

Training Lessons:

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The Coaches Tool Drive:

Google Drive for Coaches



MVSC Emergency Response Plan:

MVSC Emergency
Response Plan



Formations:

Formations



Coach Pre-Season Checklist

- Sign up for Current Season on GotSport
- Complete all requirements
 - Upload a current headshot photo
 - Background Check (you must pay for it, we will reimburse you)
 - Safe Sport
 - Concussion Protocol
 - [CPR/AED Certification](#)
- [Check Gotsport](#) roster is correct and matches Teamsnap roster
- Put all practice and game schedules in TeamSnap, Check game schedule matches GotSport
- Invite assistant coach to TeamSnap
- Invite youth coach to TeamSnap
- Invite all players to TeamSnap
- Communicate with assistant coach and youth coach so you all are working together
- Contact team, Introduce yourself and inform them of all requirements
 - Team Kit
 - Balls pumped and the correct size
 - Shin guards with socks over them (Cannot play without them)
 - Soccer cleats or sneakers. (No other cleats allowed)
 - Bring own Water
- Pick up equipment bag and checked all items present, Sign sheet and return to equipment manager
- Pump all balls up
 - Return flat balls to Equipment Manager
- Purchase a whistle, and update team binder
- [Print all player and parent Code of Conduct and Health forms](#) and put in binder
 - Be aware of any player health concerns.
 - Know where the AED is on all fields
- Keep print out of the team roster, game schedule, and all forms in coach binder. The binder is a great way to keep game notes for what you need to work on at practice.
- Print the week's practice plans and know the lesson and activities before the week's practices start.
- Make notes during the first two weeks of what is working with the club and what is not. Please provide feedback at the next coach meeting.

Summary of Coaching Guidelines

(Please see Coaches Drive for detailed guidelines)



MVSC Coaching Philosophies

All coaches must follow the [MVSC Coaching Philosophies](#) regardless of experience and licenses. We work together as a coaching team to help all the players.

Developmental Program

Until Travel U13, this is a developmental program so make sure to give individual attention to the kids who are struggling to learn proper techniques. Advanced players should be encouraged to join the travel program to develop further.

The ultimate goal is for the players to have fun, develop good soccer habits, and help ensure we feed the travel (greater competition) and school teams with strong players.

Time on the Ball is Critical

- Training should be game-like scenarios. Small sided games are best and facilitate maximum time on the ball.
 - **No line drills with kids standing around.**
 - Limit discussion
 - Fun interactive games that focus on individual skills and **repetition**
 - Rondo games that focus on teamwork and **fast reactions**
 - Small sided games that replicate **game-like scenarios** that enforce the tactical lesson of the day
 - Tell the kids **why** they are doing the games and what they are for.

Community Based

We are community based to help make a strong future generation. It takes a club working together to make a real difference. We are **not** individually team oriented.

- Work with or ask other coaches for help
- **Trust the process.** It takes years of **repeated lessons** for the players to truly understand.
- Recreation soccer
 - For introducing the game of soccer
 - Teaching individual fundamentals
 - A fun yet structured environment
- Travel is for developing
 - **Strong competitive** nature
 - Higher expectations
 - Teamwork and tactics
 - All while keeping good sportsmanship behavior.

Training Structure & Guide

- Set up practice before players arrive
- As players arrive have them juggle or pass the ball around (no shooting on net, No concussions)
- Start practice on time
- Follow provided club wide lesson planned for each week with Max 3 related topics to cover, (Space out, move forward into space, Pass to someone in space)
 - Dynamic warm ups (5 min)
 - Foot Skill warm ups (10-15 min)
 - Day's Lesson (30-45 min)
 - Skills games that enforce the day's lesson
 - Passing Activities
 - Rondo's
 - Tactical Activities
 - Etc.
 - Small sided game to enforce day's lesson, No free style scrimmages the "S word". (15-30 min)
 - Wrap up the lesson with stretching and questions about what they learned during today's practice. Enforce the day's lesson (5 min)
- You can use different skills games or exercises according to your team's needs. However, these changes must still enforce the week's lesson.

