



# COACHES INFORMATION

SPRING SEASON 2026 – TRAVEL TEAMS





**FIRST OF ALL – THANK-YOU**

# OUR TEAM



- [Jessica Frenger](#) - President
- [Jarrett Groccia](#) - Vice President
- [Jeff Locke](#) - Treasurer
- [Ryan Hall](#) - Directing of Coaching
- [Pam Sansoucy](#) - Registrar
- [Natalie Dellecese](#) - Secretary
  
- [Grace Blanchette](#) - Director, Boys Travel Program
- [Andrew Smith](#) - Director, Girls Travel Program
- [Erin Deslauriers](#) - Director, Champions League
- [Joseph Hall](#) - Director, Futures - Pre-K-2 Programs
- [Osman Bilsel](#) - Director, TOPS Program
- [Jon-Paul St. Germain](#) - Director, Unified Program
- [Andrea Berger](#) - Director, W5
- [Craig Toney](#) - Director, Winter Indoor
  
- [Jamie DePari](#) - CORI Director, Risk Manager
- [Regino Mercado](#) - Fields & Equipment Coordinator
- [Luis Garcia](#) - Marketing Coordinator
- [Alan Lampkin](#) - Webmaster, Assistant, Futures - Pre-K-2 Programs
- **OPEN** - Uniform Coordinator
- [Josh Gay](#) - Player Development
- [Joseph Hall](#) - Coach Development
- [Inna Epshteyn](#) - Sponsorship Coordinator
- **OPEN** - Parent Liason
- **OPEN** - Associate Member

[Click here to see our team on the HYS webpage](#)

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# OVERVIEW



# TRAVEL PROGRAM



Welcome to our coaches from our Travel program today

<https://www.cmysl.com/>



	Futures (Pre-K-2)	Champions (3-12)	W5	Travel
Practices	30 mins on Saturday mornings right before the scrimmage.	1 hr. mid-week – day is open	None	1 hr. mid-week – day is open
Games	25-30 mins on Saturday mornings after the practice. Pre-K and K within the team, Grade 1 and 2 against another team	1 hr. Sundays vs Other HYS team	1 hr. Sundays vs Other HYS team	50 mins – 70 mins age group dependent – Saturdays vs Other Town Travel Teams
Rules	Modified 4v4 rules. (HYS Refs for Grade 2)	Follow Modified F.I.F.A./U.S. Soccer Rules – (HYS Refs) U10 build out line U12 no Heading	Modified 7v7 or 9v9 (no refs)	Follow Modified F.I.F.A./U.S. Soccer Rules – (Assigned Refs) U10 build out line U12 no Heading
Rosters	Not Required for Games	Not Required for Games	Not Required for Games	Required for Games – 2 x color copies
Contact	Alan Lambkin	Erin Deslauriers	Andrea Berger	Girls – Andrew Smith Boys – Grace Blanchette

# PLAYING FACT SHEET



	U6	U8	U10	U12	U14	U16+
# of Players – Max	4 v 4	4 v 4	7 v 7	9 v 9	11 v11	11v11
# of Players – Min	3	4	5	6	7	7
Max Roster Size	10	12	13	18	22	22
Ball Size	3	3	4	4	5	5
Duration Half (mins)	2 x 5	4 x 12	2 x 25	2 x 30	2 x 35	2 x 40+
Heading	No	No	No	No	Yes	Yes
Offside	No	No	Yes	Yes	Yes	Yes
Slide Tackling	No	No	No	Yes	Yes	
Jewelry/Casts	No	No	No	No	No	No
Hand/Wrist/Arm splints with metal in them	No	No	No	No	No	No
Knee brace with metal in it	Yes	Yes	Yes	Yes	Yes	Yes
Barrettes, beads, or plastic clips in hair	No	No	No	No	No	No
Shin Pads Required	Yes	Yes	Yes	Yes	Yes	Yes
Sweatshirt/Pants	Yes	Yes	Yes	Yes	Yes	Yes

# KEY DATES

- Coaches Meeting Apr 2<sup>nd</sup> 6:30pm
- First Games Travel Apr 11<sup>th</sup>
- Travel Practices Start Mar 30<sup>th</sup> Tentative
- No Games – Holiday May 23<sup>rd</sup> & 24<sup>th</sup>
- MTOC June 27-29
- Summer Assessments June TBD
- Revolution/HYS Camp July TBD



# COACH REGISTRATION



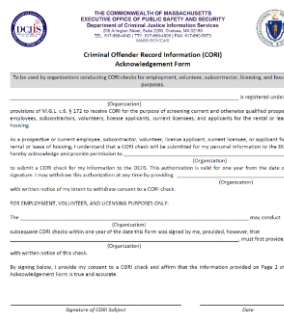
There are **five** components to becoming a coach with HYS, **every coach** in **every program** needs to complete these steps...



Register with HYS via the HYS website



Register on the Mass Youth Soccer website



Complete the CORI Check – every three-year renewal



Complete SafeSport Training – every year renewal



Complete Concussion Training - every two-year renewal

.....[Click here](#) for a step-by-step guide to the process.

You can not coach unless you have a badge provided by Jamie DePari (HYS Risk Manager)

# MYSA – PRE SEASON COACHES MEETING



**"As many as possible, for as long as possible in the best environment possible"**

## **Mass Youth Soccer – "The Model Coach"**

- Facilitates an enjoyable experience for players
- Leads, inspires, and teaches players to be autonomous decision makers to recognize and solve game situations.
- Creates positive, game-like learning/training environments for players.
- Role Models respect for all players, families, opponents and referees.
- Provides a minimum of 50% playing time for all players in every game.
- Takes responsibility for the team culture and inclusion of all participants
- Strives to improve their coaching ability through coaching education and continuous reflection and self-development.
- **Prioritizes the needs of players.**
- **Ensures a safe environment – on and off the field**



## Some Key Points:

- Safety - mandatory reporting
- Changes to sportsmanship statement
- Junior referee badge
- Parent meeting
- Playing time
- Coach Education

I will update this once the new 2026 meeting content is available



# FIELDS



# FIELDS – LOCATIONS



## Davis Hill

80 Jamieson Rd,  
Holden, MA

- All Travel U10 Games
- U10 Practices



## Mount View Middle School

270 Shrewsbury St,  
Holden, MA

- U14 Travel Games



## HMLD

1 Holden St  
Holden, MA

- U12 Travel Practices
- U14 Practices



## Steve Nowak Memorial Fields

24 Industrial Drive  
Holden, MA

- U14 Travel Games
- U12 Travel Games
- U14 Practices
- U12 Practices



# FIELDS – SAFETY & ETIQUETTE

It is your responsibility to prepare the field for any game and practice, this includes:

- Ensuring soccer goals are anchored down with weights
- Ensuring soccer goals wheels are in the down position
- Ensuring field is clear of garbage or objects
- Ensuring corner flags are securely placed
- Returning the corner flags to the bin/pod if you are the last game
- Ensure the field is clean and ready for the next team
- Ensuring parents are not too close to the field and on the far side of the field only!
  
