

RIVERTOWNS UNITED FC

COACHES MEETING 2019



WELCOME TO OUR 2019 COACHES MEETING

WHO ARE WE?

- We are a Volunteer led and run community-based organization dedicated to bringing the athleticism and joys of Soccer to our kids.
- We directly involve parents and our kids to create lifetime memories
- We are NOT striving to produce the next generation Pelé or Messi.
- Within our Travel program we have raised the bar of the athleticism involved through tiered levels of play and premiere opportunities.
- We still follow the core fundamentals of AYSO Community soccer.

WHAT DO WE WANT?

- We want to give every player the opportunity to be their best without sacrificing our core values.
- We do NOT win at all cost.
- We build competitive, compassionate, and caring players, that hold sportsmanship to the highest standards.
- This is the mindset we expect of all our Volunteers and Players. These shared values are critical to our existence and success.

WHAT ROLE DO I PLAY?

WHAT ARE THE EXPECTATIONS?

COACH EXPECTATIONS

- Leads by example and earns the respect of their team.
- Responsible for shaping player experience, growth, and soccer enjoyment.
- Complete all required age appropriate training and instruction.
- Establish a team budget to cover team equipment costs and optional paid trainer and/or tournament costs.
- Confirm every player has ordered a uniform and proper equipment.
- Attend every team practice and every team game (from the sidelines) when possible.
- Report home game scores via GotSoccer.com after each home game.
- Work alongside optional NYCFC trainer as a partner.
- Communicate with Player Parents their team expectations and their role as supporter.

ASSISTANT COACH EXPECTATIONS

- **An assistant coach has the same expectations as the Head Coach.**
- **Supports the Head Coach at practices and games**
- **Coaches from the sidelines with the head coach and/or Trainer.**
- **Prepared to sub-in for Head Coach if they are unable to make a game or a practice.**

TEAM PARENT/MANAGER EXPECTATIONS

- We recommend that every travel team, select a team parent/manager to assist with team logistics. The coach should coach, and the Team Parent/Manager should coordinate parent communications and activities.
- Collect funds from parents at the start of the season based on Team Budget set by coach. (This is not included in registration fees)
- Populate schedule to Sports Signup. Very useful for coordinating schedules and communicating with parents.
- Communicate with parents when there is a change in plans or schedule.
- Attend every game (from the stands) when able.

PAID TRAINER (OPTIONAL) EXPECTATIONS

- **Coordinate and share practice plans with Head Coach and Assistant Coaches.**
- **Reinforce sportsmanship and core values.**
- **Is flexible and capable of reacting to changing conditions in training and in games.**
- **Sets an example for the team to follow with referees and parents.**
- **Taylor's practice sessions to meet age appropriate Curriculum Guidelines**
- **Establish team player growth objectives for the season**
- **Game support requires a minimum commitment of 5 games**

PLAYER EXPECTATIONS

- Be respectful of your parents, coaches, teammates, and opponents.
- Practice at game speed and with full concentration, recognizing that maximum effort in training creates good habits in games and breeds team success and growth.
- Wear proper equipment at both practices and games
- Wear your full team uniform (proper team socks, shorts, jerseys) during games.
- Play soccer unselfishly: strive to keep possession of the ball, attack as a team, defend as a team, and show leadership by challenging for every loose ball.
- Arrive on time for practices and games. If there is a legitimate reason to miss any team activity, let the coaches know well in advance.
- Listen to your Coaches/Trainer and NOT your Parent's or Sideline supporters when practicing and participating in games.

PARENT EXPECTATIONS

- Be supportive from the stands and provide encouragements instead of instructions.
- Make sure players arrive early for practice and games
- Trust in the capabilities of our Coaching staff, Trainers, and Referees
- Understand this is a volunteer lead organization with no paid staff members
- Understand that the registration fee paid covers insurance and the privilege of participating in the program and affords no other rights or privileges
- Understand that Referees make mistakes but their decisions stand and can't be refuted
- No arguing with Referee, Coaches, Trainers, or Players
- US Club-WYSL Medical Release Form completed for New Players and submitted to Coach/Trainer
 - Allows medical treatment for players if parent is not present

SEASON PREPARTION

WHAT AM I FORGETTING?

