

CCYS Travel Coach Meeting
August 23, 2017

Coach Meeting Executive Summary

- Thank you for coaching!
- Be safe
- Be organized
- Have fun
- Teach some soccer

Coach Meeting Agenda

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1 Overview- New Developments, Objectives and Expectations

1.1 New Developments

- We are switching uniforms this season! You will pick up your team's jerseys tonight.
- As of this spring (Spring 2017), coaches must wear coach lanyards during practices and games. For real!
- BAYS has revamped the format of their rulebook; see <https://bays.org/book/playing-rules-and-regulations-bays-soccer-competition>
- We are continuing professional coach training sessions for grade 5-8 teams this spring. Each team will have one of their two weekly practices led by a professional coach. The objective of this program is to provide more uniform training across CCYS teams, and provide ongoing opportunities for coach development by working side-by-side with experienced, professional coaches.

1.2 Travel Soccer Objective & Principle at CCYS

- Our objective in CCYS Travel is to develop the player, not the team. This means:
 - Allocating equal playing time for each player
 - Rotating players through all positions over the course of a season (even through 8th grade)
 - Developing every player: there are no ‘liability’ players, no dedicated goalies
 - We should use games as the chance for players to apply what they are learning, which implicitly means taking risks with tasks that are not yet fully perfected
 - Coaches should train the players with the target skills in mind, for each age group. The measure of success is how much we can develop each player. Refer to these guidelines for age-specific skills and development available at <http://www.ccysoccer.org/content/coach-resources>
 - *We need to make sure that kids have fun playing soccer*

1.3 Some Expectations of CCYS Coaches

- **Carry an emergency contact list and MYSA release forms at all times. As coaches our primary responsibility is for the safety of the players.**
- **Take the CDC Concussion awareness online training** and retain your completion certificate:
<http://www.cdc.gov/headsup/youthsports/training/index.html>

Complete CORI registration – see the August 21st email from CCYS, "Fall 2017 CCYS Travel Coach Information"

- **Returning 2016-2017 Coaches** - We are now in the second year of the new Massachusetts Youth Soccer Association (MYSA) Adult Registration System. All coaches who were properly registered last season have been automatically rolled over to the 2017-2018 season. If you need a new CORI, MYSA will notify you by email. All CORI requests are now done directly through the Affinity Registration system.
- **New Coaches (anyone who did not coach or did not register during the 2016-2017 season)** - All “new” coaches **must** register through the Affinity Shareview system. You **will not** be able to obtain a coach card, new sticker or coach lanyard for this season without registering.
- As Head Coach, you should prepare or obtain & review written practice plans ahead of time.
 - MYSA has a new set: http://www.mayouthsoccer.org/coaches/session_plans/
- Sideline demeanor – Coach by talking to the kids on the sideline about the game. Let the players play.
- We strictly follow the BAYS Zero Tolerance policy for coaches, players, spectators—see next section for details. ***Our goal each season: No ZT violations by coaches or parents!***
- As Head or Assistant Coach (Grade 3 or 4), you should make every effort to attend the clinics, and actively contribute. The better the adult:child ratio, the better the clinics will go. You can also bring other CORI-cleared parents to help.

1.4 BAYS Zero Tolerance (ZT) Policy

- All individuals responsible for a team and all spectators shall support the referee. Consequently, BAYS has adopted the following rules:
 1. ***No one, except the players, is to speak to the referee during or after the game.***
Exceptions: Coaches may ask questions before the game, call for substitutions and point out emergencies during the game, or respond to the referee if addressed.
 2. Absolutely no disputing calls, during or after the game, no remarks to the referee to watch certain players or attend to rough play. **NO YELLING** at the referee, **EVER**, and no criticism, sarcasm, harassment, intimidation, or feedback of any kind during or after the game.
 3. Violators may be ejected and are subject to disciplinary action by BAYS.
 4. If coaches or spectators have questions regarding particular calls, rules, or a referee, or wish to give feedback regarding a referee, please contact the town soccer club referee’s coordinator.
 5. ***If a referee shows you, or someone else, a Green Card, it means there’s been a ZT violation, and it is time to settle things down.***
- ZT Application: Coaches are ultimately responsible for their spectators’ behavior. You may be asked to talk to your spectators and ask them to follow ZT policies.
 - Please share these ZT policies with all parents.
 - Fine point: A *player* may speak to the referee to inquire about a call (they may ask for clarification, but not contest the call; this must be done respectfully).
 - ***Reporting after the game:*** If you have an issue with the refereeing in a game, do not say anything at the game or after the game. You should contact Pam Rockwell and file a report after the game – but keep in mind that your feedback should be intended to help develop the referees,

and the purpose of an after-the-game report in most cases will be to provide feedback to the referee about handling a situation/game better.

