

**From:** LNYSA Coach Admin <coach@lnysa.org>  
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## Coach-To-Coach News Letter



LNYSA Coach-to-Coach

September, 2008 - No. 2

Dear ,

We hope you enjoyed the opening ceremonies and your first game. Click the image below to see all of the photos taken by Steve Brouwer - Thanks Steve for a great job! This week we are covering a number of important topics related to both coaching resources, game, and practice related issues.

Sincerely,

LNYSA Coach Admin



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## Game Day Hints

**One Coach and One Assistant** - Each team is supposed to have one Coach and 1 Assistant at the game only wearing LNYSA Coach shirts. We do not want the players 'over-coached' or over instructed during games. We saw some over exuberant parent helpers last Saturday so please remind your parents that you are the Coach and you will Coach. Tell them to cheer positively but not to give instructions (even if you are not). We do not want to see anymore than 2 Coaches on the sideline.

**Coaches Box** - Although these seem to have been forgotten by the field strippers last Saturday you all know that the Coaches are not supposed to be wandering up and down the touch-line. Stay within 10 yards either side of the half-way line and stay back from the line so the A/R can see down to call throw-ins correctly. Please make sure your parents don't wander over to the other side and start yelling from that side. Tell your parents to bring a chair and sit back from the line on your team's side.

**Coach & Parents on Same Side** - If you decide to allow both sets of parents to sit on the same side (to avoid broiling in the sun) then the coaches should stay on that side too. On Saturday we saw coaches going over to the 'empty side' so they didn't have to stay to one side of the halfway line but the problem with that is who is monitoring your parent's behavior? Remember you, as the Coach are responsible for keeping your parents under control.

**Rotation of players** - Please remember this is an instructional league and we expect the coach to develop each player so make sure each player has an opportunity to take throw ins, free kicks, goal kicks and corner kicks. We know if you have a player who can throw the ball (legally) long distances then it is tempting just to use that player to gain an

advantage but it's not fair to the other players. Leave winning until the play-offs which is why the first games do not count for anything.

**Balanced teams & Ratings** - We know you all want a balanced playing field and we certainly want the same thing. We tried to improve on the balancing process this year by inviting all the coaches to a meeting and having ratings for all the players. As always we had some players that nobody knew (for various reasons) and that combined with the late transfers from the other league may have altered the balance in some cases. Andy Kubiak spent many hours to try to make the balancing better and now we need your help to make next year even better. We want to gather information about the strongest and weakest players on your team and the opposition team. In this way we will gather data over the season and it will help us adjust some incorrect ratings at the end of the season. You already know who your standout players are and so we are asking you to note the strong players on the other team as well as the weak ones and send them in each week.

**Jewelry, Watches, Wristbands ETC** - Please remind your players and parents about the common sense policies on watches, wristbands, ear-rings, hard hair pieces, etc. Last week we saw players with watches and wrist bands on so please check before the referees see these things.

#### **Communication**

If you see a Coach ignoring any of the things we say (and hopefully you would agree we say them in the best interests of the players) please send us an e mail to [coachadmin@lnysa.org](mailto:coachadmin@lnysa.org). We will contact them privately to help them out.

Again thank you for being part of this wonderful experience. If you have comments or questions please send them in. We are committed to making this the best possible playing experience for your children.

## *U6 Training Resources*

Here is a list of age appropriate training resources for U6 coaches:

#### **Session Plans**

[Balance and Coordination 1](#)  
[Balance and Coordination 2](#)  
[Coordination and Movement](#)  
[Dribbling and Change of Direction](#)  
[Passing](#)  
[Heads up Dribbling](#)

#### **Videos**

[Retrieval](#)  
[Retrieval with Dribbling](#)  
[Partner Retrieval 1](#)  
[Partner Retrieval 2](#)

## *Coach Shirts - Did you get one?*

We distributed coaches shirts to both coaches and assistants during the ceremonies. If you do not have a LNYSA Coach shirt please do not wear old AYSO shirts. The AYSO authorities have already warned the referees about wearing the old AYSO referee badges!! Just wear a plain white shirt or your LNYSA T-Shirt or the Cal South T-Shirt (for those who attended a Cal South coaching course). If you need a LNYSA Coach shirt for yourself or your assistant please request one from [this web page](#). Tim Hoolihan has set this up so that we can distribute shirts quickly.

## *Game Cards - Referees are asking for these!*

We had coaches telling the referees that they weren't given any game cards! We don't give you game cards to fill out each time as you can just download the card from the web-site once, fill it in once and then just change the date, time of game, and field each week. It is so much easier than the old days so please have your game card completed so you can give it to the referee when he or she asks for it. (You could also make copies for your parents so they know who is who on the team.)

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

## Goalkeeping Session Coming Up

We will have a skill session for Keepers on the 3rd or 4th week of the season. We are trying to determine which field we will be able to use and we will get it posted on the web-site and let the division directors know the date, place and time. There will be two sessions; one for the U10 and below and one for U12 and up. You and your assistant and two players (hopefully by the 3rd or 4th week you have been able to persuade somebody to play in goal!). It's best to have three or four keepers especially at the younger age groups but you need at least two in case one is absent or injured. If you are having trouble getting volunteers then rotate a different player each quarter. Don't force kids to play more than 2 quarters. Tell them they get a special uniform, get gloves, get to tell their team mates what to do in their penalty area, are the only ones who can handle the ball etc . Please watch out for any bad words between team mates when goals are scored and encourage your team to take a collective responsibility for goals being scored rather than being the keeper's fault.

## R8 Referee Class Coming Up

We have an R-8 class coming up on Sept 28 at the CVCC - View Room. All AYSO referees from last year or before can attend and get the USSF R-8 badge. This is a great opportunity to get a badge that allows you to referee in multiple leagues. Plan on attending this if you already have an AYSO badge.

Noel Shenoi

## Banners

You should not be putting the kids #'s on the banners. Just their names. This is for safety issues! We realize many of you may have gone forward with ordering your banners so this may be too late. Remember it for next year.

## Mentoring Program



The coach mentoring program is in full swing. Send us an email if you like a coach to mentor you in your practice or your game. This is a great opportunity to learn from the more experienced coaches and to get ideas on conducting your practices and games. Send us [email](#) if you like to request a mentor. Make sure to mention your practice and game times when you request mentoring.

## Coaching Tip

This block contains a coaching tip for our coaches. Please [send us](#) any coaching tips you have that you want to share! - Thanks to Klaus Bellinghausen for the idea!

### Today's Tip: Keeping both feet on the ground while doing a throw-in

As a coach you may find this difficult to teach to your U7-U9 players. Players have a tendency to jump up or lift their leg when throwing the ball. This is natural because they are trying to get the most distance on the ball they can get. A starting point to teach them to keep both feet on the ground could be to ask them to cross over their legs when they are doing a throw-in. Explain what happens when they do this. Once they are ready, start challenge the players to do a throw-in, while keeping both feet on the ground, without crossing over their legs.

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:

- U8 Session Plans and Activities
- Guided Discovery Approach to Coaching
- Friday Night Training Sessions
- YM1 Coaching Class

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

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