MIDDLETOWN YOUTH SOCCER CLUB

COACHES HANDBOOK

FALL 2012

Thanks to all Players, Coaches, Parents, Volunteers and a special thank you to Sponsors, we are proud to be

CELEBRATING 20 YEARS OF SOCCER

Founded 1992

LETTER FROM THE DIRECTOR OF FALL RECREATION

Welcome to each of you.

Whether this is your first time coaching or you're an old hand, the Club truly appreciates your time and effort. It is the Club's philosophy to provide the children a positive learning environment that stresses **fun** and **fun**damentals. It is your responsibility as coaches to focus your efforts on the individual development of each of your players, concentrating on the techniques of the game in a small-sided environment. By focusing on how they play rather than where they play, you will foster their technical development and allow them to make the individual decisions on where to play within your team's formation.

Team selection will be by consent of all the coaches in each age group. Teams will be selected so that each team has an equal chance of succeeding on any given Saturday. In all age groups we will strive for parity.

There will be an eight-game schedule commencing on Saturday, September 8th and concluding on Saturday, October 27th. All games will be played at the Wyatt Road Soccer Complex on "Nigel's Pitch".

Practices and Field Space

Currently there is precious little field space for practicing in the evening hours. We do not have a lighted field available. Also note that by October daylight hours for practice will require earlier practice times. Practices will be held in close proximity to other teams on half or a quarter of a game field.

Fields available for practice are at the Wyatt Road complex. Middletown Youth Soccer Club board member Tim Brown (email: timothyd.brown@us.army.mil) will present a schedule of availability to all coaches so as to maximize the potential use of each area. Our Coaching Director Jim Teeters (email:jim@tytech.org) has practice plans available for anyone who is interested. Remember to plan your practice before you arrive and always arrive first.

Most importantly, the Fall Recreation program is for **F U N**. It doesn't matter what the final score is as long as the children, the coaches, and the families have a good time. You are the role model for your players and their parents**. Please** conduct yourself in a manner that shows respect for your players, your opponents' players and coaches, and especially the referees.

Thank you. Have a **great** season.

Chris Bacon
Fall Recreation League Director
Middletown Youth Soccer Club
Email:BACON61@aol.com

MIDDLETOWN YOUTH SOCCER CLUB

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SMALL-SIDED GAMES

BACKGROUND:

The priority in small-sided games is to motivate players in a friendly environment that is conducive to learning. The small-sided game allows:

- Players to frequently touch the one "toy" on the field, namely, the ball
- Many opportunities for players to score goals, and score goals often
- Maximizes active participation and minimizes inactivity and boredom
- Provides a well organized playing environment with improvised fields
- Reflects the philosophy of player development expressed in state and national coaching schools
- Eliminates complicated rules such as offsides that may hinder youngsters from "playing"
- Allows the GAME to be the teacher

WHY SMALL SIDED GAMES?

The mode and method for children's play has changed substantially. The sandlot and playgrounds, which allowed for free play, have been replaced by organized sport associations and leagues, which are instead governed by adults. As a result, these leagues reflect what adults believe the game of soccer should be like for youngsters. The by-product of this is often over coaching and the investing of an abundance of money and resources on uniforms, warm-ups, and equipment. There is always the likelihood that parents and coaches become too involved in the game during "the game."

Reducing the number of players per team allows for **all** the components that are present in the 11 v 11 game: the ball, teammates and opponents, realistic pressure, appropriate space, rules, direction of play, and the combination of length and width in the game.

Youngsters recognize differing situations that are constantly repeated. Repetition influences skill required to play the game, and decisions and choices that occur during the game.

"In simplified, modified games, players learn to be aware and to improvise, to concentrate and to recognize the situation. Skills are important, of course, but the value of skills is to be able to use them efficiently in a fraction of a second. Our practices should be one quarter skill training and three quarters applying those skills in endless situations."

"Kids get tied up in the emotional level of the game. A little one playing 11-a-side says, 'We won!', but he touched the ball three times today. Our responsibility is DEVELOPMENT! So we must play 4v4 and 7v7 with plenty of time and space – to learn combinations, skills, awareness, and smartness."
Rinus Michels, former coach of Holland's national men's team:

Small-sided soccer, used as a developmental tool, can and will develop skilled players. These individuals will then get to know the sport for the physical skills that it uses and the enjoyment of the game. They will also become more skilled and competitive when they are ready to play the 11v11 game at older ages.

