

# COACH HANDBOOK

Thank you for volunteering to be a PYSA coach! We are an all-volunteer organization and your participation makes the program possible! We are providing you this material to make the season more enjoyable (and perhaps less daunting) for you.

As a coach, you are the most important person in the organization. Your attitude and communication will determine what type of experience your players and families will have playing soccer and with Polson Youth Soccer Association. The following information will help as you coach your team this season. Thank you again for all you are willing to do! Please let us know if there is anything else we can do to support you this season.

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By promoting player development and sportsmanship in an enjoyable environment, Polson Youth Soccer Association encourages a healthy lifestyle and love of soccer in players of all skill levels and backgrounds from throughout the Greater Polson area.

## **QUICK START GUIDE**

**Review the Coaching Booklet** and Video provided to you at the beginning of the season. This will give you ideas about coaching your age group, activities, and running training sessions. The more experienced coaches will also be available to you to answer questions and provide guidance.

**Equipment.** PYSA will provide you with balls, cones, and pinnies for use during our training sessions. You will receive this equipment at the coaches meeting at the beginning of the season. You can keep this equipment for the duration of the season. **PLEASE TURN IN ALL EQUIPMENT** immediately after the last game day. In an effort to keep registration fees low for our players, we re-use this equipment. T-Shirts will be distributed to you sometime between the kick-off event and the first game. Specific information will be communicated to you via text or email.

**Kick Off Event.** It would be helpful if you are able to set your training session schedule and have that available to your team by the Kick-Off event on the 28<sup>th</sup>. We will have a team area for each team at the kick-off event, so you will be able to get to know your team, get your team's contact info (see enclosed sheet) and share your training session schedule at that time. **PRIOR TO THIS MEETING, please decide on times and days for your practice schedule.** Kerr Dam fields will be available for your use.

**Obtain a Team Parent.** This parent will arrange snacks, help you communicate about training sessions, PYSA fundraising efforts, and other organization communications. We will provide your team parent with a small handout to aid them in this role.

## Positive Coaching

PYSA is committed to a positive coaching approach. As coaches we tend to think that we add value by finding things that are done incorrectly and improving them. But it is equally important to find things that are being done correctly to reinforce them so players will continue them. Positive coaching attempts to increase the number of “right things” that your players do. It also creates a wonderful positive atmosphere in which players are more receptive to being corrected because they feel appreciated. A positive coach is a positive motivator who refuses to motivate through fear, intimidation, or shame. They recognize that every player has an Emotional Tank like the gas tank of a car. Just as a car with an empty gas tank can't go very far, players with an empty emotional tank don't have the energy to do their best. A positive coach understands that compliments, praise, and positive recognition fill Emotional Tanks. They understand the importance of giving truthful and **specific** feedback and resist the temptation to give praise that is not warranted. When correction is necessary, a positive coach communicates criticism to players in ways that don't undermine their sense of self-worth.

Here are some suggested ways to incorporate a positive coaching philosophy into your training sessions and games:

- Help players redefine what it means to be a winner through a mastery, rather than a scoreboard, orientation.
- Think of victory as a by-product of the pursuit of excellence.
- Focus on effort rather than outcome and on learning rather than comparison to others.
- Recognize that mistakes are an important and inevitable part of learning and foster an environment in which players don't fear making mistakes.
- While not ignoring the teaching opportunities that mistakes present, teach players that a key to success is how one responds to mistakes.
- Set standards of continuous improvement for players.
- Encourage players, whatever their level of ability, to strive to become the best players, and people, they can be.
- Teach players that a winner is someone who makes maximum effort, continues to learn and improve, and doesn't let mistakes (or fear of mistakes) stop him or her.
- Emphasize the importance of enjoying practices and competitions.
- Structure training sessions and game experiences so that participants find them satisfying, positive experiences that provide an opportunity to develop the positive values associated with competition.
- Remember the “magic ratio” – For every one criticism, there must be five positive comments given to players.

