

# Warsaw Travel Soccer Club

## Coaching Guidelines

Warsaw Travel Soccer Club's mission statement contains the following statements, in part, that provide the framework for our approach to coaching:

Our goal is to develop quality soccer players through instruction in the fundamental skills of the game, strategy, competition and sportsmanship.

Our program is a competitive environment where commitment, practice, effort and sportsmanship are emphasized.

Soccer is a game of skill, touch, and endurance. Therefore, we teach the children the necessary skills and requirements while encouraging them to practice individually on nights when the team does not practice.

The club has set the following minimum skill sets that should be taught in each of the following age brackets:

General: Our club has chosen Coerver as the foundation of our skill sets. Accordingly, we should introduce age appropriate Coerver skills at each level. We are interested in each player for the long term results. Each coach is responsible for the safety of their player. Practice time, playing time, etc. may need to be adjusted to allow a player to properly recover from an injury.

U9/U10      Proper kicking technique (power and pass)  
Dribbling techniques  
Positioning on the field to avoid bunch ball  
Players should be rotated through positions except for skill specific positions (e.g. goalie)  
Practices should be kept fun and conditioning should be held to a minimum (e.g. 10 minutes of a practice). Drills should be organized to keep waiting in line at a minimum.  
Proper trapping and heading technique

Some data that has been developed that excessive heading drills could cause some physical harm. Therefore, to protect the safety of the players, heading drills must be strictly managed. Players need to learn the proper technique so that they are prepared for the occasional head ball that may occur during a game. At this age level, heading drills should not exceed 5 to 10 minutes and the ball should be tossed under hand and not exceeding a height of approximately 6 feet.

U11/U12      Build on U-10 skills  
Begin to introduce tactical field play  
Overlap, diagonal runs  
Develop skill specific positions (e.g. goalie)

U11/12 (cont.)

Players can begin to be identified according to their individual talents and abilities.

Conditioning becomes more of a priority at this level. Suggested off season training of 4 to 5 miles a week.

After U12, Coaching should have more of a strategic and tactical emphasis with continued introduction of new skills to be learned by the players. The overall objective of the Coach is to develop the team to play at an "A" Division Level.

The coach is responsible to record the baseline skills of each player in the U-9 through the U-12 age divisions. Near the end of each season, the skills should be measured and compared against the baseline. This information should be communicated to the player's parents in writing before the end of the season.

The coach at each age division should conduct a coach parent meeting with each player's parents to discuss the player's strengths and weaknesses. This should then serve as the basis of player development and improved playing time.

Each coach should leave two open positions on their roster in order to allow for dual rostering. Exceptions to this rule must be approved by the Director of Coaching.

Assistant coaches are selected each season by the Head Coach with the approval of the Director of Coaching. Assistant Coaches are a temporary position and can be removed from the roster any time during the season at the direction of the Coach or Club. The assistant coach should be at the majority of practices and follow the Head Coach's philosophy creating a "hand in glove" approach for the players. Care needs to be taken so that the impression of a child's playing time is not related to the fact that the parent is either the Head Coach or Assistant Coach.

The Head Coach is responsible:

For the parents sideline behavior at games. The Head Coach will conduct a parent meeting at the start of each season explaining the expected behavior during games. Also, explain the style of play so that the parents can offer the proper encouragement during a game. Inappropriate behavior by a Parent, Child or Coach can be the cause of a Team or entire Club being removed from a league or Tournament. If a parent does not cooperate, this should be brought to the Board for appropriate action, which could include up to player suspension from the club.

Assistant Coaches behavior and actions during games and practice

Having the first aid kit at every practice and on the sidelines for every game

Responsible for lost player cards – if the coach loses them or forgets them – the COACH pays for the replacements.