



## 2025/2026 Coaching Packet

THANK YOU

for volunteering to coach a team.

You are very much appreciated!

### General Guidelines for Coaching

1. Make sure your players are having FUN! While our league in general is competitive, kids won't learn anything if they aren't having fun. The goal of NASA is to provide a fun, recreational, and competitive program that offers youth the opportunity to develop their soccer skills and their character.
2. NASA Teams are NOT ALLOWED to use players that are NOT registered with NASA Soccer. Registration provides our club insurance in case someone gets hurt. By using a player not registered with NASA Soccer the club could be held liable if that player were to get hurt.
3. All of our teams are considered recreational teams, per Iowa Soccer rule 9.10 all players must play at least 50% of the game.
4. Make sure to be watching for emails from "Newton Area Soccer Association" for important information. If you don't see these emails in your inbox, make sure to look in your spam or junk folder or in the "Promotions" folder for Gmail.
5. Establish a consistent way of communicating with your player's parents (i.e. mass text messages, facebook groups, apps etc.)
  - a. Many NASA teams use the Team Reach App. This allows you to schedule games and practices, show any rescheduling or cancellations and discuss other things that pop up throughout the season.
6. Please meet with your player's parents either before or at the end of your first day of practice. Take the time to explain to them your guidelines and expectations for practices and games.
  - a. If you find you are having issues with players not doing what you are asking them to do, you will need to come up with a disciplinary plan. If you need help with one, please contact our Director of Coaches.
7. Sportsmanship needs to be modeled by all coaches. This includes showing positive behavior outside of soccer practices or games. This, along with teaching players that sportsmanship comes above all else is one of NASA's values.
  - a. This includes being courteous to referees, at home and away games. Remember that some of these referees are just learning and may make a mistake. However, without them we wouldn't be able to play.
8. Please listen to what your parents are telling you. If there is an issue, please do your best to address it as quickly as possible. If you need any assistance, please contact our Director of Coaches.

9. While we hope that issues can be solved at the team level, the board will address complaints from parents by setting up meetings with the coach if needed.
10. If your team moves up to a different age group, you may need a different size soccer ball. These are available in the storage room at Agnes Patterson. Please bring your old size soccer ball and exchange them for the new size.

Here are the ages and sizes:

U7-U8: Size 3

U9-U12: Size 4

U13 and above: Size 5

11. If you have decided to no longer coach, please turn in the soccer balls and equipment to the storage room at Agnes Patterson and let one of the NASA board members know you will no longer be coaching.

## Practices

1. As soon as you get your roster, please contact your player's parents letting them know that their child is on your team. Include practice days and times and what is required for them to bring (i.e. Cleats, Shin Guards, Water Bottle, etc.)
  - a. Recommended Practice Structures based on US Soccer Grassroots & MLS Go

Age Group	Duration	Frequency (per Week)
<b>7U/8U</b>	45-60 minutes	1 session
<b>9U/10U</b>	60-75 minutes	1-2sessions
<b>11U/12U</b>	75-90 minutes	2 sessions
<b>13U/14U</b>	90 minutes	2-3 sessions
<b>15U/16U</b>	90-105 minutes	2-3 sessions
<b>17U/18U</b>	90-120 minutes	2-3 sessions

2. It is mandatory for all players to wear shin guards during practices and games. No shin guards = no playing. Safety comes first.
3. Please be sure to plan your practices ahead of time. If you need assistance with practice plans there are resources on our newtonareasoccer.com website or you can contact our Director of Coaches for assistant. NASA also recommends downloading the free MOJO Sports app. It has a wealth of fun activities and offers videos to help you prepare for the drill.
  - a. Skill Development Goals – By the end of the spring season, players should be able to:
4. Be sure to get to practice at least 15 mins prior to the start time. If you want your players to be on time you will need to ensure you are setup and ready to go from the start.
5. You are NOT ALLOWED to practice on game fields, so please abide by that rule. There are plenty of other areas around town where you can practice. If you need suggestions, please reach out to the Director of Coaches.

## Uniforms

All teams must wear proper apparel. Teams may choose to purchase a customized jersey or wear a pre-determined style chosen by the board. All jerseys must meet the following criteria:

1. Be clearly red, white, or grey as the base color.

2. Contain the NASA logo either as a pocket or chest logo.
  3. Custom designs **MUST** be approved by the NASA Board **PRIOR** to ordering.
  4. Back number is required.
  5. Front number is optional.
  6. Player Name is optional.
1. It is the coaches' job to ensure that all players have a uniform prior to the first game.
    - a. If you are coaching an existing team, please touch base with the parents to ensure they do not need new uniforms for their kids.
  2. If you are a U7 and U8 teams will only need a red home jersey and pennies. U9 and above will need a red home jersey and an alternate jersey. The alternate colors are grey or white.
  3. Pre-selected uniforms can be purchased from (go to [newtonareasoccer.com/uniforms](http://newtonareasoccer.com/uniforms) to get links):
    - a. Newton Apparel
    - b. DC Sports
  4. Teams must also wear the same color shorts and socks. Black is the most common used by NASA teams.

