

# Preseason Coaches Meeting

*Season Plan for Spring 2023*

*Prepared by Coach Rus Hohl CYSC VICE PRESIDENT*

## **CYSC Goals and Expectations**

The Cocalico Youth Soccer Club is an opportunity for our community youth to play soccer in a safe and positive environment. Our coaches teach athletes core foundational concepts of soccer while also considering positive character development. Our overall goal is to create competitive teams through a successful development program. If successful we will build a pathway for our players to have future opportunities in further soccer aspirations whether our athletes choose to play for school teams, other competitive clubs, or simply pick up games with friends and family. Ultimately we wish to have soccer as part of their lives.

## **CYSC STANDARDS**

1. The standards and expectations are spelled out in the CYSC coaches code of conduct. These should be reviewed prior to each season. We as a club must adhere to the code as to ensure to future growth and safety of our athletes
2. As coaches we need to understand the rules of the game so that we can educate our players and families.
3. Each league, division, and level of play has its own unique rules and expectations that coaches need to understand. Please check out your respective league's website: RBJSL for select coaches/LARs for Rec coaches/ CYSC website for U6/8. Please don't feel overwhelmed. Your respective coordinator is here to help and will push out important guidance.
4. Each level of play within CYSC is designed to develop players towards future experiences. We teach our players with the intention that their next season will offer more challenging and fulfilling opportunities of game play. It is our experience that one's love of this sport grows with their understanding.
5. When coaches are unfamiliar with any aspect of the game; management operations of league play; or even coach to player interactions, they are expected

to reach out to the coach coordinators and also board members for direction and guidance.

6. To ensure inclusiveness and balanced player development, coaches are encouraged to not rely on an individual player to guarantee wins in the game. As teams grow older, relying on one player to dominate the field actually hinders the teams ability to win, instead we encourage equal development through a reasonable rotation of positions and game time. The higher the level of play, the more important the role of tactics become.

### Respective Goals per Age Group and League

1. Each player needs to be coached in a way that educates but remains enjoyable.
2. There is an expected exposure to meaningful touches on the ball per practice. These touches and skill sets are expected to be developed and challenged throughout the season.
3. Coaches should familiarize themselves with the concepts of passing and receiving the ball in ways that are appropriate to the team's development.
4. Players will not be expected to master skill sets but should be motivated and commended on personal development in skills as they develop.
5. Players need to begin understanding not only a position on the pitch but also the responsibilities associated with a position.
6. Coaches will be encouraged to familiarize players with terms and dialogue associated with the game of soccer.
7. As teams develop understanding of the game, plays and strategy should be developed as well.

### MATERIALS NEEDED

1. Coaches equipment bag
2. Coaches team roster list with contacts
3. Cones
4. Game Ball not to used during practices
5. Practice Balls

## Coaches Administrative Responsibilities

1. Prior to game day coaches are to confirm game scheduled time; location with the opposing team; uniform colors; and referees. As the visiting team it is expected that our coaches contact the hosting team. If the opposing team is the visiting team and no contact is made, please reach out to them and confirm this information.
2. Two hours prior to the game start time, ensure field and weather conditions are playable. This decision will be determined by the CYSC board. If the need to cancel or postpone the game the head coach must contact the opposing team and referee assignor and/or referee to inform them of the cancellation, and contact the assignor to get a referee for the rescheduled game.
3. Within 48 hours of completion of the game coaches are required to report gamescore and carded players.
4. Tournaments will become announced throughout the season. Registration is on the coach to submit for the LARS tournament. Notify the team's Coordinator or League Representative of the team's level of commitment if concerns of availability arise. The club will do everything within our power to make suitable and appropriate arrangements to field a team in tournaments.

## VERIFICATION and DOCUMENTATION

*Every season needs to be verified for but may not need renewed.*

1. Pa State Police Criminal History.
2. Safe Sport.
3. Eastern Pennsylvania Youth Soccer Risk Assessment
4. Heads Up
5. FBI Fingerprint
6. PA child welfare History

## Communication between Coaches

*Long term club goals*

Over the last few years the club has faced some challenges such as the pandemic and

volunteer involvement. Recent signs are indicating positive trends, numbers of players and volunteers are increasing. The club intends to ride this momentum and prepare coaches with better communication and mentorship. We want to offer you the coach a tool kit that can help you have a successful season.

Our first step is to increase communication between coaches. While not every coach progresses up through the age groups, our soccer players will eventually move on to higher levels of play, regardless of recreation or select tracks. Ideally we as a club and you as a coach will begin teaching our players the foundation of basic skills and tactics that will prepare them to move on to these higher age groups. Our goal as a club is to start providing key concepts that will help our coaches, especially at the U6/U8 level, understand age appropriate soccer knowledge. At the U9 and above levels, we hope to give our Rec coaches more tools or ways to help some of their motivated players break the barrier of transitioning from Rec to Select. And ultimately, and ideally, give all our soccer players a common lexicon and playbook when they all hopefully meet at the school team level..

While we work on building up that common soccer knowledge database, we encourage all of our coaches to use our coaching teamsnap app. If you are new to coaching or even the game itself, please don't hesitate to use the app or reach out to the coaching coordinator, Coach Rus, or Coach Josh. All are willing to dedicate some time to help you come up with simple coaching strategies. While by no means experts, both coaches love to talk about coaching and are more than willing to have new coaches watch how they run practices for ideas.