



SYS Fall 2013 Season

Welcome In Town Coaches

August 20, 2013

7:00 pm – 8:00 pm

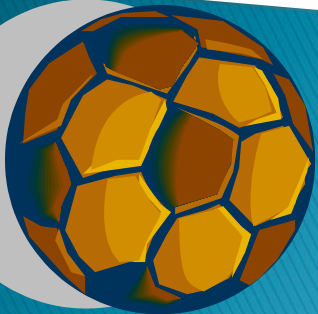
Oak Middle School Cafeteria



CORI

If Completed – Verify list at meeting

If Not Completed – Laptop in back





Important Dates

- ▶ Saturday 8/24– Field Setup (VOLUNTEERS)
- ▶ Sunday 8/25– Mini Coaches Clinic
 - Field location and time TBD
- ▶ Monday 8/26 – Fields open
- ▶ Saturday 9/7 – Season Opens
- ▶ Saturday 9/28 – SYS Night w the Revs!



Shrewsbury Youth Soccer

- ▶ 1,355 Players
 - 589 Travel
 - 766 In-town
- ▶ 103 Teams
- ▶ 298 Coaches
- ▶ 24 Board Members (1 Opening)
- ▶ Over 23 Fields



SYS Contacts

- ▶ President – Dick Bertrand
- ▶ Vice President – Iqbal Khan
- ▶ MU5 /6 Coordinator – Gary Alperson
- ▶ U7 Coordinator – Daniel Zuba
- ▶ U8 Coordinator – Louise Garone
- ▶ GU10 Coordinator – Chris Spirito
- ▶ BU10 Coordinator – Jay Brann
- ▶ Mini Player Development – Ken Ward
- ▶ Referee Assignor – Jorge Deleon
- ▶ Game Rescheduler – Mike Cole



Season

- ▶ 8 Games
- ▶ Season starts September 7th
- ▶ Games will be played on Saturday
- ▶ Season ends early November



Parents & Players

► Parents

- Codes of Conduct (see website)
 - Distribute Parent's Code of Conduct at FIRST Practice
- Keep Parents on end lines behind goals for U5–U8 games

► Players

- ½ Game per player
- Be there at least 15 minutes early

Missing practice is not a reason for not playing



Player Equipment

▶ Provided by SYS

- Uniform Shirt / Shorts / Socks
 - Line players up by size

▶ Required:

- Shinguards – covered by socks
- Size 3 (U5–U8) Size 4 (U10) soccer balls –
 - Each player should bring one
- Water Bottle

▶ Recommended

- Cleats
- Extra pair of soccer socks for practices
- Wear long pants / long sleeved shirt ***under*** uniform as weather gets colder

▶ Prohibited

- Jewelry
 - Casts
 - Hair Beads
 - Splints
- ▶ Any Knee/Elbow Pads must have protective padding



Coach Equipment

Provided by SYS

- ▶ Three balls
- ▶ 10 to 20 orange discs
- ▶ Practice vests
- ▶ Medical Kits

Any questions contact Ming Shan

equipmentmanager@shrewsburyyouthsoccer.com



In Town Player Development

- ▶ Fitness
- ▶ Decision making
- ▶ Commitment
- ▶ Team work
- ▶ Leadership
- ▶ Fair play
- ▶ Pushing oneself beyond comfortable bounds/artificial limits
 - Stress responsibility (water / ball / shirts tucked in)



Coach Development

- ▶ SYS Website – “Coaches Corner”
- ▶ Pre-made practices [U5-U8 COACHES](#) [U10+ COACHES](#)
- ▶ G-Course (on-line at Mass Youth Soccer)
- ▶ Challenger Coach
 - U7 – first and third weeks of the season)
 - U8 – second and fourth week of the season



Fields

- ▶ Move the Goals for Practice!
- ▶ Field Closings are posted on the website (<http://www.shrewsburyyouthsoccer.com/status.htm>):
Teach the parents to look it up on their own
- ▶ Field Status
 - Updated by 3pm weekday
 - Updated by 7am weekends



Fields

- ▶ Four U5 –U10 (In Town) Fields
 - Floral (U10)
 - Lake St. (U10)
 - Foundation (U10)
 - Glavin (U5– U10)



Fields – Glavin

11v11
8v8

U7
U8

6v6

U5
U6

G-9

G-15 G-16
G-13 G-14

grass parking
lot

G-12
G-11
G-7 G-8
G-5 G-6

G-10

Cemetery

G-1 G-2
G-3 G-4

large paved
parking lot

parking
lot

Lake St.



