



Coach Orientation

Spring 2018

United Soccer of Auburn
www.unitedsoccerofauburn.com

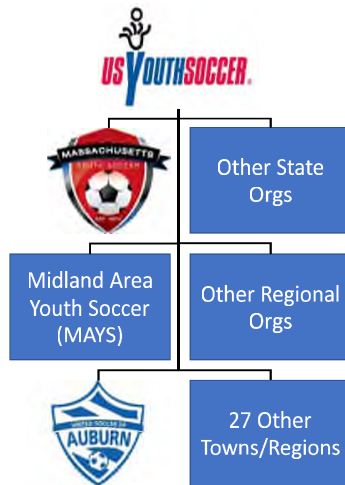


Governing Bodies

- Bylaws and Laws of the Game are found on
 - US Youth Soccer
 - Massachusetts Youth Soccer
 - MAYS
- Basically FIFA with some age-appropriate modifications



Organization Structure



Questions/Issues/Concerns

- Coordinators
 - U5u6@usauburn.com
- Executive Board
 - president@usauburn.com

Governance



- Bylaws/Constitution
 - Policies
- Monthly BOD meetings
 - 2nd Sunday @7pm Pakachoag Church
- Annual General Meeting
 - November
- Corporate Meeting
 - June

Philosophy and Objectives



- Fun
- Player and Coach Retention
- Fun
- Develop Players and Coaches
- Fun

USA Policies



- Coach, Player and Parent Codes of Conduct
 - www.unitedsoccerofauburn.com/coaches/code-of-conduct/
- Equal Playing Time
 - www.unitedsoccerofauburn.com/forms-and-documents/
- Playing "Up"
 - www.unitedsoccerofauburn.com/forms-and-documents/
- Special Accommodations

Background Check

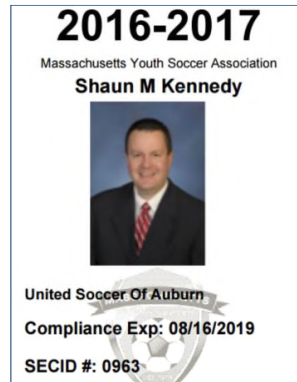


- Mass Youth Soccer Registration
 - MUST do this first
 - NOT the CORI check
 - [MA Youth Soccer Registration](http://www.mayouthsoccer.org/registration)
- CORI Submission
 - Reply to the e-mail you will receive AFTER Mass Youth Registration
- List is maintained by Mass Youth Soccer
 - Not on the list – not CORId.

Passcard



- Only required for coaches in fall season
- Mass Youth is phasing in credentials that must be worn at all practices and games
 - Soft rollout fall 2016
 - Mandatory Spring 2017
- No passcard = no coach
 - You cannot be on a sideline without a passcard
 - If no coach has a passcard, the game will be forfeit, and United Soccer will be fined.
- Photos must be a clear head shot.
 - No sunglasses, no other people, etc.



Passcard photos



- Photos must be a clear head shot.
 - No sunglasses, no other people, etc.

These are good



Nope



SportsManager



- Communicating with your team
 - Log in as a Coach/Director
 - Your e-mail and password. Use password reset if you forgot.
 - Select the team you want to e-mail
 - Select "E-mailing"
 - Compose your e-mail
- Team info report
 - Keep it in your bag

Cancellations



- Weather
 - Coordinator will make the call
 - Soccer is played in the rain – to an extent
- At the field (weather or conditions)
 - Use best judgment – safety first
 - If you hear thunder you can be struck by lightning. Get indoors.
- Team conflicts
 - Go through coordinator

Development Opportunities



- USA-Sponsored
 - Workshops
 - Direct
 - USA will reimburse coaches for trainings
 - <https://dcc.ussoccer.com/>

Zero Tolerance



- Coaches are responsible for the team's spectators and shall address any issue with spectator who is interfering with the match. Should the referee stop play and request the coach to dismiss the spectator the coach will do so or the match will be abandoned.