## WHY SMALL-SIDED GAMES?

In soccer, the game is the best teacher. The game challenges players by the problems it presents for the players who must solve problems to be successful. Games create realistic situations that players will come up against in the game. Through friendly competition, players will be motivated and challenged to learn the game.

### Why Small-Sided Games?

- More touches on the ball lead to **more skillful** touches! (Individual technical development)
- More **decision making opportunities** during the game! (Tactical development)
- Players learn to be more physically **efficient** in the field space they are playing in! (Reduced field size)
- More **individual teaching time** with the coach!
- More **involved playing time** in the game!
- More opportunity to **play on both sides of the ball!** (attacking and defending situations)
- More **opportunities to score goals!** (Pure excitement)

# Basics in Player Development

In terms of soccer development, Fall Rec players are just beginning their soccer education. PYSA is focused on giving our young players a solid foundation and emphasizing the CORRECT skills.

## Technique before Tactics

This first principle of soccer development is that players should master the basic techniques before they can learn the tactical side of the game. **Techniques before Tactics!** What do we mean by techniques and tactics?

**Techniques** are specific skills such as dribbling, receiving passes, making passes, shooting and heading

**Tactics** refers to decision making skills such as when to pass, to whom to pass, and field positioning

## Which Techniques First?

**First ~ Dribbling** The ability to dribble is absolutely critical since dribbling is the foundation skill and preparation for all other fundamental techniques of soccer. It takes years to learn to be a comfortable and confident dribbler, so it is important to start early!

**Next ~ Passing** Passing is when a player intentionally directs the ball accurately towards a teammate. Passing is a technically difficult skill for young players to master. Passing the ball to a teammate is much more challenging than simply kicking the ball. **In fact, kicking is not a soccer skill!** Because of the stages of physiological and mental development, most young players will not be able to master passing at a young age. Some time is spent with young players on this skill, **but we focus on dribbling (and not kicking) at a young age.**

## How Can Parents and Coaches Support Development of Their Soccer Players?

**Emphasize the Important Soccer Skills!** When we talk to our kids about the game of soccer, it is important for us to pay attention to the language we use. If we focus on kicking the ball and always moving the ball forward on the field, we may inadvertently be reinforcing incorrect behavior. If, on the other hand, we talk to our players about dribbling the ball, nice first touches, and passing, we are re-enforcing the important foundational skills.

<b>Instead of Saying:</b>	<b>Consider These Ideas:</b>
Kick It	Great Ball Skills (When they Dribble)
Get rid of it	Nice Soft First Touch
	Way to Hustle!
	Nice Tackle! (When they take the Ball away)

**Give the Players Room to Make Decisions!** As your soccer player grows, he/she will be developing the ability to make decisions and be creative on the playing field. It is important for us to create an environment for our players so that these skills can be nurtured. Though it may be difficult, it is helpful to refrain from telling our players what to do when they are on the field. The experience of simply playing the game, making a decision, and experiencing the outcome of that decision is the best teacher. When parents and coaches refrain from giving directions, we get out of the way of this learning process.

## **PLAYING RULES U6, U8 U10 and U12**

### **U6 Playing Rules**

Number of Players on the Field per team: 3 recommended, 4 maximum  
Size 3 ball  
4 eight-minute quarters with 2 minutes between quarters and 5 minutes for half time  
No Goalkeepers Used  
No Offsides called  
Coaches referee one half of game each  
All players play at least ½ of game with an equal amount of time for each player recommended.  
When ball goes out on sidelines, throw in by team that didn't touch it out of play.  
When ball goes out on end line, corner kick if defense kicked it out, goal kick if offensive team touched it last.

### **U8 Playing Rules**

Number of Players on the Field per team: 4 recommended, 5 maximum  
Size 3 ball  
4 ten minute quarters with 2 minutes between quarters and 5 minutes for half time  
No Goalkeepers Used  
No Offsides called  
Coaches referee one half of game each  
All players play at least ½ of game with an equal amount of time for each player recommended.  
When ball goes out on sidelines, throw in by team that didn't touch it out of play.  
When ball goes out on end line, corner kick if defense kicked it out, goal kick if offensive team touched it last.

