

Volunteer Training

Welcome to the KYSL Fall Soccer Season

WHAT IS THE GOAL FOR 2018?



TO ENJOY PLAYING THE GAME THERE ARE TWO PARTS

PLAYER DEVELOPMENT



HAVING FUN



KEY POINTS ON BEING A VOLUNTEER COACH

- 1- Commit to the players on your team.**
- 2- Consistency keeps the team together.**
- 3- Be Prepared for training and games.**
- 4- Educate yourself.**
- 5- Have a positive attitude.**

WHAT NEEDS TO BE DONE?

CONTACT YOUR TEAM ASAP

PARENT MEETING AND FIRST TRAINING ON THE FIRST WEEK

TRAINING EACH WEEK- SAME TIME SAME PLACE

GAMES- BE EARLY BE READY- NETS UP NETS DOWN

TEAM PARENTS- PICTURES- FUNDRAISER- SNACKS- END OF YEAR PARTIES

HOW DO I ORGANIZE MY TEAM?

kingmansoccer.com

Download Sports Team Connect
app

KINGMAN
YOUTH SOCCER LEAGUE



WHAT SHOULD A TRAINING SESSION LOOK LIKE?

1000 TOUCHES A SESSION PER PLAYER



THE ONLY LINES AT TRAINING ARE ON THE FIELD.



THERE ARE 5 STEPS TO A PRODUCTIVE TRAINING SESSION

1- PLAN YOUR TRAINING SESSION

- Be specific on what you want to teach that session. Set a GOAL FOR THE WEEK.
- Follow the Players Development Plan for your Age Division.
- Make sure you have the proper equipment for the session.
- Be early to set up the session. Set up to evolve the training session easily.
- Train same place same time each week if possible.
- Each section of training should build upon the first. Keep things moving.

2- WARM UP/GATHERING ACTIVITY

- Make it fun so players want to show up early.
- Let players and parents know the GOAL OF THE WEEK.

3- SMALL SIDED ACTIVITY

- Players see and do new skills in tight spaces.
- Coaches focus on teaching the individual or small group skill

4- EXPANDED ACTIVITY

- Players use new skill in larger spaces.
- Coaches focus on teaching skill in a team setting.

5- GAME

- Play a game to end training. Let the game flow and be messy with in reason.
- Let players “PRACTICE” what was taught.
- Praise players trying out the new skill.

REMEMBER, THE ONLY LINES AT SOCCER TRAINING ARE ON THE GRASS

TRAINING SHOULD FOCUS ON AGE APPROPRIATE PLAYER DEVELOPMENT

LEVEL 1 U6- Love the Soccer Ball. Dribble the ball with both feet, move the ball around objects, and change direction with the ball.

LEVEL 2 U8- Share the Soccer Ball. Passing the ball with both feet. Learning the Push Pass technique. Passing between two players.

LEVEL 3 U10- Team Work. Triangle Passing. Control touch when receiving the ball. Using all of their body, except head, to control the ball. Quick decision making with Two Touch Passing, Shoot, or Dribble. Passing between four players.

LEVEL 4 U12/14- Control and Understanding. Ball control with passing on the ground. Triangle Passing to go around pressure not through it. Player movement off the ball to show open and support the player with the ball. Crossing and centering the ball to change direction of play. Increase understanding of tactical formations and responsibility of each position.

LEVEL 5 U16/18- Combine Technical, Tactical, Physical and Psychological to Player Development. Speed, endurance, and strength become part of Player Development. Players should start showing leadership at practice and games. Coaches should set up formations and tactics with player input.

THE GAME OF SOCCER IS BUILT ON THE FOUNDATION OF A PLAYERS BALL CONTROL SKILLS.

A 1000 TOUCHES WITH THE BALL PER PLAYER PER PRACTICE IS THE GOAL.

CONCUSSION'S

AYSA would like to give updated information on the U.S. Soccer Safety Campaign.

As part of the U.S. Soccer's Player Safety Campaign, U.S. Soccer unveiled [the U.S. Soccer Concussion Initiative](#) that provides guidelines that have been implemented since January of 2016.

The information contained in the initiative is intended to give U.S. Soccer Organization Members, as well as players, parents, team/club staff and coaches and referees, guidance and direction when dealing with head injuries and potential head injuries during soccer participation. Included in the U.S. Soccer Concussion Initiative are specific changes to rules on substitutions and heading for certain age groups. Some of those changes include the following:
Modify substitution rules to allow players who may have suffered a concussion during games to be evaluated without penalty.