First, and perhaps most importantly, small-sided soccer is FUN! Because of the smaller numbers, the skills and concepts involved in the game are presented in a simpler, less complicated way. Thus, there is a lower frustration level for the players and coaches, especially those new to the sport. The game is easier to understand when played with fewer players, and each player is able to have more touches on the ball during the course of the game, thus increasing their skill development. When players become more skillful, the game naturally becomes more fun.

People involved with youth soccer must realize that U-6, U-8 and even U-10 players are, in a sense, not real players. They have not developed enough physically, psychologically or socially to meet the same challenges as older, larger players. They need to play on teams and fields that meet both their physical and mental abilities. The small-sided approach has helped thousands of players develop at a faster rate into competent, skillful players at the junior and senior levels.

ROLE OF THE COACH

In small-sided soccer, the role of the coach is that of facilitator. The coach sets up the game and conditions for learning, provides some supervision and allows the game to teach. The coach becomes a manager of the games with the comprehensive and long range objective being to develop and improve the soccer performance of the players.

The primary objective for youth players under 11 years of age is the development of technical skill. This is due to the nature of youngster's willingness to experiment to find his or her own way to execute technical skill.

Coaches need to ensure that three main areas of the game occur in this environment:

- When the team is in possession of the ball - attacking
- When the team is trying to regain possession of the ball - defending
- When the ball changes possession – transition

MIDDLETOWN YOUTH SOCCER CLUB FALL 2012
RECREATIONAL SOCCER RULES

RULES

Middletown Youth Soccer is governed by the 17 Laws of Soccer as published by the United States Soccer Federation (USSF), with the following additions and modifications.

LAW 1. THE FIELD

The field shall be rectangular and its dimensions shall be approximately:

U-6 30 yards x 20 yards
U-8 40 yards x 25 yards.
U-10 50 yards x 35 yards
U-12 60 yards x 40 yards
U-15 60 yards x 40 yards

LAW 2. THE BALL

U-6	size 3
U-8	size 3
U-10	size 4
U-12	size 4
U-15	size 5

LAW 3. THE PLAYERS

U-6	3v3 No goalkeeper	Minimum 3 players present or forfeit
U-8	4v4 No goalkeeper	Minimum 4 players present or forfeit
U-10	6v6	Minimum 6 players present or forfeit
U-12	6v6	Minimum 6 players present or forfeit
U-15	6v6	Minimum 6 players present or forfeit

Registration and Team Rosters. All players must be registered with the club in order to play. Use of a non-registered player(s) during a game will result in forfeiture of that game and incur serious liability issues should any player sustain an injury during the course of that game. Team rosters and permanent changes thereto must be made by agreement of coaches and approved by the League Director and the Club Registrar.

Temporary Roster Changes (Recreational League Only). During the course of the season a team may become short-handed. For the purposes of league parity, a team may pick up a player (or players) from other teams for that day only, and only up to the minimum number for play. If a team player arrives late, bringing the total of players to the division minimum, the "pick-up player" must leave the game. Players from that day's opposing team are excluded. Players wishing to be available in such a pool should notify their coach and the Age Group Coordinator and be available at the start of the game. In no case shall a temporary player be used to the exclusion of a regular team player.

Playing Time. Except as noted below, **all registered players in attendance at MYSC games must participate and play at least half the game.** Coaches should coordinate playing time prior to match. It is recommended that:

- Top players should play against each other and
- Players of equal strengths should play each other.

Late arriving players shall be substituted as follows:

- If the player arrives during the first quarter, the player must play a minimum of two (2) of the remaining three (3) quarters.
- If the player arrives during the second or third quarter, the player must play a minimum of one (1) quarter.

Substitutions. Players must be recognized by the referee prior to entry onto the playing field. Substitutions are permitted at the following times.

U-6 At the midpoint of each period, between periods, and half-time only. Play shall be stopped by the referee at the midpoint of each quarter only long enough to execute substitutions.

U-8 Between periods and half-time. Substitutions during play can be done on the fly with the field player first being called off and leaving the field.

U-10 After a goal by either team, prior to a throw-in in your favor, prior to a goal kick by either team, and at half-time. On throw-ins, once a team substitutes a player, the opposing team may substitute an unlimited number of players.

U-12 Same as U-10.

U-15 Same as U-10.

Any time the referee stops the game due to injury and the coach enters the field of play, the injured player must leave the field. That player may be replaced by another team player immediately.

