

COACHES GUIDELINES

CONGRATULATIONS! You have volunteered and were selected for one of the most rewarding jobs within the club. In your role as a coach you will help us achieve the club's goal to provide a safe and productive environment that enables children to learn and apply the principles of teamwork, discipline, dedication and sportsmanship.

The following pages contain information about the club that you will find useful. Be sure to familiarize yourself with the club by laws and zero tolerance policies posted on the club website. (www.howellsoccerclub.com)

GOOD LUCK and don't let anything get in your way of having fun.

1. TEAM ORGANIZATION

Besides the responsibility of coaching the children, there are several organizational requirements that should be addressed. These are support for coaching activities, team support in the league activities and team responsibilities for field maintenance.

Start the season with a team meeting.

- Identify your role and responsibilities
- Provide appropriate contact listing, practice locations, game schedules
- Review the goals of the club
- Remind parents of the Zero Tolerance Policy as it pertains to conduct including abuse of the referee and other league officials. A copy is available on the website and was accepted as read by them during registration.
- Remind parents that only fingerprinted and approved coaches are to be on the sidelines with players. Parents must be on the opposite side. The exception is Future Stars where the coaches will gather behind the goals and parents will be on the sidelines between the fields.
- Remind parents that to receive their volunteer deposit back they are to sign up for (and complete) volunteer activities at the Snack Stand on game day. Team parent is not an approved volunteer position.

2. RESPONSIBILITIES

A. Coach

The coach is responsible for all team activities both on and off the field including the behavior of the children and parents associated with your team. Your goal is to provide a positive learning experience and ensure that all children are participating in the practice activities and games.

B. Assistant Coach

These individuals are available to assist the coach in conducting practices; during the game and in the general overall running of the team.

C. Field Maintenance

Each team will be responsible for cleaning up their area before leaving the field. Please make sure all water bottles, snacks etc are picked up and discarded.

Future Stars – the last games of the day are required to bring in the goals, fold them and put them away neatly in the equipment trailer.

Instructional- the first games of the morning are responsible for bringing the nets out onto the fields and anchoring them with sandbags. The last games of the day are responsible for moving them off the field of play.

3. CLUB GUIDELINES

A. FIFA Rules

Soccer rules are simple, but leave much to the interpretation of the referee. The FIFA Youth Soccer Rules apply to the HSC Intramural League play. The only exceptions to these rules are unlimited substitutions and no slide tackling.

There are additional special rules for the Future Stars and Instructional Division. Those being:

- Normally off-sides will not be called unless some players are clearly goal hanging. Players of this age are not able to understand the concept of the offside rule.
- Foul throw-ins may be repeated so that the player learns the proper technique.
- Referees will use a lenient interpretation of the handball foul, as children of this age have their hands flying all over during the game.
- Play will be stopped immediately when players hit the ground or jam together hopelessly and restarted with a drop ball.
- No direct kicks will be allowed.

B. Player Participation

All children **MUST** play the equivalent of a half of a game each week. There will be **NO EXCEPTIONS**. The ability of the player, the closeness of the game score are not excuses for violations of this rule. Complaints received of infractions will result in disciplinary action.

-All teams should be allowed to play a game even if they have less than the minimum number of players. In this case one team will lend the other team players and a game is played.

-If a team is playing short then the other team will play with the same amount of players as the team playing short. If one team has more players they are to loan some to the other team so that all children have an opportunity to play.

C. Referee Assistance

All teams are responsible for providing one parent for line duty during the game if needed.

D. Start of Game Procedures

Games are to start and end on time. Be sure to have parents arrive a few minutes early so that players can properly warm up. Teams that are not ready to play may have the time started at the referee's discretion.

E. End of Game Procedures

All the coaches are to have the children shake hands with the opposing team at the end of the game. This is to promote good sportsmanship. Part of our objective is for the child (ren) to learn it is nice to win but also how to lose gracefully. Please address poor sportsmanship with the child and parent as soon as possible following the incident.

F. Referees

Only coaches and assistant coaches may discuss a problem with the referee only during half time or after the game. If you have a complaint to Lodge, please follow the procedures outlined in the zero tolerance policy which is published on the club website.

Note: In most cases the games are refereed by a young adult or child. Your actions and reactions which may be unintentional do have an impact on them and you will be held responsible for them. This has become more of an issue in recent seasons and is thoroughly addressed in the zero tolerance policy. There are guidelines to escalate your concerns with the referees to adult commissioners and board members.

G. Practices

Future Stars will practice as part of their weekly hour activity at the fields. The first 20 minutes of the hour are dedicated to practice.

All other division practices should end by dusk. It is not advisable to have practices in the dark.

For your safety and for the safety of the players:

-Only registered players are allowed to practice with any team

-Practices are only to be held at approved locations where the club has obtained a permit for use.

-Meet the parent or guardian responsible for transportation to and from practice

- Let parents know when practices will end and make arrangement in case they are late.
- The coach may not leave any player, regardless of age, at practice. All players must have transportation.
- If you are coaching a team of the opposite sex, have a parent on the team stay for the duration of the practice.

H. Player Ratings

Three (3) weeks prior to the end of the season, Rating Sheets will be distributed to each coach. The coach and his/her assistants are to rate each child using the guidelines accompanying the Rating Sheets. These ratings are to be returned to the Division Commissioner prior to the last game.

I. Equipment

Each team will receive practice balls prior to the beginning of the season. We recommend that coaches distribute these to the players after the last game of the season.

Each player will be provided a uniform shirt and black socks. Parents are encouraged to purchase black shorts so that the children are similar in appearance.

Each player is required to wear shin guards, under the socks, at each game and practice. Soccer shoes are recommended but not required. Baseball spikes are not allowed as they present a risk of injury.

J. LICENSING

By the end of your second year of coaching you are required to complete the NJ Youth Soccer F License Course. This program will address how to take ideas from what you observe when watching the players, determine what they need to work on and finding a focus that helps them bring about improvement.

Once you have completed your F license there are additional classes you can take to further your coaching skills. While these are not required they are recommended as you continue coaching in the upper divisions.

K. COACHING RESOURCES

Continuing to find new drills and educating yourself on the game will help you create a more focused practice session where children are able to get maximum touches of the ball. This enhances their experience, makes the time go quicker and gets them coming back for more. Drills are available in many outlets, we've listed a few below

- Suggested practice sessions and drills are available in the Coaches Corner tab of the club website
- Search the internet for age appropriate drills

-NJ Youth Soccer www.njyouthsoccer.com has a lending library available