- Regarding referees, keep in mind that they are humans and that each player and coach has to accept the human element as part of the game to deal with and manage.
- Be a role model for your players, don't complain about the referees.

1.5 Safety Considerations:

- ***Always err on the side of player safety if faced with an unsafe condition or situation***
- Please maintain a first aid kit and bring it to all practices and games.
- Abundant research shows that soccer players who participate two or more times per week in a properly designed injury prevention program reduce their risk of an ACL tear by up to 60 percent.
- A few basic strength exercises done at every practice go a long way to reducing injury risk, and they will make your players better athletes.
- All players must remove jewelry – this includes earrings (tell your players to wait until the end of the season), non-elastic hair scrunchies, watches, wrist bands.
- ***Goals MUST be anchored or weighted with sandbags – please check this; unsecured goals can be a real hazard.***
- Soccer cleats or turf shoes only. No athletic shoes with a cleat at the very front of the shoe (football & lacrosse).
- Regarding player health/injury: ***If there is any doubt, sit them out.***
- If a player sustains a jarring fall or a blow to the head, sit them out for the remainder of the day and alert the parents. If the player exhibits serious/concussion symptoms, seek immediate medical attention.
- **CCYS approach to heading instruction:**
 - **BAYS no longer allows heading for Grade 6 and below games. Intentional heading, or intent to head, will result in an indirect free kick.**

1.6 Coach Training and Licensing

- There are essentially three pathways:
 - USSF
 - United Soccer Coaches (formerly NSCAA)
 - CCYS-provided
- Entry-level: <http://www.ussoccer.com/coaching-education/licenses/national-f>
- MYSA is currently also offering NSCAA courses. These are now more geared toward specific topics.
- The US Soccer licenses are the official pathway for coach licensing, but the NSCAA courses are still very useful. Unless you plan to achieve a high-level US Soccer license, please pursue whichever pathway works for you, based on content and availability.
- Links:
 - http://www.mayouthsoccer.org/coaches/ussf_courses/
 - http://www.mayouthsoccer.org/coaches/nscaa_courses/
 - <http://www.mayouthsoccer.org/events/summary/>
- We will offer our own coaching session for Grade 3 and 4 coaches at the same time as Patriot Pals (tentatively Sunday, September 10).

1.7 Coaching Notes

1.7.1 What To Do

- Focus on providing instruction to the players on the sideline, using the game as a visual for the players asking them questions – “How does our formation look? What options do we have now? What would you do know if you were playing midfield now?” etc.
- Consider preparing some objectives for each player for the game; these should be skills that they have been working on in practice, and the game gives them the chance to demonstrate, take risks.
- Don’t overdo the instructions for the game and don’t introduce new concepts – let the players work on demonstrating and practicing what they worked on during the previous week.
- See this article for a brief on positive game behavior:
 - <http://www.socceramerica.com/article/47011/when-the-game-begins.html>

1.7.2 What Not To Do

The following are edited excerpts from pages 152-155 of “*Coaching Outside the Box: Changing the Mindset in Youth Soccer, Volume 1*”. **These are red flags** –unhealthy behaviors and indicators that a club or coach is focusing primarily on winning and immediate team success at the expense of young players' experiences and progress. ***If you see this behavior, please address it with the individual or coach, or report it to the AGD and/or CCYS Travel Director.***

- A coach or parent demonstrates noticeable anger or frustration when the team gives up a goal, or displays too much jubilation when their team scores.
- The coach consistently approaches games with winning as the main objective and/or consistently hypes up the importance of game results with big pre-game speeches.
- A coach or parent displays anger or frustration because of the game outcome.
- A coach or parent constantly shouts, directs, and instructs players from the sidelines.
- A coach or parent deals with mistakes negatively through scolding, making critical comments or being sarcastic, and/or expressing anger.
- The coach 'pigeonholes' players into set positions week after week.
- The coach attempts to hide less advanced players in positions where there is less chance they will be engaged in the play, e.g. wide areas of the field.
- The coach consistently offers the more advanced players greater percentages of playing time.
- The coach repeatedly intervenes during training sessions and talks for long spells of time.
- The coach subjects players to prolonged inactive spells during training, often due to standing in line.
- To improve the team's chances of winning their next game, the coach focuses on team tactics and concepts during training, e.g. corner kicks, set-plays, off-side traps.