Each age group has [specific guides](#) and plans in the drive along with videos.

Developmental Program

- Repetition creates muscle memory. Exercises and lessons need to be repeated for years for maximum effectiveness.
- Encourage healthy competition with games and activities that have them beat their own best or have winners.
- Teach positive sportsmanship with positive reinforcement. Teach them to encourage and help their teammates. Praise teammates when they work hard.
- Praise them for effort, not skill, and encourage them to always do their best to get better. Remember that merit matters and empty praise helps no one.
- Do not accept laziness, poor sportsmanship, or disrespect of themselves, teammates, coaches, refs. We have a zero tolerance policy for abuse towards anyone.
- Teach them what the right thing to do is, don't yell at them for doing the wrong thing. Use redirection techniques for developing focus and correcting bad behavior.
- Late bloomers, yet hard workers, make champions. Natural athletes, who won't work hard, will fall behind.

General Training Guide For Every Training Day

Each age group has more [specific guides](#) and plans in the drive along with videos.

Arrive 15 min early for set up

- Set cones for a 15 yd x 20 yd rectangle or larger for older groups
- As players arrive, have them passing the ball or juggling.
- Start practice 5min into start time at the latest

Two whistles means clap back twice so I know you are listening. Foot on top of the ball.

0:00 - 0:05 Dynamic Warm Ups: 5min

- Activate feet
- Light Jog
- Skip etc...

Water

00:10 Foot Skills: 10-15 Min

Choose age appropriate and fun. Mix it up every practice. Can be mixed in with games as well.

- Toe Touches
- Dribble inside foot slow
- Foundations (Tic Tock)
- Dribble outside foot a bit faster etc...

Water

0:15 Dribble and Passing Lesson Games: 10-15 min

Choose age appropriate and fun. Have the games follow the week's lesson: heads up dribble, win ball back, possession...

- Soccer Marbles
- Gate passing
- Square passing etc..

Water

0:30 Lesson Continues / Small Sided Games

**U7-U8 up continue to second dribble and passing lesson games*

**U5-U6 finish with Duck Tails Rondo Games. 10 min. Be done at 45-60min*

Water

0:45 Rondo Games

**U7-U8 * Duck Tails Rondo Games: 15-20min. Done at 60min*

Teams pair up for simple keepaway 1v2, 2v3, 3v4 NO GOALS.

- Go to space
- Fast passing
- Two touches
- Game strategy Etc.

1:00-1:15 Small Sided Games to Goal 15-30 min

**U9-10 and Up*

Remind them to work on what you just covered in the lesson. 1v1, 2v2, 3v3, 4v4, 5v5

1:25 Stretch and go over what we learned. 5-10 min.

Matches

- Matches are always a learning experience and should be thought of as practicing the week's lesson not championships.
- All players should have equal playing time and play multiple positions.
- Teach a winning attitude and coach to win the next game not necessarily the current game. Pride in performance and improvement are most important.
- Don't coach from the sidelines during a game (Joystick Coaching). It is best to ask them guided questions for them to think about what they could do differently. If they are still struggling, sub them off and discuss some changes then put them back on. Players will learn better when they make mistakes and figure it out with guidance, not direct answers.
- Guide them for greater competition and to join travel if warranted.

Referees

Many of our referees are youth volunteers. They are instructed to be "Coach Referees" especially to the younger divisions. They may stop play to help instruct the players. Let them help coach. Please treat them with respect as they are learning as well. **We have a 0 tolerance for talking to or abusing the Referee in any way. The coaches are the only ones permitted to communicate with Referees.**

Spectators On The Field

For the safety of our players and in compliance with league and insurance policies, parents and spectators are to remain on the designated sideline, opposite the player zone, and cannot be behind the goal lines. Only credentialed coaches and assistant coaches are authorized to be on the field.

