

Arlington Soccer Club

Coaches Guide



Our soccer club's success is owed to our family of volunteers. Without your help and support we would not be able to provide our 2000 players with teams, practices and the soccer experience they deserve. The Arlington Soccer Club (ASC) is a volunteer, non-profit organization dedicated to the advancement of the game of soccer in Arlington, Massachusetts. This guide equips you with key information needed to coach for Arlington Soccer Club.

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Introduction

The Arlington Soccer Club is a volunteer organization. We launch each season with over 1,900 players, 330 volunteer coaches and 150 teams.

This guide aims to arm our hardworking volunteers with the tools needed to be a successful coach with ASC. We appreciate everything you do for the club, players and families in the community. We hope you find this useful and that you refer back to it during the course of your coaching career.

Club Mission Statement and Philosophy

ASC Mission Statement

The mission of the ASC is to provide a fun environment for children to play the game of soccer while promoting good sportsmanship and the skill development of all players.

ASC Coaching Philosophy

The ASC promotes the development of individual technical skills as the foundation for success in soccer. The ASC believes that player development, participation, and enthusiasm for the sport of soccer is more important than the outcome of any game.

Board of Directors and Key Contacts

The Board of Directors is composed of volunteer directors and two registrars. Board members are elected on an annual basis and meet monthly.

Club Officers

President - Michael Girioni

Vice President - Peter Hedlund

Clerk - Michelle O'Day

Treasurer - Dean Carmen

Age Group Directors

BAYS Boys Director - Steve Moniak

Assistant BAYS Boys Director - David Dolan

BAYS Girls Director - Dan Bonardi

Assistant BAYS Girls Director - David Erbe

Intown Boys Director (Grade 3 & 4) - Michelle O'Day

Intown Girls Director (Grade 3 & 4) - Steven Cornelissen

Grade 2 League Director - Oliver Donnelly

First Grade Clinic Director - Steve Klosterman

Kindergarten Clinic Director - Charlie Toulmin

Pre-K Clinic Director - Amy Pratt

Function Directors

Development Director - Ronan O'Hagan

Equipment Director - Rosemary Foster

Fields Director - Peter Hedlund

Events Director - Kate Shoss

Referee Director - Lori Barry-Smith

Website Administrator - Brian Jardeleza

Staff

Registrar - Gwen Ryan

CORI Submitter / Assistant Registrar - Gabriella Lawrence

Referee Assignments - Paul Athanasiadis

Director of Coaching - Paige Forster

Steps To Become a Coach

[applies to all coaches]

First step to become a coach:

You have to be registered as a volunteer through AdminSports. Whether you are Head Coach, Assistant Coach or Manager, registration needs to be completed in your family account.

<https://secure.adminsports.net/arlingtonmasoccer>

Second step:

CORI/MYS registration

Again, all volunteers (head coaches, assistant coaches and managers) must register with Mass Youth Soccer and complete a CORI background check. Registration and CORI clearance are valid for three years. http://www.mayouthsoccer.org/members/adult_registration/

RETURNING CORI-cleared coaches who completed their MYS registration last season need take no further action at this time unless we are in touch with you.

Note: As indicated above, MYS registration is different from the ASC volunteer registration which takes place in the player registration software (AdminSports). Essentially, there are two registrations: 1.) registering to volunteer with ASC in Admin Sports 2.) registering with MYS for Arlington Soccer Club.

Third and final step:

Complete an online concussion training course. This is a mandatory training that must be completed every three years.

<https://www.cdc.gov/headsup/youthsports/training/index.html>

Once completed this certification needs to be sent to our CORI submitter

You must upload a current photo to the MYS registration site. This photo will be used for ID lanyards (credentials) for ALL coaches PreK through Grade 12. These lanyards must be worn at all times, unless you are actively coaching on the field. Lanyards will be distributed at the Coaches Meeting, or on an as-needed basis.

If you are the coach of a team playing in BAYS, your ID Lanyard will suffice as your coaching credential; BAYS cards are no longer required. Referees will ask to see your ID and can remove you from the sidelines if you don't have it available.

Age Group Commitments

[applies to all coaches]

This section outlines your various requirements per age group. Our age groups are based on grade level and not birth year.

Pre-K Clinic:

The Pre-K Clinic is designed for children the year before starting kindergarten (typically age 4 in the fall, and age 5 or approaching age 5 by the spring). This program is not for pre-schoolers who are age 3 and turning 4, it is only for those entering kindergarten the following year.

The goal is to introduce the game of soccer through age-appropriate activities. Players will learn the basics of dribbling, shooting and team play in a fun and engaging way. Much like the kindergarten program, professional and volunteer coaches will lead the children. This 6 week program will focus on having fun and building a love of the game rather than winning and losing.

- Sunday afternoon
- 3pm-4pm
- 6 weeks
- Practice plans provided and on-hand help from our professional development coaches

Kindergarten Clinic:

The Kindergarten and First Grade program is:

- A clinic format that emphasizes skill development through age appropriate games and activities.
- An environment where kids will learn the basics of dribbling, shooting and team play in a fun and engaging way.
- A group of enthusiastic volunteer coaches striving to create a positive experience and appreciation for the game.