2 Practices

2.1 Purpose

- The primary focus of practices should be on player development. Player development means that players will show improved fundamental skills in areas such as dribbling, passing, receiving, defending, throw-ins, and shooting. It includes both development of physical skills as well as mental skills such as reading the game, knowing where to move with and without the ball, when to dribble or pass, etc.
- Of course, you will spend some time on team-development activities, such as what to do on set-pieces like goal kicks and corners. But these activities are secondary to player development.

- The difference between player and team development activities is this: If the activity will help players be more effective when playing on another team, it's player development. If the activity primarily helps players be more effective in the presence of their current team, it's team development.
- *Don't forget to let players be creative, especially in practice.*

2.2 Design

- All travel teams should aim to hold two practices a week. Grade 3 and 4 teams are strongly encouraged to use clinics as one of their practices. Coaches are expected to attend the clinics with their team.
- Players improve both through sheer volume of playing (number of touches, and touches under pressure) and guided discovery. New coaches can focus on maximizing the number of touches in a training session, and be content that they are holding an effective practice. Guided discovery involves providing constructive feedback so that players can learn new skills that much quicker. The ability to coach via guided discovery comes with training (formal and informal) and experience.
- Typical practices progress from a warm-up, to technical skills practice, to small-sided games, to a full-squad scrimmage.
- Typical practices should focus on technical, tactical, physical, and psychological factors. A single activity may focus on one, two, or more of these factors.

2.3 Scheduling

- For teams playing on grass fields, coaches determine practice times and locations based on what works best for the team, collectively. This unstructured approach sometimes results in congestion at certain fields and times. These situations generally sort themselves out as coaches shift to other times or locations, and learn that they actually don't need much space to conduct an effective practice.
- For teams that can practice on the turf fields (Grade 5 and up), practice times are scheduled. Our equipment and field organizer Robin Garrison is the point person for this activity.
- Practice conflicts within teams do arise (e.g. there may not be practice days and times that work for everyone. Please try to be flexible and reasonable when handling these conflicts. In particular, on teams with many players who play soccer with other clubs simultaneously, practices should focus on the non-club players, as club players will get plenty of touches during the season. This may impact team effectiveness, but remember, our focus is on player development.

3 Clinics

- **Clinics are for 2nd, 3rd, and 4th grade players**
 - If you are a grade 3 or 4 coach, we encourage you to build one of your two practices around this clinic schedule.
 - Coaches - please also plan to attend and contribute to the clinics. In particular, you can help herd players and address players that are having trouble or disruptive, which will enable the clinicians to more effectively lead the sessions. You can also pick up ideas from the clinics: what activities work better with your cohort, how clinicians communicate with players, etc.
- *All clinics are held at Ripley Field.*
- *Fall Schedule (subject to change):*

All clinics will be held at Ripley.

<i>Day</i>	<i>Time</i>	<i>Gender</i>	<i>Grade</i>
Sunday	12:00 - 1:00pm	Girls	2nd
Sunday	12:00 - 1:00pm	Boys	3rd
Sunday	1:00 - 2:00pm	Girls	2nd
Sunday	1:00 - 2:00pm	Boys	3rd
Sunday	2:00 - 3:00pm	Boys	2nd
Sunday	2:00 - 3:00pm	Boys	4th
Sunday	3:00 - 4:00pm	Boys	2nd
Sunday	3:00 - 4:00pm	Boys	4th
Sunday	4:00 - 5:00pm	Girls	3rd
Sunday	4:00 - 5:00pm	Girls	4th
Sunday	5:00 - 6:00pm	Girls	3rd
Sunday	5:00 - 6:00pm	Girls	4th

Clinics begin on September 17th for all ages and programs

4 Games

4.1 Game Day and Preparation

- **Check and confirm game locations and times with the opposing coach the week prior to the game**
 - This is both a courtesy and a way to avoid surprises
 - Those playing at the HS should send the “field rules” to opposing coach. These rules are outlined at <http://www.ccysoccer.org/FieldPermits>
 - Make sure your opposing coach is made aware of field/time changes ASAP
 - Get/give mobile phone number/contact info in case you need to be in contact the morning of the game (e.g. possible rainout)
- You must bring two copies of your official roster with your original signature
 - If a player isn’t on the roster, he/she can’t play
 - Jersey numbers must be on the roster – do yourself a favor; get your players' numbers in advance and use a PDF editor to insert these electronically at the beginning of the season
- You must have your coach BAYS passcard with a current sticker – remember to bring this to the game; BAYS has been instructing referees to check these cards more frequently than in past.
- **There’s also a new coach MYSA credential inside a lanyard that all coaches are required to carry to practice and games.**
- Before the kickoff, confirm the game length with the referee (Grades 7/8 play 35 min halves, grade 6 and below play 30 min halves). Check BAYS Rule Book for more info: <https://bays.org/book/current-rule-book>
- **Rainouts & Inclement Weather**
 - Rainouts are posted on <http://ccysoccer.org> by 7:00 am and subject to revision throughout the day
 - We are tinkering with a Facebook page to provide another channel for field status updates - <https://www.facebook.com/ConcordCarlisleYouthSoccer/>
 - Blast email will also go out
 - Contact the opposing coach ASAP
 - Makeups: Contact Robin Garrison for all field and referee rescheduling.
 - ***Inclement weather principles: If you hear thunder or see lightning, get off the fields for 30 minutes.***

