

# Franklin Pierce Soccer Club Coaches Manual

Revised July 2005



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The Franklin Pierce Soccer Club (FPSC) is the official sanctioned club responsible for club soccer programs in the Franklin Pierce School District. FPSC is a member of the Tacoma Pierce County Junior Soccer Association (**T.P.C.J.S.A.**). The other members of this association are Puyallup, Lakewood, South Tacoma, Gig Harbor, Nor Point, Spanaway/Graham/Eatonville, Fife/Milton/Edgewood, Fircrest, FC United, FC Royals, South Hill, University Place, and Vashon Island soccer clubs.

## **Club**

The Club Board Meetings are the 1st Thursday of each month at 6:30 P.M. all year long. **The meetings are mandatory for every team.** If the coach cannot attend, then a designee should be sent. The meetings are held at the Summit Library Branch located behind Albertson's grocery store on 112<sup>th</sup> & Canyon Road.

- These meetings decide the budget for the club, what items the club should purchase, fund raisers, rules, upcoming events, etc.
- This is a very good place for new coaches to meet other coaches and ask questions about how to better coach a team.
- Excessive absences by teams result in decreased tournament funds, lower priority for practice fields, times, and equipment.

### **Franklin Pierce Soccer Club (FPSC)**

315 129<sup>th</sup> St. S.

Tacoma, WA 98444

(253) 539-2481 (Phone)

(253) 539-2499 (Fax)

<http://www.fpsoccer.org>

### **TPCJSA**

Franklin Pierce, Lakewood, Gig Harbor, Puyallup Soccer Clubs, etc.

<http://www.tpcjsa.org>

### **DISTRICT III**

District 3 (South King County & Pierce County)

<http://www.district-3.org>

## **Washington State Youth Soccer Association (WSYSA)**

33710 9th AVE S., STE 8

Federal Way, WA 98003

Phone (253) 4-SOCCER

Or (253) 838-1861

Fax (253) 925-1830

<http://www.wsysa.com>

## **FPSC Officer Positions**

**President** - Bob Allred (253) 535-6058 allredbobdana@comcast.net

**1st Vice President** - Scott Webster (253) 312-0666 webman888@hotmail.com

**Secretary** – Odessa Hargrave – (253) 226-9405 Odessastarr@aol.com

**Treasurer**- Justin Luckman / Janet Detering justin\_luckman@fp.k12.wa.us

**Registrar** - Justin Luckman- (253) 539-2481 justin\_luckman@fp.k12.wa.us

**Equipment/Scheduling Coordinator**-Justin Luckman- (253) 539-2481

**Field Coordinator**- Scott Webster (253) 312-0666 webman888@hotmail.com

**Director of Player Development** –Kevin Damrau (253)279-8753

kevindamrau@comcast.net

FPSC has enjoyed a mutually beneficial alliance with the Summit-Parkland Youth Association (SPYA) for over eleven (11) years. SPYA provides us with office space, phone service, administrative support, registrar duties, and treasury support. SPYA also is a key link to the Franklin Pierce School District and the youth of our District.

## **SPYA Board of Directors**

Cliff Owens

Dave Cupp

Janet Detering

Esther Schneider

Jim Jezek

Theresa Detering

Justin Luckman

## **Levels of Competition**

Teams for U6/MICRO ~ U10 are formed by the club registrars on a random basis.

Tryouts for the formation of selected player teams are not allowed until the U-11 age level. Requests may be made to play with a particular team or coach during the registration process, but the final decision rests with the FPSC board. Every effort is made to accommodate early registrants. The following policies have been established regarding player placement:

- A. All players newly registered will play at their age appropriate level. For example, if a child registers to play soccer that is eight (8) years old, he/she will be placed on a U-9 team and not allowed to play up on a U-10 team.
- B. In the past, some players have played up a year as a result of the teams at their age level being full. While this issue has had some positive impact on a few players, it is widely discouraged in the soccer community as a whole. The FPSC Board will handle this issue on a case-by-case basis, and the FPSC Board decision will be final.

