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Subject: Fwd: LNYSA Coach-To-Coach News Article
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Coach-To-Coach News Letter



LNYSA Coach-to-Coach

September, 2008 - No. 1

Dear Coach,

We hope you are as excited as we are about the start of our 2008 inaugural season with LNYSA. We also thank you for taking a leap of faith and joining us and the other dedicated volunteers who started this new organization.

The intent of this electronic publication is to provide you with occasional input on managing and improving your season. The Coach-to-Coach news letter will be a source of providing you pointers for use in your practices and games. Sincerely,

LNYSA Coach Administration

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Season Opening Suggestions

As we want this to be the best possible experience for the players, parents and you we would respectfully remind you of some fundamental truths about coaching recreational soccer.

Coach as the role model - The success of this new organization now rest firmly on your shoulders as the coach and leader of your team. The parents who also joined us will be looking at you on Saturday and will judge whether they made the right choice by how you conduct yourself on the field. Look the part of the coach, we will have the coach shirts available at the Opening Day Parade. (Look for the Coach table).

Please remember the positive things we've always said about coaching children in a recreational soccer environment:

Be positive in your feedback to your players - Positive feedback will help you to reach out to your player's desire to improve and excel. Start your corrections instruction by a positive feedback. It goes a long way.

Rotate the positions in each game (not every quarter though) - Rotate the responsibilities, let different players take throw ins and corners (so they all get better).

Balance the game - Although we have made progress in team balancing this year there are always enough variables to make the game itself unbalanced (absences, injuries etc). So if you find you are up 3-0 in the first quarter spare a thought for the other coach and players and make some adjustments in your line up. If you need suggestions please contact Ali or myself or your division director.

Hydration - Please ensure your players drink plenty of water prior to the match and remind your parents of this. Modern thinking on hydration is very different to when you played so please allow players to get water. Make sure they have their water bottles out by the touch line so at the Quarter break they can run off and get their water quickly.

Quarter Breaks - U14 and under. The break is to get your subs in so please have your line up prepared before the game and know who is going in and who is coming out. The coach should just get the subs in, ensure that all players drink and then get on with the match. Please don't call all your players to you for a coaching session. That is what half

time is for.

Sideline Behavior - Hopefully all your parents attended your meeting where you explained that the matches are for the players and that modern expert thinking tells us that it's better for the children to play without constant directives from the sideline. Be alert for the parents who disregards your instructions and nip things in the bud early on in the match rather than waiting for the Referee to warn you to take care of the sideline! Explain to your parents that they should positively cheer good plays (for both teams) and encourage their players. Tell them to leave the coaching to you and not to worry if you are not sending out a constant stream of instructions. You will be observing and noting things that need to be worked on at practice. It's best for you to sit down behind the line with a note pad. It will also give you brownie points from the AR and also sets a good example for your parents.

Match Card. Please ensure you have the card completed before the match (again this gets you points with the officials but does not guarantee all calls will be in your favor!) The cards can be downloaded from the web-site and once completed you only have to change the match details.

Referees - Please remember that Referees are volunteers too and that the laws of soccer are written 'in the opinion of the referee' not the parents or coach. Do not comment on the calls or allow your parents to comment as this sets a bad example for the children. We've yet to see a referee change a call because the coach or a parent said something so if you have a concern send an e mail giving details of the problem to us and we will ensure it goes to the referee mentors. Remember the Referee might not get it right (in your opinion) but he or she is always the Referee. These comments apply 1000 % more if you have a youth Referee. So please support these young people who are giving of their time. There is never any excuse for verbal harassment of a youth Referee.

Slide tackling & Heading. Following safety concerns we have agreed that we don't want coaches teaching heading or slide tackling for U10 players so please don't encourage your players to slide tackle and don't teach heading U10.

Winning Players not Winning Teams - We want every player to feel good about their playing experience in LNYSA so please remember to speak to every player and encourage them. Measure their progress by how they are improving themselves not by how they measure up to the better players. Applaud the effort rather than the outcome. If they take a shot applaud them for that rather than moaning if they miss. Finally remember:

They are just kids. It's just a game. They are just kids playing a game for FUN.

We sincerely thank you for all the effort and commitment that you have put in so far and are committed to putting in over the length of the season and wish you good luck for a fun season. If you have any questions or concerns please feel free to email Ali or myself at coach@lnysa.org.

Ali & Vince

Game Cards

Game cards are used in U9 and older age group games by the referees to keep track of the substitutions and goals scored. Game cards are created by the coaches prior to the game and passed on to referees in the older age groups. However, you can use the game cards as a way of tracking your substitutions and also as a way to track compliance with the 3/4 play rule. The U6-U9 game cards include summary of the rules for the age specific group such as no. of players, the ball size, field of play, etc. You will find the cards from the following links:

- U06 - [PDF](#) - [Excel](#)
- U07 - [PDF](#) - [Excel](#)
- U08 - [PDF](#) - [Excel](#)
- U09 - [PDF](#) - [Excel](#)
- U10 - [PDF](#) - [Excel](#)
- U12 - [PDF](#) - [Excel](#)
- U14 - [PDF](#) - [Excel](#)

Tim Hoolihan & Ali Diba

Opening Day Ceremonies

LNYSA is pleased to present our Inaugural Day Opening Ceremony on Saturday September 6th from 9am to noon at the Crown Valley Community Center, Lower field. Please join us for a day of celebration to kick off our first fall recreation soccer season. Each individual team will be recognized along with the coaches in an Olympic style opening ceremony. Join your team to have fun with fellow soccer players and show your LNYSA spirit!

Coaches will be getting their CalSouth Coach bag and their LNYSA Coaching shirts. Please plan on wearing the

coaching shirt during your game later in the afternoon. There will also be a booth for coaching equipment in case you need any.

Field Setup

Please contact your division director in case you have not received the locker combinations for the fields you are playing at. Field setup and take down is the responsibility of the coaches and is an activity that your team needs to know about if you are playing the first or the last game of the day. Please make sure you are aware of the instructions.

We hope you find the content of the first LNYSA Coach-to-Coach news letter useful and interesting. We are planning to cover the following topics in the future:

- U6 Session Plans and Activities
- Guided Discovery Approach to Coaching
- Controlling Your Sidelines
- Referee talk for Coaches

Please email us if there are other topics you like to see in the future or would like to contribute an article to the news letter.

Sincerely,

Coaching Staff
LNYSA