

NORTHWESTERN SOCCER CLUB

NORTHWESTERN SOCCER IN-HOUSE LEAGUE MANUAL

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I. Organizations

A. Northwestern Youth Athletic Association (NYAA)

The NYAA is a sports organization run by volunteers for the children of the Northwestern School District. **All volunteers are required to have an updated Pennsylvania State Background Check.** Forms are available through the soccer director. The Northwestern Soccer Club is part of the NYAA, which has other sports programs such as baseball, football, softball, basketball, cheerleading, and others. The NYAA is expanding hoping to add many other sports such as tennis, golf, and volleyball. The site for the NYAA is www.nyaa-sports.org

1. NYAA By-laws



NYAA By-Laws

B. Northwestern Soccer Club

1. Goals

It is the goal of the Northwestern Soccer Program to provide the children of the Northwestern Lehigh School District the opportunity to learn and play the game of soccer in a safe and constructive environment.

2. The Club

As a non-profit club, Northwestern soccer does its best to help children develop soccer skills using volunteers. There are regular monthly meetings to update volunteers on all aspects of the soccer program. Volunteer opportunities, summer camps, coaching clinics, etc. are discussed at these meetings. Meetings are usually held the first Thursday of every month at 7:30pm at the Rec. Fields Office Building. Soccer coaches are highly encouraged to attend these monthly meetings. Minutes of each meeting are sent out via e-mail by the soccer director.

3. Coaching

The coaching staff is usually recruited from the parents of the children on a team. Occasionally a high school age soccer player will coach for his/her Senior Project under the supervision of a responsible parent. Occasionally there is a situation where no one steps up to coach. The soccer director and league representative will make every attempt to find a volunteer, but if no one is willing to volunteer, that team will be dissolved and parents will forfeit their sport fee to cover fees paid out by the club. Coaches are encouraged to attend coaching certification and licensing courses, paid for by the soccer club.

4. League Affiliations

The NYAA Soccer Program is affiliated with two leagues: the recreational Northern Valley League (NVSL) and the competitive/travel Lehigh Valley Youth Soccer League (LVYSL). Both leagues are governed by the Eastern Pennsylvania Youth Soccer Association (EPYSA). The NYAA also coordinates its own “in-house” league for the Under 7 and Pre-K programs.

5. Seasons

There are two seasons of play: fall and spring. Sign-ups for fall are traditionally in April and the season runs from about August–November. Sign-ups for spring are traditionally in January and the season runs from about April–June.

6. Team Formation and Qualifications

Players are divided into age groups depending on their birthday, not their grade in school. Birthdays on August 1 through July 31 constitutes an age group. The NYAA forms teams for children ages Pre-kindergarten through high school as long as there are enough players to form a team.

Players falling into the Pre-K and Under 7 age groups are assigned to a team in the “in-house league”, meaning they play other teams within the NYAA. This is a non-competitive environment based on skill building and developing a love of the game.

Players falling into the Under 8 age group are assigned to a team in the Northern Valley League and play other local teams in a non-competitive environment.

Players falling into the Under 9 and above age groups, have the opportunity to tryout for a travel team in the Lehigh Valley League. Information regarding tryouts is available at the time of fall registration. These teams stay together for one fall and one spring season. The following fall, teams are reformed with open tryouts, where no player is guaranteed a spot. Players who tryout and are not selected for the LV League team are automatically placed on a NV League team. Players may choose to play in the recreational league without trying out for a competitive team.

7. UK Elite

UK Elite, a soccer training organization, has been a training partner to the Northwestern Soccer Club program for several years. UK Elite trains both the U7 and U8 age programs, to support proper technical skill and tactics development (for both players and coaches). When club funds allow, UK Elite will also train our U9 & up teams. Additionally, UK Elite hosts various soccer camps at Northwestern, for both individual players and teams. Information on the Northwestern Camps will be posted on the website as information is available. For more information on UK Elite, click on the link above.

