



West County United
Youth Soccer League

**Coaches
Handbook**

2010

First and foremost, *thank you* for volunteering to be a coach this soccer season! In this Handbook, you will find important information to make your coaching season great. If you have any additional questions that are not addressed here, please feel free to contact your Club Representative, as listed in the back of the Handbook. Forms, Parent Handbooks, Event Calendars and other information will be found on the League's web site at www.wescosoccer.org.

- **Coaches' Conduct:** The role of a coach is a big responsibility and should be taken seriously. You are not only representing yourself and your team, but also the **West County United (WCU)** soccer organization. You should be a positive role model to your players; you are the person responsible for their safety and development while the team is engaged in WCU activity. The most important thing you can do is to provide a *safe, fun and fair* environment for kids to learn and play soccer.
- **Parents Conduct:** Parents, coaches and players are expected to maintain sportsmanlike behavior on the sidelines. Specific examples are:
 - ❖ Coaches, players and spectators must remain within **10 yards** of the field center line and **3 feet** off the touchline during all games;
 - ❖ Coaches and parents **may not** coach from behind the goal or near the goal lines;
 - ❖ **Only the coach** may give instruction to players during the game (spectators should cheer the team, not individual players).

You, as the coach, will be responsible for the conduct and behavior of the parents of your team. If a parent is behaving in an inappropriate manor, you need to address the issue, and ask the parent to leave if necessary. If the referee feels the parent's behavior is unfair or unsporting they will ask the coach to handle it. Remember, coaches can be sent from the field for spectator misconduct.

- **Goal for Soccer Season:** West County United's goal for the soccer season is to enrich, enlighten, motivate, empower players, to encourage sporting conduct, to build self confidence and leadership, and of course, to have fun.

Start the Season Right:

- **Team Meeting:** To have a successful season, you are encouraged to have a team meeting that consists of your players and their parents as soon as you get your team Roster. You should outline your team and player expectations, rules, discipline procedures, practice guidelines and game expectations for everyone to understand up front.

For Example:

- ❖ Arrive at practices, games and team functions early, prepared to practice/play and have parents pick up on time. If you are unable to make it on time, please call the coach.
 - ❖ Players who don't come to practices may not be starting in games.
 - ❖ Players who don't behave appropriately may not play the next game, but will be required to sit with the team on the sideline.
 - ❖ In extreme cases, parents may be called to pick up their children.
- **Parent Volunteers:** Each team needs parent volunteers to help throughout the season. You have taken the responsibility of coaching, you shouldn't do everything else. Ask someone to serve as a "Team Parent", the person who will make a rotating snack list for the games, coordinating the team banner and help you with any phone calls to the team. You will also need to have a couple of parents (it can be on a rotating schedule) to help you with practice and with setting up for the games (i.e. hang nets, place cones, collect balls, install/remove corner flags).
 - **Team Sponsorship:** Every team should have a sponsor. If you know someone who is interested in sponsoring your team, please contact the League Office. Some examples of possible sponsors are your local Rotary Club, Fire Department, Police Department, or a business and professional firms owned by a player's parent or other family member. (See the web site for details.)

- **Team Banner:** You will need to have the Team Parent make a banner with your team name and the sponsor's name on it. The banner should be **3'x5'** in dimension with your team sponsor's name in **8" tall** letters. It is important to have your sponsor's name very visible, as sponsorship is important to the league. The banner should be displayed at every game and behind your team's group picture on picture day.
- **Coach Training:** There will be short clinic available to all coaches; you are strongly encouraged to attend (especially new coaches and coaches to a new age bracket).
- **Professional Team Trainers:** All U-16 and U-19 Recreation teams have professional trainers assigned to them for 4 sessions, to help the coaches develop the players' individual skills and the team's tactical awareness. Teams from U-8 to U-14 may also request that one of the League's trainers run a practice for them. The coach and as many players as possible should be present at these valuable and fun sessions. There is no additional cost for a guest trainer, but the number of openings is limited, and they are booked on a first-come, first-served basis. Contact the office for scheduling.

General Information:

- **Practices:** Practices, which usually run no more than 90 minutes, generally start in August and end the first week of September, after games start. (Older players may start practice sooner and run after League play starts, but field space becomes very limited.) After League games begin, practices may be scheduled on a day-by-day basis through the League office. Only the players on **your roster** may play at your practices and games with your team (there will be no exceptions). **You must have a copy of the Registration Form and its Medical Release at every game and practice.**
- **Dress Code:** Coaches should look like coaches; wear your Club coach shirt, athletic pants or shorts and suitable footgear. Every player is expected to show up at the games ready to play. Their uniform should be clean, shirts tucked in, shin guards **beneath matching** soccer socks, long hair pulled back into a pony tail and **no jewelry** (no exceptions). Shin guards are mandatory at practices and games. Soccer cleats are recommended, but not mandatory. Players are issued T-shirts or jerseys

only; they must provide their own shorts and socks. Teams will want to coordinate colors of socks and shorts as all must be the same color.

- **Picture Day:** Picture Day will be on a date as announced on the League web site and in bulletins. Please have your team there 30 minutes prior to your allotted picture time to allow for paperwork and to make sure that everyone's uniform is on correctly. You will need your team banner for the backdrop of your team picture.
- **End of Season Awards:** U-6 & U-8 players get Participation Awards; U-10 & U-12 will receive Merit Awards for 1st, 2nd, and 3rd place in League Play.
- **Player Evaluations:** You will be given player evaluations forms at the end of the season. It is very important that you fill them out and return them to your Club Representative. These forms are used to keep track of the progress of the players throughout the season.

