



LAKEVILLE SOCCER CLUB

Recreational Program Coaching Manual

Last Updated: March 17th, 2022

TABLE OF CONTENTS

PLAYER SAFETY/RISK MANAGEMENT

- Coaches' Legal Duties
- Coach Background Check
- Concussion Training
- Two Adults at All Times
- First Aid
- Emergency Contact Information
- Weather Guidelines

TEAM MANAGEMENT

- Preseason Meeting
- Uniforms
- Guest Players
- Field Assignment and Field Closures

PLAYER DEVELOPMENT - TRAINING

- Resources
- Format and Duration
- Priorities
- Heading
- Principles of Play
- Season Planning

PLAYER DEVELOPMENT - MATCH DAY

- Pre-Match, Halftime, and Post-Match
- Playing Time
- Match Management
- Respect for Referees

COACH DEVELOPMENT

- Coaching Licensure
- Coach Development and Observation
- Coaches Code of Ethics

PLAYER SAFETY/RISK MANAGEMENT

Coaches' Legal Duties (Successful Coaching by Rainer Martens)

1. Properly plan the activity.

Teach the skills of the sport in the correct progression. Consider each athlete's developmental level and current physical condition.

2. Provide proper instruction.

Make sure that athletes are in proper condition to participate. Teach athletes the rules and the correct skills and strategies of the sport. Provide competent and responsible assistants. If you have coaching assistants, make sure that they are knowledgeable in the skills and strategies of the sport and act in a mature and responsible manner.

3. Warn of inherent risks.

Provide parents and athletes with both oral and written statements of the inherent health risks associated with playing soccer. Also warn athletes about potentially harmful conditions, such as playing conditions, dangerous or faulty equipment, and there alike.

4. Provide a safe physical environment.

Monitor current environmental conditions (i.e., wind-chill, temperature, humidity, and severe weather warnings). Periodically inspect the playing areas. Remove all hazards. Prevent improper or unsupervised use of facilities.

5. Provide adequate and proper equipment.

Make sure athletes are using equipment (i.e. shin guards) that provides the maximum amount of protection against injury. Inspect equipment (i.e. goals are staked into the ground) regularly.

6. Match your athletes appropriately.

Match the athletes according to size, physical maturity, skill level, and experience. Do not pit physically immature or novice athletes against those who are in top condition and are highly skilled.

7. Evaluate athletes for injury or incapacity.

Withhold an athlete from practice and competition if the athlete is unable to compete without pain or loss of function (e.g., inability to walk, run, jump, throw, and so on without restriction).

PLAYER SAFETY/RISK MANAGEMENT

8. Supervise the activity closely.

Do not allow athletes to practice difficult or potentially dangerous skills without proper supervision. Forbid horseplay, such as “wrestling around.” Do not allow athletes to use sports facilities without supervision.

9. Provide appropriate emergency assistance.

Learn sport first aid, cardiopulmonary resuscitation (CPR), and AED administration. The law assumes that you, as a coach, are responsible for providing first aid care for any injury or illness suffered by an athlete under your supervision.

Coach Background Check

Each coach must complete the annual Background Check. Please visit the Club website, scroll over the Coaches tab, and click 'registration info' for more information. Click on the link and follow the directions for your team's specific league. You will need to email clubadmin@lakevillesoccer.org prior to beginning the process to obtain a pre-paid code.

Safesport Training

Each coach must complete the Safesport Training for Coaches – this an online presentation that must be completed periodically. At the conclusion of the online presentation, you will be able to print a certificate. It is recommended that you save the certificate as a pdf and keep it in your files. This information can be found under the coaches tab - registration info.

Two Adults at All Times

There should be a minimum of two adults at every team event (training, matches, meetings, etc.) and coaches should never be alone with a child (their own child excluded). This policy is in place to protect the children and the adults.

First Aid

All coaches should have a First-Aid Kit with them at all times and it is highly recommended that coaches become certified in First Aid/CPR/AED. For more information regarding First-Aid Kits and certification courses, please visit the RedCross website. Additionally, coaches should identify if any team parents are nurses or doctors which can be helpful in a medical situation. In an emergency, coaches should call 911.