Player Safety



- Conditioning
 - ACL info on our website
 - Reliant presentation March 20
- Concussion
 - Please review concussion info on our website
- Field Conditions
- Weather
- Don't leave alone
 - Restroom in pairs or send adult, after practice, etc.
- Any, ANY concern call 911 for medical attention or police

Field Setup & Breakdown



- First game of the day – U5
 - Put out goals and weights
- Final Games – U6
 - Put away the nets and weights. Nets are not to be left unlocked after practice

United Soccer of Auburn

U5-U6 Coaching

Most Important Jobs of the U5 and U6 Coach?

- A. Keep the kids safe.
- B. Teach the kids to enjoy soccer.
- C. Teach the parents how to enjoy their kids' soccer constructively.
- D. Teach the kids some soccer skills
...and constantly improve yourself as a coach, i.e. through license courses.

A. Safety:

- 1. Have: First Aid Kit, emergency contact info, cell phone.
- 2. Check the field for hazards.
- 3. Do not leave them unattended or unsupervised (by a CORI checked adult).
- 4. Encourage parents to stay at this age.

B. Love of the game

- 1. Your enthusiasm is contagious.
- 2. Activities and games not "drills."
- 3. Make it fun so they want to come back.

C. Parent Education: Get them started on the right foot.

- 1. No coaching from parents' sideline.
- 2. Reinforce good soccer, not big kicks. Keep it all positive: participation=success.
- 3. Get them in good habits: show up early with the right equipment.
- 4. Parents' side and players' side in games and practices.
- 5. Deemphasize game results.
- 6. Reinforce the message throughout the season with emails, and chats before or after games and practices.

D. Teaching Soccer to U5 and U6 players.

1. Understanding the Characteristics of the Player

What you are able to teach at a given age is tied to the developmental level of the child. While there are variations above and below the mean that you will have to take into account, this is what the scientists at U.S. Soccer have come up with as the optimal approach to this group as a whole.

Soccer coaches look at players according to four characteristics: Physical, Psychological, Technical, and Tactical. Below is a breakdown of what you can expect for this age.

- a. Physical:** Two speeds -- full speed and complete stop. Easily fatigued with rapid recovery. Like to roll around and stay in constant motion until tired. Coordination is a work in progress. At this age we teach them to control their bodies: Balance, running, jumping, rolling, hopping, and skipping.

- b. **Psychological/Social:** short attention span; parallel play; individual not team; like to pretend and imitate; can't multitask; like to be goofy and show off, but can be sensitive to criticism.
- c. **Technical: what can we teach?**
 - Dribbling:** Keep the ball close (with toe, inside and outside of foot, laces and sole)
 - Kicking:** Kicking the ball at the goal (with toe, inside of foot, and laces).
 - Catching:** Toss to self and catch.
 - Turning with the ball, changing directions, Intro to juggling**
 - BUT NOT: passing, throw-ins**
 - Getting them comfortable with the ball at their feet is JOB ONE.***
- d. **Tactical: what can we teach?**
 - Direction of play, Field boundaries**
 - Intro to teamwork:** taking turns
 - Fair play:** basic rules; no hand ball, no pushing, goal kick
 - Intro to open space:** games of tag, bringing ball to a space
 - Dealing with the ball rolling towards, rolling away**
 - Decision making:** where should I dribble?
 - BUT NOT: positions, formations**

2. Teaching Methods/Coaching Principles

- a. They **learn by doing**, so engage them, show them, and get them doing it quickly.
- b. **Activities/Games** not drills: they should be fun, and involve as many players as possible.
- c. Ideally the Game conditions teach the lesson, not the coach. Let the players **discover**.
- d. **3 L's** – no laps, lines, or lectures...
- e. Ask yourself whether the activity is **soccer-like**?
- f. Use **positive** reinforcement to guide players to the behavior you want.
- g. **Minimize explanations:** get them playing.
- h. Don't over coach. **Let them play** a while before you interrupt.
- i. **Economy:** try to incorporate physical, psychological, technical, and tactical into each activity. (Think: fitness, pressure, soccer skills, and decision making).

3. Practice Planning

- a. As they get older you may want to have a **theme** for the practice. At this age, dribbling is always a central theme for every practice. Use the teaching methods above to guide you in selecting activities.