Games and Equipment:

- **Equipment:** At the beginning of the season you be given a bag of soccer balls and other gear. At the end of the season, please return all equipment to your Club Representative. U-6 players will each be given a ball that they may keep at the end of the season. If you need any other equipment, please contact your Club Representative. All goals are to be secured after each game. Under no circumstances is a goal to be left unsecured – loose goals can tip over, risking injury to those nearby and placing a huge liability risk on WCU. If your age bracket uses nets, you will need to **put them up and take them down for each game**. If there is not another team waiting to use your field after a weekend game, (even if it's the early game) **please take the nets down**. Don't assume there will be a game after yours. Nets are not allowed to be left on the goal posts. The combinations for lock boxes are listed at the end of this manual.
- **Field Use:** The fields that are used during the soccer season do not belong to WCU. We must follow each field's posted rules.
- **Please do not allow any team members to bring pets onto the fields, with the exception of guide dogs.**

- **Referees:** For ages U-10 and older, trained and licensed Referees are assigned by WCU. If a situation arises where you have a conflict with a referee, or a concern about the referee's game management skills, do **not** argue with the referee on the field or after a game – the judgment of the referee is final. Often, the referees are children who are developing their experience, so be patient. You may send an e-mail to the WCU office, with the date, age group/gender of players, field location and a brief description of your concerns. This will be forwarded to the Referee Committee for action.
- **Rainy Day Protocol:** Rain-out notification will come from the League. Only coaches are to call 823-2443. **Coaches are not to cancel or reschedule games** as there are many other contacts to be made with scheduling fields and referees. Please refer to the Parent Handbook for further instructions.
- **Problem Resolution:** If at any time during the season you encounter a problem with other parents, players or game officials, or with people from other Clubs or Leagues that you can't resolve at a coaches level, contact your Club Representative. The Clubs and League have both informal and formal intervention and grievance procedures

Policy on Running up the Score:

We play by the United States Youth Soccer Association code of conduct (Fair Play), which states that the emphasis to your team should be that there is more to the game than just the final score. We realize that at times the talent of one team will exceed that of another. If, during the course of a game, your team has a point lead of 5, you should introduce one or more of these techniques to try and minimize your team's scoring more points. *Please make every effort to minimize the differential in the score.*

Tactical Coaching Suggestions To Avoid High Score Differentials

Player Positioning:

Switch key player positions [Example: striker/center forward moves to goalie or sweeper; switching midfield to defensive (back) mid positioning]; limit attacking midfield

Shooting:

> Headers only; chip shots only; outside-the-box shots only

- > Opposite dominant foot shots (or “left foot only” shots);
- > Chest traps to volleys from at least 15 yards from goal line

Passing:

Only have crosses enter inside the box, then pass out;

Minimum amount of touches/passes prior to shot [Example: Minimum 5 touches/passes to same team without interference from opponent, then shoot]

Tournaments:

- **Harvest Cup:** This is our big recreational division tournament weekend of the season and will be held in **October**. This will be a long weekend for most of us, with games played on Saturday and Sunday. Each parent is expected to volunteer for different jobs throughout the weekend for each child that is playing. You will receive the volunteer & task assignment list with your registration form for Harvest Cup. There is a Team Entry Fee for this event.

Tournament Games for Age Brackets:

U-6: (usually one “demonstration” game on Saturday)

U-8 through U-14: Games are played on a single weekend at central locations, weather permitting.

Special tournament rules apply to length of games, scoring and other matters – be sure to read the Tournament Rules

Club Representatives

Forestville:	Dawn Harris	DHARRIS7770@comcast.net
Gravenstein:	Tim Zalunardo	zalunardo.tim@comcast.net
Oak Grove:	Nathan Baty	nbaty@sonic.net
Occidental:	Dave Harden	dave@justtape.com
Russian River:	JamieSchiaivone484-7225	<u>jamieschiaivone@comcast.net</u>
	Jamie Daniels 484-7696	<u>vdanielsj@yahoo.com</u>
Tri-School:	Greg Ceniceroy	gregceni@yahoo.com
Twin Hills:	Craig Hall 332-8666	<u>craig2k@yahoo.com</u>

LEAGUE INFORMATION

Western Sonoma County Youth Soccer League, Inc, dba
West County United & WESCO Select

Debby Bauman, Office Manager
130 South Main Street, Ste 213, Sebastopol
Mail: PO Box 423, Sebastopol CA 95473
Office: (707) 823-2443 Fax: (707)829-3453
Email: soccer@sonic.net

Web sites

West County United: www.wescosoccer.org

California Youth Soccer Assn. - North (CYSA-North): www.cysanorth.org

CYSA District 5 www.cysadistrictv.org
(Marin, Sonoma, Napa, Lake, Mendocino, Humboldt & Del Norte Counties)

Field Lock Boxes Combinations

Forestville: 0130

Gravenstein: 0130

Oak Grove: 0130

Occidental: 0130

Russian River: Guerneville 0130

Monte Rio: 1776

Tri-School: 0130

Twin Hills: 0130

Ragle: 0130