## Games

1. Iowa Soccer Team Roster, Coaches Hard Passes, and Player Cards are required at all games. All player cards **MUST** have pictures on them. The team roster, coaches passes, and players cards are all good for an entire soccer year. This includes both the fall season and the spring season. Don't throw them away after the fall season.
2. Iowa Soccer has made it possible that if a team is short players, they may use up to 3 guest players. This is **NOT** to be abused by using guest players instead of regular season rostered players. There is a form that **MUST** be filled out each time guest players are used. The form is available on [iowasoccer.org](http://iowasoccer.org)—Leagues—ISL Rec Central—Guest Player Form
3. You will need to bring at least one game ball to every game.
4. It's a good idea to ask your players to arrive about ½ hour prior to games in order to warm-up.

## Home Games

1. If you are the first game of the day, you are required to put out the corner flags on the field. If you are the last game of the day, you must put them away. They can be found in the equipment room.
2. If the assigned referee doesn't show up for your scheduled game, please contact the Director of Referees.
3. When playing at home If the visiting team has the same color of jersey on as you, you are expected to change to your other color of jersey or wear pennies.
4. After the game, please ensure that all trash around both benches is picked up. We want to keep our fields as clean as possible.

## Away Games

1. After the game, please ensure that all trash around your benches is picked up.

## Rescheduling or Cancelling Games

1. Contact the team you are supposed to be playing as soon as you know you can't play.
2. If the game was here in Newton, contact the Director of Referees for our club so he/she can cancel the referees. This should be your second phone call!!!!
3. After you have agreed to a new time to play, change the game for the schedule by filling out the form available on [iowasoccer.org](http://iowasoccer.org)—Leagues— Rec Central—Game Reschedule Form (at the bottom of the window)

## U9 teams and above will need to record the scores of their games online.

1. Log in to your Stack account by directly logging in to the Iowa Soccer Association link. (This is the email and password you set up for the account you created to sign your child up or volunteer to coach.) <https://iowasoccer.sportsaffinity.com/>
2. Click on the **Teams** tab
3. Click on the **Tournament & Schedule Apps** subtab
4. Click on the **Schedules/Game Scoring** link

The screenshot shows the Iowa Soccer Association Sports Connect website. The 'Family Members' section is visible, listing Jenny Jensen, Jenny Jensen-merged, and Kayden Jensen. Below this, a navigation bar includes tabs for Personal Info, Applications, Details, Certificates, Licenses, Teams, Events, and Referee Schedules. The 'Teams' tab is selected, and the 'Tournament & Schedule Apps' subtab is highlighted with a red arrow and the number 3. Below the subtab, a table lists games with columns for Team (and Team ID), Tournament / Schedule, Status, Submitted On, and View. The 'View' column for the first game (NASA B9A) shows a link to 'View Tourn. App.' which is highlighted with a red arrow and the number 4. Below this link, the 'Schedules/Game Scoring' link is highlighted with a red arrow and the number 4. The 'Teams' tab itself is highlighted with a red arrow and the number 2.

Team (and Team ID)	Tournament / Schedule	Status	Submitted On	View
NASA B9A 0409-01RB16-0004	ISL REC CENTRAL FALL 2024	Final	07-24-2024	<a href="#">View Tourn. App.</a> <a href="#">Schedules/Game Scoring</a> <a href="#">Show Past Apps</a>

5. A list of your games will appear on the screen. (You may need to scroll to the bottom of the screen) Click the empty box below Score for the respective game.
6. A pop-up window will display on the screen. Enter the scores and/or stats for the game.
7. Click **Save Stats & Comment**. Scores/ Stats will be saved.

Game Stats Update - Google Chrome

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iowasoccer.sportsaffinity.com/tour/gamestats/gamestats.asp?sessionguid=1FC689C2-FC7E-4AF6-A11C-951B58005607...

**Instructions:**  
The required fields are Team Colors and Team Scores. Team Colors cannot match.  
In Goals/Cautions/Ejections section, Please select from the drop down to add goals, ejections, or cautions for a selected Admin or player.  
**Note:** player numbers must match those that are in the roster. Click on the Team Names to add Jerseys.

**Game Stat Entry**

Game Number: 811302 Date: 9/29/2024 Time: 01:00 PM Field: 2

Home: NASA B9A Visitor: PHSC BU9A

Colors: ☐ None ☒ None Colors: ☐ None ☒ None

Score: 0 Special Code: --

**Goals/Cautions/Ejections**

--Select Admin/Player--

Item Type Reason

-- --

Add Remove

**Referees Assignment** (click name to rate referee performance)

Center Referees Assistant Referees Mentor Club Linesman

**Supplemental Incident Report / Game Comments**

Add Comment (Max 7000 chars per comment):

Clear Stats Save Stats & Comment Save Comment only

811342 418-25 vs 409-4 J-Hawk SC 9UB White vs. NASA B9A

Score 3

Score 2

Score 1

Score 6

Score

Score

Score

### Board Members Contact Information:

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