4. Practice Management

- a. Get there at least 10-15 minutes **early** and set up.
- b. Wear a **watch:** manage the practice and get your game/scrimmage in at the end.
- c. Have them bring their **water** to one place away from the parents (if possible).
- d. Use water **breaks** to give the kids a water break AND to **transition** your field set up.
- e. Kids are **visual**, younger kids need more **cones** to show the boundaries. If possible use different color cones for different purposes (goals, directional games). You can hide those cones under other cones, and have extra cones stacked to aid your transitions.
- f. **Bail out** of games that aren't working. Extend games that are.

- g. Use your **enthusiasm** and voice to spice up the game and generate interest. Be **silly**. Leave your dignity at home.
- h. **Stay focused:** engage with the kids and don't be chatting with parents or other coaches during practice.

5. Game Management

- a. **4v4:** no positions or goalies
- b. **Sub** on the fly or at stoppages; try for equal playing time, sub every 3-4 minutes
- c. **Field:** 35yds long x 25 yds wide; size 3 ball.
- d. **Restarts:** don't get hung up on restarts. No throw-ins; can introduce goal kicks at U6; for out of bounds at the touchline (sideline) can either have a pass in or an adult can **roll** the ball in.
- e. **Time:** U6 is 4 x 6-8 minute quarters. Be flexible and work it out with the other coach. Can play quarters or halves.
- f. **Referees:** There are no refs. Coaches should keep play going and redirect when it gets outside the lines. Address your own players' vicious fouls.
- g. **Keep coaches and kids on one side and parents on the other.**

Grassroots Education: Play, Practice, Play

Ian Mulliner Technical Director



As the Technical Director for Massachusetts Youth Soccer, one of the privileges afforded to me through this position is that I regularly get to attend meetings and events hosted by our US Soccer Federation. The focus for most of the meetings is in regard to changes to the coaching education pathway and specific to the courses therein. What I can tell you is that for 2017 US Soccer is planning to implement their new Grassroots Coaching Education Courses targeted specifically to coaches who coach players playing 4 v 4, 7 v 7, 9 v 9 and 11 v 11. The reason that I am telling you this is that our session plans for the past several years have tied in directly with US Soccer's coaching education courses in terms of topics covered and theories presented and we fully intend to continue that process moving forward.

Here in the Massachusetts Youth Soccer Technical department we pride ourselves on providing the best session plans available anywhere on the planet. A lofty statement but one that is backed up by the 750,000+ hits our Session plan page has had over the last 2 years. We strive to be on the cutting edge for creating plans, plans that we distribute and use with our members in every town that we service throughout the commonwealth.

On a personal note, I have been honored to be part of the coaching group tasked with creating the Grassroots courses. My role is being part of the team creating the 7 v 7 on-line and in-person courses for and with US Soccer's Coaching Education department.

It is with that experience in mind that we have designed and created the 2017 Spring Session plans. The first thing you should notice about our latest session plans is that they are now formatted quite differently from previous years. The major difference is that we will be transitioning from the traditional 4 stage session plan: 1. Warm Up – 2. Small Sided Activity – 3. Expanded Small Sided Activity – 4. Game format into a 3 stage session plan with the following titles for each stage: 1. Play – 2. Practice – 3. Play.

Why the Change?

The (Initial) Play Stage – Considered "Deliberate Play". Empirical data has shown that children learn best when they get to experience periods of unstructured play where they can experiment on their own, it promotes enjoyment, inclusion and development. These three factors have been proven to increase motivation to continue playing. The coaches role during this Play stage is to ensure safety, monitor the games and "take the pulse" of the players. Monitoring the games includes making sure the games are not lopsided and providing adequate stoppages to allow the players to stretch and rehydrate. During the



stoppages the coach is encouraged to ask guiding questions to lead the players towards the goal and objectives of the session. "Taking the pulse" refers to checking the players involvement and gauging their emotional state through active or in some cases avoidance of participation. In short showing the players how much you care about them right from the start of a practice.