Eliminating heading for children 10 and under

Please note that U11 is listed in the U.S. Soccer Concussion Initiative document because U11 players can be 10 years old at the beginning of the season.

Limiting the amount of heading in practices for children between the ages of 11 and 13.

HEADING

U.S. Soccer Recommendations

U11 and younger.

U.S. Soccer recommends that players in U11 programs and younger should not engage in heading, either in practices or in games.

U12 and U13

U.S. Soccer further recommends for players in U12 and U13 programs, that heading training be limited to a maximum of 30 minutes per week with no more than 15-20 headers per player, per week.

All coaches should be instructed to teach and emphasize the importance of proper techniques for heading the ball.

Implementing Members

1. The Implementing Members accept the recommendations of U.S. Soccer set forth in item **A.** above and recommend that each of their respective members follow such recommendations as well.

When a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.

Please review the entire [U.S. Soccer Concussion Guidelines & Initiative](#). For more information, please refer to the [frequently asked questions](#), which should clarify questions regarding the new initiatives.

Additional support material from U.S. Soccer to go in conjunction with the Player Safety Campaign.

TRAINING AND GAME DAY TIPS

How are you going to get your supplies for the car to the fields?
Little red wagon will carry the balls, bags, chairs, shade, water,
ECT...

BE PREPARED FOR WEATHER

- HOT WEATHER- Shade and lots of water breaks. Keep an eye on your players.
- WET WEATHER- Watch for Lightning.
- COLD WEATHER- Make sure parents dress players appropriately. Bring blankets to keep players off the ground and out of the wind.
- PERFECT WEATHER- Enjoy it.



THE SIDELINE



COACH CONDUCT

- Contribute to the overall success, physical and athletic growth of my team.
- Be a good instructor and role model.
- Understand that the score comes second to the health and well being of my team.
- Learn and follow the rules of my division and all games.
- Follow league guidelines in regard to equitable playing time.
- Remember that soccer is a game and should be fun.
- Understand that the way my team and I conduct ourselves can have a positive influence on our opponents.
- Emphasize winning without boasting and losing without bitterness.
- Respect the referees and ensure my team does the same.
- Support the Referees' decisions to my team and spectators

PARENT CONDUCT

(Loud adult noise from the sidelines) “Shoot the ball! Kick it! Come on Billy; shoot it! (The 10 year old who’s related to the voice nervously tries to pass the ball to his nearest teammate but instead, it awkwardly dribbles off the side of his foot out of bounds. The boy’s father is now yelling.) “Billy what the heck’s wrong with you son? Are you that stupid? I said shoot it! Do it like I showed you! Now don’t be lazy! Move your butt and go get that ball back! (The boy looks miserable and quickly glances over to the sidelines at his father before he hangs his head and runs after the ball. A few minutes later an opposing player cleanly tackles Billy and takes the ball away from him. The referee’s whistle is silent. The father explodes at the official.) “Are you blind or what? Where’s the foul? How can you not call anything there? That’s a yellow card, ref! How can you not see that? (The referee trots over to the father and tells him to calm down. The father doesn’t back down). “I wouldn’t be complaining if you just did your job!” (The referee glares at the man and warns him to keep his mouth shut otherwise he will have him removed from the game. Suddenly it has become very quiet on the field as the game comes to an abrupt halt. Billy and a number of players from both teams stop and watch the altercation. Billy seems to be cringing in embarrassment, looking for a way to disappear.... Just another FUN day on the soccer field!)

SO WHAT IS THE GOAL???

- PLAYING SOCCER IN A FUN-SAFE ENVIRONMENT.
- KEEP THINGS ORGANIZED WITH KINGMANSOCCER.COM AND TEAM CONNECT.
- PLAYER DEVELOPMENT IS KEY FOR PLAYERS TO KEEP UP WITH THE GAME OF SOCCER.
- TRAINING = PRACTICE = GAMES = DEVELOPMENT = WINNING
- PLAYERS, PARENTS, AND COACHES LEARNING MORE ABOUT THE GAME OF SOCCER.
- USE THE RESOURCES AT YOUR FINGER TIPS.
- BE POSITIVE IN ALL YOU DO AND SAY. NEGATIVE KILLS FUN.
- SUPPORT THOSE THAT MAKE THIS POSSIBLE.