4.2 Other Travel Soccer Practical Matters

- ***Make sure that you make the experience fun***, remember these are young people (even 7th and 8th graders!) and they want to have fun.
- Poll your team early about holiday weekends (Columbus Day in Fall, Memorial Day in Spring).
- BAYS supports teams that wish to reschedule a game to honor a religious holiday.
- ***Get a team manager*** to handle communications with the team AND with the opposing team.
- ***Make sure you have two coaches or CORI-cleared adults available at each practice*** (for safety and security). This is needed so that one adult can tend to an injured player (e.g. go the hospital with the player if needed) and still have an adult available with the remaining players.
- All volunteers, including high-school helpers, must be registered with CCYS.
- ***Mid-season section changes are possible*** if you are winning/losing by very large margins in your first 3 or so games. Please work this through your Age Group Director. Please note that BAYS ultimately has discretion over changes.
- This is worth mentioning twice: ***Carry an emergency contact list and MYSA release forms at all times when you are with the players.***
 - Be prepared to use the contact list and emergency form in case your players need medical care.
- CCYS site has a comprehensive review of what you need to be doing and thinking, use it!
 - <http://www.ccysoccer.org/guidelines>

5 Fields

Emergency Dispatch at Concord Police: 978.318.3400

Remember that in a medical emergency, a 911 call from a cell phone goes to the state police, not the local dispatcher, so they may not know where your field is. The street addresses for fields are listed below.

Addresses for CC fields:

CCHS Turf behind Concord Carlisle High School at 500 Walden Street, Concord, MA, 01742

Memorial Field below Concord Carlisle High School at 500 Walden Street, Concord, MA, 01742

Rideout Field on the corner of Lawsbrook Rd and Conant St, Concord, MA, 01742 (by 97 Lawsbrook Rd)

Emerson Fields behind the Hunt Recreation Center at 90 Stowe Street, Concord, 01742

Sanborn School Fields 835 Old Marlborough Road, Concord, MA, 01742

Ripley School Fields 120 Meriam Road, Concord, MA, 01742

Willard School Fields at 185 Powdermill Road, Concord, MA 01742

Cousins Field on the corner of Brown Street & Prairie Street, Concord, MA 01742 (across from 146 Prairie St)

Spalding Fields 120 Church Street, Carlisle, MA, 01741

Banta Davis Fields at 304 Bedford Road-Route 225, Carlisle, MA, 01741

Cushing Field behind the Peabody Middle School 1231 Old Marlborough Road, Concord, MA 01742 (also accessible from Old Pickard Road across from 93 Old Pickard Road)

Practice fields:

Field info: <http://ccysoccer.org/pfields>

Pre-season: You may practice on grass fields. The Turf pre-season schedule is available here (subject to change): <https://goo.gl/ZAK7zp>

7v7 fields: Banta Davis, Ripley, Willard, Sanborn, Rideout
9v9 fields: Cushing, Ripley, Willard, Rideout
Turf 2 Reserved scheduling during the season
11v11 fields: Sanborn, Emerson Oval, Cushing
Turf 1 & 2 Reserved scheduling during the season

Please refer to Robin Garrison for turf scheduling; please be good citizens as we share the fields with others.

To reschedule a game:

BAYS has a lot to say about playing the schedule. Please see here: <https://bays.org/book/bylaws-8-9-10-games-days-times-playing-schedule-reporting-scores>

If there's disagreement about rescheduling a game between you and the opposing team, please involve your BAYS division director to resolve the issue.

To reschedule a home game, follow the detailed instructions at <http://ccysoccer.org/content/attention-coaches-new-make-game-procedure-2017>

Summary:

1. Notify your Bays Division Director that the game is being rescheduled.
2. Work with the opposing team's coach to determine a mutually agreeable date and time to play in Concord.
3. Go to this form: <http://bit.ly/CCYSmakeupgame>. Even if you are unsure of exact dates for make up options. You may correct unknown factors later.
4. Once the make up game is confirmed with both teams, the Field Assigner will reschedule the game in the Bays system and get you a referee.
5. Questions should be directed to [Robin Garrison](#), Field Assigner.