- Sometimes multiple (more than 2) teams share fields for practices – please be considerate how much space you are taking up
- There is likely a practice or game before and after yours, please try to leave the field on time
  
- If you see something, say something – fields, nets, goals, safety issue etc.



# FIELDS – AEDS



Automated External Defibrillators (AEDs) are used at soccer fields to treat sudden cardiac arrest (SCA), a leading cause of death in athletes.

Why AEDs are important:

- AEDs can help bystanders take immediate action
- Each minute of delay between cardiac arrest and defibrillation reduces the probability of survival by 10 percent
- AEDs are most effective when used together with CPR and within minutes of someone collapsing

We have 2 AEDS:

- One located at Davis Hill in the grey box in the center of the field
- One located at HLMD in the orange box by the side of the field
- AEDS are located around the Steve Nowak memorial complex



# FIELDS – CANCELLATIONS

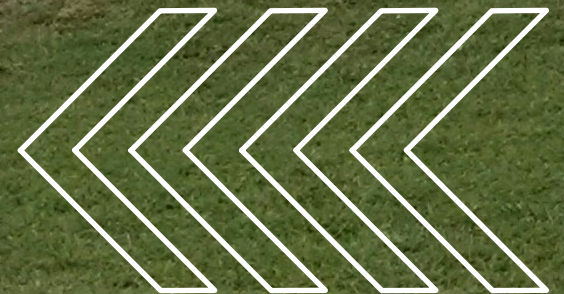
There are three reasons why a field may be closed for games or practices, none of these are in your control:

- **Weather** – Excessive heat or lightening pose safety concerns for our player, referees, spectators, and coaches.
- **Field Conditions** – Pooled water or excessively wet conditions pose a safety risk for players and referees.
- **Conflicts** – Town events (e.g. 5K events) sometimes require us to cancel games or practices.

RAIN IS NOT A REASON FOR GAMES OR PRACTICE CANCELLATION!!!

Notification of cancellation will be announced via HYS Facebook page and e-mail. Travel coaches will need to communicate with opposing coaches in the case of cancellations.

We will cover game rescheduling later.





# GAMES, PRACTICES & UNIFORMS



# PRACTICES

- Travel teams should expect to practice for 60-90 mins once per week depending on age group and availability
- Your practice field may be different than your game field
- You will rarely have a full field for practices and in some cases need to share a field with 1-3 other teams
- Please check e-mail, web, and HYS social sites for weekday field updates related to closures
- If you need equipment (pinnies, cones, etc.) please ask your Age-Group Director (Grace and Andrew)
- Practice schedules will be coordinated by your Age-Group Director

We have lesson plans, development guidelines, and other resources available for every team. We will cover this in more detail later.



# GAMES

## Season

- Each team will play 8 games during the season
- Travel teams will typically play 4 games at home and 4 games away
- Exact placements, divisions and team have been provided by CMYSL for travel teams or your AGD for in-town teams.

## Requirements

- Travel coaches must bring **two (2) game specific color copies of approved rosters** to each game and provide to the referee. You may not be allowed to play if you do not have this.
- All coaches must wear their **approved Mass Youth Soccer badges** to every game and practice – you may not be allowed to play if you do not have this.
- There is a **maximum of 3 approved coaches** on the sidelines for games – additional coaches may be asked to move.
- Home coaches must have **2 properly inflated game balls** and pinnies in the case of color conflicts.
- It is your responsibility to prepare the field for games.
- **It is your responsibility for the conduct of yourself, your players, and your spectators.**



# GAMES

## Scoring

- Travel coaches must report the score of each game via the CMYSL portal
- Games which have a **7-goal differential** are both discouraged and face fines/suspensions via CMYSL if exceeded. Carries over from season to season.
- We want all games to try not exceed a 4-goal differential, managing lopsided games is difficult so please see the HYS website > coaches corner for tools to help

## Feedback

- Travel coaches can provide CMYSL feedback via the 'GAME FEEDBACK FORM' from the league website specific to a referee. Remember feedback can be both positive and constructive.

## Tools & Support

We have lesson plans, development guidelines, game strategies and other resources available for every team. We will cover this in more detail later.



# RESCHEDULING GAMES

## Rescheduling Process

- Travel teams coaches must adhere to the CMYSL guidance for game cancellations and follow their process for rescheduling
- Rescheduling is important for travel teams, especially in the Spring, as results impact standing which impact MTOC placements
- Rescheduling requires coordination with the opposing coach and the AGD who will help ensure the field is available, the league will manage the officiation for rescheduled games.

## Only valid reasons for cancelling a game:

- Unplayable field (determined by the Home team organization)
- Holiday Weekend: (teams can cancel unilaterally due to lack of player availability)
- Both coaches agree to **PrePone** (play the game before the original scheduled date) the game.
- Any other reasons (including not having enough players) are not valid reasons and may result in a forfeit.
- If you or the opposing coach does not have enough players (reminder of the min # of players to play), there is no obligation to reschedule on either side, therefore, please be professional and flexible to find an agreeable solution.



# UNIFORMS TRAVEL



Coaches should ensure all players have the correct uniforms including shin pads (under socks) and proper footwear (no baseball or football cleats)

## Travel

- Travel team players need an official uniforms consisting of a numbered, New Balance jersey, shorts and socks which are consistent for every player. Numbers are pre-determined – **don't ask!**
- Travel uniform costs are not included in the registration fee. Approx cost is \$110.
- Travel teams uniforms need to be pre-ordered via [soccer.com](http://soccer.com), details will be sent once players are registered and placed on a team.