Weather

Soccer is played in the rain or the snow. The only time it is canceled is if the fields are unsafe due to excessive mud, or lightning. If it is lightning, you must stop training or matches and wait 30 minutes with no lightning, in order to continue. If the fields are deemed unsafe, or they will be damaged due to playing on excessively wet fields, the club will send a club wide email. If no notice is sent then matches are on. Coaches are not permitted to cancel training or matches. Commissioners or Referees will determine if the fields are unsafe or will damage the field on match day.

Coach Training/Match Day Checklist

- 3 days before, remind parents to:
 - Add player's availability to TeamSnap
 - Arrive early 15min Practices 30min Games
 - Player needs to wear Team Kits (Jersey, Shorts, Socks)
 - Balls pumped and the correct size
 - Shin guards with socks over them. (Cannot play without them)
 - Soccer cleats or sneakers. (No other cleats allowed)
- Coach Kit (Jersey & Shorts)
- Whistle
- Check gear bag
 - Balls
 - Cones
 - Pinnies
 - First Aid Kit
 - Ball Pump with needles
 - Goalie Gloves (U9 Up)
 - Binder with Medical forms CPR/AED protocol
 - Pop Up Goals (Travel)
- Arrive early
 - 15 min Training (set up)
 - 45 min Match day (set up)
- Check that each player has
 - Team Kit
 - Balls pumped and the correct size
 - Shin guards with socks over them (Cannot play without them)
 - Soccer cleats or sneakers. (No other cleats allowed)
 - Bring own water
- Go over the previous week's lesson during 30 min warmup
- Ref is at game (Report missing ref to the board)
- Players and Spectators adhere to the league code of conduct. (Report an abuse to the board)

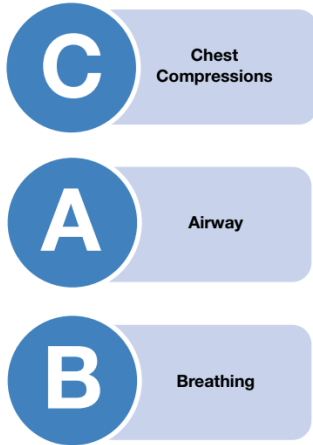
CPR & AED

Review Each Week



BLS for Healthcare Providers Quick Reference

C-A-B (Not A-B-C)



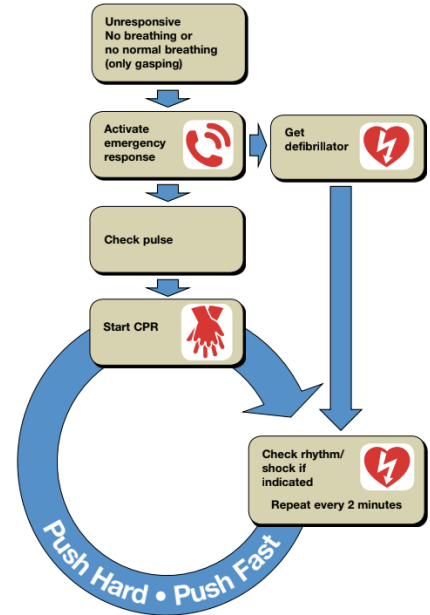
KJ0901 3/11 © 2011 American Heart Association Printed in the USA

BLS for Healthcare Providers Critical Concepts

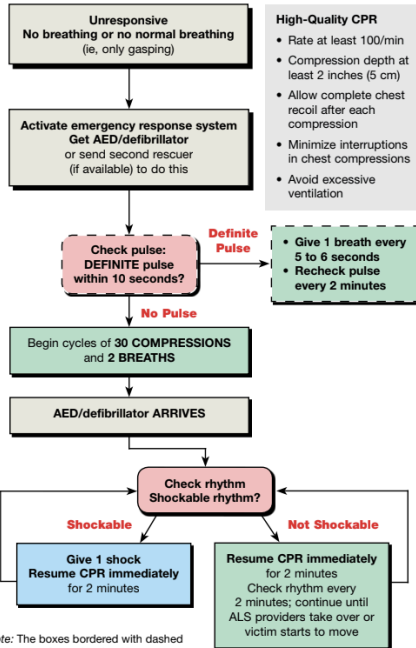
High-quality CPR improves a victim's chances of survival. The critical characteristics of high-quality CPR include