LAW 4. THE EQUIPMENT

Sneakers or soft rubber cleats are the only allowable footwear. Players wearing items that the referee considers dangerous to other players must remove the items prior to entering the field. If play has already started, the referee may stop play and order the offending player off the field. The player may be substituted and the opposing team allowed a like number of substitutions. Shin-guards, worn under the socks, are **mandatory** and no player shall be allowed to play without them.

Cold Weather clothing. The referee may permit players to wear additional clothing appropriate to the weather conditions, such as sweat pants and hats. Sweatshirts may be worn under the uniform shirt, but hooded sweatshirts will not be allowed. In all cases, the players must have their team shirt clearly visible.

LAW 5. THE REFEREE

The league will supply center referees only. Referees shall be in charge of the game from the time they step on the field. No disagreement with a referee's decision will be tolerated on or off the field. Each team coach is responsible for the conduct of players, assistant coaches, parents and team supporters. **Coaches or other officials shall not enter the field of play, unless requested to do so by the referee.**

LAW 6. ASSISTANT REFEREES

Assistant referees will not be assigned for MYSC recreation games.

LAW 7. DURATION OF MATCH

U-6	Four 8 minute periods (time is stopped for the mid-period substitutions)
U-8	Four 10 minute periods (running time)
U-10	Two 25 minute halves (running time)
U-12	Two 25 minute halves (running time)
U-15	Two 30 minute halves (running time)

For the U6, and U8 age groups there will be breaks of 2 minutes between quarters 1 and 2 and between quarters 3 and 4. For all age groups a break of 5 minutes at half time shall be observed.

NO stoppage time will be added to any playing period. If there is an unusually long stoppage (i.e., for a serious injury), the referee may stop the clock until play is resumed.

LAW 8. START OF PLAY

The game shall start with the ball in the middle of the center circle. Opponents must be 6 yards from the center mark while kickoffs are in progress.

LAW 10. METHOD OF SCORING

For U-8 age group only: No **defender** may remain in the goal box unless the ball is being played in the area. Discretion of the referee prevails. If the defending team violates this rule while remaining in the goal box to prevent a goal, the attacking team will be rewarded with a Free Kick from where the attacker last had possession of the ball. No **attacker** can be in the opposing team's goal box unless the ball enters first. If the attacking team violates this rule, the defending team will be awarded a goal kick.

LAW 11. OFFSIDE

There are NO offside penalties.

LAW 12. FOULS

All fouls shall result in an indirect free kick. In all age groups, the referee shall explain all infractions to the offending player. **NO** slide tackles are permitted in recreation play. Violations shall result in an indirect kick for the opposing team.

LAW 13. FREE KICKS

All free kicks will be indirect. No kicks shall be taken in the defending teams' goal box. For U-6 and U-8 age groups, opponents must be 5 yards away from the placement of the ball. For U10 and above age groups, opponents must be 10 yards away.

LAW 14. PENALTY KICKS

There are no penalty kicks taken during these games.

LAW 15. THROW-IN

For **U-6** only, **throw-ins are replaced by kick-ins**. A kick-in must start behind the touch line and is considered an indirect free kick with the opponents 5 yards away from the ball. For **U-8** only, players will be allowed to re-throw an improper throw-in after the referee explains what was improper about the throw-in.

U-10, U-12, and **U-15** throw-ins are in accordance with FIFA rules.

LAW 16. GOAL KICK

For all ages, **U-6, U-8, U-10, U-12,** and **U-15** the goal kick shall be taken within the goal area. Opponents must be 10 yards away from the ball. The ball must land before mid-field. The penalty for a longer kick is an indirect free kick for the opponent on the midfield stripe at the point where the ball CROSSED the midway stripe.

LAW 17. CORNER KICK

For **U-6** and **U-8** age groups, all corner kicks are indirect and the opponents must be 5 yards away.

LEAGUE-SPECIFIC RULES

Goalkeeper. The goalkeeper cannot take possession (with hands) of any ball that is intentionally played to him/her by his own teammate. The goalkeeper shall be in possession of the ball when he/she has trapped it with one hand, caught it, or is in the act of carrying, or throwing, the ball. No opposing player shall move in such a way as to interfere with the goalkeeper while he/she is in possession of the ball. Such interference shall result in an indirect free kick. Deliberately charging the goalkeeper shall result in a caution (yellow card) to the offending player.