### **U10 Playing Rules**

Number of Players on the Field per team: 5 recommended, 6 maximum  
Size 4 ball  
2 25 minute halves with a 5 minute half time.  
Goalkeepers will be used  
No Offsides called  
Referees provided  
All players play at least ½ of game with an equal amount of time for each player recommended.  
When ball goes out on sidelines, throw in by team that didn't touch it out of play.  
When ball goes out on end line, corner kick if defense kicked it out, goal kick if offensive team touched it last.

## U12 Playing Rules

Number of Players on the Field per team: 8

Size 4 ball

2 30 minute halves with a 5 minute half time.

Goalkeepers will be used

Offside rules enforced

Referees provided

All players play at least ½ of game with an equal amount of time for each player recommended.

When ball goes out on sidelines, throw in by team that didn't touch it out of play.

When ball goes out on end line, corner kick if defense kicked it out, goal kick if offensive team touched it last.

All other rules are the same rules as full-sided games

## COMMUNICATING WITH PYSA

If you have any questions that are not addressed here, please feel free to contact someone in the organization!

Board Member, President and Player Development (activities, technical questions, etc.)	Jeff Heutmaker	jeff@heutmakerlaw.com 250-8555
Board Member, Treasurer, and Communications Questions	Sonya Lichte	tmcsonya@gmail.com
Board Member and New Facilities Questions	Mark Calhoun	mcalhoun@polsonumc.org 883-6161
Board Member and Field and Equipment	Mike Moll	
Board Member	Mary LeProwse	849-5204
Board Member and Fundraising	Ann Moderie	annmoderie@centurytel.net 883-3624
Board Member and Registration	Bruce Kasnitz	

A few times throughout the season, you may be asked by PYSA to pass along communications to your players and families as well. You will receive this communication through email.

## COMMUNICATING WITH PARENTS AND FAMILIES

As the coach, you are the “face and voice” of Polson Youth Soccer Association. The experience each family has with PYSA will be largely due to your efforts to keep them informed. PYSA will work with you to provide you the communication materials your families need to stay informed. Here is a checklist of things you can do to effectively communicate with your families:

**Obtain a Team Parent.** This parent will arrange snacks, help you communicate about training sessions, PYSA fundraising efforts, and other organization communications.

**Set a training session schedule.** A regular and consistent schedule works best. Announce this schedule at the beginning of the season and only make changes when absolutely necessary. Kerr Dam fields are available for your team’s use.

**Game Day Reminders.** Each week at your training session, remind families about game day, what time to show up for warm-ups, and the gear to wear.

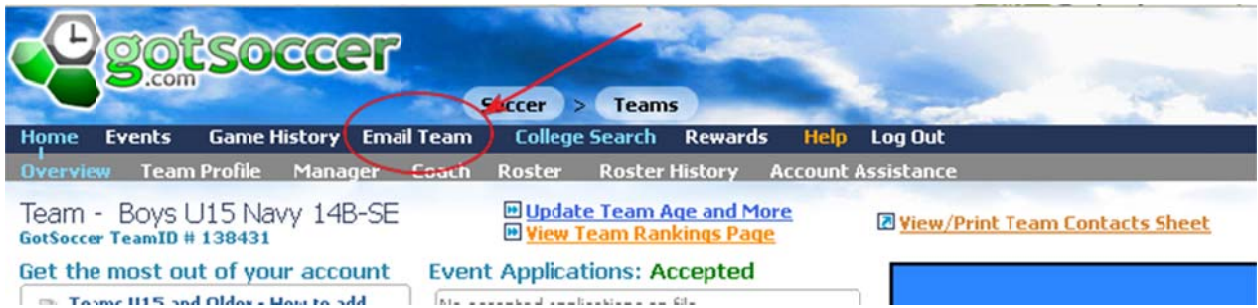
**Weather Days.** If you will be canceling a training session due to weather, inform your team and/or team parent as soon as possible so that the message can be sent to all your families.