- **Start compressions within 10 seconds** of recognition of cardiac arrest.
- **Push hard, push fast:** Compress at a rate of at least 100/min with a depth of at least 2 inches (5 cm) for adults, approximately 2 inches (5 cm) for children, and approximately 1½ inches (4 cm) for infants.
- **Allow complete chest recoil** after each compression.
- **Minimize interruptions** in compressions (try to limit interruptions to <10 seconds).
- **Give effective breaths** that make the chest rise.
- **Avoid excessive ventilation.**

Simplified Adult BLS Algorithm for Healthcare Providers

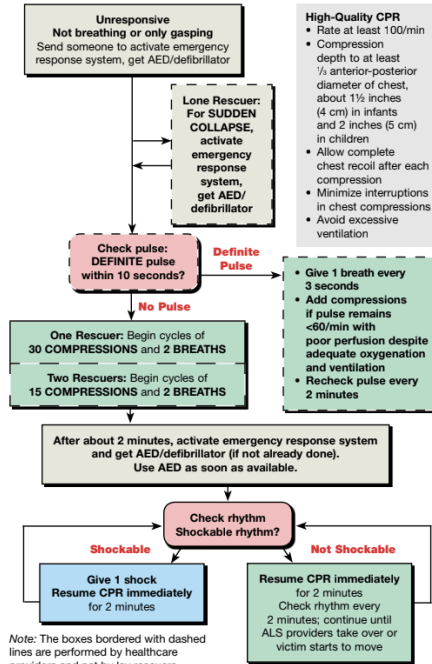


Adult BLS Algorithm for Healthcare Providers



Note: The boxes bordered with dashed lines are performed by healthcare providers and not by lay rescuers

Pediatric BLS Algorithm for Healthcare Providers



Note: The boxes bordered with dashed lines are performed by healthcare providers and not by lay rescuers

How to Become an AHA Instructor

Put your heart into training.

Learn from the leader.

Teach to save lives.

Are you interested in becoming an American Heart Association Instructor?

Consult an American Heart Association Training Center (TC) to find out whether the TC is accepting new instructors and what the TC's preferred course delivery method is. Then, becoming an instructor is as easy as 1-2-3:

1. Complete the Core Instructor Course.
2. Complete a discipline-specific instructor course in BLS, Heartsaver, ACLS, or PALS.
3. Get monitored by an American Heart Association TC or Instructor.



Renewal Schedule

I _____ (student name) took my BLS HCP course on _____ (date) at the _____ Training Center/Site and am due for a renewal course in _____ (month/year).

Advanced Notice of Injury

Name: _____ DOB: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone #: _____ Email: _____

Club: _____ Team: _____

MVSC player/coach identifier: _____ Date / Time of Injury: _____

Type of Medical Treatment: First Aid 9-1-1 / Emergency Services Other

Is injured person a: Player Coach/Asst Coach Other: _____

Did the injury during: game practice tournament camp

sanctioned /sponsored activities travel directly to or from activity Other: _____

Name of field/facility where injury occurred: _____

Type of Injury: _____

Description of Incident / How did injury occur: _____

Immediate Actions Taken: _____

List of Witnesses: _____

Does the injured have primary insurance: YES NO

Coach/Club President: _____ Phone #: _____

Signature of Coach: _____ Date: _____

AFTER COMPLETING THE ABOVE, PLEASE SEND THIS FORM VIA EMAIL TO: RiskManagement@MinisinkValleySC.com

LEAGUE APPROVAL: _____ Date: _____