The Practice Stage – Considered "Play – Practice" using activities to create game-like situations that create problems for the players to solve and the coach to assist with the problem solving process. A simple checklist (provided in the session plans) includes questions such as: Does it look like Soccer? Is it organized? Is it challenging? Are there repetitions? (Of the topic being worked on) and Is there coaching? (Consisting predominantly of positive reinforcement) but should also include the normalizing of errors. (Mistakes are an essential part of the learning

process). During this stage coaches are encourage to set up small group activities that focus on the topic being worked on that day. We have also provided a set of Guided Questions that the coach can refer to throughout the practice session.

The (Final) Play Stage – Considered "Contextual Learning"

In this stage we are checking to see how much if any of the practice stage has transferred with each player into the game. It is recommended in this stage that the coach sets up 2 teams of equal numbers and that one team is set up as close to the starting line up for the upcoming game as attendance at the practice permits. In ideal circumstances (which rarely occurs) the coach should play in the game format 4 v 4, 7 v 7 e.t.c. that the players will experience in the upcoming game. The players should experience extended periods of uninterrupted play with the coach just monitoring the safety of the players and reviewing the checklist and guided questions to empower the players to solve problems on their own.

As the season progresses we will be uploading our Grassroots Practice sessions alongside our regular practice plans. The most noticeable difference between the 2 sets of plans will be the addition of Less Challenging and More Challenging activities including the diagrams and organization. This will enable coaches to adjust the Core Practice session based on the success of their players with the Core Practice activity. Of course, coaches can simply run through each of the 5 activities diagrammed to enhance the learning process to see which approach is more effective with their players. IM



Ian Mulliner

Before coming to Massachusetts Youth Soccer, Ian Mulliner served as the Director of Coaching of Illinois Youth Soccer Association for over ten years. Originally from Manchester, England, Ian has been coaching in the U.S. since 1992. Ian has served as a member of the National Coaching Committee for US Youth Soccer and is currently working with US Soccer to develop the new Grass Roots Coaching Licenses. He holds the USSF "A" License and National Youth License, F.I.F.A Futuro III certificate, F.A. Preliminary Coaching Award as well as the Dutch KNVB Coach's License.

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SUNDAY MAY 7TH - JORDAN STADIUM - ALLSTON - LINK