Fields – Foundation





Rescheduling U5–U10 games:

▶ Contact:

- Mike Cole: Game Re-scheduler
fieldcoordinator@shrewsburyyouthsoccer.com
- Jorge Deleon: Referee Assignor
refereeassignor@shrewsburyyouthsoccer.com

▶ Process:

- U5 – U6: Coordinate a date and time workable by both coaches, use one of your practice nights for the field
- U7 – U10: Submit a request via SYS website to assign a ref



Injuries – Safety

- ▶ Treat all injuries with concern
- ▶ Parent's decision on next step
- ▶ Take control of YOUR player's safety
- ▶ CONCUSSIONS
 - SYS encourages all coaches and parents to learn about youth sports concussions on the CDC website and to watch the brief video:
 - <http://www.cdc.gov/concussion/HeadsUp/youth.html>



TROPHIES

- ▶ SYS will provide U5 – U8
 - Trophies or Medals
- ▶ All other trophies are prohibited at all ages



Website

▶ www.shrewsburyyouthsoccer.com

- Contacts
- Field Status (Rain Outs)
- Notices and Important Dates
- Code of Conduct, By-laws, etc.

▶ SportsManager

www.sportsmanager.us/shrewsburyyouthsoccer.htm



Sports Manager View

2010 Fall Soccer U7 Coed United - Weeden Th

Management Information

Adult	Position	Address	Home Phone	Work Phone	Email
Ron Weeden	Team Management-Coach	28 BROOK STREET Shrewsbury,MA 01545	508-842-8676		CRUUNITED@YAHOO.COM
Jorge Fernandez	Team Management-Asst. Coach	11 OLD CART RD Shrewsbury,MA 01545	5087951446		JORGE@TOWNISP.COM
Dasheng Shi	Team Management-Asst. Coach	56 FLORAL ST Shrewsbury,MA 01545	5088422636		DOUGSHI@GMAIL.COM

Login using the email address(es) with which children were registered

On first login, use the password reset link to generate a new password

Player Information

Player	Birthday	Gender	2010 Age	2010 Reg	Assigned
Malorie Baldinger	11/19/2003	Female	6	Y	8/23/2010
FRANCES FERNANDEZ	8/20/2003	Female	6	Y	8/19/2010
Benjamin Gill	3/21/2004	Male	6	Y	8/19/2010
Aidan Gordon	12/30/2003	Male	6	Y	8/19/2010
Collin Gordon	12/30/2003	Male	6	Y	8/19/2010
Jacob Gordon	12/30/2003	Male	6	Y	8/19/2010
Seohyun Lee	12/28/2003	Female	6	Y	8/19/2010
Jack McLaren	3/22/2004	Male	6	Y	8/19/2010
Emma Perugini	8/5/2003	Female	6	Y	8/23/2010
Kyle Scannell	2/23/2004	Male	6	Y	8/19/2010
William Shi	2/26/2004	Male	6	Y	8/19/2010
Avery Weeden	12/10/2003	Female	6	Y	8/19/2010
Jonathan Zhang	11/6/2003	Male	6	Y	8/19/2010

Login as Coach / Director to access rosters and email team

Login as Parent to add or edit contact information, such as email addresses



Information about U5 and U6

- ▶ Ball Size: Size 3
- ▶ Games: 2 adjacent fields
- ▶ Players: 3 per team on each field
- ▶ Referees: 1 volunteer (coach/asst./team parent) per team on each field
- ▶ Length of Game: 4 quarters, 12 minutes each
- ▶ Out of Bounds:
 - Flexible
 - Volunteer Yells “New Ball”
- ▶ Substitutions: Anytime
- ▶ Goalies: None