Starting at U-11, the leagues that a qualified team can participate in are:

RECREATION – This level of play encompasses the majority of soccer teams. This league is hosted and administered by TPCJSA. Teams are usually U-7 to U-14 in age level. Divisions increase in level of play from Bronze, to Silver, to Gold.

DISTRICT – This level of play is hosted and administered by DISTRICT 3. Teams are U-11 and older. The highest levels of District play normally have SELECT club teams and start at the U-11 age group. Divisions increase in level of play from Silver Ruby, to Silver Sapphire, to Silver Diamond, to Gold Emerald, to Gold Platinum, to Gold Titanium. A general rule of thumb is that the Silver Diamond division is equal in play to the TPCJSA Rec. Gold level.

CLASSIC (Starts at U13) – This level of play is hosted and administered by WSYSA. This is a statewide league.

PREMIER (Starts at U14) – These levels of play are hosted and administered by WSYSA. This level usually consists of SELECT teams. These teams must attend a League Placement Tournament to be ranked and assigned divisions in which to compete.

The skill level increases in each higher level. For RECREATION teams there are no tryouts, and the club still assigns players to the team. SELECT, CLASSIC, and PREMIER teams have tryouts and a longer season since many teams play in preseason and post season tournaments. Players can try out for the SELECT, CLASSIC, and PREMIER teams when each team announces its tryouts, usually in March and April of the upcoming season. Teams formed on the basis of tryouts must play at the DISTRICT level of competition or higher.

Games in the RECREATION and DISTRICT leagues generally play within District 3 on Saturdays until U14 and Sunday at U15 and above. WSYSA (CLASSIC & PREMIER) are state run leagues that can require travel to any location within and out of the state.

## **Team Organization**

1. Team Meeting – (***REQUIRED***) During this meeting, the coach explains what is expected from the parents and players on the team. Hand out a code of conduct for the parents and players. Explain the practice schedule, when to show up for practice, what to do if they can't make practice (whom to call) and get parents to volunteer for positions.
  
2. Parent involvement. It is crucial for a coach to have as many parents involved with the team as possible. The possible parent positions are:
  - a. Phones – this person could call all other parents to notify them of changes in schedules.
  - b. Team Manager
  - c. End of the year gathering organizer (trophies, place, time, etc)
  - d. Assistant Coach, Referee, etc.
  
3. The U-6/MICRO – U-10 MOD season traditionally begins on the first Saturday of September following Labor Day and concludes the first week of November. The U-11 and above seasons conclude in Mid December. The game schedules will be handed out at a FPSC meeting prior to that time and as soon as they become available.
  
4. The FPSC Schedule/Equipment Coordinator assigns practice field times based on prior FPSC Board Meeting attendance, level of play, and coaches' time preference. Each team is given 2 practice times a week to start. All remaining time slots can be requested by anyone that would like them. Call the schedule/equipment coordinator for extra times or scheduling conflicts.
  
5. The coach and assistant coach **must** have completed a WSYSA Risk Management form and submitted it to WSYSA prior to start of practices. Upon clearance, WSYSA will assign a Risk Management number and issue a coaches card. This card must be present at all practices and games.
  
6. FPSC, TPCJSA, & WSYSA have a **ZERO** tolerance level for verbal and/or physical abuse directed toward the referees or players. It is the coaches' responsibility to talk with the parents prior to the first game. Make sure they understand that there will be no yelling, swearing, or other derogatory comments made toward the referee or any players on the field. It is also the coaches' responsibility to control parents and any individuals located on his/her sideline during the game. Coaches must follow these same rules and lead by their own positive example of correct sideline behavior.
  
7. The U-6/MICRO – U-10 home fields will be set up by the first teams scheduled to play on the field that day. This schedule will be handed out at the same meeting as the game schedules are distributed.  
Nets, goals, and corner flags are assigned to each field at Central Avenue Elementary. The nets should be put up on the morning they are needed and taken down after the last game of the day. Nets should not be left up over night to prevent vandalism. Teams scheduled to play the last game of the day are responsible for breaking down the goals, nets, and flags. When the coaches take down the soccer field equipment after the last

game of the day, the equipment **must** be returned to the SPYA equipment room. If the room is locked the equipment shall be left outside the door.