Emphasis of the clinic is on building skills and a love of the game rather than winning and losing. We do not keep score during the games nor do we keep standings. In a relaxed environment, we celebrate developmental successes, cheer for both teams, and create a foundation for good sportsmanship and a desire to participate and grow.

- Saturday Morning
- 9am-10:20am
- 10 weeks
- Practice plans provided and on-hand help from our professional development coaches

1st grade Clinic:

The Grade 1 clinics are still focused on FUNDamental skills with the introduction of some more 'soccer' specific activities. We use 1v1's to introduce concepts of attacking and defending. Players will experiment with a range of new skills and concepts while we still look to fully engage all players with a low player to ball ratio and highly dynamic activities. Play at this stage of development will still look a little chaotic and coaches should remember these players want to have fun above anything else. These session plans should help you facilitate a fun learning environment in which children will develop technical and psycho-social skills.

- Sunday afternoon
- 1:00pm-2:30pm
- 10 weeks
- Practice plans provided and on-hand help from our professional development coaches

2nd grade:

The Grade 2 league is a soccer program for second graders. Girls and boys play on separate teams and in separate divisions. At this level, the kids experience and play a "real game of soccer" for the first time. The objective of the program is to provide an opportunity to play and learn the game of soccer in a relaxed atmosphere without having to travel to other towns.

- Boys and girls teams are now formed
- Sunday afternoon games (play against other ASC teams)
- 1 weekday practice (your choice of day & time)

3rd and 4th grade Intown:

The Intown league is a single gender 7v7 program comprised of players from grades 3 and 4. The objective of the program is to provide an opportunity to play soccer without having to travel to other towns. Teams are comprised of players with varying skill levels on each team. The schedule consists of approximately 10 games per season starting in early September (fall season) or early April (spring season).

- Boys and girls teams
- Saturday morning games for girls
- Saturday afternoon for boys
- 60 minute games
- One practice per week, weekday afternoon/evening

BAYS Teams: Grade 3 through 8

The ASC is a member of BAYS (Boston Area Youth Soccer), a youth league fielding over 1,500 teams from 53 eastern Massachusetts cities and towns. The ASC fields over 55 travel teams every season and is one of the largest town programs in BAYS.

Teams in this program are comprised of players of equivalent skill and compete against similar teams from other towns. The schedule consists of 10 games per season starting in early September for fall and early April for spring. ASC teams play five of their BAYS games in Arlington and five at the opposing teams' fields. One quarter of our our BAYS teams are select teams, meaning that the majority of our BAYS teams are intown teams as described above. Please note: the only Grade 3 and 4 teams playing in BAYS are select teams.

Game Formats

- Grade 3 & Grade 4: 7v7
- Grade 5 & Grade 6: 9v9
- Grade 7/8: 11v11

Scheduling

- All games on Saturdays
- Girls home games: 9am, 10:30am or Noon
- Boys home games: noon, 1:30pm or 3:00pm
- Away games: based on other towns fields

Practices

- 2 per week
- Weekday afternoon/evening

Planning for the Season

[applies to all coaches]

Parent Orientation Meeting

All Coaches are encouraged to establish effective lines of communication with the team parents early in the season by holding a parent orientation meeting. We suggest that you hold a face-to-face meeting on the first practice of the season.

Purpose of a Parent Orientation Meeting

- Enables parents to understand the objectives of the team.
- Allows parents to become acquainted with you, the coach.
- Inform parents about the nature (and inherent risks) of the sport.
- Articulate your expectations of them and of their children.
- Enables you to address any parents' concerns.
- Establishes clear lines of communication between you, parents, and players.
- Allows you to obtain parental support (assistant coaches, team parents, etc.).

We suggest that you also inform parents of their role and responsibilities. Some suggestions are:

Parent responsibilities

- Do not coach our players during games.
- Transport your child to and from practices and games on time.
- Be supportive of all the players (criticism does not improve performance).
- Help your child understand that he/she is contributing to a team effort.
- Focus on mastering skills and having fun, not winning.
- Avoid material rewards for your child (The reward is the fun of playing!).
- Attend games and cheer the team.
- Refrain from criticizing the opponents; be positive with all players.
- Respect the referees (they will make mistakes, but they are doing their best).

Role of the Coach

[applies to all coaches]

Coaches take on many roles when leading a team. However, youth coaches need to understand their role within the overall player development process. Each age group has different development needs. Coaches who understand the player development process and the differences that exist between age and ability characteristics are more likely to positively influence the development of the player.

As a Facilitator

- Set up the conditions and environment for learning.
- Players need to receive positive feedback from the coach.
- Coaches must be enthusiastic about what they are doing.
- Practices should be conducted in the "spirit" of enjoyment and learning.
- Activities need to be geared towards the players achieving success, with success measured by FUN.

As a Positive Role Model

- Show respect for team members, opponents, referees, parents, spectators, and opposing coaches.
- To have a responsibility to the game itself.
- Understand who they are coaching; remember, children are not defined by chronological age only.
- Each child matures and develops at his/her own pace.
- Treat each child as an individual.
- Recognize that their needs are different and they participate for different reasons.