U5 and U6 Games





U5 and U6 Tactics and Skills

▶ Skills

- Dribble inside, outside, and instep (laces) but not toes
- Start with soft touch
- Dribble to open space
- Focus on fun activities in which all players have a ball and maximize touches
- No Laps / No Lectures / No Lines

▶ Generally Not Ready for:

- Passing at least not until well into U6
- Kicking / Long Shots
- Team Play
- Positions

▶ Game Tactics

- If you have the ball, dribble all the way to the goal and score
- If the other team has the ball, run to it and take it away; no holding back on defense
- If your teammate has the ball, get out of his or her way



Anatomy of a U5 / U6 Game

- ▶ Before: Encourage all players to arrive 15 minutes in advance
- ▶ During
 - Start each quarter with kickoff (repeat after each goal)
 - If far enough out of bounds, New Ball:
 - To open area
 - Where it went out
 - To engage shy player
 - Substitutions
 - Most typically after goal
 - May negotiate stoppage (New Ball)
 - On the fly as needed
- ▶ Who Plays
 - Everyone should play equally (at least a half)
 - Balance who is on the field
 - Shy vs Bold
 - Whoever can be cajoled when they get tired
 - Parents of Super-Shy Kids
- ▶ Half-Time: Encourage 1 parent to bring quartered oranges each week
- ▶ Post-Game Ritual
 - Shake hands
 - Cheer for other team
 - Cheer for own team
 - Parent tunnel