PLAYER SAFETY/RISK MANAGEMENT

Emergency Contact Information

Coaches should carry a list of emergency contact information (i.e. phone numbers) for each player and be aware of medical issues (i.e. allergies). This will make it easier to contact parents more efficiently and properly handle any emergencies.

Weather Guidelines

Coaches must always be aware of potential weather issues (lightning, extreme cold/heat, etc.) and avoid putting players in dangerous situations. Please be aware of the MYSA and TCSL Weather Policies and visit the National Oceanic and Atmospheric Administration for more information regarding weather concerns. Additionally, a weather radio/lightning detector can be a valuable tool – downloading the weather app, Weather Bug, is another good option to help keep an eye on the weather.

TEAM MANAGEMENT

Preseason Meeting

As soon as you have your team roster, you should plan on holding a parent meeting. You can find a meeting location (i.e. library) or plan on holding it at the field prior to a scheduled training session. Topics to include:

- Introduction (i.e. coaching/playing experience and license)
- What you expect from the players (i.e. work hard and have a positive attitude)
- What you expect from the parents (i.e. let the coaches do the coaching and be supportive)
- Communication policy (i.e. 24-hour rule)
- Methods of communicating team information
- Practice Schedule
- Game Schedule
- Playing time will be EQUAL.

TEAM MANAGEMENT

Uniforms

Teams should wear their entire kit that is provided by Lakeville Soccer Club. Make sure your players are properly equipped for each game and practice.

For 3rd-8th Grade age groups, a team is likely to have multiple players that rotate in the net. When in net, the GK should be wearing a color shirt/bib that is different from both teams.

Guest Players

Guest players are not permitted in the Recreation Program in any circumstances.

Field Assignment and Field Closures

Prior to each season, teams will be assigned training times/nights and locations. Occasionally the City of Lakeville will close fields due to unsafe/poor conditions and this will be posted on the Lakeville Soccer Club website. Even if the City of Lakeville does not close the fields, coaches are expected to inspect fields prior to playing to determine if the field conditions are safe for the players.

PLAYER DEVELOPMENT - TRAINING

Lakeville Soccer Club Player Development guidelines are based upon the US Youth Soccer Player Development Model. This document should be consulted when developing season-long plans.

Resources

There are several good resources available for coaches to help them develop appropriate training sessions. The Lakeville Soccer Club website provides session plans underneath the Coaches tab on our homepage. Additional resources can be found on the following sites:

Massachusetts Youth Soccer Association
www.mayouthsoccer.org/coaches/session-plans/

United States Youth Soccer Association (USYSA)
www.usyouthsoccer.org/lesson-plans/

Soccer Coach Weekly
www.soccercoachweekly.net/practice-plans/

Eastern Pennsylvania Youth Soccer Association
www.epysa.org/training-plans/

Format and Duration

Kindergarten - 2nd Grade teams should consider more play-practice-play based training sessions. This allows for better develop in decision-making in game-realistic environments, which helps foster a love for the game. 3rd/8th Grade training sessions should follow the progressive format (warmup, small-sided activity, expanded small-sided activity and a game). Each training session should end with a scrimmage/small-sided game which allows the players the opportunity to apply what was learned in the training session to the actual game.

PLAYER DEVELOPMENT - TRAINING

The duration and training'match ratio should be as follows:

Age	Duration
Kindergarten	40-50 Minutes
1st/2nd Grade	40-50 Minutes
3rd/4th Grade	50-60 Minutes
5th/6th Grade	50-60 Minutes
7th/8th Grade	60-75 Minutes

Priorities

Concepts which apply to all age-groups:

- No laps, no lines and no lectures – get them playing and keep them moving.
- Warm-ups should involve using the soccer ball and allowing players to get maximum touches in a game-like activity.
- The game is the best teacher and coaches should use game-like activities which replicate moments within the game.
- The word hustle is so often misused that it has come to mean mindless running, merely for the sake of running. Soccer players need to learn when to run and when to not run. Players must also learn about the timing of runs, when to start and stop.
- Training sessions should include activities where there are outcomes. These outcomes should be clearly communicated to players prior to the start. Train like you want to play in games.