During the course of the game the goalkeeper is not permitted to cross the midfield stripe with or without the ball. The penalty against a goalkeeper for traveling beyond the mid-field stripe is a free kick for the opponent at the point where the goalkeeper crossed the mid-field stripe.

The ball must touch a player or the ground in the defensive half of the field on all goalkeeper distributions. The penalty for a longer distribution is a free kick for the opponent at the point where the ball crosses the mid-field stripe. Goalies may **NOT punt** the ball. If the goalie drops the ball and then kicks it from the ground, it must also touch a player or the ground in the defensive half of the field.

Injuries. When a player has been injured the referee shall stop play **immediately**. Coaches and/or parents may enter the field only after play has been stopped and when signaled by the referee. When play has been stopped due to an injury, the injured player must be substituted. If any substitution is made, the opposing team may substitute a like number of players. The game shall be restarted with an indirect free kick by the uninjured team. **Please see the "Head Injury Policy" on pages 23-24 of this booklet.**

Body Adornment and Arm Casts. Body "adornment" to include rings, necklaces, bracelets, ear rings, hair clips, or jewelry of any kind or material (including plastic and rubber) is prohibited during all practices and games. Elastic bands to hold back long hair and soft elastic cloth head bands and soft knit hats are allowed. Players with hard arm casts are not allowed to participate in games or practices due to the potential of injury to themselves and other players. Padding or "bubble wrap" on the cast does not allow the player to participate. The referee will enforce these rules during the player check-in process.

Rainouts. U-6 and **U-8** divisions will be notified by 7 AM of cancellation of the day's games. (If it is raining at that time it is a safe bet that the games are canceled). Any significant precipitation will cause cancellation. If the weather is playable at the start of the day, but turns during the course of the day's program, the remaining games will be canceled.

U-10, **U-12**, and **U-15** divisions will also be notified by 7 AM of cancellation of the day's program. However, precipitation in itself does not trigger cancellation. The day's forecast and the field conditions are determining factors. If conditions deteriorate during the course of the games a decision to cancel will be made. A delay of the game of 20 minutes duration may occur before a decision is made. Once the decision has been made to cancel, all remaining games will also be canceled.

Notices of cancellation will be distributed through our website at www.MiddletownYouthSoccer.org and coaches will be notified by email.

In the event of inclement weather during a match, the referees' decision is final.

If the game has not been canceled one hour before the match and the Director of Referees has not been notified, then both teams must show up for the match. The Fall Director or the president will make the final decision on whether the match will be played.

4x2 Rule- If a team goes up by **4** goals, the opposing team will play one player up (add one player). When the goal differential becomes 2 goals, the added player comes off the field. If numbers do not permit this, then the team with the higher score will play one player down until the goal differential is 2.

COACHES CODE

- Check at the Concession Stand each week to pick up valuable coaching advice and Club news.

- Your feedback and that of the parents is welcomed and encouraged, please let us know how this soccer program has lived up to your expectations. Email your feedback to Chris Bacon at**:** Bacon61@aol.com

- The coach of the winning team will complete the game report for the day by recording names from both teams and subsequently submitting the game report electronically via the website.

- You are an assistant to the game in teaching players and an assistant to the players in their understanding of the game.

- Understand the Laws of the Game.

- **Be accepting of the referee's decisions.** Recognize the importance of your behavior at games. Criticism of the referees would set a poor example for players and parents.

- Remain calm. Players play for enjoyment. Never ridicule or yell at the players for making a mistake or losing a game.

- Concentrate on coaching.

- Be a role model of fair play.

- During games, leave the decisions to the players. It is their game.

- Attend coaching classes to learn the most effective ways to conduct practices.

- Be organized at all times and ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the players.

- Set high standards.

- Teach your players the rules of the game. Teach skills and fair tactics.

- Be sporting to your opponents and the referees both in victory and defeat.

- Delegate responsibilities.

- Play the game for enjoyment and above all enjoy yourself!

MIDDLETOWN YOUTH SOCCER CLUB

WHAT TO DO AT PRACTICE?

Ideally your practice session should incorporate items in the following sequence:

When the kids arrive for practice, let them kick the ball around or shoot on goal if one is available. There is nothing better than scoring a great goal in a huge net!

Do some warm-up's followed by stretching.

Do some age appropriate practices: shooting, passing, communicating with teammates, or tackling.

