

2015 YOUTH SOCCER COACH'S HANDBOOK



Game and Practice Information

Geary Family YMCA

154 W. Center St. Fostoria, OH 44830
gearyfamilyymca.org 419-435-6608



VOLUNTEER COACHES INFORMATION

We would like to welcome you to what we hope will be a very rewarding experience for both you and the boys and girls with whom you will be working.

Our Geary Family YMCA youth sports and character value programs are much more than just another sports league. We hope the opportunity to help youngsters develop their full potential, clarify their values, and develop lasting friendships will be a great challenge to you.

The boys and girls with whom you will be working will appreciate the time and effort you will be putting forth in our program. They will remember you as they grow into adulthood.

We hope that you will be patient and understanding of the children and always keep in mind the ultimate values and philosophy that we are trying to teach. Remember, sports are not the end result, but a tool to reach and teach the youngsters. Please work with every player on the team. Every child has a skill the team can use. Teach fair play. Focus on the development of skills rather than on winning. We do not keep score and encourage you to do the same. Teach respect for oneself, team members, opposing team, volunteer coaches and officials.

Thank you for taking the time in your busy schedule to help a youngster in this important program.

COACH INFORMATION

SOCCKER 2015

Games: Participants will be assigned to teams randomly; however requests are taken into account if they are deemed to be reasonable by the Sports Director (relation, car pooling, certain coach). Games will begin March 7th and run through April 4. Coaches will serve as the referees in all age divisions.

Practices: The first practice for all teams will be **February 28th**. This practice time will be determined by your assigned coach. Practice day and time for your team's weekly practice will be determined by your coach as well (mini kickers just practice on Saturdays. You will be contacted by your child's coach before the first practice on February 28th to communicate to you what time they will be practicing. This means each team will get two practices in before their first game. **Mini Kickers will not practice during the week, they simply practice on February 28th, and then the first 30 minutes of their scheduled game time.**

Game Schedules: Coaches will handout schedules at the first practice. If you do not receive your schedule or need additional copies you can find them online at gearyfamilyymca.org or call the YMCA at 419-435-6608.

Shirts: Coaches will hand out the team shirts at the first game. Your child does get to keep his/her shirt or jersey.

Pictures: Picture day is March 21st .Please arrive 30 minutes early to your game so we can get the pictures taken and still stay on our normal game schedule.

Equipment: Players must wear sneakers or a good athletic shoe that fits. Players must wear their team's YMCA shirt during games. Comfortable shorts or sweats are to be worn, no jeans will be allowed. Shin guards are suggested but not required.

Weather and Cancellations: It is our policy to cancel games only in extreme weather conditions. If games must be cancelled coaches will be notified and they will in turn contact parents. If you are unsure it is best to call your coach first, check the YMCA Facebook page and then call the YMCA as a second resort.

YMCA COACHING RESPONSIBILITIES

Supervise a group of kids in a safe and well maintained environment.

Develop a lesson plan for practices and the season teaching the fundamentals of the sport.

Contact all families on your roster as soon after you receive your roster as possible. Inform them of your practice time and location.

Inform the YMCA about when your team will be practicing each week.

Attend all games and practices. If you cannot make a practice or game, ask another parent to cover for you. If possible provide the substitute coach with a practice plan or game plan. Do not cancel practice unless it is an emergency.

Know the rules of play. The YMCA modifies the rules for most sports to create a positive experience for the children. As children grow and their skills get better the rules grow with them.

Maintain good relationships with parents and communicating to them you're teaching philosophy and goals.

Serve as a role model for all participants, staff, and families conducting your self properly while participating in all required activities with an enthusiastic attitude.

Emphasize skill development and fun, while de-emphasizing the importance of winning and losing.

REFEREEING GAMES

Each team is to provide one coach or assistant to officiate the game. All coaches, volunteers and parents should be familiar with the philosophy of the program and assist in its implementation during games.

The philosophy of our coaches acting as officials during games is to lean towards allowing the kids to learn to play. During the game, coaches can help to create a learning environment by explaining rules to the players. If players make mistakes, coaches should show them to play the game correctly. Occasionally, it may be useful to stop the game and explain the rule or a call.

GAME TIME REMINDERS

- Please remember to start your games on time.
- Games are self officiated. If you need additional help, please ask a parent to assist you or contact the program director for additional staff.
- Continue to focus on skill and technique development. Over emphasis on set plays and game tactics often take away from overall player development.
- Always remember to implement the YMCA Character Development values into practices and games. These 4 core values are: Caring, Honesty, Respect and Responsibility.

POTENTIAL WEEKLY PRACTICE PLAN

WARM-UP (5mins)

Tell your players that every practice will begin with a warm-up time, a brief and fun session to prepare them to practice and play their best. Discuss the importance of warming up. Have your team form a circle and do repetitions of a few stretches and conditioning exercises.

SKILL FOCUS (25mins)

Explain to your players that the first part of your practices will be spent on developing the fundamental skills of your sport. While many skills will overlap during a single practice, each week you will make sure to concentrate on a particular skill. Review previously taught skills each week.

TEAM TALK (10mins)

Sit your team in a circle and let them know that some time is set aside in every practice for discussion of important things. The discussions for each week are included later on in this packet.

SCRIMMAGE (20mins)

The end of each session will be some type of scrimmage using different types of games concentrating on the skills they've been working on during the practice.