**If there are any problems with the equipment then the equipment coordinator should be called as soon as possible (i.e. missing flags, damaged nets, bent or broken soccer goals, etc.).**

## **Coach's Corner**

### **Coach's Philosophy:**

- Players should know more about the game by the time the season is over. This includes a better understanding of the rules and an increased ability to execute the basic skills.
- Players should learn and practice good sportsmanship and team unity. This should be evident in their treatment of teammates, officials, the opposing team and coaches.
- Sports should be fun. By accomplishing the first two goals, practices should be a positive time for players to feel good about what they are doing and games should be a place for them to put into practice what they have learned.
- MICRO/U6 - U-10 – No scorekeeping or league standings are kept. These levels of play are all about learning the fundamental skills of soccer. All players must play 50% of the game, and be encouraged to play in all areas of the field.

### **Coach's Expectations:**

- Players need to attend practice unless they are sick or there is an unusual circumstance that keeps them away. If transportation is a problem, please try to make arrangements with another parent to help with carpooling. If you can't make a scheduled game or practice, call the coach and tell them.
- Players need to arrive at the game site at least 30 minutes before the scheduled start time.
- Parents are encouraged to stay and watch practices. Water bottles should be brought to every practice. No food snacks.
- Parents are expected to model good sportsmanship to the officials, coaches, parents and players. Children learn best by example.
- Open communication between coach, parents and players is a must. If you have a question or concern, please bring it up as soon as possible so a solution can be found.
- Players should bring an appropriate size ball to each practice and must wear shin guards.

## ***Stretching & Conditioning***

Training for young athletes has always stressed discipline, constantly pushing to new limits, and building maximum strength and power. As coaches, we are interested in team performance, but our most important goal is the proper teaching of the young athletes under our supervision.

The best way to teach stretching is by our own example. When you yourself do the stretches and enjoy them, you will communicate this with your enthusiasm. You will generate the same kind of attitude in your players.

In recent years, some attention has been given to stretching for injury prevention, but even here, there has been too much emphasis on maximum flexibility. Stretching is entirely individual. Let your young athletes know that is not a contest. There should be no comparisons made between children because each is different. The emphasis should be on the feeling of the stretch, not how far one can go. Stressing flexibility at the beginning will only lead to over stretching, a negative attitude and possible injuries. If you notice someone who is tight or inflexible, don't single him/her out; emphasize the proper stretches for him/her alone, after practice and away from the group.

## ***Practice, Clinics, Books, and Internet***

### **FOUR KEY ELEMENTS OF A SUCCESSFUL PRACTICE**

1. Action – Keep your players active. Avoid having players stand in lines for drills.
2. Repetition – Provide many repetitions of the basic skills. Use a variety of drills to work on the same basic skill.
3. Competition – Inspire players to compete with themselves and with others.
4. Organization – Plan every practice session.

It is very important for a coach to be prepared before each practice. The coach should know what skills they would like to focus on during each practice. **The drills can be found on the Internet at [ByteSizeCoaching.com](http://ByteSizeCoaching.com) (user name: FPSB password: soccer)**, in books, or from other coaches/parents. Each practice should have one skill to learn and several drills to learn this. Players need to stay active during the entire practice.

Repetition is the key to learning. Start your next practice by reviewing the previous practice skill. There are also many different Coaches clinics that can be found for each age level. There are modules that are designed for coaching U7-U10. They are Module 1, Module 2 and Module 3.

The next steps are coaches' clinics, with offer licenses starting at E, D, C, B, & A. The E license is for coaches with prior experience and starting to coach the 11 vs. 11 teams. Dates and times for these clinics can be found by calling the WSYSA office or looking on their website ([www.wsysa.com](http://www.wsysa.com)). These clinics are held all around the state during the year. They offer hands on practical information to enhance your abilities as a coach.