# **RULES, CONDUCT & FEEDBACK**



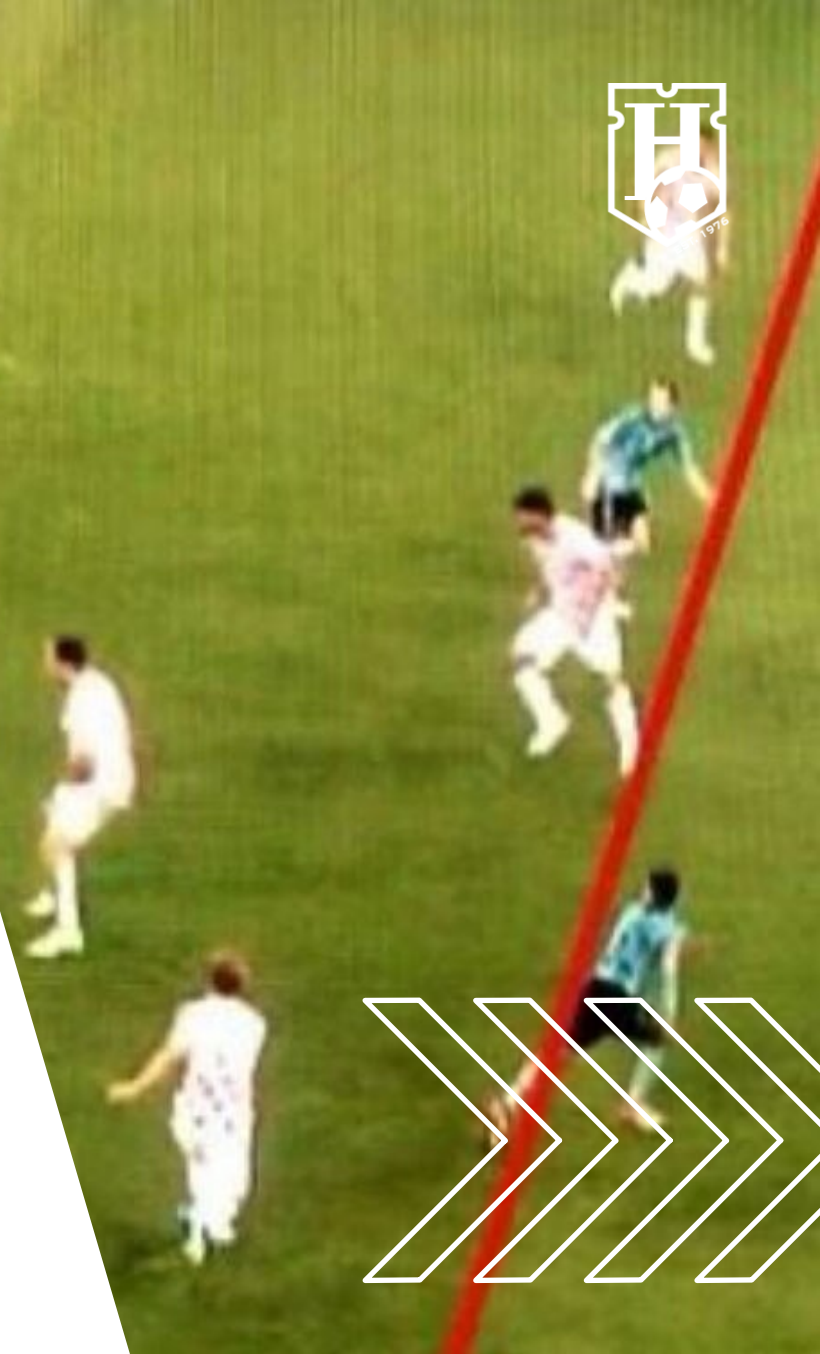
# RULES

All our U10 + teams play the formal iFAB rules with minor modifications depending on age group – changes by age group include:

- Field Size
- Ball Size – see fact sheet on slide 6
- Match Duration – see fact sheet on slide 6
- U10 build out line
- U10/U12 Heading – no heading allowed
- U10 No Sliding
- U12+ 8 Second GK rule
- No redo on throw ins
- Offside at all levels
- Substitutions – unlimited and on own throw-ins, any goal kick or throw-ins if opposing team is substituting

See official iFAB rules [here](#)

See HYS simplified rules [here](#)



# CONDUCT – ZERO TOLERANCE!!!!

“The money that I earn for reffing is almost never worth the yelling, arguing, and the questioning of my calls.”

*6-year referee, Male, 24 years of age*

“It’s hard to do a great job when I have to also worry about horrible behavior coming at me from all sides of the field.”

*18-year referee, Female, 44 years of age*

“Today was not fun, I had three games and there was never one big moment or event, just constant badgering and questioning every decision”

*3-year referee, male, 19 years of age*



# CONDUCT – ZERO TOLERANCE!!!!!!

No one, except the players, is to speak to the referee before, during, or after the game.

**Exceptions:** Coaches may ask questions before the game, call for substitutions if the referee does not see, and point out emergencies during the game, or respond to the referee if addressed.

Absolutely NO DISPUTING CALLS, during or after the game, no direct or indirect remarks to the referee to watch certain players or attend to rough play. Do not call for decisions.

Yelling, criticism, sarcasm, harassment, intimidation, or negative feedback of any kind before, during, or after the game will not be tolerated.

Please ensure EVERY PLAYER AND COACH thanks the opposing team AND referee after every game regardless of the outcome or the perceived performance.

It is the coach's responsibility to manage the conduct of the fans!



# CONDUCT – SPORTSMANSHIP



## NON-PHYSICAL OFFENSES of gross misconduct, abuse, and / or assault

NON-PHYSICAL*	MIN. GAMES	TIME
Insulting, Belittling, Insinuating or Taunting Behavior Undermining Referee Authority	2	
Harassment, Intimidation, Retaliation, Abusive, or Threatening (Non Physical) Language	4	
Aggression, Attacking, Derogatory, Cyberbullying, Doxing or Threatening (Physical / Violence) Language	6	6 - 24 Months
Offensive or Discriminatory Act	10	12 - 24 Months

## PHYSICAL OFFENSES of gross misconduct, abuse, and / or assault

PHYSICAL*	MIN. GAMES	TIME
Minor or Slight Deliberate Touching	3	1 - 6 Months
Pushing, Grabbing, Pulling, Squeezing, Pinching, Lightly Slapping, Use of Object in Non Striking Manner, or Physical Property Damage	10	6 - 24 Months
Hitting, Punching, Elbowing, Kicking, Biting, Spitting, Choking, Tackling, Throwing or Use of Object or Any Part of Body (Forearm, Knee, Head) in a Striking Manner		12 Months - Lifetime

(\* Disclaimer: These are only a few examples of abuse – other actions or statements may also fall into this category.)

## KEY PENALTY FACTORS

- Single offenses are at **minimum the prescribed game penalty or time penalty** for non red zone offenses
- Penalties can be **both game and time depending on severity / circumstances**
- Second time offenders receive **double punishment**
- Third time offenders receive a **lifetime ban**
- More than one offense at the same time is **at least the punishment for the most serious offense**
- Offenses against minors are automatically subject to a **"minor multiplier" resulting in triple punishment**
- **One offense warning per league** to be managed by states and leagues collaboratively
- Game consequences are **inclusive of 1 game penalty for any red cards given**
- Optionality for **50% penalty for first offense from a minor**

Please follow your current reporting structure – updated reporting procedure will be a part of Phase 3.



# CONDUCT – SPORTSMANSHIP



## Pre-Game Handshake Line

- After check in, approx. 5 mins before kick-off the home team, officials and away team line up at the halfway line.
- Led by the officials all players, coaches and officials walk toward the spectator line and stop approx. 5 yards away.
- Sportsmanship statement will be read by a representative of the home team (coach or parents – adult only).
- Home team then will walk down the line shaking hands of the officials and the away team.



# HELP & FEEDBACK



1. If you need help (behavior, coaches, conflicts, game or practice management, parents, injury, opposing team) please reach out to someone on the HYS board. At no point should you ever feel in a situation that you can't handle.
2. If you feel the need to offer CMYSL formal feedback on a referee, there is a form on the website you can complete.
3. Feedback can be positive or negative.

**CMYSL Game Summary Report**

Game ID #

Date Game Played \*

Referee at Game? \*  
 YES  NO

Referee Appearance \*  
1-10 where 1 is very poor and 10 is excellent.  
 1  2  3  4  5  6  7  8  
 9  10

Referee Movement with Play \*  
1-10 where 1 is very poor and 10 is excellent.  
 1  2  3  4  5  6  7  8  
 9  10

Referee Consistency of Calls \*  
1-10 where 1 is very poor and 10 is excellent.  
 1  2  3  4  5  6  7  8  
 9  10





# COACH EXPECTATIONS



# PHILOSOPHY



Our goal as a group of volunteers on the HYS board, volunteer coaches, parents of our kids, our kids, and referees is to **BRING KIDS BACK YEAR ON YEAR!** This is our measure of success. We will accomplish this with four fundamental principles of coaching which we will cover next but a key tenant of your coaching attitude needs to be composure!!