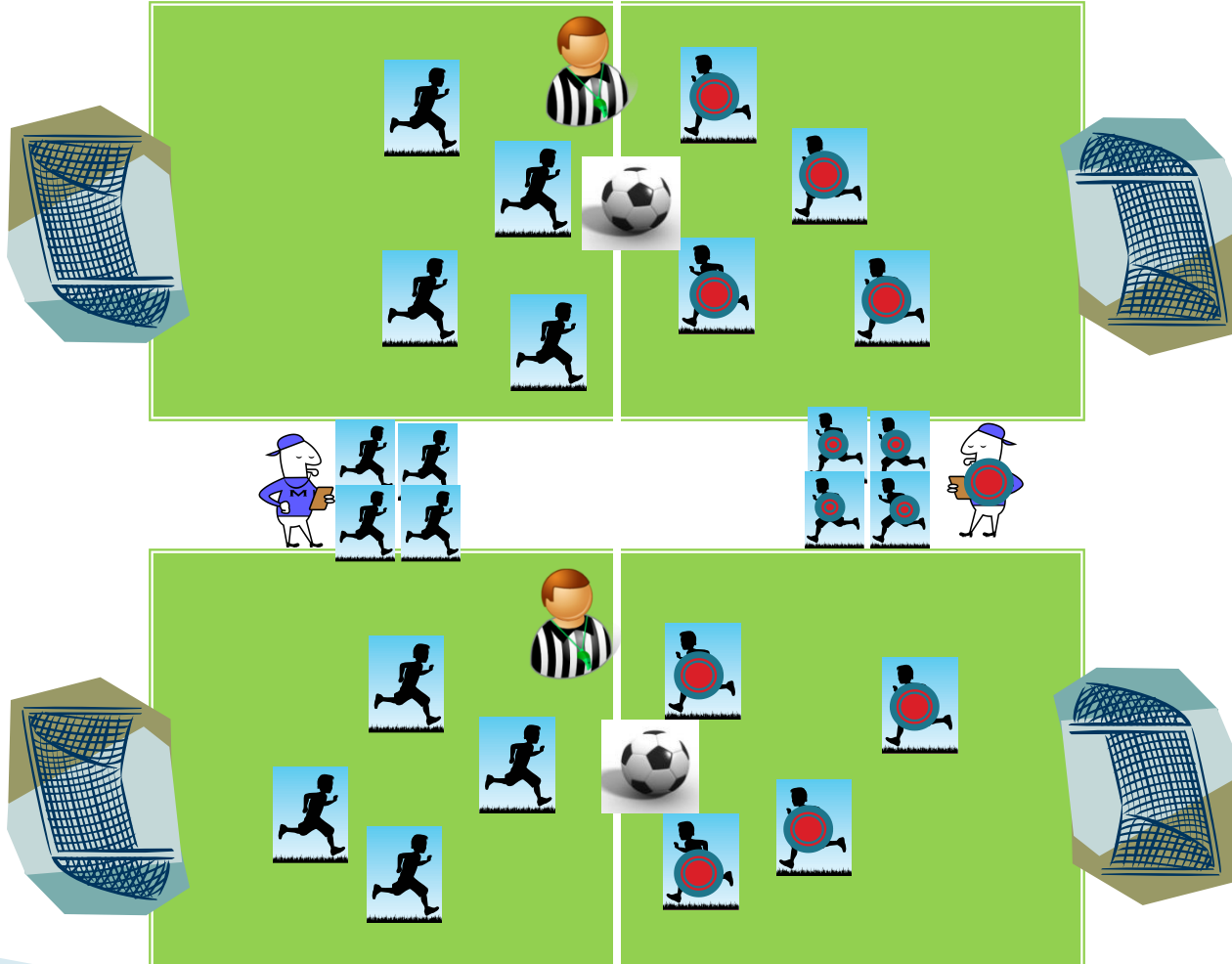


Information about U7 and Fall U8

- ▶ Ball Size: Size 3
- ▶ Games: 2 adjacent fields
- ▶ Players: 4 per team on each field
- ▶ Referees: 1 paid referee on each field
- ▶ Length of Game: 4 quarters, 13 minute each
- ▶ Out of Bounds:
 - Throw-Ins / Goal Kicks / Corner Kicks
 - Opposing Team should start in defensive half when a team has a goal kick
- ▶ Substitutions:
 - Announce to Referee at out of bounds / goal
 - Recommend (but not require) having substitutes line up by midfield to practice for older age groups
- ▶ Goalies: None



U7 and U8 Games





U7 and U8 Tactics and Skills

► Skills

- Continue to emphasize ball control, soft touch, all sides of foot, and dribble to open space
- Increase in teamwork including getting open and passing
- Some shooting although avoid kicking the ball away or kicking past other team and outrunning

► Practices

- Focus on fun activities in which all players have a ball and maximize touches
- No Laps / No Lectures / No Lines

► Tactics

- Readiness for positions dependent on level of players
- Any positioning should be flexible; avoid rigidity
- No goalies and no goalkeeping
- Possible formations
 - None
 - 2-2
 - 1-2-1



U5-U10 In town Coaches Responsibilities

- ▶ Contact information – Emergency list always on hand
- ▶ Make certain every child is picked up before you leave!
- ▶ Make sure all trash/belongings are picked up after practices and games
- ▶ Bad Weather – Thunder and Lightning (at first sound or sight, off the field, can not return until 30 minutes after last sound or sight!)
- ▶ Comply with Field Status – May cancel when fields are open, but MUST cancel if fields are closed



U5-U10 In town Coaches Responsibilities

- ▶ Age Group Coordinator
- ▶ Fair Competition/Work with Opposing Coach
- ▶ Set example for SYC – Zero tolerance on Misconduct/Bad Behavior/Bullying



SYS Supporters





Shop SYS

- ▶ Shop SYS Gear on website
 - Portion of your purchase goes to fundraising for Shrewsbury Youth Soccer



Company Match/ Donation

- ▶ We are a non-profit organization
- ▶ Company donation
- ▶ Company match for your volunteer time
- ▶ What does your company offer?



Important Dates

- ▶ Saturday 8/24– Field Setup
- ▶ Sunday 8/25– Mini Coaches Clinic – All are welcome to participate in this 90 minute clinic focused on practice formats for minis. Field location and time To Be Determined!
- ▶ Monday 8/26 – Fields open
- ▶ Saturday 9/7 – Season Opens
- ▶ Saturday 9/28 – SYS Night w the Revs!



Coaches

- ▶ Take Advantage of SYS Coaching Development Program
- ▶ Have Fun!
- ▶ You Are SYS!

Thank you!