The following individuals can be contacted for further information:

Pre-K Coordinator	Elizabeth Freeman John Chisdak	610-285-4245 610-285-2659	Elizabeth.Freeman@equant.com chizfour@aol.com
U7 Coordinator	Jo Vennera	610-298-0091	jjaavv@peoplepc.com
U8 Coordinator	Jo Johnson Eileen Haddad	610-298-3272 610-2850143	JoJohnson@aol.com eh92@ptd.net
Northern Valley League Representative	Dan Willis	610-398-3484	ddakcwillis@msn.com
Lehigh Valley League Rep.	Rich Mitstifer	610-398-0123	ramit24u@aol.com
Soccer Director	Molly Brown	610-398-8839	msbrown1@ptd.net

II. Coaches Reference

A. Practice Sessions

In general, practice sessions should:

- be equal in length to the length of a game
- have a theme or topic
- have the activities flow into one another
- teach simple to complex; be clear and realistic

Typical break down of time:

- 20% Warm-up
- 50% Main activity
- 25-30% Concluding activity / Game
- 5% Warm down

B. In-House Rules



U7 Rules



Pre-K Rules

C. What to Teach:

- 1) **BALL MASTERY:** 1 player with 1 ball. Repetitive ball control exercises with both feet.
- 2) **RECEIVING / PASSING:** Exercises and games to improve 1st touch, important at all levels, and to encourage accurate and creative passing.
- 3) **MOVES 1 V 1:** Exercises and games that teach individual moves and how to create space against defenses
- 4) **SPEED:** Exercises and games to improve agility, acceleration and power, with and without the ball.
- 5) **FINISHING:** Exercises and games that improve technique and encourage instinctive play around the goal.
- 6) **GROUP ATTACK:** Exercises and games that improve small group play

The Most Important Skills To Teach:

Ball-holding skills

- receiving
 - trapping – control the ball quickly
 - shielding
 - maintain balance, strength, control
 - confidence with the ball

Basic dribbling skills

- 3 basic moves
 - **the check**
 - **the simple cut / explosion** (the outside of the dribble foot)
 - **the chop** (cut with the inside of the foot)
- and the standard, **straight-ahead speed dribbling** technique (i.e. knee over the ball; front of dribble foot pulls the ball along so it stays on/near the foot at all times)

Basic defense

- simple delay
- standing tackle
- shoulder charge

Passing technique and kicking technique

- cut back, drop, square passes and crosses
- **Most goals in games will be scored by passes !!!!**

Tactical

- 2 v 1
- 3 v 2
- triangles
- support
- spacing
- responsibility

Practice sessions can be found on various web sites or at coaches clinics.

D. Drills

The websites listed below offer a variety of excellent drills for all ranges of abilities

www.flashdrills.com

www.finesoccer.com

www.eteamz.com/soccer/pills

E. Coaching Reference Sites

www.brucebrownlee.com

www.bettersoccermorefun.com

www.soccerhelp.com

www.thecoachingcorner.com

F. Coaching Books (available through the soccer director)

- Youth Soccer Parent/Coach Primer, Basic Philosophy and Techniques of Coaching Young Players
- US Soccer- Assistant Coach Series U6 & U8 Activity Aids for the Parent/Coach
- The Everything Kids Soccer Book- Rules, Techniques and More About Your Favorite Sport
- The Complete Book of Coaching Youth Soccer
- Coaching 6, 7 & 8 Year Olds
- Coaching 9, 10 & 11 Year Olds
- FIFA Laws of the Game, 2002-2003

G. Coaching Videos (available through the soccer director)

- Coaching Soccer
- Coaching Youth Soccer, Age 6-9

H. Coaching Manual

Attached is a manual from Soccer Coach L's website,

<http://www.ucs.mun.ca/~dgraham/manual/> . It is rather long but provides good basic information on coaching soccer.