## Maximize Enjoyment



The more kids enjoy soccer, the more engaged they will be when they play, the more often they will play, the longer they will play, and the more they will improve.

## Maximize Repetition



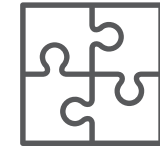
Repetitions build muscle memory and is key in developing ball control and other technical skills.

## Maximize Empowerment



We want kids to have ownership, so they feel more attached to their team. We want them to feel empowered to make decisions, so they can learn from the outcomes of those decisions.

## Maximize Composure



Set the examples for parents, players, other coaches and officials by practicing composure at all times during games, practices and communication

# PHILOSOPHY



## Maximize Enjoyment!

- Having fun is the top reason kids play sports.
- The more kids enjoy practices, the more engaged they will be, the better they will behave, and the faster they will improve.
- The more kids enjoy soccer, the more passion they will develop for it.
- The more they enjoy their experience, the more they will want to play.
- 70 percent of kids in the United States quit organized sports by age 13 (and many of the remaining lose passion). The top reason for this is lack of enjoyment. We want Holden kids to enjoy soccer as long as they can.



## Maximize Repetition!

- As with learning to read or play a musical instrument, repetition is the key to mastery.
- Repetition builds the muscle memory needed to control the ball quickly and adeptly without having to think about it.
- Repetition tunes “touch” on the ball, greatly improving control of the ball.
- At higher levels (like high school), where the game becomes very fast, the ability to control the ball quickly is paramount.
- Players can learn tactics and strategies easily when they get older, but they need hundreds of thousands of repetitions to become adept at controlling the ball.
- Using high-repetition activities like ball mastery and juggling, we can provide kids with up to 20 games’ worth of touches in a single practice session.



## Maximize Empowerment!

- Players are much more engaged when they have a sense of ownership.
- Development is severely hindered, if players are afraid to try new skills on the field.
- We want to develop smart players who think the game through.
- We want to foster independence.
- Really focus on a guided discovery approach – open ended questions of low and high order

# PLAY-PRACTICE-PLAY

- *Play-Practice-Play* is a Grassroots developed philosophy designed around a player-centered approach to coaching.
- Taking a player centered approach places the needs and motivations of the player at the forefront of a coach's approach to coaching his or her players.
- The concept of *Play-Practice-Play* is to allow young players to experience the game and game-like situations as much as possible.
- This approach differs from traditional practices that may have children standing in lines, running laps and participating in drills that don't resemble the game of soccer.



# PLAY-PRACTICE-PLAY

## The (Initial) Play Stage – Considered “Deliberate Play”

- Let the kids play and take the pulse – who is engaged or who is avoiding
- Make sure the teams are not lopsided
- Coaching consists of asking guided questions only
- Show the kids you care, let them play and have fun

## The Practice Stage – Considered “Play – Practice”

- Create small sided game like activities focused on your **‘theme’** that create problems for the kids to solve – “how can we....?”
- Create repetitions – positive reinforcement of effort and normalizing the errors – mistakes are part of the game and essential to learning
- Set up the field to help create a natural environment to encourage success of your theme

## The (Final) Play Stage – Considered “Contextual Learning”

- Set up two teams of equal skill as close to your games as possible
- Assess how much of the practice stage has transferred with each player in the game
- Let the kids play for extended periods without interruption
- Use guided discovery and guided questions to empower the players to solve problems for themselves



# COMMUNICATION - SEASON



## PRE-SEASON

- Welcome E-mail
  - Introduce yourself
  - Talk about goals
  - Set expectations
  - Define communication
  - Get them involved



## DURING THE SEASON

- Weekly
  - Brief positive recap
  - Concise information for next practice & game
  - Include any specific instructions about times and locations



## POST SEASON

- Keep it brief
  - Thank-You
  - Reflection on growth
  - Remind them about next season
  - Celebration (not mandatory)
  - Evaluations

# COMMUNICATION - GAMES



## PRE-GAME

- Formation Reminder
- Roles and Responsibilities
- Key Focus Areas (1-3)
- Sportsmanship Reminder



## DURING THE GAME

- Enjoy, Watch & Learn
- Stay Positive
- DO NOT JOYSTICK!!!!
- Ask Questions
- Simple Reminders



## HALF-TIME

- Reinforce Key Focus Areas
- Ask Questions
- What did we learn?
- Stay Positive



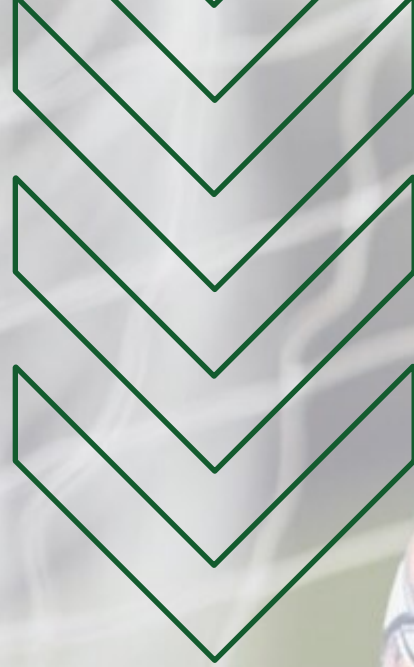
## POST GAME

- Keep it Brief
- Find the Positives
- Reminder about next practice/game!





# COACH RESOURCES



# COACHES HANDBOOK



We have new Coach handbook which covers a lot of content including:

- Coaching Methodology
- Running Practices
- Managing Games
- Soccer Strategies/Tactics
- Communication
- Coaching Children
- Rules
- Coach Education



## Shooting Coaching Points

- **Power Shooting**
  - Approach the ball from a slight angle.
  - Ensure the plant foot is next to the soccer ball.
  - Laces. Contact the middle of the ball with your laces.
  - Make sure the ankle is locked – this ensures power is transferred to the ball.
  - Hip to your plant foot so your shooting leg is back and loaded. Plant foot and shoulders should face target.
  - Finish line. Continue through the shot (“Cross the finish line”) and land on your shooting foot.
- **Finesse Shooting**
  - For close-range shots, use finesse to make sure the shot is accurate. “Pass” the ball into the net with the inside of your foot vs the laces.
  - Aim for inside back posts if the keeper is in position.



Shooting for Power – Laces



Shooting for Finesse – Instep or Outstep

## Passing/Receiving Coaching Points

- **Passing**
  - Use the inside of the foot to pass and receive.
  - Pull your big toe up (lock your ankle) when passing and receiving.
  - Approach the ball from a slight angle.
  - Ensure the plant foot is next to the soccer ball.
  - Instep. Contact the middle of the ball with your instep.
  - Make sure the ankle is locked – this ensures power is transferred to the ball.
  - Pass where the receiver will be, not where they are (if moving).
  - Consider weight of passes. Soft enough for the receiver to handle but hard enough to get there before a defender can.
- **Receiving**
  - Receive away from pressure.
  - First touch sets up your second touch (active first touch).