There are also many books available to purchase, borrow, or check out. Three very good books are:

- ❑ Coaching 6, 7, & 8 year olds by Bobby Howe & Tony Waiters
- ❑ Coaching 9, 10, & 11 year olds by Bobby Howe & Tony Waiters
- ❑ FIFA Laws of the Game

These books can be purchased from WSYSA, checked out from libraries or borrowed from other coaches. The public libraries also have many other books and videos that can be checked out.

Additional soccer drills can also be found on the internet. Websites listed below are a very good place to research drills and discover if they will fit your teams' needs.

<http://www.nasl.com/drills/>

<http://www.decatursports.com/drills>

<http://www.decatursports.com/drills/MattsPlans.htm>

### ***Equipment Essentials***

Uniforms (U-7 to U-10) and equipment are picked up from the Schedule/Equipment Coordinator during the coaches' pre-season meeting typically held in late July. Teams can also purchase their own uniforms to wear if they like. (FPSC does not refund any money for the purchase of other uniforms). All uniforms and equipment must be turned in at the end of the season, except uniforms your team has personally purchased. U-11 and above teams are responsible for purchasing their own jerseys, shorts, and socks.

FPSC provided Game Jerseys and Shorts **must** be returned by the December Coaches meeting. The easiest way to do this is to have the coach collect them at the teams' party at the end of the season. If it occurs immediately after the last game then collect the uniforms dirty and wash them yourself. If you try to collect them later it is very difficult and time consuming. This way, you can turn them in right away and have the entire season finished.

#### **Provided by FPSC**

- ❑ Game Balls and Practice Balls with ball bag
- ❑ Uniform Jerseys and Shorts (U7-U10 Only) You must purchase your own socks.
- ❑ 10-12 Soccer Cones and Corner Flags for U-11 and above age teams
- ❑ Player medical releases (needed at each practice in case of injury, provided by SPYA)

## **Small-Sided Program Rules**

The Washington State Youth Soccer Association Small Sided Program is a modification of the adult game for age appropriate play. This format increases the number of players on the field by one each year from U-7 through U-10. This is done for the following reasons:

- The number of players on the field is developmentally appropriate for children to experience and develop the motor skills necessary in soccer. It exposes the player to appropriate tactical decisions for their age. It also meets the needs of the player's social development.
- The system creates a comfortable environment for the new youth coach. By increasing the number of players incrementally each year, the new coach is able to focus on creating developmentally appropriate practice sessions without the fear and need to focus on teaching specific field positions. With the emphasis on teaching the individual player, the concern for team results is minimized.
- By increasing the number of players on the field and rosters incrementally, it is easier for the coach to deal with the challenge of new players being added to the team. Often times, the new players added to the team are playing soccer for the first time. The use of small-sided games maximizes player contact time with the ball, which aids in the improvement of these new players and their integration into the team.
- The use of smaller field sizes reduces the strain on field space. Several age groups are able to share the same space, or, in most cases, more teams can play in the existing field space. Started in 2002, all U-7 teams and below played 3 v. 3. In subsequent years, these teams will move through the format of the WSYSA Small-Sided Program. By the year 2006 the program will be fully implemented throughout Washington State.

### **PLEASE SEE ATTACHED SMALL SIDED FORMAT SUMMARY**

Small sided rules can be obtained either by contacting Justin Luckman @ SPYA or from <http://wsysa.org/coaches/documents/Small-sidedrules.pdf>

### **INSURANCE**

1. Any injury, whether in practice, in the game, or in transit, must be reported to the coach as soon as possible.
2. All secondary insurance matters are handled through the Washington State Youth Soccer Association Office.

## *Coaching Responsibilities*

Soccer presents an excellent opportunity to learn, develop, and establish group behavior, friendly relationships, fair competition, and enjoyment of the game of soccer. Above and beyond anything else it must be fun!

- (a) The coach or designated adult (18 years or older, unless approved by the Association) should attend every practice and every game. All coaches, team managers, and assistants must fill out the required Washington State Patrol (RMA) Form and comply with all Risk Management requirements. There must be an approved adult at all functions.
- (b) The coach should, as soon as possible, have a team and parent meeting. Utilize this time to explain your club rules and regulations as well as other basic rules of the game.
- (c) The coach should appoint an assistant coach and a team manager.
- (d) The team manager should hand out your team game schedule and travel instructions and announce your team practice times and fields. Include the snack schedule on the same sheet so everyone on the team receives the information. Include phone numbers so parents can switch if there is a conflict with the schedule.
- (e) Contact the visiting coach at least three (3) days before the scheduled game to reaffirm the time, directions to the field, and to share team colors (home team changes jersey color if visiting team is the same color). If the visiting coach is not contacted he/she should contact the home team coach.
- (f) The coach is responsible for his own behavior as well as that of his players and spectators. Discuss what you expect of parents during games. Remember this is just for fun.
- (g) Every RECREATION League player must play in each game at least **50%** of the playing time unless they are not able to play due to illness or injury.
- (h) All coaches are highly encouraged to attend an appropriate level-coaching clinic prior to the start of the regular season. It is every coach's obligation and duty to attend coaching and referee clinics in order to acquire information that, in turn, may be passed on to the players. These are low pressure events and no one will be intimidated or embarrassed. It is a learning experience for all of the coaches attending, and a great way to meet other coaches with your same interest-SOCCER! FPSC Licensed coaches would be happy to escort new coaches to these clinics and introduce them to the clinicians.
- (i) Coaching from the sidelines is permitted but not recommended. Coaching must be done in a civil manner and the tone of voice will be informational and encouraging, not demanding or critical.
- (j) Make sure that you have a game ball properly inflated before the game starts.
- (k) Make sure that all of your players are properly equipped, fit and emotionally ready to play.
- (l) In case of injuries during the game, assure that the player is properly attended to. Check his/her condition after the game and follow up with a call to the home in the evening.
- (m) In the event an injured player requires medical attention, he/she must have a written release from the doctor before returning to practice or play with the team.
- (n) Proper warm up of all players should take place for approximately 20-30 minutes prior to the start of the game.

(o) Prior to the start of the game, meet and greet the visiting coach. After the game, exchange with them some friendly, positive comments. Be sure to thank the referees and shake their hands. Have the players line up at the center of the field to shake hands with the opposing players.

## **WSYSA Coaching Education Courses**

**Below are recommended clinics for the indicated age groups:**

### **WSYSA COACHING EDUCATION COURSES -**

#### **U-6 Coaching Certificate: Coaching MICRO/U-6 Players**

Designed to provide the first-time parent/coach of five year olds with information on creating a beneficial soccer environment. The course has been designed to address the specific characteristics of this age group and to present activities and games that are developmentally appropriate. This is a 2½-hour course.

#### **U-8 Coaching Certificate: Coaching U-8 Players**

Designed to provide the parent/coach of seven year olds with information on creating a beneficial soccer environment. The course has been designed to address the specific characteristics of this age group and to present activities and games that are developmentally appropriate.

This is a 2½-hour course.

#### **U-10 Coaching Certificate: Coaching U-10 Players**

Designed to provide the parent/coach of nine year olds with information on creating a beneficial soccer environment. The course has been designed to address the specific characteristics of this age group and to present activities and games that are developmentally appropriate.

This is a 2½-hour course.

#### **"E" Certificate Course**

The emphasis of the "E" course is on coaching players 10-14 years of age. It is a general certificate of 11-a-side play and is intended for those coaches who are in the transitional stage from coaching Modified soccer to Full Field 11 vs. 11 soccer. The course is best suited for those coaches with several years' experience or who have attended one or more of the youth module courses.

The "E" course focuses on coaching points and the teaching of technique, with an introduction to the Principles of Play (attack and defense.) The "E" course also provides elementary information on the management and preparation of a team. This is a weekend course.

#### **"D" License Course**

The attendees of a "D" course fall into two distinct categories: coaches who are using the course to prepare for the National "C" License and those who are using the course to qualify for a particular level of coaching within their state. Many of the latter are not required to further upgrade their license. Based on how well they do in the "D" License course, candidates are awarded either a National "D" License, which allows them to attend a National "C" License course after a year, or a State "D" License. If a State "D" License is earned, the "D" course can be retaken by coaches interested in obtaining a National "C" License.