Holidays: Games are scheduled over Columbus Day weekend. Please ask now if your players or opponent will not have enough players to field a team. If you know that you will not play a game, please be pro-active; delay leads to tears and/or forfeits. Please try to pre-poner or postpone your games now.

6 Resources

6.1 Contacts

- Your Age Group Director (AGD) is a valuable resource, please keep him/her informed of all issues with players, parents, referees.

Grade 3	Girls	Marc Girolimetti	781.367.9987
Grade 4	Girls	Jason Fortier	978.505.6605
Grade 5	Girls	Kevin Cox	617.407.1333
Grade 6	Girls	Chris Ward	781.910.5917
Grades 7-8	Girls	Karen Sepucha	978.369.5161
Grade 3	Boys	Paul Grasso	617.777.0505
Grade 4	Boys	Dan Conti	978.831.3448
Grade 5	Boys	Brian Crouse	978.853.0467
Grade 6	Boys	Scott Forsberg	978.369.1631
Grade 7-8	Boys	John Dow Tim Donohue	978.369.9906 617.259.6253
In-town Director		Lauree Cameron Eckler	617.645.5210
CCYS President		Brian Crouse	978.853.0467
Director of Coach and Player Development		Jon Grayzel	508.280.9997
Registrar		Heidi Kidder	617.413.1864
CC Referee and Field Scheduling Director		Steve Robinson	978-394-7926
Equipment and Fields Director		Robin Garrison	978-369-1251

Also see <http://ccysoccer.org/content/contact-us>

6.2 Useful Coaching References:

- CCYS Resources: <http://www.ccysoccer.org/content/coach-resources>
- US Youth Soccer Player Development Model, available at:
 - http://www.usyouthsoccer.org/assets/1/3/US_Youth_Soccer_Player_Development_Model.pdf
- US Youth Soccer Coaching Manual
 - <https://usys-assets.ae-admin.com/assets/1/15/2015%20COACHES%20MANUAL%20PDF.pdf>
- Player Development principles
 - '[Coaching Outside the Box: Changing the Mindset in Youth Soccer](#)' book available at Amazon
- BAYS current rule book: <https://bays.org/book/current-rule-book>
- CDC Concussion Awareness Training Access site:
 - <http://www.cdc.gov/headsup/youthsports/training/index.html>
- Reference for MYSA Practice Plans:
 - http://www.mayouthsoccer.org/coaches/session_plans/
- US Youth Soccer Practice Plans:
 - http://www.usyouthsoccer.org/us_youth_soccer_introduces_practice_guides_for_the_u6-u8_u-10_and_u-12_age_groups/
- Education for parents new to soccer:
 - <http://www.soccer-for-parents.com/support-files/rulesv2.pdf>

- FIFA Laws of the Game:
 - o <http://www.fifa.com/development/education-and-technical/referees/laws-of-the-game.html>
- FIFA 11+ Warmup:
 - o <http://usclubsoccer.org/wp-content/uploads/2015/08/POSTER-FIFA-11-.pdf>
- PEP Program:
 - o <http://smsmf.org/smsf-programs/pep-program>
- NSCAA YouTube Channel (look for the activity videos):
 - o <https://www.youtube.com/user/nscaa>
- Online Soccer Academy
 - o <http://www.onlinesocceracademy.com/>
- Coaching Soccer Weekly (Podcast and supporting materials)
 - o <http://www.coachingsoccerweekly.com/> and <http://wcctrainingcenter.com/>

7 Key Dates

- September 9: Travel season begins!
- September 10: Patriot Pals (pending confirmation) for Grade 3 / 4 boys and girls
- September 23: Kicks for Cancer
- September 30: CCYS Night at the Revs (alternative date: October 15)
- October 7: Columbus Day weekend (games are scheduled)
- November 11: Veterans Day; last game of travel season
- January 27: MYSA Workshop in Newton, MA. Details to follow

8 Fall Training Opportunities:

SEPTEMBER 09, 2017

E License Course -Lancaster Day 1

SEPTEMBER 10, 2017

7v7/9v9 NSCAA Course - Harvard

SEPTEMBER 16, 2017

4v4 NSCAA Course - Easton

SEPTEMBER 16, 2017

E License Course -Lancaster Day 2

SEPTEMBER 18, 2017-SEPTEMBER 18, 2017

4v4 NSCAA Course -Braintree

SEPTEMBER 24, 2017

7v7/9v9 NSCAA Course - Reading