Kindergarten - 2nd Grade – “The Learning to Train Stage”

- Build the player before the team
- Practice individual skills within individual and small group activities
- Use fun skill-building activities with some teaching of technique
- Introduction of basic combination plays (i.e. wall pass)
- Lace the principles-of-play into activities (execution will be inconsistent)
- Two training sessions per month should be devoted to goalkeeping (all players should participate as a goalkeeper)

PLAYER DEVELOPMENT - TRAINING

3rd Grade - 6th Grade – “For the Love of the Game”

- Continue establishing a solid base of technique
- Emphasis on individual attacking and defending
- Develop individual skills under the pressure of time, space and opponent(s)
- While passing has become a more natural part of the game, the dribbling personality must still be encouraged to express that skill
- When attacking, players should work on keeping possession of the ball but should also be taught that possession play is a means to penetrating to the opponent’s goal and not an end in itself
- Develop an understanding of the roles that players have in the attack... penetration, support and mobility
- Demonstrate the defending roles of players... pressure, cover and balance
- At a minimum, devote two training sessions per month to goalkeeper training

7th - 8th Grade – “Committing”

- Expose the players to various game situations including functional training... Continue to refine technique and emphasize the tactical use of those techniques.
- Passing must be done consistently while on the run.
- Teach players that they are not to let the ball bounce... take the ball out of the air...
- Encourage players to keep the ball on furthest foot from defenders as well as take on opponents 1v1 using feints, spin turns and moves to beat an opponent.
- In the attacking third, encourage risk taking to persuade players to take on opponents, especially in a 1v1 situation and when in the opponents’ penalty area.
- Individually, when on the attack, emphasize keeping possession by not always rushing forward, especially when the opponents have good defensive shape.
- Group play will now be from pairs to fours. In these groups players need to be coached to perform combinations such as wall passes, takeovers, double passes and overlaps.
- When defending as an individual, players need to be taught how to apply proper pressure in front of or from behind the 1st attacker. They should also have a better idea of when and where to defend high or low pressure once the ball is lost. That assessment is influenced by the number of teammates and opponents around the ball, where the ball is on the field and the distance and angle of the ball to goal.

PLAYER DEVELOPMENT - TRAINING

7th - 8th Grade - 'Committing' - Continued

- Players should begin to understand and be held accountable for decisions they make on the field and how it affects their game and team.
- Goalkeeping becomes a much more specialized position and demands more quality training

U15-U16 – “The Fervid Phase”

- Technique training should be leading to artistry with the ball.
- A season long objective for this age group is to increase their technical speed and tactical speed (decision making).
- With the growing muscular power of the U-16 player, striking balls accurately over distance while under pressure should emerge in their game.
- In these group games the attackers should keep possession with a purpose by using width, depth and quick support using combination play, such as wall passes, takeovers, overlaps, double passes and 3rd attacker runs.
- Block defending as a group, in any part of the field, becomes a part of the U-16 team game.
- Tactically, this age group should be exposed to team tactics, but more importantly is the reinforcement of individual tactics and an emphasis on group tactics.
- Field players still need to have more than one role on the field and should not be confined to playing just a flank role or a central role for the team... There needs to be a balance in their training between a specific role in the team and continued general development.
- Set plays are an integral part of the game now. However, training on set plays should be addressed within the flow of training on a regular basis.
- As a goalkeeper, specialized training should be a regular feature of their development

U17+ – “Fulfillment in the Final Stage”

- Much of the training with the U-17+ age group will continue the refinement of skills and tactics previously learned with an emphasis on developing positional and team play.
- The objective of this training is to improve consistency and speed of play.
- Creating opportunities on the attack relies greatly on mobility by off-the-ball attackers, movement with a purpose.

PLAYER DEVELOPMENT - TRAINING

U17+ – “Fulfillment in the Final Stage”

- Incorporate mental skills training into training sessions.
- One in three training sessions must be devoted to defensive aspects of the game.
- Having a group of attacking players who can operate at high speed, under intense pressure and in increasingly smaller spaces will be a key to success.
- Players should have a complete understanding of the principles of play.
- Functional play by position within two or more formations should be learned.
- The rehearsal and execution of set plays is vital to successful play.
- As a goalkeeper, specialized training should be a regular feature of their development.