## MANAGING GAMES

Managing a youth soccer game effectively requires preparation, adaptability, and reflection. Coaches need to focus on the players' development, enjoyment, and well-being while ensuring the game runs smoothly. Here's a breakdown of what a coach should know about managing a game before, during, and after.

BEFORE THE GAME	DURING THE GAME	AFTER THE GAME
<ul style="list-style-type: none"> <li>Communicate date, time and provide transport details if needed</li> <li>Reminder players what equipment to bring</li> <li>Check field for safety issues and rectify</li> <li>Introduce yourself to the ref and opposing coach</li> <li>Set line up and key coaching points for the game</li> <li>Get the team physically and mentally ready for the game</li> </ul>	<ul style="list-style-type: none"> <li>Set an example by enthusiasm, encouragement and positive support</li> <li>Ensure a solid initial player substitution</li> <li>Focus coaching on what principles were emphasized</li> <li>Do not overcoach or stay calm at all time</li> </ul>	

### Before The Game:

#### Preparation

- **Know the Rules.** Familiarize yourself with the league's format, substitution policies, and any specific youth guidelines.
- **Plan Lineups and Rotations.** Create a lineup that rotates through different positions for development. Set starters, we don't want children to feel like bench player
- **Prepare Equipment.** Ensure all necessary items (ball etc.) are ready and in good condition.
- **Safety.** If it's a home game, check the field for safety (e.g. in the field, etc.).
- **Introductions.** Introduce yourself to the ref and oppo highest standard for sportsmanship and respect.

#### Team Warm-Up

## Principles of Attack

The principles of attack guide a team's approach to breaking down the opposition's defense, creating opportunities, and scoring goals.



Attacking Principles of Play

### #1 - Penetration

- **Definition:** The ability to move the ball forward to create goal-scoring opportunities.
- **Execution:** Players look to bypass defenders through passing, dribbling, or shooting. This could mean a direct run at goal, a through-ball, splitting the defense, or a long-range shot.
- **Importance:** Penetration is the primary goal of attacking play and the first step to unbalancing the opposing defense.

### #2 - Support

- **Definition:** Ensuring players off the ball are positioned to provide passing options to the player in possession.
- **Execution:** Supporting players position themselves at varying angles and distances to ensure the ball carrier can retain possession and move the attack forward. This includes lateral and backward support if forward options are limited.
- **Importance:** Good support allows a team to maintain possession under pressure and continue building the attack.



Penetration & Support

# CURRICULUM



We have age group curriculums on the HYS website



## Grade 3 & 4 (U10) Player Development Objectives

Below, we will go into the specific elements within each area that players will be expected to learn before entering the next age level.

Priority Area	Primary Focus	Secondary Focus
<b>Technical</b> 	<ul style="list-style-type: none"> <li>Dribble with all sides of both feet (inside, outside, sole)</li> <li>Dribble out of trouble</li> <li>Dribble past someone</li> <li>Changes of speed/direction and turns</li> <li>Soft first touch</li> <li>Receiving the ball with inside and outside of foot and chest</li> <li>Shielding - Players should develop proper technique to shield the balls from opponents</li> <li>Shooting with both feet (with inside of foot and laces)</li> <li>Shooting for power, for accuracy and volleying</li> <li>Passing with inside and outside of both feet</li> <li>Basic thrown-in technique</li> <li>Introduce proper defending technique</li> <li>Introduce block tackles</li> </ul>	<ul style="list-style-type: none"> <li>Introduce proper goalkeeping positioning (hands and body)</li> <li>Goalkeeping - ball distribution (throwing, rolling, punting)</li> <li>Goalkeeping basic diving from the ready position</li> <li>Goalkeeping - collecting balls from the attacking player's feet</li> </ul>
<b>Tactical</b> 	<ul style="list-style-type: none"> <li>1 v 1 (attacking and defending)</li> <li>2 v 1 (attacking and defending)</li> <li>2 v 2 (attacking and defending)</li> </ul>	<ul style="list-style-type: none"> <li>Wall pass (also know as give and go or 1-2)</li> <li>Importance of the first touch</li> <li>Immediate transition from defense to offense or vice versa</li> <li>Width in the attack</li> <li>Player movement on throw-ins</li> <li>Goalkeeping - Calling for the ball when receiving with defending players</li> <li>Goalkeeping - Communicating with the other players on the team during the game</li> </ul>

Grade 3 & 4 (U10) Player Development Guideline

JAN 2025 HYS v 3.0



	Pre-K-2 <b>4 v 4</b> U-6, U-7, U-8	Grd 3&4 <b>7 v 7</b> U-9, U-10	Grd 5&6 <b>9 v 9</b> U-11, U-12	Grd 7&8 > <b>11 v 11</b> U-13+
<b>ATTACKING</b>	<ul style="list-style-type: none"> <li>U-6</li> <li>Shoot</li> <li>Pass or dribble forward</li> </ul> U7/U8 <ul style="list-style-type: none"> <li>Spread out</li> <li>Create passing options</li> <li>Support the attack</li> </ul>	<ul style="list-style-type: none"> <li>Shoot</li> <li>Pass or dribble forward</li> <li>Spread out</li> <li>Create passing options</li> <li>Support the attack</li> <li>Create a 2v1 or 1v1</li> <li>Change the point of attack</li> </ul>	<ul style="list-style-type: none"> <li>Shoot</li> <li>Pass or dribble forward</li> <li>Spread out</li> <li>Create passing options</li> <li>Support the attack</li> <li>Create a 2v1 or 1v1</li> <li>Change the point of attack</li> <li>Change the pace/rhythm</li> <li>Switch positions</li> </ul>	<ul style="list-style-type: none"> <li>Shoot</li> <li>Pass or dribble forward</li> <li>Spread out</li> <li>Create passing options</li> <li>Support the attack</li> <li>Create a 2v1 or 1v1</li> <li>Change the point of attack</li> <li>Change the pace/rhythm</li> <li>Switch positions</li> </ul>
<b>A&gt;D</b>	<b>DEFEND AS QUICKLY AS POSSIBLE</b>			
<b>DEFENDING</b>	<ul style="list-style-type: none"> <li>U-6</li> <li>Protect the goal</li> <li>Steal the ball</li> </ul> U-7/U-8 <ul style="list-style-type: none"> <li>Make it compact</li> <li>Keep it compact</li> </ul>	<ul style="list-style-type: none"> <li>Protect the goal</li> <li>Steal the ball</li> <li>Make it compact</li> <li>Keep it compact</li> <li>Pressure, cover, balance</li> <li>Outnumber the opponent</li> </ul>	<ul style="list-style-type: none"> <li>Protect the goal</li> <li>Steal the ball</li> <li>Make it compact</li> <li>Keep it compact</li> <li>Pressure, cover, balance</li> <li>Outnumber the opponent</li> <li>Stay involved</li> <li>Mark the player/mark the area</li> </ul>	<ul style="list-style-type: none"> <li>Protect the goal</li> <li>Steal the ball</li> <li>Make it compact</li> <li>Keep it compact</li> <li>Pressure, cover, balance</li> <li>Outnumber the opponent</li> <li>Stay involved</li> <li>Mark the player/mark the area</li> </ul>
<b>D&gt;A</b>	<b>ATTACK AS QUICKLY AS POSSIBLE</b>			