SANITY CHECK

- All uniform orders have been placed
- All Roster errors have been addressed – (ie. Photos, Training, Background Checks, etc.)
- Required Volunteer Training Courses completed
- Your background check is completed
- A Team Parent/Manager has been identified and is on-board
- A Team budget including optional training fees and equipment has been determined
- Team Parent/Manager should be responsible for collecting fees and communicating to parents

COACH EQUIPMENT NEEDED

- Coaching Bag
- First Aid Kit ([Amazon: Sample First Aid Kit \\$8.99](#))
- Binder/Folder (Hold Copies of Roster Line-Up Cards with Photos)
- Disposable Ice Packs ([Amazon: 24 Pack \\$24.99](#))
- If not using Trainer
 - Soccer Pinnies ([Amazon: 24 Pack \\$35.99](#))
 - 8 x Soccer Balls ([Amazon: Inexpensive Training Soccer Ball \\$14.99 each](#))
 - Training Cones ([Amazon: 50 Training Cones and Bag \\$19.99](#))
- Corner flags for turf or grass fields will be provided by the club
 - This year Corner Flags will be stashed in DropBoxes at each field – after first weekend

TRAINING REIMBURSEMENT

- We launched a new program last year to reimburse Coaches for fees charged in taking the Orientation or Age appropriate courses.
- Please send to joeypinzon@gmail.com any receipts and confirmation that the course was completed, and we will disburse reimbursement for course fees from club budget.

AGE APPROPRIATE CURRICULUM

Stage	Age	Training Characteristics
Initial	U8	Coordination of movement with ball control skills (eg, Dribbling)
Basic	U9	Mastery of individual ball skills:
	U10	1v1 attacking and defending
	U11 U12	Refinement of passing and shooting techniques. Combination play. Development of possession skills.
Intermediate	U13 U14	Introduction of basic principles of team defending and attacking in 11v11
Advanced	U15	Improvement of both accuracy and speed of play.
	U16	
	U17	Introduction of sophisticated attacking and defending concepts.
	U18	

GAME DAY

THE SEASON BEGINS

COUNTDOWN TO GAMEDAY

- Confirm that there are no Roster errors and Line-Up Card is Approved
- Print copies of the Roster Line-Up Card
 - Login in to RUFC.SIPLAY.COM with your login credentials
 - Under Coaches Tools - Print Rosters select “[WYSL Official Game Lineup with Photos](#)”
- Pump up two (2) properly sized Game Balls
- Make sure First Aid Kit and Ice Packs are in your Coaches Bag
- Pack Goalie Jersey and Gloves
- Pack Spare Jersey #77
- Bring medical tape to re-number Jerseys if needed...
 - Players often forget and borrow Jerseys beyond #77 Spare
- Confirm with Away Team that the game is on as scheduled

POST GAME

- Home Team updates Scores after each Home Game
 - https://scheduler.gotsoccer.com/org_event/events/614/submit_pins/new
 - Enter PIN# 1234
 - Game Number or Gender or Age Group then Search
 - Record Game Scores and both Yellow and Red Card Counts
 - You have 48 hours in which you can edit a mistake. After this time, you will need to request a change from the league
- Be prepared to document a Game Report if an **Unexpected Event** took place
 - Inappropriate actions from Coaches, Players, Parents, Trainers or Referees
 - Submit report to the Director of Travel for remediation and follow-up
- Si-Play Scheduled Games require a manual update of scores to share with parents and players
- Note areas for Team Improvement and Exceptional Game Play and Conduct to share at next practice with Players and Trainers
- Always make an effort to talk to team post game and Only provide positive feedback

RESCHEDULING A MAKEUP GAME

- **When a game is cancelled from a conflict or is slated as To Be Scheduled (TBA and TBS)**
 - Coordinate with opposing team optional makeup days and Times
 - Include Todd Ommen (RUFC Field Coordinator) to understand field options
- **Home Team must submit a Make-Up Form via Fax or Email to League Office four (4) business days in advance of the make-up game. (ldargenio@wyslsoccer.org and terrybenson@nyc.rr.com (scheduler))**
- **Make Up Form can be found on the WYLSOCCER.org Website under Travel Forms**
 - New Game Date and Time
 - Game #
 - Field Name
 - Sex/Age/Division
 - Team Names – Home and Away
 - Original Game Date/Time
 - Reason the Game was not Played
- **Must be scheduled by end of September the latest.**
- **Away Team Field can be used if Home team doesn't have a field available. Requires common consensus**
- **The League does not require that postponed games in divisions U10 and lower be made up**

GAME DURATIONS

Age Group	Game Length	Ball Size
Varsity and JV	2-40 minute halves	No. 5
U15	2-40 minute halves	No. 5
U14 and U13	2-35 minute halves	No. 5
U12 and U11	2-30 minute halves	No. 4
U10 and U9	2-25 minute halves	No. 4
U8 (7v7)	2-25 minute halves	No. 3

