



Coach & Player Development

Coach Meeting – Spring 2022

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Mar | 29 | 2022



Agenda



1. Coach Expectations
 - I. Conduct
 - II. Communication
 - III. Principles
 - IV. Play-Practice-Play
2. Coach Resources
3. Coach Training
4. Season Check-Lists



Coach Expectations

Conduct



Referees

- We have a massive statewide shortage of referees – our travel program is dependent on them.
- Best Guidance – don't engage the Refs unless you have to!! Simple as that.
- If you have to – answer their questions say please and thank you. Pre-game roster exchange, thank you at the end of the game.
- Refs come in all ages, experience levels, genders, shapes, sizes and skill levels.
- Players will make mistakes, suspect coaches will make a mistake, refs will also make mistakes – please treat our refs the same way you will treat your players – its your opportunity to teach our young players.

Players

- You are and set the example:
 - Are you on time?
 - Are you dressed right?
 - Are you organized
 - Are you prepared?
- Your comments and tone of those comments will be repeated on and off the field.
- Set the communication at their level (age)
- Communicate with the wind
- Set the tone early in the season with respect to behavior, if you have ANY behavior issues you don't feel you can control please reach out.
- If you have disruptive behavior first look at the activity, is it engaging? address the behavior personally, remind them, then engage the parents.

Parents

- You are responsible for their conduct!!
- Set your expectations early - encourage them to set an example and be strict about their conduct.
- Clear, concise and regular communication is the key

Communication



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
- Report Score via MAYS

Post Season

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

Expectations -



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 three fundamental principles of coaching!!

Maximize Enjoyment!



Providing an enjoyable experience for players is far and away our top priority, want them to come back

Maximize Repetition!



We look to provide players with a high number of repetitions of key technical skills—particularly foot work, juggling, shooting, and passing/receiving

Maximize Empowerment!



We look to empower players to take risks on the field, contribute thoughts and ideas, take on responsibilities, and generally have a sense of ownership.

Expectations -



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

Curriculum -



Pre-K-2

Grd 3&4

Grd 5&6

Grd 7&8 >

	4 v 4	7 v 7	9 v 9	11 v 11
	U-6, U-7, U-8	U-9, U-10	U-11, U-12	U-13+
ATTACKING	U-6 • Shoot • Pass or dribble forward U7/U8 • Spread out • Create passing options • Support the attack	• Shoot • Pass or dribble forward • Spread out • Create passing options • Support the attack • Create a 2v1 or 1v1 • Change the point of attack	• Shoot • Pass or dribble forward • Spread out • Create passing options • Support the attack • Create a 2v1 or 1v1 • Change the point of attack • Change the pace/rhythm • Switch positions	• Shoot • Pass or dribble forward • Spread out • Create passing options • Support the attack • Create a 2v1 or 1v1 • Change the point of attack • Change the pace/rhythm • Switch positions
A>D	DEFEND AS QUICKLY AS POSSIBLE			
DEFENDING	U-6 • Protect the goal • Steal the ball U-7/U-8 • Make it compact • Keep it compact	• Protect the goal • Steal the ball • Make it compact • Keep it compact • Pressure, cover, balance • Outnumber the opponent	• Protect the goal • Steal the ball • Make it compact • Keep it compact • Pressure, cover, balance • Outnumber the opponent • Stay involved • Mark the player/mark the area	• Protect the goal • Steal the ball • Make it compact • Keep it compact • Pressure, cover, balance • Outnumber the opponent • Stay involved • Mark the player/mark the area
D>A	ATTACK AS QUICKLY AS POSSIBLE			

Attacking & Defending Principles



Defending

- Pressure (1st)
- Cover (2nd)
- Balance (3rd)
- Compactness
- Counter

Attacking

- Penetration (1st)
- Support (2nd)
- Width (3rd)
- Mobility
- Creativity

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



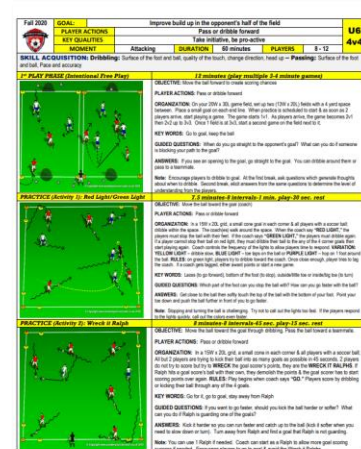
Coach Resources

Resources



Online Resources

- HYS Blog
- Mass Youth Soccer Practice Plans
- USSF Soccer Coaching Manual
- Web