Scrimmage amongst your own group or with another team that is practicing nearby. During this scrimmage you should point out the practice items that you had just worked on and incorporate those into the game situation.

Allow the kids to get water whenever they want it.

Have a brief cool down session at the end of the scrimmage.

Remind everyone about the next game and to arrive 15 minutes before start time.

Be a coach and a role model to the kids and the spectators! Enjoy yourself, it will be over all too soon.

For age appropriate practices, consult your handbooks or just go to http://www.decatursports.com/drills/MattsPlans.htm

Jim Teeters

Director of Coaching

Jim@Tytech.org

GUIDELINES FOR EFFECTIVE COACHING

1. **Background**
    A. 4 pillars of soccer
        1. Physical (Strength, Endurance, Speed, Quickness)
        2. Technique (Ball Skills, Style)
        3. Tactics (Strategy, Set Plays)
        4. Mental (Attitude, Desire, Awareness, Aggressiveness, Discipline, Behavior)
2. **Coaches Role during Practice**
    A. Plan practice beforehand
    B. 1 subject per practice
    C. Arrive early (always)
    D. Talk (3 minutes)
        1. Review what was learned
        2. Review the last game played
        3. Tell players what to expect today
            a. Describe practice- skill, use, importance
            b. Encourage top effort, attitude, and behavior
            c. Explain terminology
    E. Warm-up with the ball (5 min.)
    F. Talk the skill (1-min.)
    G. Show the skill (2-min.)
    H. Have the team try it under no pressure. (10 min.)
    I. Add progressively more pressure. (10 min.)
        1. Add fun play for practice
        2. Play with the kids.
    J. Put the team in a game like situation using the skill. (20 min.)
        1. Play game to motivate
        2. Get them excited.
    K. Cool down (2 min.)
    L. Review Session (2 min.)
    M. Think up homework with the ball they can do on their own.
3. **Coaches Role during Games**
    A. Pregame
        1. Arrive early (20 minutes minimum)
        2. Ensure kids are there (15 minutes minimum)
        3. Warm ‘em up
            a. Dribble around
            b. Shoot on goal
            c. Use previous practice sessions. Do something familiar.
    B. During the Game
        1. Start with a team cheer
        2. Observe, Observe, Observe (quietly)
        3. Observe, Observe, Observe (quietly)
        4. Take notes for future practices and half-time/postgame talks

5. Encourage, reward **effort** more than **results**
6. Use all positive words. Sandwich method (good job, improve on this, nice job)
7. Instruct players on field carefully
   a. **NEVER** instruct players in the play, i.e. players under pressure
   b. **ONLY** instruct players not in the play, players not under pressure
   c. **TRY** not to instruct players at all
8. Instruct substitute players on sideline during the game
9. Instruct parents…
   a. not to instruct players during the game
   b. not to use players names during play.
10. Cheer, PUMP them up
11. Sub fairly and evenly

C. **Half-time**

1. Water them down
2. Provide oranges
3. Use sandwich method for half-time talk
4. Get players views
5. Fire them up
6. Cheer

D. **Post Game**

1. No negatives, save for practice
2. Get players view. How did they play?
3. Cheer
4. Coach of the winning team must complete the Game Report and submit it electronically via the website.

REPORTING GAME RESULTS

Part of our obligation to our players and team sponsor's is getting the game results to them via the Newport Daily News. This is accomplished with the help of all the coaching staff and parents. It is the head coach's responsibility to appoint someone to keep track of the key information required. You can copy the sheet on the next page and use it to record the game data. The **winning team** will collect the opposing team's information at the end of the game and report the combined results.

To do this, go to the MYSC website, http://www.middletownyouthsoccer.org/. Select the "COACHES" tab, then click on "Fall Recreation Coaches Game Day Report" half way down. Just fill in the form that will look something like the following. Fill in the winning team as the home team, the losing team as the visiting team.

Age:
Game Date:
Game Location: Wyatt Soccer Complex, Middletown

HOME TEAM
Team (Home):
Score (Home):
Scoring Players (H):
Outstanding Offensive Players (H):
Outstanding Defensive Players (H):
Goal Keeper & # of Saves (H):

VISITING TEAM
Team (Visitor):
Score (Visitor):
Scoring Players (V):
Outstanding Offensive Players (V):
Outstanding Defensive Players (V):
Goal Keeper & # of Saves (V):

Game Notes:

Game Report Submitted By:
Phone Number:
Email Address:

During the game you can track the players with this sheet.