Coach L Soccer
Manual.doc

I. Game Preparation/Warm-Ups

Players need to warm-up, stretch, and be prepared for games. A sample game preparation is:

- Jog one lap around field (together as a team) to begin warming up
- Stretch
- 10 minutes active passing & receiving
- 10 minutes “keep away” as a team
- 10 minutes shooting drill

J. Coaching Licenses

Coaches are required to have a coaches license in order to coach in certain leagues. The older the age group the higher level of certification required. Check with the soccer director for information on requirements and availability of coaching courses. Coaching courses are paid for by the soccer club. There are two key sources for coaching certification:

USSF Coaching Courses The USSF offers A through E levels of licensing and Youth Modules. They are available through each state association. While the state associations are responsible for the execution of these courses, the curriculum is controlled by USSF.

NSCAA Coaching Courses The NSCAA, www.nscaa.com, primarily offers 2 courses locally, a Regional and Advanced Regional certification. The Advanced Regional is accepted by LVYSL as an equivalent to a USSF “D” level certification.

More details on these organizations can be found in the attached document.



Coaching License
Information

K. Communication On the Field of Play

The attached document provides a good summary of terms often used for communication during a soccer game.

Communication On
the Field of Play

III. Team Management

A. Managing Your Team

After children register, there is a lot of activity going into setting up the teams. Once that is done, the coach will get a list of the children on his/her team. Coaches are responsible for having parents fill out the **NYAA Medical Liability Form** prior to players taking the field for their first practice. One copy will be turned in to the soccer director and one copy is to be kept with the coach on the field at all practices and games. It is necessary to have this information available at practices and games in the event a child gets injured or no one shows up at the end of practice. Practice field assignments will be offered by the club and the coach can set the times and days for practices. Remember to consider daylight savings time shifts. You may want to allocate an assistant coach or parent volunteer to be a team manager to make up snack schedule, line the field or any other assistance you might need.

Practice schedules, game directions and how cancellations of either are done should be clear. Info-TEL has been used successfully by many coaches. Info-TEL is a free service for coaches allowing them to make one phone call to relay important information to their team (practice/game cancellations, etc.). The coach's voice recording can be accessed by parents and players through a local phone number. Coaches interested in using this service should contact the soccer director.

B. The Children

For the children, each season starts showing up at a field and wanting to play soccer. Their skill levels and backgrounds are naturally different. While the soccer field is not a recess yard, the children may see it that way. Having fun is very important in youth soccer and that fun can be directed through soccer related drills and games. Ask what positions they like or feel good at. This will help you understand how they see themselves. As Coach you can train and move the players with this in mind to keep them well rounded. Make sure you come to the practice prepared with a game plan. Do your homework before hand by getting practice suggestions from books, websites or fellow coaches. Additional resources are available upon request from the soccer director.

Most kids want to learn and want to respect the adult coaching staff. It is important that this gets started early and reinforced along the way. As the children advance, some may want to test the coaching authority. While this is natural it is not encouraged and some progressive correction steps can be considered to bring the child to a coachable level. This may start by having offenders do laps, move to meeting with parents and removing the child to the sidelines to prevent practice disruptions.

Each season some kids come in from other teams or haven't played before. Remember them as you reference last season's practice drills, techniques you think everyone knows, etc. and help them feel part of the new Team this season.

C. The Parents

They are looking forward to having their child taught soccer. Their support is important and a first practice meeting is necessary to introduce the coaches, outline how you plan to run the season and what you expect from the kids and the parents. Remember, many problems that occur during the season can be resolved with good communication. It is also important to put a parent face to a child for obvious reasons throughout the season. Parents may want to drop off the players and leave. You'll need a clear understanding with them how you view this. In some cases this may be seen as child sitting where you can't leave until the players are retrieved. Take this time to ask for parent volunteers to help with snack, lining the field, etc.

Each Coach tries to prepare a game roster in advance and if a child can't make it to the game, the Parents need to be asked for consideration in letting you know that in advance. There will be enough going on before the game without re-doing a roster so ask for early arrivals (maybe locking the roster 15 min. before game time can be mentioned as an incentive?).