# LESSON PLANS

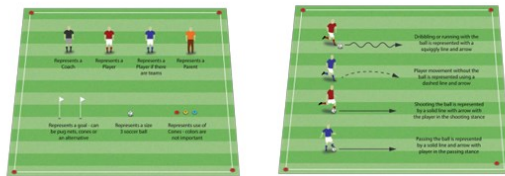


We have age group Lesson Plans on the HYS website

	<h2>Grade 1 &amp; 2 (U8) Season Plan</h2>
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- **Week 1** – Changing direction to beat an opponent/move away from pressure into open space
- **Week 2** – Dribbling at different speeds
- **Week 3** – Passing
- **Week 4** – Attacking 1v1 – Role of the first attacker
- **Week 5** – Shielding and defending 1v1 – Role of the first defender
- **Week 6** – Shooting
- **Week 7** – Defending 2v2 – Role of the second defender
- **Week 8** – Attacking 2v1 – Role of the second attacker

Below is a key for how to interpret the activities and games outlined in the lesson plans:



	<b>Session Goal:</b> Introduction to the fundamentals of dribbling <b>Key Coaching Points:</b> Use all parts of both feet, keep the ball close, head down and up, quick changes of direction <b>Week:</b> 1 of 8 <b>Duration:</b> 45-60mins <b>Age Group:</b> Grade Pre-K & K (U8) <b># of Players:</b> 8-12 Co-Ed
<b>Activity:</b> Red-Light-Green-Light 	<b>Organization:</b> 20W x 20L grid, no goals <b>Coaching Points:</b> ~10 mins <p>All players have a ball and dribble in the grid. When coach says, "red light," players must stop the ball and hold it on top of the ball. When coach says, "yellow light," players must dribble very slowly. When coach says, "green light," players dribble fast. Once players catch on to the game, be creative, add light of other colors and offer different actions to them (i.e., blue light = go to reverse, orange light = get on all fours and push the ball with your head, purple light = juggle the ball on your thigh, etc.)</p> <p>Let the players pick the colors and let them pick some of the actions (stomp, lay on the ground, etc.)</p>
<b>Activity:</b> Simon Says 	<b>Organization:</b> 20W x 20L grid, no goals <b>Coaching Points:</b> ~10 mins <p>All players have a ball in the grid. Play Simon Says but without eliminations. (Just say "I got you" or something when you look at a player.) Coach will call out a series of commands and the players must follow the instruction.</p> <ul style="list-style-type: none"> <li>• "Make it fun. Add in goofy things like fall the ball on your head, lay down, dance, etc."</li> <li>• "Work on fundamentals: roll the ball with the bottom of your foot, dribble in a circle with the outside/inside of your foot, do toe taps, bounce the ball off your right thigh, etc."</li> </ul>
<b>Activity:</b> Pirate Ship 	<b>Organization:</b> 20W x 20L grid, no goals <b>Coaching Points:</b> ~10 mins <p>All players have a ball in the grid, start dribbling around and when the coach yells out a command they have to act it out.</p> <ul style="list-style-type: none"> <li>• "The captain's coming" = stop, "eye-aye captain" = "Scrub the deck" = roll the ball backwards and forwards</li> <li>• "Patch the deck" = move the ball from left-to-right</li> <li>• "Captain's whereabouts coming" = put one foot on the ball, hands on their hips and say: "On-shore!"</li> <li>• "Starboard turn" = left stop and change direction fast</li> <li>• "Main overhead" = hands/dribble to the side and search</li> <li>• "Fire the Cannon" = dribble to side and shoot the ball</li> <li>• "Seagulls are coming" = You pretend to be a seagull who steals the balls, kids need to protect the ball</li> </ul>
<b>2nd Phase - Play</b>	10-15 mins / 4v4 or 5v5 Game
<b>Alternatives:</b>	Cone Maze, Fishy Fishy, Circles, Planets, Gates Dribbling, Circles, Planets

3/22/2022 Holden Youth Soccer – Grade Pre-K & K - Lesson Plans 4

	<b>Session Goal:</b> Improve the build up from our own half in order to move the ball into the opponent's half - 1 <b>Player Actions:</b> Pass or dribble forward, Spread out, Create passing options <b>Key Qualities:</b> Read the game, Take initiative, Demonstrate Focus <b>Moment:</b> ATTACKING <b>Duration:</b> 60 minutes <b>Players:</b> 16 <b>U11-U12 9v9</b>
<b>SKILL ACQUISITION:</b> Dribbling: Surface of the foot and ball, quality of the touch – Passing: Surface of the foot and ball, Pace and accuracy <b>Receiving:</b> Body position, surface of the foot and ball, first touch <b>IN PLAY PRACTICE (Introduction) Free Play</b>	<b>OBJECTIVE:</b> Move the ball forward. <b>PLAYER ACTIONS:</b> Pass or dribble forward, Spread out, and Create passing options. <b>ORGANIZATION:</b> In our own half set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds. <b>SKILL ACQUISITION:</b> Passing, receiving and dribbling. <b>KEY WORDS:</b> Opening, Penetrate and Help the attack. <b>GUIDED QUESTIONS:</b> 1. How can we create an opening? 2. What can we do to penetrate an opening? 3. Where should we help the attack? <b>ANSWERS:</b> 1. Spread out - 2. We can dribble through or pass through the opening - 3. We should create passing options to the right, left back and in front of the player with the ball. <b>Note:</b> First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.
<b>IN PLAY PRACTICE (Introduction) Free Play</b>	<b>OBJECTIVE:</b> Move the ball forward into the opponent's half. <b>PLAYER ACTIONS:</b> Pass or dribble forward, Spread out, Create passing options. <b>ORGANIZATION:</b> In our own half set up a 50Wx50L playing area with a regular goal and three 8-yard dribbling gates. The 8 Blue players: 1 GK, 3 defenders and 2 midfielders, against 5 Red players: 2 midfielders, 2 wingers and 1 striker. Blue team scores by dribbling through one of the 8-yard gates. Red scores in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Robble players every interval. <b>SKILL ACQUISITION:</b> Dribbling, receiving and passing. <b>KEY WORDS:</b> Get wide, Penetrate and Help the attack. <b>GUIDED QUESTIONS:</b> 1. How do we get wide? 2. When should we penetrate with a pass? 3. When should we penetrate on the dribble? 4. What should we do if we don't have the ball to help the attack? <b>ANSWERS:</b> 1. Spread out - 2. When we have an opening to pass forward to a teammate on the other side - 3. When we can dribble through an opening between two defenders - 4. We should create passing options. <b>Note:</b> Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.
<b>LESS CHALLENGING: SET UP GOAL AND DRIBBLING GATE</b>	<b>OBJECTIVE:</b> Move the ball forward into the opponent's half. <b>PLAYER ACTIONS:</b> Pass or dribble forward, Spread out, Create passing options. <b>ORGANIZATION:</b> In our own half set up two 22Wx35L fields with a goal and an 8 yard dribbling gate. Play 5v5. The Blue team: 1 GK and 4 attackers against the Red Team: 3 defenders. Blue team scores by dribbling through the 8-yard gate. Red scores in the goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. <b>SKILL ACQUISITION:</b> Dribbling, receiving and passing. <b>KEY WORDS:</b> Opening, Penetrate and Help the attack. <b>GUIDED QUESTIONS:</b> 1. How can we create an opening? 2. What can we do to penetrate an opening? 3. Where should we help the attack? <b>ANSWERS:</b> 1. Spread out - 2. We can dribble through or pass through the opening - 3. We should create passing options to the right, left back and in front of the player with the ball. <b>Note:</b> Switch to this activity if the Cove is too difficult for the players.