Our People

- Our Board of Directors
- Your Peers
- Your Community

THE HYS TEAM

- [Dave Murphy](#) - President
- [Tucker Mahoney](#) - Vice President
- [Jeff Locke](#) - Treasurer
- [Rebecca Groccia](#) - Registrar
- [Jason Brisbois](#) - Secretary
- [Ryan Hall](#) - Director, Coaching
- [Jon-Paul St. Germain](#) - Director, Unified Program
- [Matt McCarthy](#) - Director, Referees
- [Alan Lambkin](#) - Director, K-2 Programs
- [Osman Bilsej](#) - Director, TOPS Program
- [Jarrett Groccia](#) - Director, Travel Program
- [Josh Gay](#) - Director, Rec Programs
- [Steve Jaslowich](#)
- [Ryan Murphy](#)
- [Jessica Frenger](#)
- [Jason Magoon](#)



Coach Training

Coaching Licenses – 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 Licenses – MYSA Grassroots Courses



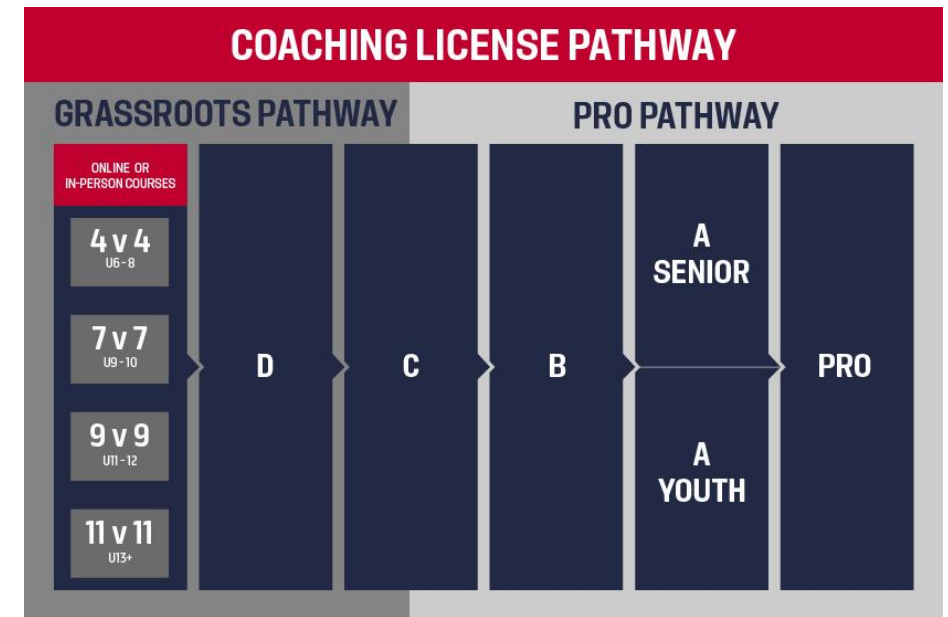
MYSA (Mass Youth Soccer Association) has defined a coaching license which consists of a series of courses designed to meet the specific needs of a coach at every step of the way.

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
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- We offer 100% reimbursement



Coach License Requirements (Fall 2022)



Age Level	In Town Soccer Program Rec	MAYS Travel Soccer Division 3 or 4	MAYS Travel Soccer Division 1 or 2	Unified Soccer	TOPS Program
U6 - Pre-K & K	n/a*	-	-	-	HYS Online Class
U8 - Grades 1&2	n/a*	-	-	-	HYS Online Class
U10 - Grades 3&4	HYS Online Class*	HYS Online Class**	MYSA – Grassroots 7v7	-	HYS Online Class
U12 - Grades 5&6	HYS Online Class*	HYS Online Class**	MYSA – Grassroots 9v9	-	HYS Online Class
U14 - Grades 7&8	HYS Online Class*	HYS Online Class**	MYSA – Grassroots 11v11	HYS Online Class	HYS Online Class
U16 - W5 Grades 9&10	HYS Online Class*	-	-	HYS Online Class	HYS Online Class
U18 + – W5 Grades 11&12	HYS Online Class*	-	-	HYS Online Class	-

* Make MYSA online courses available but not mandatory

** Possibly upgrade these requirements to MYSA grassroots courses but feel we should start here



Coach Expectations

Seasonal Checklist



Pre-Season

- Attending Coach Meetings
- Complete any Compliance Training
- Get familiar with Sports Manager
- Get familiar with MAYSL
- Consider coach credentialing
 - Mass Youth Soccer Courses
 - HYS Online School Course
- Parent Communication
 - Introduce yourself
 - Talk about goals
 - Set Expectations
 - Define Communication
 - Get them involved
- Check out the resources available



Mid-Season

- Weekly Communication
 - Weekly Recap/Week Ahead
- Practice Prep
 - Define a theme per Session
 - Lesson Plan Dev
- Game Day
 - Confirm Field
 - 2 x Rosters
 - Arrive on time, plan ahead
 - Starting Lineup
 - Pre-game team talk
 - Do not focus on the outcome/focus on the process
 - -Half-time team talk
 - Pick 1-2 things to say
 - Post-game team talk
 - Stay positive, look forward



Post-Season

- Self Reflection
- Player Evaluation
- Tryouts
- Year End Celebration



Thank-You

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