



## COACH'S GUIDELINES

### Welcome to Valley Soccer



Coaches,

I want to thank all of you for volunteering your time to help the Valley Soccer Club and the children of our community. The intramural program of Valley Soccer is a recreational program intended to allow kids to come out and have fun playing with their friends. It is impossible to eliminate competition from sports, but it should be our goal as coaches to show our children that it is more important that kids have fun and learn about the game of soccer, teamwork, fair play, and most importantly sportsmanship. I'm looking forward to another exciting season of watching and participating in the "beautiful game".

Thank you,

David Lingenfelter

1<sup>st</sup> VP, Intramural Coordinator

### **The Coach in My World**

***Pamper me and I will not respect you.  
Manipulate me and I will resist you.  
Intimidate me and I will reject you.  
Humiliate me and I will despise you.  
Prepare for me and I will trust you.  
Respect me and I will respond to you.  
Guide me and I will follow you.  
Be an example for me and I will be like you.***

### **Coach's Creed**

The examples set by Valley Soccer Club coaches are one of the most influential examples our children will encounter in their young lives. Recognizing the critical role that coaches play, it is imperative that we serve as proper role models for our players.

### **I Will:**

- Develop my players to the best of their abilities.
- Conduct myself as a responsible adult when dealing with the players; both legally and ethically.
- Plan and supervise practice sessions that are instructive as well as fun.
- Motivate and teach with positive reinforcement.
- Notify the Board of incidents which may compromise the integrity of the Team or Club
- Abide by the rules, policies, and procedures of the Team and Club
- Ensure that players wear their uniforms in a proper and complete fashion. Socks should be pulled up and jerseys tucked in whenever in uniform, not just during the game.
- Display a positive attitude towards all players, parents, and officials
- Treat players and parents with respect and conduct myself in a professional manner
- Refrain from making negative comments to any players, coaches, or parents
- Develop positive "life" qualities (i.e. discipline, teamwork, etc.) in Players
- Respect the game officials and their decisions
- Take total responsibility for the actions of players on the field
- Not discriminate against anyone
- Refrain from using profane or vulgar language in the presence of Players
- Refrain from drinking alcohol and smoking at practices and games
- Be responsible for cleaning up the field or bench area (both home and away) after practices or games, and for returning all equipment to its proper place. · All coaches are asked to help in monitoring the activities that take place at the practice fields, and to assist in keeping fields clean, safe and secure.
- **Not forget that I represent the Valley Soccer Club !!!!**

**General Information for Coaches**  
**2008 Intramural Season**

**General Info**

- Remember – it's about the kids.
- Get help – Assistant coaches, team parent, helps allow the coach to focus on the team.
- Practices – High School, Middle School and Philips are closed to practices.
  - Possible Practice locations:
    - Finland Park
    - Milford (Molasses Creek)
    - Red Hill Park
    - Isaac Smith Park
    - Green Lane Park
    - Marlborough School
    - In front of High School
    - etc
- Don't just focus on set plays, allow the kids to learn, allow them to be creative.
- US Youth Soccer has a lot of instructional lesson plans – <http://www.usyouthsoccer.org>

**UK Elite Training Sessions**

- Schedule is attached
- All training sessions will take place on Saturday mornings
- March and April sessions will be at Finland Park. May sessions will be at Philips field
- Each team will get three sessions
- If coach can't make it please be sure team is there anyway – we will not have make-ups except for inclement weather.
- Two teams per trainer – will try to have teams be the same age level.

**Game info**

- Length of games
  - U-8, U10 - 20 minute halves
  - U-12, to U16 - 25 minute halves
- Players on the field
  - U-8, U-10, U12 teams will play 6 plus a keeper
  - U-14, U16 teams will play 7 plus a keeper
  - If you're short on players, talk to other coach before the game and play down
- Field size
  - One U8 size field ~ 30yds x 50yds
  - Two U10 size fields ~ 45yds x 65yds
  - no full size field
- Don't run up the score – play down a player, require 2-3 passes before shooting, etc.

**Rain outs**

- Coaches will get a call
  - Coaches must then call their teams (this is where a team parent can come in handy)

**Uniforms**

- Uniform order has been placed. Info will be coming regarding when they will be ready and where they can be picked up. Around the middle of April.

**Snack Stand**

- Parents will have to help at the snack stand.
- More information about the snack stand will be delivered to the team parent and coach and will get distributed to the parents.
- Team parent also needs to coordinate with parents to ensure there are snacks at every game. Snacks can be served at the half.

**Fundraiser**

- Lori Ritting is the auxiliary chair person and will be getting information regarding fundraising to the coaches and team parents.

**Pictures**

- To be held on Sunday April 27<sup>th</sup> at Phillips field.

**Travel Tryouts**

- Dates to be determined

**Board Meeting**

- 3<sup>rd</sup> Tuesday of each month at The Senior Center at 7:30 pm
- Next meeting next Tuesday 3/18
- I'd like more Intramural parents and coaches to get involved and have their voices heard.