Mar 2022 Holden Youth Soccer – Grade 1 & 2 (U8) - Lesson Plans 2

# SYSTEM OF PLAY

We have a system of play document on the HYS website



## U12 – 9v9 System of Play

### 1-3-3-2

This is a very common 9v9 formation and it's primarily down to the good practice it provides for playing the world's most standardized 11v11 formation: 4-4-2.

3-3-2 is a simple, effective approach to winning games in 9v9 for coaches who don't want to over-complicate things.

#### Pros

- Simplistic and naturally effective for a possession styled game.
- In theory, it does not overload any given area on the field.
- Allows an attacking duo to develop together and learn how to play effectively with 2 up top.
- Players don't need to be particularly fast or talented on the ball as necessary coverage should always be near to win the ball back.

#### Cons

- Lack of clearly defined roles for midfielders. Are they supposed to be more attack-minded or defensive-minded?
- Easily outnumbered in central areas by most other formations.
- Restricts players to very specific roles - if they abandon their roles even momentarily, the entire balance of the team is lost and not easily recoverable.



9v9 3-3-2



## HYS – Player Roles

### Key Positional Roles & Responsibilities

#### #7 & #11 – Wide Midfielders/Attackers

##### In Possession

- Play high against the opposition full backs and threaten the space behind.
- Provide accurate crosses when high up the pitch.
- Work across the forward line to support the CF & disrupt the defensive line.
- Recognize when to dribble or play quick combinations.

##### Out of Possession

- Provide defensive cover in wide areas, pin the FB back.
- Stop opposition crosses.
- Track wide players.



11V11 4-4-2 DIAMOND



CLOSE TO GOALS  
SCORE GOALS

OPPONENTS HALF -  
CREATE OPPORTUNITIES

OWN HALF BUILD UP-  
MOVE THE BALL FORWARD

Very runs, triangulate to create passing lanes that break opposition lines of defense, playing in the half space and create numerical superiority with player rotations throughout the thirds.

- Isolate defenders 1v1/2v1 in the attacking third.
- Support the attack and push up.
- Communicate.

# RULES

We have a rules of the game document on the HYS website



3



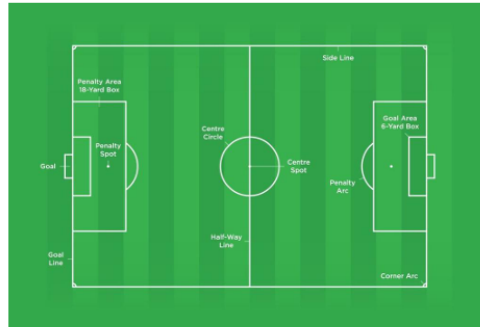
## General Soccer Rules

### Size of the Field

The field must be rectangular, that's pretty much it. The field size depends on good judgment of how many players on each side, and the size of your goals. The more you play or watch soccer the better you will get at judging a field size. You want it big enough to keep ball in play but small enough to engage all players and prevent kick and chase ball. To be considered true international competition basic soccer rules (11 vs 11) field must be:

- Length: minimum 100 m (110 yd) maximum 110 m (120 yd)
- Width: minimum 64 m (70 yd) maximum 75 m (80 yd)

MAYS (Our Travel Team League) prescribe field sizes, players, and game rules [here](#).



HYS – Soccer Rules of the Game

2023 HYS v.1.0

7



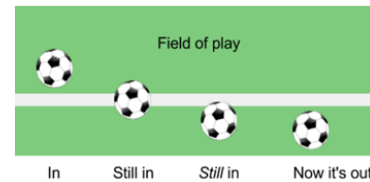
## Playing Soccer Rules

### Starting the Game

The game begins at the center of the field. The team who kicks off passes the ball to a teammate at the referee's signal. Before 2016 the ball had to move forward at kick off. This has been changed by the IFAB (The International Football Association Board). Now the ball can be passed back or forward at kick off. The opposing team is not allowed to enter the center circle until the team kicks off (some get confused with the refs whistle as the signal to play but it really begins with the team kicking off).

### Game in Play

As long as the ball stays in the field the game is in play. The only exception is when the referee blows his whistle for an infraction or offside. The ball is considered in play as long as it is inside the end lines and side lines. Furthermore, it's still in play as long as the entire ball has not crossed the entire line. Therefore, the ball may not be touching the end line or side line and still be considered in play (This applies if the ball is in the air as well). Contact with the goal post, or corner flag is still considered in play.



### Goal

In the basic soccer rules the point of the game is to get the ball in the opposing teams goal and the team with the most goals after the specified time is the winner. The ball must cross the goal line to be a goal. Therefore, if the ball is still in contact with the end line in the inner part of the goal it is not a goal!

HYS – Soccer Rules of the Game

2023 HYS v.1.0

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Offside examples:



The player is offside because only one player (the goalkeeper) is between the player and the goal when the pass is made.



Here the player is not offside because two players are between him and the goal.



In this example the player is not offside because there are two players between him and the goal at the time when the ball is kicked for the pass.

HYS – Soccer Rules of the Game

2023 HYS v.1.0

# OTHER RESOURCES



## Online Resources

- HYS Blog
- Mass Youth Soccer Practice Plans
- USSF Soccer Coaching Manual – link on HYS
- Relevant articles in HYS site

### HYS Coaches' Blog

This site provides HYS coaches with practice formats, recommended activities, coaching points, coaching methods and more. Use the menus on the right for all your needs.

Home	Running Practices	Managing Games	Dealing with Injuries	Dribbling Moves	Rules	Contacts
------	-------------------	----------------	-----------------------	-----------------	-------	----------

**Recommended Reading and Viewing**

- Boy Code
- The Race to Northern Youth Sports
- Freedom to Fail
- Improve Your Coaching by NOT Coaching
- Incredibly Massive Importance of Play
- Bob Egglew Presentation
- ESPN Post: Most Parents Have Concerns about the State of Youth Sports

**Blog Archive**

- ▼ 2020 (6)
- March (4)
  - Connect Your Team with Zoom Meeting
  - Penalty Box Spinball (with Resets)
  - Through the Net
  - Conc Dribbling
- February (2)

Saturday, March 28, 2020

#### Connect Your Team with Zoom Meeting

Thanks to Tucker Mahoney for providing the following message to pass along!