BUILD-OUT LINES FOR 7 V 7 GAMES (U9 AND U10) ONLY

- 1.** The build-out line shall be placed across the field equidistant between the top of the penalty area and the halfway line.
- 2.** The opposing team must move behind the build-out line for a goal kick or when the goalkeeper has possession.
- 3.** The player taking the goal kick does not have to wait for opposing players to move behind the build-out line to put the ball into play. The goal kick may be played to either side of the buildout line. The ball is in play after the ball is kicked and clearly moves, after which the opposing team may cross the build-out line. If an opponent crosses the build out line before the ball is in play and interferes with the goal kick, the kick is retaken.
- 4.** The goal keeper in possession of the ball in their hands does not have to wait for the opposing players to move behind the build out line to release the ball. The ball may be released to either side of the build out line, after which the opposing team may cross the build out line. If an opponent crosses the build out line before the ball is released and interferes with play, an indirect free kick is awarded to the goal keepers team at the point where the opponent crossed the build out line.
- 5.** The build-out line in the opponents half of the field shall be used as the line to determine offside. Players cannot be penalized for an offside offense between the halfway line and that build-out line.

SOME DONT'S

- **Do Not Argue with the Referee or Opposing Team during the game. Document your concerns in a Exception Based Game Report and share with the Director of Travel**
- **No Heading the Ball below U12**
 - **U12 permitted to Head ball in the Spring and NOT the Fall**
- **No Goal Differential in Excess of 6 Goals (No longer a fine – but discouraged)**
- **Do not allow parents on the field side-lines and discourage them from given instructions to their player**

SOME DO'S

- **Enjoy being a part of the Team creating this experience for our children**
- **Provide 3 parts Encouragement for every 1 Part of Constructive advice offered**
- **Two Adults must attend children at all times (Trainer/Coach/Parent)**
- **Encourage parents to participate and become involved in the Club**
- **Take the time to communicate and collaborate with other Team volunteers**
- **Share your experiences and lessons learned**
- **Build incredible memories with your player**

WHAT IS NEW THIS YEAR

BIG CHANGE IN LEADERSHIP FOR THE CLUB

YEAR OF THE KEEPER!

- The “Year of the Keeper” is a recognition and drive to improve focus on the importance of Goalkeeping.
- Continuing with the success of our Goalkeeper Training program (“GKT”), we have an offer and challenge you to do the following:
- Each team will receive one complimentary goalkeeper jersey and gloves for the season
- **IN TURN**, we ask:
 - Select your goalkeeper to be co-captain for the entire season.
 - Send your goalkeeper to weekly GKT sessions with NYCFC trainers.
 - Give us feedback on their progress throughout the season.

COACH COMMUNICATION AND COLLABORATION

- Continuous coach communication and collaboration throughout the season.
- We will schedule checkpoint collaboration Video/Audio Bridge meetings to checkpoint overall status and share coaching experiences from our home computers and home phones
- Proposed buddy system for new Coaches
 - New Coaches will be match with an experienced coach for guidance and advice
- Build and share a library of material for enhanced training and common understanding

SPARE JERSEY #77

- Club owned but given to each travel Team
- Spare jersey #77 for new player additions mid-year or forgotten jersey at a game
- Returned to club if team or coach retires

WYSL RULE CHANGES SUMMARY

- Premier League has been rolled into Travel replacing Division 1 -The Same Travel rules now apply
- For 7v7 Ball doesn't have to leave penalty box on goal kick to be in play. Ball is in play as soon as its kicked
- Hard copy of Roster Lineup Card with pictures and Stamped approval needed.
- Digital lineup from phone (No hard copy) will be a \$50 fine but not a game forfeit. If you have an old hard copy you won't be fined
- Escalating Fines and Consequences for 6 Goal Differential Violation – Do NOT Violate
 - See addendum on strategy for addressing 6 Goal Differential

WYSL RULE CHANGES SUMMARY CONTD'

- **The Deadline for roster changes has moved to the Monday of last week of the season. New players can be added throughout the season.**
- **50% Pulled fields will only result in games not counting towards standing. All playable games will be supported by referees but will be recorded as scrimmages. Referees will go to playable fields.**
- **All drop balls are to be considered uncontested**
- **Racial Slurs immediately result in a 2 game suspension - red card**

NEW MAXIMUM ROSTER AND GAME DAYS LIMITS BY AGE GROUP

Division	Match Format	Minimum Roster Size	Standard Game Day Size
U8 (4v4)	4 v 4	8	12
U8 (7v7), U9	7 v 7	7	14
U10	7 v 7	7	14
U11, U12	9 v 9	9	16
U13 and older	11 v 11	11	18

* Any team may have a roster of up to 26 players with the consent of such team's Club President provided that such team pays a \$30.00 registration fee per player added over the Standard Game Day Size

FINAL NOTES

- Our club board members try to be accessible 24/7 so reach out if you need anything
- Enjoy these life long memories you are creating with your children
- Have a tremendous first game
- Thank you for stepping up and being a Volunteer
- Remember that we are all Volunteers here