GOAL		Team Tactical Principles		Dribble Forward		Key Qualities		Read & understand the game	
Age Group 6-U		Team Tactical Principles		Dribble Forward		Key Qualities		Read & understand the game	
PLAY SMALL SIDED GAMES									
Up to 3x2 Games: Team with the ball attempts to dribble past opponents and score. Organization: In a 20Wx30L field and a small goal on each end line, play a 3x2 game. (Play for 24 min - 2 intervals of 10 min with 2 min rest between intervals) Rules: Game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed. Local game laws apply.									
Up to 4v4 Games: Team with the ball attempts to dribble past opponents and score. Organization: In a 20Wx30L field and a small goal on each end line, play a 4v4 game. (Play for 24 min - 2 intervals of 10 min with 2 min rest between intervals) Rules: Game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed. Local game laws apply.									
4 Surfaces Dribbling-Explore the Jungle: Organization: In a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a ball. Have the players use 4 surfaces in 1 fluid motion in order. Outside of foot (only toe)-inside of foot (big toe)-laces & bottom. Once the ball has been stopped, have them try it with the other foot. Players move throughout the grid toward end zone (Play for 8 min - 2 intervals of 10 min with 2 min rest between intervals) Rules: Play begins as soon as the coach calls out a shout out the surfaces, see if the players can snout out the surfaces as they use them. Key Words: Outside (only toe), Inside (big toe), Laces, Bottom Guided Questions: Did the players enjoy this activity? Was there lots of movement from all the players? Answers: Play for short periods of time. Challenge them to get close to primary surfaces as they can in a small area. Answers: Play without hippos in the first round. Let the players dribble across to see the end zone (Hippo's edge) they are trying to get to. Use different surfaces of the foot to move the ball around the hippos.									
Hungry, Hungry Hippos: Organization: In a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a soccer ball. The coaches start as Hungry Hippos in the river. Players dribble their soccer ball across the river to the hippo's edge (end zone) while avoiding hippos. When the players cross & the hippos can touch their soccer ball, they join hands with the hippo to make the hippo grow. (Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals) Rules: Play begins when the coach says "the hippos dare you to cross the river". Hippos should not be bigger than 4 players. Key Words: Avoid Hippos Guided Questions: Did the dribblers understand where they need to go (Hippo's edge)? Where should you go if you see a hippo in front of you? Answers: Play without hippos in the first round. Let the players dribble across to see the end zone (Hippo's edge) they are trying to get to. Use different surfaces of the foot to move the ball around the hippos.									
Cross in the River: Organization: In a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a soccer ball. The coaches start as the Crocs in the river. Players dribble their soccer ball across the river to the hippo's edge (end zone) while avoiding Crocs. When the players cross & a Croc steals their ball, they become a Croc also. (Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals) Rules: Play begins when the coach says "go". If a Croc steals a soccer ball, they must dribble it over the sideline (not kick). Dribbler can steal their ball back as long as it's on the field. Key Words: Shield (Hide your ball) or Go forward Guided Questions: Did the dribblers understand where they need to go (Hippo's edge)? What should you do if you are opening across the river? Answers: The player's imagination can be a motivation on the players. (Hippo's edge) you are a crocodile while Dribble fast with your feet to get past the crocs but not so fast you lose the ball; too slow and Crocs may get you.									
PLAY - LET THEM PLAY Key Words: Go past the opponent to score Guided Questions: Did the players understand the boundaries of the game? Who is allowed to score in the game? Answers: Coaches can be on the sideline and play the role of a hippo or croc from early activities. The players know to stay away from those characters. Anyone can score. Asking players questions like this will help them understand their role when their team has the ball and when they do not.									



MASSACHUSETTS YOUTH SOCCER



U6 Schedule and Team Colors - Spring 2018

	Field 1			Field 2			Field 3			Field 4		
4/14/2018	1	v	2	3	v	4	7	v	8	5	v	6
4/21/2018	4	v	7	6	v	1	8	v	2	3	v	5
4/28/2018	6	v	8	5	v	7	2	v	4	1	v	3
5/5/2018	3	v	6	7	v	2	1	v	5	8	v	4
5/12/2018	7	v	1	4	v	6	3	v	8	5	v	2
5/19/2018	2	v	3	8	v	5	4	v	1	6	v	7
5/26/2018	NO GAMES - MEMORIAL DAY WEEKEND											
6/2/2018	5	v	4	1	v	8	7	v	3	2	v	6
6/9/2018	4	v	3	8	v	7	1	v	2	5	v	6
6/16/2018	POTENTIAL RAIN DATE											

Dani / Aldrich	Gold	1
Courtney	Orange	2
Beninati / Chilton	Red	3
Fergeuson / Champagne	Royal	4
Hanscom / Osborn	Light Blue	5
Sexton / Robinson	Purple	6
Sylvester / Senkavitch	Gray	7
Wilson / Eaton / Dufour	Green	8

U5 Schedule and Team Colors - Spring 2018

	Field 1			Field 2			Field 3		
4/14/2018	1	v	2	3	v	4	5	v	6
4/21/2018	5	v	4	1	v	6	2	v	3
4/28/2018	3	v	1	2	v	5	6	v	4
5/5/2018	2	v	6	4	v	1	3	v	5
5/12/2018	1	v	5	6	v	3	4	v	2
5/19/2018	3	v	2	4	v	5	1	v	6
5/26/2018	NO GAMES - MEMORIAL DAY WEEKEND								
6/2/2018	5	v	6	1	v	2	3	v	4
6/9/2018	1	v	4	5	v	3	6	v	2
6/16/2018	POTENTIAL RAIN DATE								

Johnson / Stein	Gold	1
Berg / Shomphe	Orange	2
Markowitz / Waters	Red	3
Racicot / Tillinghast	Light Blue	4
Manzi / Walton	Green	5
McCusker / Robichaud	Purple	6