Your	Team:				Date:	
No.	First name	Last name	Goals	Assists	Saves	Other
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
	Total					
Other	Team:					
Number	First name	Last name	Goals	Assist	Saves	Other
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
	Total					
Report Results: go to http://www.middletownyouthsoccer.org/, find link for on-line reporting						

USEFUL AND INFORMATIVE SOCCER WEBSITES

Last verified:
30 Aug 2012

Also do a search for Soccer Drills or Soccer Games in Google or any other search engine. On-line information changes all the time. YouTube.com has an incredible selection. If you find a site that is particularly useful, please forward it on to our director of coaching Jim Teeters at jim@tytech.org.

United States Soccer National Men's and Women's Programs

http://www.ussoccer.com/

The Teaching and Coaching URLs
Decatur Sports Page Soccer Drills.

http://www.dprsports.com/drills.htm

Encyclopedic source of soccer information. The articles, drills, exercises and tips listed below are part of the most comprehensive soccer coaching library on the internet. There are many, many thousands of articles linked here, as well as a variety of Soccer Coaching Manuals and much more.

See U-6, U-8 and younger games from Matt Callahan and others. See Dennis Meuller's Daily Footwork drills available for players and coaches alike.

Pill's Drills

http://jaymoore.com/jpill.htm

Fabulous source of younger material: Pills Drills. By Jeff Pill, of US Soccer and formerly New Hampshire, who is a phenomenon in youth coaching. Well worth repeated visits. Lot's of 4v4 progressions, and progressions for different topics.

Soccer Activities .COM from Steve Marmas

http://www.socceractivities.com/

Some U6, U8, and U10 activities.

On Line Coaching Manual

http://www.ucs.mun.ca/~dgraham/manual/

MYSA

http://www.mayouthsoccer.org/coaching/resource_library.aspx

A non-profit organization dedicated to encouraging player development and to promoting and enhancing the game of soccer! Mass. Youth Soccer is the official representative of US Youth Soccer and the United States Soccer Federation in Massachusetts. With over 200,000 registered players, we are the largest youth sports organization in the state and the second largest state youth soccer organization in the country.

Magazines and Books

http://sportsillustrated.cnn.com/soccer/index.html

http://www.worldclasscoaching.com/

Sample sessions for mostly older or professional level soccer available. Big club sessions here--Juventus, Manchester United and so on.

The BEST Soccer Resource Store

http://www.reedswainsoccer.com/servlet/StoreFront

Books, Videos, games, card sets, and soccer software.

WWW.SOCCERCLINICS.COM

http://www.soccerclinics.com

Great manuals for all ages, and a source for Soccer Software and a drill maker and starter drills provided. Excellent for individual soccer players who are individually motivated.

Soccer Coach-L List

http://www.ucs.mun.ca/~dgraham/coach.html

SOCCER-COACH-L List of Frequently Asked Questions (FAQ) A FAQ for Coaches

http://www.ucs.mun.ca/~dgraham/s-c-l.html

The NSCAA website.

http://www.nscaa.com/

The Best Soccer League in The World

http://news.bbc.co.uk/sport1/hi/football/default.stm

You can get to many other sites in the world here. I particularly like the coaching sessions often here, and the Flash replay of great goals this week, or of set plays.

Virtual Replay (install Flash to get this!)

http://www.bbc.co.uk/virtualreplay/premiership/index.shtml?1064

The European Scene from Knowledgeable Writers.

Go to ***More Sports*** and pull down **Soccer**.

http://sportsillustrated.cnn.com/soccer/

http://sportsillustrated.cnn.com/2005/writers/gabriele_marcotti/03/03/europe.coaches/index.html

Soccer Coaching International

http://www.soccercoachinginternational.com/

iSoccer

Many resources including an online skills assessment tool you could use with your players.

http://inside.isoccer.org/

MIDDLETOWN YOUTH SOCCER CLUB

HANDOUTS FOR PARENTS/PLAYERS

To help you in the organization of your team and to keep parents up to date on what is required of them during the season we suggest the following handouts be provided to the parents of each child on your team.

This information can help relieve some of the need for you to make phone calls or receive unnecessary phone calls that need to be responded to. This is not a comprehensive list, merely a suggestion that you may wish to use in full or in part.

This list of handouts contains several pages and may be copied at any convenience store. The end cost to you would probably total about $3.00 to provide all members of your team with the info. In the opinion of one coach "It's the best $3.00 I ever spent."