Nutrition is an important part of a player's attitude and performance. Good meals a few hours before practice and game time are important. Sugar snacks before and during games and practices shouldn't be encouraged and some kids get difficult to coach with sugar in their systems.

D. Coaches

Coaches are highly, highly encouraged to attend coaching courses and licensing courses. All approved courses will be paid for by the soccer club. Courses may be announced by the soccer director at the monthly meetings, but coaches are also encouraged to visit the league and EPYSA websites to find courses that work for their schedules.

Coaches are highly encouraged to attend the monthly soccer meetings. This is a great opportunity for information exchange and problem solving. Meetings are usually held the first Thursday of each month at the Rec Fields Office Building in the evening. Check with the Soccer Director for the exact dates and times. Coaches, Co-Coaches and Assistant Coaches **must attend mandatory meetings set by the league or Soccer Club**. This is where you will obtain very important information regarding game schedules, referee policies, game and referee cancellations policies, and rules of your particular age-group, among other things. If the head coach is unable to attend these meetings, an assistant coach, co-coach or other representative **must** attend in his/her place. You are responsible for relaying this information to your team and parents.

You're the volunteer that accepted the call. Your dedication to this community is welcome and needed. The coaching task has many faces. This includes teaching the fundamentals of the game, ball handling techniques and game strategy. It also includes child psychology, good planning skills, parent interaction and keeping a happy disposition through it all. Remember you're not alone! Assistant or Co-Coaches are great resources to use during practices and games. While one focuses on teaching a drill, the other can 1) teach the other half of the squad, 2) watch for training needs of individuals, 3) keep time of drills for rotations, 4) set-up the next drill so practice flows smoothly, 5) interact with parents on various topics while you keep the practice on track, 6) keep track of game scores and make notes on game topics that can be brought back to practice, etc. They will also be available to cover practices and games in the event you can't make it for illness, travel, etc. so it is important to keep them aware of what you had planned so they can use that as a basis for making on the spot judgments. Some parents (guys and gals) can also be used as a resource. Some may be willing to help set up cones, act as a goalie for drills, line the fields, etc. Ask and you may be surprised.

The coaching influence doesn't start and stop with the season. Children you coach this season may come back, move on up or move away. What you teach and support will help (or hurt) the next coach's efforts. If some players have bad playing habits try to address them and teach them proper technique. Some day you may be the recipient of a player who only knows how to toe the ball.

E. Assistant Coaches

You have an important role in supporting the coach, making sure the season runs smoothly and noticing things the coach is too busy to pick-up. Some of the items you can help with are mentioned above in the coach's section. Remember that some days you'll be in the back seat and some days you will be in the front seat when the coach isn't available so it important you know the team's dynamics.

By being a good observer you may notice some players that need special training on some point. Often times you can work with that player on the side to hone the skill whether it is goalkeeping, trapping, heading, etc. Work with the Coach to develop each team member that otherwise might get lost in the pack.

F. Referees

It's your responsibility as a coach to control your parents during games. It is not acceptable for parents to shout out negative comments to the referees. It is important for parents to understand that referees do the best job they can and are not perfect.

IV. Other

A. List of Web sites referenced in this Document

- Eastern Pennsylvania Youth Soccer Association- EPYSA www.epysa.org
- Drills www.flashdrills.com
www.finesoccer.com
www.eteamz.com/soccer/pills
- Coaching Reference Sites www.brucebrownlee.com
www.betersoccermorefun.com
www.soccerhelp.com
www.thecoachingcorner.com
- Northwestern Youth Athletic Association- NYAA www.nyaa-sports.org
- Lehigh Valley Youth Soccer League- LVYSL www.lvysl.org
- Northern Valley Youth Soccer League- NVYSL www.nvysl.com
- Coaching Manual <http://www.ucs.mun.ca/~dgraham/manual/>
- National Soccer Coaches Association of America- NSCAA www.nscaa.com