## How to Email or Text Your Team

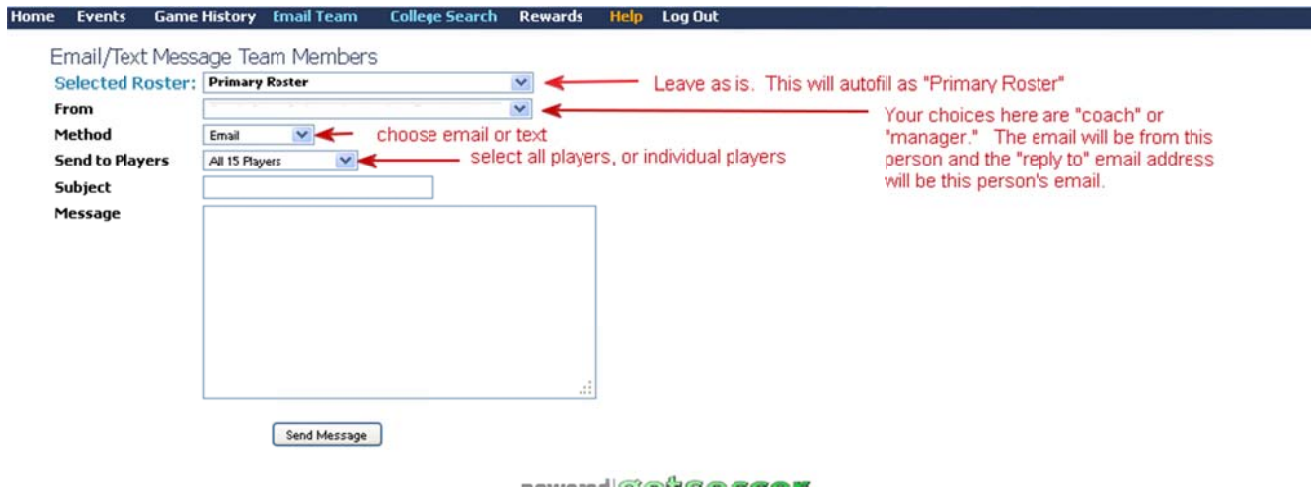
1. Go to: [www.gotsoccer.com](http://www.gotsoccer.com)
2. Log in to your team account. Your team's username and password will be emailed to you. If you do not receive a username or password, contact the registrar at [info@polsonyouthsoccer.org](mailto:info@polsonyouthsoccer.org)



3. Once you are logged on, select "email team."



4. You can now compose your message. You may send a text or an email from this screen. Text will only work if you obtain cell phone numbers and carriers from your team. Use the "Team Contact Form" included in this packet to collect this information. This form can be turned into Sonya Lichte. Email: [tmcsonya@gmail.com](mailto:tmcsonya@gmail.com) or drop it by Real Estate Management Group 50242 Hwy 93. (across from A & W).



Last Revision: August, 2011

## TEAM CONTACT FORM

This information will be used by coaches, team parents, and PYSA to send email and text updates about practices, games or other important PYSA information. If there is a cancelation due to weather, text has proven to be the most efficient form of communication. Thank you!

Team and Coach:				
	Name (Players, Coach and Team Parent please fill this out)	Email Address	Cell # for TEXTING	Cell Phone Provider (Verizon, Cellular One, etc.)
1				
2				
3				
4				
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9				
10				
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12				
13				
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**COACH: Please have your team fill this out this form, then return it to PYSA as soon as possible. Form can be returned to Sonya Lichte. [info@polsonyouthsoccer.org](mailto:info@polsonyouthsoccer.org), or 50242 Hwy 93 Polson, MT 59860 (Across from A&W) A complete form will help you more efficiently and effectively communicate with your team.**

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