACHING

NO YELLING at the referees

During the game - Let the coach be the one instructional voice

After the game - give approval and support, not advice or analysis

RED FLAGS!

- If your child looks to you instead of the coach
- If your spouse avoids you at the game
- If you care more about the outcome than they do



Let your player lead the conversation!!

FAQS



FAQs

Coaches Package?

- Balls, cones, pinnies and PUGGs available for all coaches.
- Coaches will get a piece of PacNW gear.

What are the season dates?

- U6-U8 PacFW-Rec Teams:
 - *First training officially begins April 16*
 - *Games will begin April 20*
- U9-U10 PacFW-Rec Teams:
 - *First training officially begins April 16*
 - *League games/schedule dictated by SSUL and begin April 20*
 - U9/10 have shortened season per the SSUL (6 games)
- U11+ PacFW-Rec Teams:
 - *First Training Varies.*
 - *League games/schedule dictated by SSUL and begin April 20th*
 - 8 games for U11+ (this could vary if there are an odd number of teams)
 - Some age groups/brackets may have a doubleheader scheduled



Schedule Info

- U6-U8 PacFW-Rec Teams:
 - In-House Schedule
 - All games at Celebration Park
 - Typically between 9 AM - 1 PM
- U9-U10 PacFW-Rec Teams:
 - SSUL Schedule begins April 20
 - 6 game schedule
 - Potential friendlies at the end of season against other PacFW Teams
- U11+ PacFW-Rec Teams:
 - SSUL Schedule begins April 20
 - 8 game schedule
 - Number of games could vary if there are an odd number of teams
 - Some age groups/brackets may have a doubleheader scheduled
- Game Day Reschedules:
 - Game Day Scheduling Issues/Reschedule Requests – Contact Chris Morrow
 - Do Not Reschedule Home Games On Your Own – We Must Make Sure Fields Are Available!

FAQs



Are Training Days mandatory?

- **Yes!** Players are expecting to train twice a week. If a last minute situation comes up, please communicate accordingly with your families to ensure everyone is in the loop.

Can we find coverage if we can't avoid it?

- **Yes!** Reach out to the families on your team to see if anyone is interested in helping to cover, or your fellow volunteer coaches in the program.
- *Reminder : anyone helping to cover **must** be RMA cleared!*

Uniforms?

- U6-U12 are provided by the club and will be distributed to coaches.
- U13 and above are purchased by each family through soccer.com
- **Dave Lanning** (Fwrecuniforms@pacnwsc.org) has reached out to families for jersey number preference to set up uniform store.
- *Coaches, please follow up with your players as families need to order ASAP! Not all families have responded!*

FAQS



FAQS

Who do I contact if a field has a repair/maintenance issue? **Nicole Holtman** via email

What do I do if there is a problem/issue on my team?
Always attempt to repair with communication with the families.

If you need more troubleshooting or backup for additional conversations with families, then reach out to **Jenna Martinez** via email.



What is RMA?

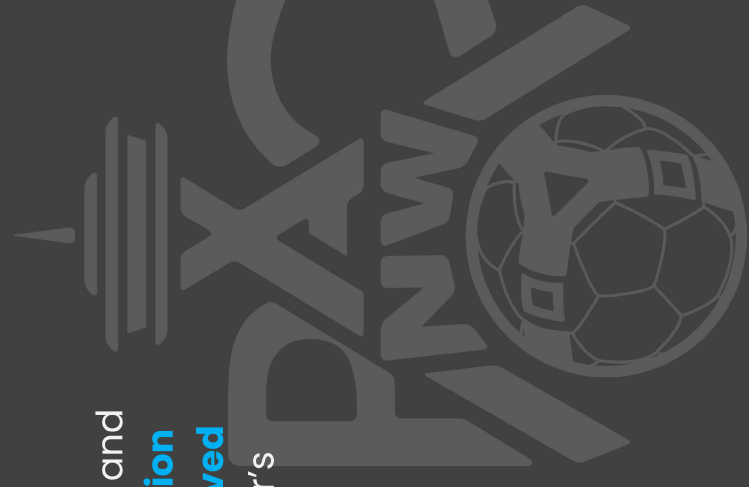
- Risk Management Application
 - Prior to participation with any Washington Youth Soccer sanctioned events and activities including but not limited to practices, league games, tournaments and State Cups.
 - Washington Youth Soccer (WYS) and its affiliated member Associations and Clubs are required to annually, have all adult and minor* organizational members complete **SafeSport, Concussion and Sudden Cardiac Arrest certification and obtain an approved national background check** through Washington Youth Soccer's registration platform (Sports Connect).

Who do I go to with RMA questions?

- **Nicole Holtman**
 - FWRecRegistrar@pacnwsc.org



FAQ



What do I do if there's a field conflict?

- In the case of “walk-on” players:
 - New reservation signage is being posted at the fields this week. Please refer people to the sign.
 - Show them the e-doc from the City about our rental verification. (Sent out after this meeting.)
 - If it escalates, walk away and call 911.
 - Then called **Nicole Holtman/Jenna Martinez** Immediately after the authorities.
- In the case of a game conflict, call **Chris Morrow**.

After this meeting, expect a housekeeping email with:

- Rules and curriculum dump for each age group.
- Field rental reservation document.
- SSUL – link to SSUL coaches meeting



Q&A

Please add any question in the chat



Thank You!