Heading

Player safety is extremely important when working on heading. Here are the most recent heading guidelines:

Age	Number of Sessions
K - 5th Grade	No heading should be done in training; modified laws prohibit heading in matches
6th - 8th Grade	No more than 15-20 headers per player, per week
U15+	No limitation

Principles of Play

Since soccer is a “player-centered” sport, players should learn to make decisions on their own and not rely on coaches to direct them. Players should be taught to recognize the visual cues within the game(i.e. amount of pressure on the ball) which leads them to making a proper decision.

Principles of Attack

Penetration
Support
Mobility (Unbalance)
Depth & Width
Improvisation

Principles of Defending

Pressure
Cover
Balance
Compactness
Confrontation

PLAYER DEVELOPMENT - MATCH DAY

Pre-Match, Halftime and Post-Match

Prior to the start of each match, a coach should ensure that field conditions and equipment are safe. A proper age-appropriate warmup should be conducted to prepare the players for competition. Also, match-day is not the time to teach players something new. KEEP IT POSITIVE.

The coach should be sure to ask the players for their thoughts at halftime. When the players are asked for their input from the first half of the match, they are often able to identify tactical challenges on the field and what corrections are needed. It has been observed that when coaches alone direct the needed corrections, the players don't seem to pay much attention because they are not engaged in the communication process. Coaching points must be kept to a minimum (2 or 3 points) and include those things which are familiar to the players and can be applied in the second-half. KEEP IT POSITIVE.

Post-Match comments should also be kept to a minimum and should be positive. After a game, players have other things on their mind and are not truly interested in listening to a lengthy speech. It may be more appropriate to wait until the next training session to cover any important lessons learned from the match. This is particularly true after a difficult loss when emotions may affect communication. KEEP IT POSITIVE.

Playing Time

The coaches are responsible for the development of all players assigned to the team. Coaches must make every effort for equal playing time over the course of the season for players participating in the Recreation program. NO EXCEPTIONS.

Match Management

Communicating to players during the run-of-play should be kept to a minimum and should be positive in nature. Since soccer is a "player-centered" sport, a coach should never speak to a player in possession of the ball.

PLAYER DEVELOPMENT - MATCH DAY

Match Management Continued

System and Style of Play

- Players should be encouraged to play creative/thoughtful soccer rather than rely upon a safety first, direct style-of-play (i.e. – boot and chase).
- All players should look to contribute to every attacking play, even when their role is as the supporting last defender.
- All players should recover to help defend after losing possession of the ball.

Substitutions

Substitutions should be made to ensure players receive proper playing time. Coaches should keep the number of substitutions to a minimum to keep the game flowing and allow players to get a “feel for the game.”

Additionally, consider that every time the game is stopped for a substitution, match time is lost.

Positions

It is the responsibility of the coach to teach players the difference between “positions” and “positioning.” Understanding their positioning relative to the location of the ball, amount of pressure on the ball, location of teammates, location of opponents, etc. is more important than getting players to stand in the “right” spot. The proper teaching of the principles of play will allow for this to occur.

- All Recreational players should play every position on the field.

PLAYER DEVELOPMENT - MATCH DAY

Match Management Continued

Respect for Referees

Coaches should be familiar and follow LSC's 'Zero Tolerance Policy'. Coaches are expected to treat the referee with respect at all times and never question a call during the game. If you have a question, you can calmly ask for an explanation at halftime or after a game. Please remember that the referee decisions are final and this is not a time for a debate. Much like coaches, referees are doing the best they can to provide the opportunity for young players to play soccer. Referees will not yell at coaches for making a poor substitution or tactical adjustment. Coaches should not yell at referees if they make a mistake.

COACH DEVELOPMENT

Coaching Licensure

Lakeville Soccer Club will reimburse Head Coaches who earn the US Soccer 'D' License or higher (pre-approval is required from the Executive Director) and/or the USC 11v11 Certificate. With higher licensure expenses increasing every year, LSC coaches taking the USSF C License or higher are expected to complete 2 years of working for the club to ensure full reimbursement.

The Club recommends the following education plan for coaches:

<u>Age</u>	<u>Licensure</u>
U9-U10	USSF Grassroots 7v7; USC 7v7/9v9 Certificate
U11-U12	USSF Soccer 'D' License; USC 7v7/9v9 Certificate
U13+	USSF Soccer 'D' License; NSCAA 11v11 Certificate