Hi Coaches,

With the delay of our season and the ongoing need for social distancing, it is no wonder that our players and coaches miss interacting with each other. As a solution, a few of our teams have had success with virtual team gatherings and hang-outs. One of the easiest ways to host a virtual group gathering is through the free service "Zoom." Much like Skype, WebEx, and FaceTime, Zoom provides a free means to host up to 100 participants for 40-minute meetings.

It is very easy to use.

- The host and all players go to zoom.com or download the Zoom app on any video/audio enabled device (iPad, laptop, Chromebook, iPhone, etc.)
- To host a meeting, you'll need to sign-up for a free account, but your players DO NOT need an account to join meetings.
- With most of the country working remotely, the use of Zoom and other platforms has skyrocketed. So to has "Zoom-bombing," where hackers enter meeting rooms to cause chaos and disruption. For this reason, it is advised to not use the instant "Host a Meeting" option. Rather, it is best to "Schedule a Meeting" in advance and require a password to enter.
- Click on "Schedule a Meeting" and select your desired time frame for the meeting. With the free account, the maximum meeting time is 40 minutes. Be sure to switch on "Require Meeting Password" option. You can either use the randomly generated password or customize your own.
- Choose "Save" and the system will generate a "Meeting Invite" that you can copy and send to your team in an email. This invite includes a link, meeting ID, and password, which are required to enter.

**Start Here**

- How to Use the Coachers' Blog

**Goals and Roles**

- HYS Goals
- Role of the Coach

**Training and Preparation**

- HYS Online Training Course
- Online Keeper Training
- Self-Training Module
- HYS Coaching Handbook
- K-2 Primer
- Other Coaching Courses
- Preparing for the Season
- Preparing for a Practice Session
- Preparing for a Game

**Practice Sessions**

- Practice Session Guidelines
- Creating a Positive Environment



## Our People

- Our Board of Directors
- Your Peers
- Your Community

### THE HYS TEAM

**US YOUTH SOCCER**

The Official  
**US Youth Soccer Coaching Manual**

By  
Dr. Thomas Fleck, Dr. Ronald W. Quinn, Dr. David Carr,  
William Buren, Virgil Stringfield

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- [Josh Gay](#)- Player Development
- **Open Sponsorship Coordinator**
- **Open League Representative**
- **Open Parent Liaison**



# COACH EDUCATION



# HYS ONLINE CLASS

The HYS Online course is a self-developed course which walks coaches through a variety of topics including:

- Providing an Enjoyable & Productive Experience
  - Coaching Points & Activities
  - Coaching Methods
  - Running Practices
  - Managing Games
  - Formations & Positions
- The course is free, and we offer a HYS coaching jacket as an incentive for completion.
  - The course is **not** age group specific so will need to manage expectations.
  - Some of the methodology is a little out of date, some links are broken, and it does take some time, but in general is a very thorough course.

## Coaching for Holden Youth - Online Course

become a youth soccer coach in no time!

Enroll in Course for FREE

h who can facilitate an enjoyable experience  
 all the tools you need to be that coach. It  
 ling, passing/receiving, shooting/finishing, 1v1  
 goalkeeping. It covers coaching methods  
 orcement, and the coach's "toolkit." And it  
 ractices for running sessions and  
 e at your own pace and refer back to it  
 n completion you will receive a

# LICENSES – MYSA GRASSROOTS COURSES



MYSA (Mass Youth Soccer Association) has defined a coaching license which consists of a series of courses designed to meet the specific needs of a coach at every step of the way.

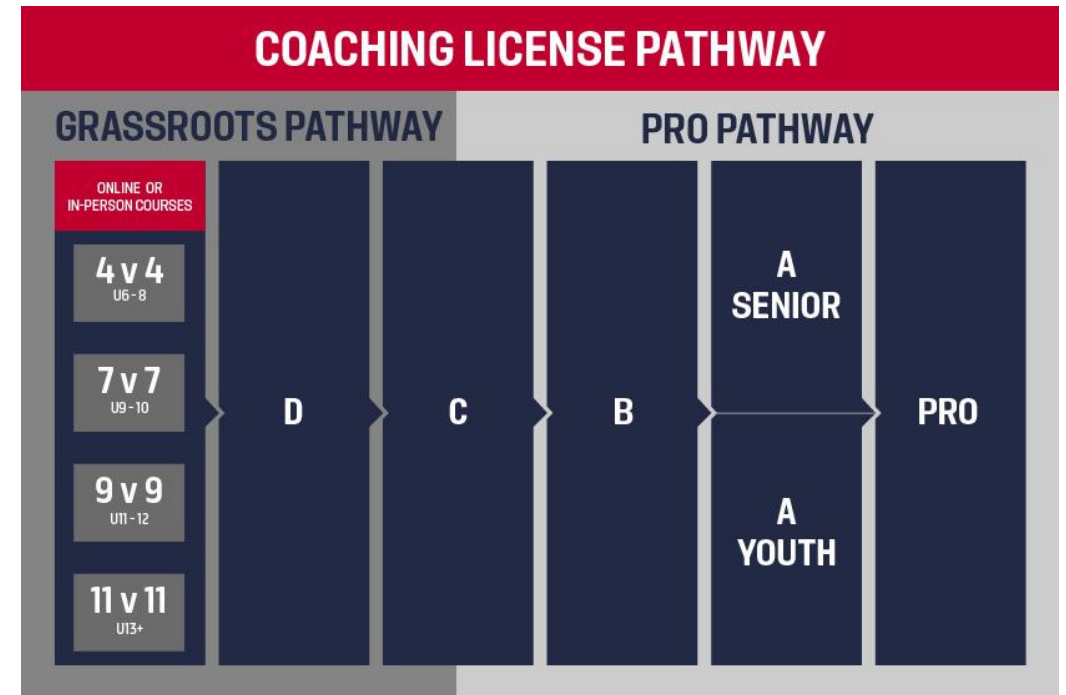
The first step in the pathway is a FREE introduction course, this free introductory module, which represents the first step in the newly revised coaching license pathway, is now the general starting point of the pathway and is the required prerequisite to undergo any of U.S. Soccer's Grassroots Licensing Courses. This module takes approx. 20 minutes to complete and is completed online.

There are then four possible courses (4v4, 7v7, 9v9, and 11v11) which are offered both in person (\$70) and online (\$25).

General course goals are:

- To understand the basic needs of grassroots players
- To understand the basic structure of the game
- To understand the basic structure of a training session
- To understand the basic tasks of a grassroots coach

- We offer 100% reimbursement





**OTHER**



# FAN GEAR



We recently launched a new partnership with Soccer.com who are provided a wide range of Fan Gear with HYS branding:

- Shirts
- Hoodies and Jackets
- Training Apparel
- Accessories and Equipment

They update the store often so check back to see new gear.





**THANK YOU & QUESTIONS**