- Welcome to MYSC for Fall 2012 (Personalize the blanks to match your team's information)
- A copy of your team roster
- The following items from the Coaches Handbook:

  PARENTS AND SPECTATOR CODE

  2012 MYSC GAME SCHEDULE FOR THE RELEVANT AGE GROUP

Welcome to Middletown Youth Soccer for Fall Recreation 2012 !

Our team name is: _____

Coach: _____ **Phone:** (H) _____ **email:** _____

Web site for Middletown Youth Soccer: www.MiddletownYouthSoccer.org

All of our practices will take place at _____ on _____ evenings from ____pm to _____pm if we have bad weather I will call everybody to cancel practice. Please try to get to practice 10 minutes before we start.

All of our games take place at Wyatt Rd the field number is listed on the attached season schedule. If we have a rainout the Club passes along information to coaches by 7am, game cancellations will be posted on the website www.MiddletownYouthSoccer.org Please note that a game can still go ahead if there is some rain, therefore if you have not received a phone call about a cancellation you should assume that the game would still go ahead.

When coming to practice and games please wear cleats and shin guards (mandatory), you should also bring a water bottle and a number ___ ball.

Our team has a ____-person roster and all games will be ___-v-___. The duration of the game is _____

Spectators at a game must occupy the sideline opposite to where the teams are located.

Please use extreme caution when driving, parking or reversing your car at the soccer fields, there are many young children in the vicinity and their car sense is not the same as adults.

If you have any questions, please send me an email at any time.

Now the important business……. LET'S PLAY SOCCER !!!!!!!!!!!

Coach

PARENTS AND SPECTATOR CODE

- Encourage your child to play by the rules. Be knowledgeable of the rules.

- Be supportive. Be sure your child attends practices.

- Attend as many games as you can. The game is to be enjoyed by supporters as well as players. Show sportsmanship and enthusiasm.

- Be positive or quiet at games. Do not ridicule or yell at your child for making a mistake or losing a competition.

- Be calm and have good manners. **Refrain from instructing your child from the sidelines during games**. They have enough to think about already. We want your child to learn how to make their own decisions on the field.

- Support the coach's and referee's decision. They have volunteered their time and resources to provide recreational activities for your child. If you have any concerns, discuss them with the coach after the game or contact the fall director or other board member. **If you want authority then take on the responsibility and volunteer early as a Head coach next year.**

- Concentrate on praising other people's children during games. Children learn by example. Learn your child's teammates' names and cheer them on. Teach your child that honest effort is as important as victory so that loss is accepted without undue disappointment.

- Questions or comments may be directed to the Fall Recreation Director, Chris Bacon at Bacon61@aol.com.

Middletown Youth Soccer Club Head Injury Policy

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a "ding" or a bump on the head can be serious. You can't see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear.

Middletown Youth Soccer Club Head Injury Policy requires:

The referee or coach to stop a game or practice due to a player having received contact to their head. The player must be removed from the game or practice immediately, and WILL NOT be allowed back into the game or practice. The coach is required to communicate the player's name to a MYSC official immediately following the game or practice. It is the coach's responsibility to monitor the health and safety of his/her players. During a game, the referee at times may be obstructed and not have vision of an incident. If the coach feels that a player has been injured and could have a potential head injury, the coach will immediately get the referee's attention and have the player removed from the game.

AND

The player may not return to play or practice until the athlete is evaluated by a licensed heath care provider and received written clearance to return to play from that health care provider. That signed authorization note must be forwarded to Walt Wildemann, MYSC President, either in person, by mail to 4 Baldwin Road, Middletown, or by scanned email attachment to Wildewalt@gmail.com.

Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athlete will often under report symptoms of injuries. And concussions are no different. As a result, education of coaches, referees and parents is paramount to ensuring the safety of our youth soccer players.

Symptoms may include one or more of the following:

• Headaches • "Pressure in head" • Nausea or vomiting • Neck pain • Balance problems or dizziness	• Amnesia • "Don't feel right" • Fatigue or low energy • Sadness • Nervousness or anxiety

• Blurred, double, or fuzzy vision • Sensitivity to light or noise • Feeling sluggish or slowed down • Feeling foggy or groggy • Drowsiness • Change in sleep patterns	• Irritability • More emotional • Confusion • Concentration or memory problems (forgetting game plays) • Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can’t recall events prior to hit
- Can’t recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness