



## LISC COACHES MANUAL

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### GENERAL INFORMATION REGARDING LISC AND THE PROCESS OF BEING A COACH

#### Club Mission Statement:

The Little Illini Soccer Club aims to offer all young players the opportunity to reach their full potential in soccer by providing them a safe, fun and challenging environment in which to do so, through a structured training program that prepares them for the demands of high school, ODP and collegiate competition. We are committed to identifying, recruiting and promoting the education of the best youth soccer coaches in Champaign-Urbana and its surrounding communities, as well as providing opportunities for year-round play, in hopes of fostering a life-long passion for the sport on the part of all our members. We believe that soccer has a unique capacity to foster the positive physical, cognitive and social development of our children. In so doing, we strive to enhance the respectability and identity of the club within our greater community, and hope that we might be a source of pride beyond our membership alone.

#### Role of the Coach and the Club:

It is understood that the role of a coach in the Little Illini Soccer Club is to develop an atmosphere of enjoyment for the players and at the same time keep the training environment as competitive as possible. At LISC, we focus on the development of our players first and foremost. Once the players get older and we start developing certain position/roles of players then playing time will become more of an issue for some. For tournaments and State Cup, playing time for the older age groups (U15 and up) could be less for some players with the hopes of having those players gain more experience in league games or tournaments in which the time arises for those players to play more. Since we are a competitive club we have to balance that fine line and make sure that each kid is developing but at the same time we need to keep the team's goals in tact as well as offering the best product for those kids who wish to play at a higher level. For more information on how we would envision this process to work then please visit [www.liscsoccer.com](http://www.liscsoccer.com) and look under the policy manual section located on the left navigation bar of the web page.

#### Expectations of LISC Coaching Staff:

We expect coaches to:

- Hold regular structured practice sessions
  - Attend and coach teams at all league games unless there is a conflict in which it the coach's responsibility to find the replacement
  - Enter the appropriate number of tournaments with communication with DOC
  - Continue coaching education and training when applicable
  - Cooperate with the DOC and club officers
  - Notify DOC immediately in case of any problems
  - Represent LISC in a positive manner on and off the field
  - Wear LISC Adidas gear to training/games/tournaments whenever possible to look professional
- All information in which the coaches agree to do can be found under the coach's agreement under the forms link at [www.liscsoccer.com](http://www.liscsoccer.com)

#### Director of Coaching:

The Director of Coaching (DOC) oversees the recruitment and training of LISC coaches. The DOC will organize all team trainings for the season as well as tournament selection; help coordinate official

certification courses; provide help with daily email/phone communication when dealing with club information and information pertaining to that specific coach or team; evaluate individual practices and games; mentor/help coaches when required. The DOC will also assign coaches to individual teams in consultation with the coaches at their end of the season individual coaching meetings. While it is likely that coaches will follow teams in the short term, the long-term goal is to situate coaches at specific age levels i.e.-Coach with U8-9 levels with 6v6, U10-11 levels which go 8v8, U12-U14 with go 11v11, and U15-U18 which go 11v11 but will also be heavily engaged in preparing those players for the next level.

The DOC should be used as a sounding board whenever you feel that you need help with specific training sessions, player concerns or parental issues. Most of the specific coaching needs are best handled on a one to one basis with that specific coach and the DOC.

#### **Certification of LISC Coaches:**

It is club policy to have the coaches in LISC licensed after one year of coaching a specific team(s). The club is committed to providing training for coaches and has money set aside for coaching education. The two organizations that provide coaching education are the USSF (United States Soccer Federation) and the NSCAA (National Soccer Coaches Association of America). These are offered at regional sites throughout the country. When going through the USSF the natural progression is obtaining the “E” License, “D” License, National Youth License, “C” License, “B” License, and the “A” License. When going the NSCAA route the natural progression of coaching advancement is completing the State Diploma, Regional Diploma, Advanced Regional Diploma, National Youth Diploma, National Diploma, Advanced National Diploma, and Premier Diploma. When getting your licenses through the USSF you will receive national certification once receiving the National “D” License and going up the chain by completing your week long national coaching licenses beginning with the “C” license which cost considerably more. When receiving your diplomas through the NSCAA, the National Diploma is comparable to the USSF “C” license and follows the same route, which are listed in order above.

The club is committed to providing opportunities for coaches who wish to continue taking courses, and we strongly encourage continued education. An “E” license or equivalent is a minimum requirement for coaching with the club. Coaches should be prepared to work towards the “D” license.

#### **Coaches Travel and Expense Reports:**

Since LISC is a traveling club, it is required that our coaching staff attends many away league games or tournaments that require travel. We encourage that a lot of our coaching staff should car pool when available as well as share rooms in order for the club to be the most efficient with the disbursement of travel advances amongst the coaching staff. We have a policy set in place for our coaching staff which reads as followed:

**Who is Eligible:** All coaches and assistant coaches.

**Definition of Travel:** All games and tournaments held outside Champaign County.

#### **Reimbursement Categories**

**Mileage** – Mileage will be paid at the IRS rate of 44.5 cents per mile. If coaches are able to car-pool with other coaches or parents, then they should do so.

#### **Meals – Per Diem**

Breakfast	\$ 5.00
Lunch	\$10.00
Dinner	\$15.00

League game meals will cover lunch only.

**Hotel:** Actual Expenditure per receipt.

#### **Procedure in receiving travel advance and submitting expense reports:**

Coaches can request a pre-season advance of \$300.00. The coach can request another advance once his/her funds are depleted to \$100.00. **Receipts will be required to document spending before another advance can be made.** If any funds are unaccounted for, that balance will be due back to the Club.

Expense reports should be submitted for approval to the Director of Coaching. The Director of Coaching will submit the expense reports to the Treasurer for payment .

**Note:** For Coaches Education we will pay for GAS REIMBURSEMENT instead of MILEAGE so you must keep your receipts. All coaches have a copy of the expense report for their use when traveling.

**Coaches Meetings and Communication with DOC:**

There will be information given to the coaches at the beginning of each season for them to review and understand. As a staff, we must all help each other out throughout the season and communicate with each other as to the pro's/con's throughout the season. The DOC is a valuable resource to any coach who wishes to discuss upcoming events or issues. At the end of each season, the DOC will hold individual coaches meetings in which it will allow for a more personable setting as well as provide a forum to discuss whatever issues might have come up during the season. It is at that time that coaches will also submit their information if they haven't done so already. It is suggested that the coaches in LISC provide ample feedback to their teams via team email in which they can evaluate the game's and the team's performance.

**It is the obligation of the coach to also inform the DOC after each game/tournament via email as the progress/digression that each team has made.**

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**INFORMATION REGARDING LEAGUE/TOURNAMENT PLAY AND UPCOMING SEASON**

**Central Illinois Youth Soccer League:**

Most LISC teams play in the CIYSL (Central Illinois Youth Soccer League) that include teams from the Peoria, Bloomington, Springfield, Decatur, Danville, Charleston, and Quincy. Generally, a team will play 2 league games per Sunday. Games do not normally start earlier than 12 and not later than 4. Each team should expect to play 6-8 games depending on the numbers of teams entered in the league. Some games may be reassigned after the schedule is set due to State Cup conflicts or inclement weather. The CIYSL currently plays on 5 scheduled league dates in which teams must compete unless all parties at the scheduling meeting agreed upon another day/weekend or a tournament weekend (two games on Sat. and two games on Sun). Please visit the league website for more in depth information at [www.ciysl.com](http://www.ciysl.com)

**Role of Club Passes in League Play:**

Each team can take players from various age groups or teams and have them use their club passes in order to help that specific team or to challenge those specific players. This is often done to allow players on "classic" level teams a chance to play on a "premier" level team. It also gives teams with lower numbers on their roster a chance to have more substitutions in games to allow for better rest time.

**Payment of referees for league pay:**

There are set fees for league play, please see below:

U8/U9 will owe \$15.00 per game (just one center referee is owed \$15.00); U10/U11 will owe \$27.50 per game (\$12.50 for center ref., \$7.50 for AR, and \$7.50 for other AR); U12-U14 will owe \$35.00 per game (\$15.00 for center ref., \$10.00 for AR, and \$10.00 for other AR); U15-U19 will owe \$40.00 per game (\$20.00 for center ref., \$10.00 for AR, and \$10.00 for other AR). Remember, that the opposing team pays the other half of your per game amount! The club treasurer will give the head coach a check at the beginning of the season in which they will cash in those increments listed above for the breakdown of each referee. Coaches should pay referees in cash from that amount prior to each game. League fees and procedures for referees are available through the league at [www.ciysl.com](http://www.ciysl.com) Referees are assigned by the referee assignor.

**Site Coordinators:**

The league schedule lists a site coordinator for each age group at the host site who usually is the head coach of that team. The Site Coordinator is responsible for helping with field set up (which should already be done by the park district), checking that teams are coming for games, notifying the DOC of any problems regarding the fields and if there are issues with the referee's so the DOC can contact the Referee Assignor. There should be a field map along with the field location for each team that is being played at the home fields available at the pavilion at the Dodd's Soccer Complex. It is up to the parent representative or the coach of each team to report league scores to the CIYSL within 14 days of the game(s) being played.

**Roster/Registration Information:**

All teams are required to complete IYSA roster sheets. Players have to be registered with the CIYSL in order to play league games and in order to be insured with IYSA. Each player has a member pass, which includes a 1\*1 photo, date of birth, and the signature of the player. Coaches at the start of the season must get player photos and signatures on member passes, a copy of the birth certificate (for the new players only), a copy of the IYSA medical waiver, a copy of the insurance card, volunteer forms filled out by the parents, and player/parent agreements. It is a good idea for the coach to copy the IYSA medical waiver, birth certificate, and insurance cards in case a player's card is late getting back from the league office as well as for insurance purposes. There is a limit to the number of players who can be rostered on a team. For U8-9 the limit is 12 players, for U10-11 the limit is 14 players, for U12-16 the limit is 18, and for U17-U19 the limit is 22 however only 18 can dress. CIYSL has a call for teams each season and the league must be notified and entry fee for league play paid. The DOC will coordinate the registering of teams for league play. **It is mandatory for the coach to work with DOC in collecting such information in the proper time frame so that everything can be sent off to the CIYSL with one club check and mailed back to the LISC office for disbursement to coaches.**

**Adding / Subtracting from the roster:**

There is an add/drop form for players who wish to be added or dropped from a team.

In the near future this format will be going online along with the official IYSA rosters. If you have a player that is no longer on the team then you must submit the drop form for that player so they are in compliance with IYSA and if your team is eligible for State Cup then they need the most up to date information. **The DOC must be made aware of all and any changes to the roster.**

**Tournament Play:**

Information about tournament openings and contact information is available on the IYSA web site each season. Typically the tournament information will be available online at [www.iysa.org](http://www.iysa.org) at the very beginning of January each year. Coaches will be given a list at the beginning of each season of tournaments that will best fit each team. It is the responsibility of the coach to work with the DOC to select the proper tournaments for that specific team. The number of tournaments you attend depends on the age group you are playing in. Typically the U9 will attend 2 tournaments; U10-U11 ages will attend 2-3 tournaments; U12-U14 ages will attend 3-4 tournaments; and U15-U18 will attend 4-6 tournaments per season. Valuable information about rosters and guest players is also found on the IYSA web site. If you use guest players for in state tournaments then you do not need IYSA approval and can also use the E-Guest player form found online at [www.iysa.org](http://www.iysa.org). If you attend out of state tournaments then you will need IYSA approval for guest players as well as an IYSA travel permit (typically costs \$20.00) per team that needs to be submitted 30 days prior to the tournament. There are also tournament pass players who are not rostered to a specific team in which they will pay a nominal fee (\$15.00) to play with teams in tournaments. All these forms can be located at <http://www.iysa.org/web/forms.html>

**Club tournaments:**

The club will enter all our teams in one fall and one spring tournament hosted by LISC.

Fall Cup: All LISC teams are automatically entered in our own Fall Cup tournament. It offers us a chance to play four games against some of the best competition available.

All LISC teams will compete in both league and tournament play. Tournaments offer the best opportunities for our players to play against the best competition in their age group. Results from league and tournament play should be reported to the DOC via email and they will they will try to be updated be on the club web site following their games/tournaments.

**Tryouts:**

Tryouts are generally held in June. Tryouts consist of a series of skill exercises and small sided games to determine which players should be rostered at the various age groups. The DOC will coordinate the tryouts with the coach assigned to that age level and a number of other evaluators. All players are required to try out, if for some reason you cannot tryout then you must contact the DOC. Changes in rosters during the course of the season, or during the winter break will be carried out by the DOC in consultation with the

individual coaches. Generally, this will consist of an evaluation of the player while they practice with the team. **The DOC must be notified in writing (email) of any proposed additions or subtractions to the rosters. The DOC should also be made aware of guest players you plan to bring to tournaments. All information regarding tryouts is available in our policy manual at [www.liscsoccer.com](http://www.liscsoccer.com)**

#### **Importance of Parent Meeting:**

Coaches must hold a parent meeting at the beginning of each season to explain goals and objectives for the season, inform parents of scheduling and tournaments as early as possible, keep parents informed of progress of team and individual players. Coaches should make parents aware of inappropriate player behavior. However, coaches are not expected to explain every decision they make to individual parents, and they should not be expected to deal with a regular round of questions and phone calls. The best policy is to inform parents in the first meeting of your policies and requirements concerning practice and game play. Regular proactive contact with parents at certain times throughout the season either in the form of a meeting or preferably via team emails following league games and tournaments.

At the parent meeting, expectations regarding practice and playing time should be outlined. Specific policies regarding contact with the coach should be made clear which are outlined in the policy manual at [www.liscsoccer.com](http://www.liscsoccer.com). The structure of the club, including the DOC and parental representation, should be explained. Parents should be encouraged to help with the many tasks involved in running a team so the parent representative of each team can have some assistance throughout the season. Such of these responsibilities are: organizing hotel reservations, phone trees, drinks and post game snacks, pregame meals, fundraisers, organizing field set up, and end of season function. There is a parent representative book that is kept with the board's parent representative. There is also valuable information regarding parental/player behavior in which each coach must be made familiar with that is found in the club's policy manual which is at the club's website. Parents who persistently interfere with the running of a team, or who demonstrate inappropriate behavior at practices or games will be asked to leave the club.

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#### **TEAM TACTICS AND PLAYER DEVELOPMENT**

##### **Preparation and Evaluation of players/teams:**

The LISC Coaching Staff and the DOC are responsible for recognizing changes as well as the development that occurs after the tryout process and during the course of the year with each player and the team. The emphasis, especially in the younger age groups, should be on skill. Size, even though it seems to be key, is really not a factor at this age level. The small skillful player may outgrow the tall unskilled player on your roster, and height, in any case, is not a crucial requirement in soccer at any level. At LISC, we emphasize **DEVELOPMENT** and not outcome/results. Although, results are important we want our players to demonstrate the proper skills and attitude that will allow for them to enjoy the game of soccer. We have an LISC Coaching Curriculum at [www.liscsoccer.com](http://www.liscsoccer.com) and it is located at the left navigation bar, which is more detailed. Below are some suggestions when evaluating a player within LISC:

##### U8-U12:

- Player movement with and without the ball
- Control of the ball with either foot
- Ability to play defense and offense
- Awareness of field and players around them
- How quickly can they make decisions, switch the play, etc.
- Ability to communicate
- Coachability/Attitude

##### U13-U18:

- Physical conditioning
- Control of ball with all areas of body
- Specific positional ability or preference on the field
- Roles associated within the position being played
- Field Sense
- Communication abilities

## Coachability/Attitude

### **Player Development:**

Once the roster has been set, you should provide general and individual goals for the players throughout the season. Players at the younger age levels should have "homework" assigned to correct weaknesses at skill level, weak foot, etc. Older players need to work on individual fitness, development of skills, and becoming students of the game. As a coaching staff we need to constantly be seeking ways to get the best out of our players and we need to challenge them in different ways. **It is required for the coaching staff to submit the end of the year evaluations on each player along with the information such as attendance reports, post game analysis and practice plans.**

### **Coach's Progress:**

You need to provide informal updates to players, but you should also try to keep track of individual's progress. Counting skill moves and juggling is good for younger players because it sets concrete attainable goals. Don't try to reach all the goals at once, and help younger players to succeed by providing skills they can master. Remember that we can make these games or drill sets fun for our players and create games out of these. **At the LISC Office, you can find a lot of valuable information in our LISC Library regarding other curriculum's, books on soccer, DVD's on Sports Speed Etc. as well as other lesson plans that club coaches have used throughout the year for reference.**

### **Team Progress:**

Exercises regularly used in practice can act as good indicator of the team's progress i.e.-counting the number of passes between pairs in 30 seconds, number of accurate crosses made during a crossing drill, successful tackles and maintaining possession during a scrimmage, number of goals scored in the box. These drills provide valuable feedback to you during the season of how the team is doing, and also gives you an opportunity to praise or coach the team as a group because you will be able to analyze your team's progress more efficiently. You will need to use different exercises to evaluate different age groups.

U8-U12: Controlled passing drills.

- Pair the players up and count the number of passes in 30 seconds
- Continuous line passing without losing control of the ball
- Passing and shooting, counting shots on target
- Problems or areas of concern with different formations

U13-U18: Controlled scrimmages.

- Limited touch scrimmages (one or two touch)
- Smaller playing areas which forces limited touches and field awareness
- Situational games that incorporate playing up or down so you focus on attacking or defending
- Scrimmages that pose a disadvantage for either the defense or offense (6v4)

### **How to make yourself better as a coach:**

Education and willingness to learn will greatly enhance your ability to be a successful coach. A successful coach, as opposed to a winning coach, focuses on player development to develop a winning team. A coach focused only on winning without taking the time to develop players, will rarely succeed and is inconsistent with the mission of the Little Illini Soccer Club. We will try to provide as many coaching clinics as possible for coaches to take advantage of. It is also a good idea to ask the more knowledgeable coaches as well as the DOC for advice or input when needed. As a staff we are all learning and should be willing to share valuable information to each other when dealing with practice/parental/team issues.

### **Preparation:**

The better prepared the coach the better the chance the team will be successful. The coach is required to have a lesson plan prepared for each training session. **Each coach is provided with an LISC Coaches Binder that consists of attendance reports, goal safety reports, evaluation forms, lesson plans, post game analysis, club curriculum, etc.**

### **LISC Year Plan based on a U12 team**

#### **Organizational:**

Parent meeting before each season at coach's house or neutral location  
End of season party/meeting, which should recognize the team

Phone/email tree that is kept up by the team's parent representative  
Parent coordinators that help the parent representative i.e.-hotel arrangements, player profiles, snacks, etc.  
Proper communication with Ass't. Coach or Trainer of that team prior to training sessions or games

### **Games and Practice:**

Practice 2-3 times a week

Fall and Spring League schedules 6-8 game per season

Fall 3-4 tournaments approx. 9-12 games

Two very competitive tournaments, two moderately competitive tournaments

Spring 3-4 tournaments approx 9-12 games

Two very competitive tournaments, two moderately competitive tournaments (this can depend on how the fall season went or what players you might have added following tryouts)

Indoor winter program for 10 weeks

2 times per week approx. 20 training sessions

### **General:**

-Players begin to learn about the tactical and positional aspects of the game while still focusing on continued skill and athletic ability. This could mean that a player might play "out" of position occasionally in order to enhance the team's shape or to better the player by giving them different responsibilities while on the field.

-Emphasis is on building tactical awareness through the use of small-sided games and on maximizing the repetition of game situations in practice. Ball touches and small-sided games are the most important aspect of developing our players. Steer clear of lines, lectures, drills!

-Players should begin to focus on defensive/offensive responsibilities and skills at game speed

-More focus "Winning through development" is a good approach to take.

### *Technical Skills:*

-Inside / Outside control, shooting with both feet

-Defensive and offensive heading ability

-Crossing

-Chipping, volleying

-Long flighted ball, outside of foot pass, chipped pass, inside of foot pass

### *Positional Play:*

-Players should begin to learn the positions and their roles in that position i.e.-outside midfielder must track back on defense.

-Correct defensive and offensive organization

### *Tactical Awareness:*

-Players should begin to learn about controlling the pace of the game i.e.-if you are up 5-0 then you should concentrate on team shape and the reinforcement of good habits rather than scoring.

**-Players should learn about different systems 4-4-2;4-3-3; 3-5-2;4-5-1. At LISC there is no set formation for U12 and up since each team is different from year to year. A coach needs to work with what he/she has and base their system of play around their players. Systems don't win games, players do!**

-Players should begin to obtain a tougher mental approach for games and opponents

### **Planning the season:**

Decide how much preparation you need before the first league games. In general, sketch out your season based on the level of competition you can expect in the league and tournaments. Try to have a good spacing between tougher tournaments. Try to map your season so that you play your toughest tournaments towards the middle or later in the season so you are well prepared by then technically/tactically. If you are playing in the State Cup, that should be an important motivating factor for physically and mentally preparing the players. Players will not maintain the same level of play throughout the season--there will be peaks and valleys but as a coach you must know how to get the best out of your players on a weekly basis.

**Planning the practice:**

Practices are the only time when you as a coaching staff have full control over the environment and the players. You can stop the activity at any time, make changes in positions and teams, change the playing area, and even change the rules. All of the coaching and learning must take place at practice.

You should have goal(s) that you wish to achieve each practice and your practice should be tailored directly to what you have observed in the games most recently played. You should also try to minimize line drills, repetitive running without the ball, and full field games. Maximal touches and game like situations are the best ways to ensure that your players are developing at a faster pace.

**Dynamic warm up:**

Prepares the players for the movements they will be doing while training. If you are still big on static stretching then have your team do that at the beginning and then go to the dynamic warm up. A dynamic warm up incorporates different stretches/movements that you might simulate in a game or can incorporate different static stretches at a walking/running pace.

**Activities and Progression:**

Players need to see elements of the game broken down in. Set up activities, which are focused around the concept you want to work on and progress from there. Dribbling to beat an opponent can start with 1 v 1 in a tight space, to 2 v 2 and 4 v 4 in a bigger area with targets to score on which focus on direction and speed of play.

At the end of each training session you should finish with some sort of game situation. At LISC, we promote the 4 v 4 method, which works best for a number of reasons. It connects the activities or topic directly into a competitive scenario for the players--often they separate things done in practice from the "real" game. It also allows you to see whether or not they have grasped the concept you wanted them to understand. Often times you can teach the diamond shape in which you will have a supporting player providing depth, players on the wings providing width, and a player who is high to pressure the opposing team and create scoring chances.

**Cool Down:**

Gives the players a chance to cool down properly and stretch. It also allows you to reiterate what you have been working on. Lastly, this gives the players a forum to express their ideas or what they would like to work on in upcoming training sessions. Often times if your players like a particular game they will let you know and remember that making it fun is also a key component in developing the players☺

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**EVALUATION OF TEAM PROGRESS/SYSTEMS OF PLAY/PRE AND GAME ANALYSIS**

**Evaluating the progress:**

Some of the progress your team makes will be obvious--reflected in statistical information and wins/losses. However, you as coach will probably be in the best position to judge the progress of the team. You can look at individual players and their progress by keeping a rough evaluation checklist: How well are they learning the positions? How well do they play and practice? Have they improved basic skills?

**Your emphasis should be on player development not wins and losses. Player development will bring the wins in their own time, but solid progress on individual and team skills will improve and maintain the team's competitiveness.**

**Devising a system and teaching positions:**

Systems and strategies are less important at the younger age levels and more important at the older age levels (once you are playing 11v11). Younger players need practices and skills more than they need competitive games although it is still important to finish with a 4v4 or small sided game to promote field awareness and speed of play. Be realistic in choosing a particular system based on the players that you have around you.

Concentrate on the basics: control, passing, communication, and teamwork. Use the players you have. At the younger age levels, be careful not to position players based solely on size or strength of foot as that will not best develop their talents. Players at the U9-U11 should be given the opportunity to learn all the various positions. You could take your “lumps” early on but when the player progresses through the system then they will be doing things that will be second nature at an older age.

**How to watch the game:**

Primary:

What are the weather conditions? Are the conditions likely to change in the course of the game?

Look at the formation of the opposition. If you play 3 at the back and they have 3 forwards, then you may need to make an adjustment before the game starts i.e.-drop your holding midfielder into more of a stopper role which in turn can make your system a 4-4-2 which helps in picking up the extra runner.

There are three major "moments" in the game: Possession / non-possession / transition. However, there are hundreds of things going on in the game when you watch it as a coach. You might notice a lack of speed on the flanks and up top or the lack of focus of players in the back and they are always “diving in”, etc.

Concentrating on these major areas makes it is easier to evaluate your team's performance in the game. For example, trying to ascertain what the other team is doing when they have possession takes away from watching your team's defensive positioning. That is why an Ass't. Coach or Trainer at the game is a valuable asset when evaluating a team's performance. You can have the Ass't. Coach focus on how many “turnovers” the players in the back make or how many times a striker misses opportunities to score.

**Different “moments” in the game:**

*Possession:* How do your players support the attack? Do you build up from the back or simply clear it and knock it up top? Do you maintain possession of the ball in the midfield or do you tend to turn it over quickly in various thirds of the field? Do you favor one side of the field? Do you switch the point of the attack or constantly attack down the middle or down one flank?

*Transition:* Where on the field do you lose possession of the ball? How do your players react? If you give up possession in the opposition's penalty area, it is obviously better than giving away the ball in your own area. Losing possession repeatedly in one area can be corrected by looking at the spacing and support of your players. You can re-create these scenarios in training with those specific players.

*Non-Possession:* How do your players react when the ball has been lost? Do you get immediate chase from the closest person to the ball? Do you have pressure/cover/balance applied? Does your defense organize itself? Is there good communication?

*Success:* Your overall success as a team depends on your team's ability to attack and defend as a team. It is important to emphasize that defense can be organized and controlled as much as the offense.

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**Important Notes and Links:**

-Review the coaching curriculum at [www.liscsoccer.com](http://www.liscsoccer.com) for a more in depth description of what we do at different ages

-Review the Calendar of Events that lists important dates for the coaches and general membership to know in the Addendum that is attached to this manual

-Review the LISC Policy Manual at [www.liscsoccer.com](http://www.liscsoccer.com) to learn more about the process and procedures

-Links that might interest you when looking for new exercises/philosophies:

[http://images.ussoccer.com/Documents/cms/ussf/Best\\_Practices.pdf](http://images.ussoccer.com/Documents/cms/ussf/Best_Practices.pdf)

[http://www.usyouthsoccer.org/doc\\_lib/small\\_sided\\_games\\_manual.pdf](http://www.usyouthsoccer.org/doc_lib/small_sided_games_manual.pdf)

[http://www.mayouthsoccer.org/download/273\\_statewide\\_curriculum\\_u6\\_u12\\_2\\_.pdf](http://www.mayouthsoccer.org/download/273_statewide_curriculum_u6_u12_2_.pdf)

[http://www.mayouthsoccer.org/download/129\\_21st\\_century\\_player\\_development\\_manual.pdf](http://www.mayouthsoccer.org/download/129_21st_century_player_development_manual.pdf)

*A very special thanks goes to the LISC coaching staff for continuing to aid in the progression and development of our youth!*

## Addendum to Coaches Manual

### **CALENDAR OF EVENTS FOR COACHES REFERENCE:**

#### **June**

Tryouts are the first and second week of June for ages 8-14 boys/girls and HS Girls  
Each player is encouraged to attend both tryout dates in order for proper placement (if you CANNOT make tryouts then you must contact the DOC)  
Tryout results and team notification made within 2 weeks of tryouts ending  
State Cup begins in early June for girls U12 and up  
Most teams will have completed their spring season except HS Boys

#### **July**

Registration for U8-14 boys/girls and HS girls is the second and third week of July in Champaign/Urbana  
MUST TURN IN VOLUNTEER SHEETS FOR FALL/SPRING CUP for U8-14 and FALL CUP for U15-U18 Girls  
Place uniform orders at Soccer Country by mid-July (for teams going to tournaments/showcases in early August will need place your order in early July)  
All teams should have team meetings for upcoming fall season  
CIYSL Call for teams is the third weekend in July  
(Fiscal year runs from July 1<sup>st</sup>-June 30<sup>th</sup>)

#### **August**

Season officially begins August 1<sup>st</sup>- Practice can begin the first week of August  
CIYSL scheduling meeting is the first weekend in August  
CIYSL league games for the fall season begin the last weekend in August

#### **September**

Fall Cup volunteers should be contacted by the second week of September (tournament coordinators/committees along with Director of Club Events will have begun the planning process in July)

#### **October**

Fall Cup is typically falls on the first weekend in October depending upon U of I calendar  
High School Boys Tryouts are on a Sunday following Fall Cup (if you CANNOT make tryouts then you must contact the DOC)  
Tryout results and team notification made within 1 week of tryouts ending  
Most teams will have completed their fall season except for HS Girls

#### **November**

Spring Registration for HS boys in early November  
MUST TURN IN VOLUNTEER SHEETS FOR SPRING CUP  
HS Boys/Girls training is offered to prepare for tournaments/showcases in Nov./Dec.  
Place uniform orders at Soccer Country before Thanksgiving (for teams going to showcases in Nov./Dec. you will need to place your order in late Oct.)

#### **December**

HS boys/girls teams have opportunity to participate in winter showcases/tournaments  
Players and coaches take month "off"

#### **January**

Winter training begins first week of January – March –10 wk. program  
HS boy's teams should have team meetings for upcoming spring season  
CIYSL Call for teams is the third weekend in January

#### **February**

Notify membership about Annual Meeting  
CIYSL scheduling/annual meeting first weekend of the month  
All teams should have team meetings for upcoming spring season

#### **March**

Outdoor training begins second or third week of the month depending on weather  
LISC Annual Meeting  
Regular meeting of the board following the Annual Meeting  
CIYSL league games for the spring season begin the last weekend of March

#### **April**

Spring cup volunteers should be contacted by second weekend in April (tournament coordinators/committees along with Director of Club Events will have begun the planning process in January)

#### **May**

Spring Cup is the first weekend of the month (teams competing in MRL or State Cup will take precedence over Spring Cup)  
Promotion/Advertising is sent out for tryouts for ages 8-14 boys/girls and HS Girls that will be held in June

\*The dates on the calendar roughly stay the same for the following year unless otherwise notified. Preparation and planning for the Fall Cup and Spring Cup will be headed up by committees formed by the Director of Club Events and will meet monthly leading up to each tournament. In the event that a process is changed on the timeline then we will make adjustments accordingly. PLEASE VISIT [www.liscsoccer.com](http://www.liscsoccer.com) for the most up to date information on upcoming events\*