Session Plans

[applies to all coaches]

We know that for a lot of you this is one of many roles you have in life. We aim to make this specific role as straightforward as possible. Planning a session can be quite time consuming. To help, our Director of Coaching has developed a season long development curriculum for each age group. Each week there is a specific theme and plan are age appropriate, adaptable and easy to follow. They can be found on the Coaches Portal: <http://coaches.arlingtonsoccerclub.org/>

Equipment

[applies to all coaches]

All equipment is handed out before the start of the season either at the coaches meeting or a specific equipment night which is announced by the club.

Each coach will receive the following;

- Disk cones
- Tall cones
- Reversible pinnies
- Bag of balls
- First aid kit

Referee Relations

[applies to coaches for Grade 2 and up]

The referees in our program have varying degrees of experience and ability. There may be times when your game is in the hands of a novice referee, possibly handling a game for the first time. Go easy on the referee! He or she has a hard job and they are often teenagers. Just remember, it could be your child out there someday. How would you want them to be treated?

Set the example by treating all referees with respect, and insist that your players and parents do the same. Accept their decisions as part of the game. Don't make calls for them, shout at, or argue with them. Teach your players to focus on improving their own play and that of the team, not on criticizing the officials.

Arlington Soccer Club supports the BAYS Zero Tolerance Policy, which governs the behavior of coaches and spectators toward referees. The policy is designed to foster good sportsmanship, provide a friendly and safe environment, and support the development of referees, many of whom are relatively young and inexperienced.

The Policy:

All individuals responsible for a team and all spectators shall support the referee. Failure to do so will undermine the referee's authority and has the potential of creating a hostile environment for the players, the referee, and all the other participants and spectators.

No one, except the players, is to speak to the referee during or after the game. Exceptions: Coaches may ask questions before the game, call for substitutions and point out emergencies during the game, or respond to the referee if addressed.

Absolutely no disputing calls, during or after the game, no remarks to the referee to watch certain players or attend to rough play. NO YELLING at the referee, EVER, and no criticism, sarcasm, harassment, intimidation, or feedback of any kind during or after the game.

Violators may be ejected and are subject to disciplinary action by the BAYS Sportsmanship Review Committee.

If coaches or spectators have questions regarding particular calls, rules, or a referee, or wish to give feedback regarding a referee, please contact the town soccer clubs' referee coordinator for the game in question.

Coach Development

[applies to all coaches]

We are excited to announce that ASC has the assistance of 1 full time Director of Coaching and an additional 3 full time professional trainers. We want to ensure ALL of our amazing volunteers get the coaching assistance they deserve and players receive additional professional coaching. Each team should expect to see 2-3 sessions with a Challenger Coach each season. Further details will be sent out individually to all coaches regarding specific dates and times. For further information on our Professional coaches go to;

<http://coaches.arlingtonsoccerclub.org/current-season/development-coaches/>

Rescheduling Games

[applies to BAYS coaches]

If you need to reschedule your home game due to field closings, religious holidays, or tournament play, you must do that by emailing ASC Referee Assignor Paul Athanasiadis (Paul A) at Paul2319@gmail.com, and please also cc your ASC Age Group Director as well.

Sunday afternoons are the best times to schedule a make up. You can also schedule on Saturday if your team is able to play two games on Saturday. You can schedule on your weekday practice field if you have it to yourself, or, as a last resort, you can try to schedule on your practice field if the ASC coach you share the field with agrees to do so and you clear it with your BAYS Division Director.

Process

Check out the live weekend field schedule to review open field slots. The Saturday and Sunday Field grids show fields that are open on a regular basis. The Field Share chart also shows Saturday openings that occur when both teams have away games, or there is only one team assigned to that game field and that team is away.

Next, confer with the opposing coach and come up with two or three possible days and times.

Then email your request to Paul2319@gmail.com and copy your ASC Age Group director. Please do not request specific fields, just request a date and time. After Paul receives your request to reschedule, he will then assign you a day, time, field and referee and email you that information.

Your ASC BAYS director will also post the new date, time and field on the BAYS website, and the site will then send out email notifications to both coaches. Please note that BAYS coaches must also alert their BAYS Division Director of any postponements at the time they occur, and must also let your BAYS Division Director know the new date the game will be played.

Tournaments

[applies to coaches for Grade 3 and up]

There are many opportunities throughout the year for teams to participate in soccer tournaments. Tournaments can and should be fun experiences that help develop friendships amongst teammates, and further player development. Tournaments are for both select and non-select teams, and multiple Arlington Soccer Club teams within an age bracket can be combined into one team for a tournament. Please see specific roster requirements at the tournament links indicated below for more details on combining teams.

A number of tournaments are particularly popular for Arlington Soccer Club teams. These include:

1. Natick Columbus Day tournament - Columbus Day weekend in October
 - LINK: <http://naticksoccer.org/wp/2017-columbus-day-weekend-tournament/>
 - Grade 3 - 8 tournament for Town teams, teams grouped with others at a similar level
 - Grade 3 & 4 teams play 4 games over Sat/Sun only, no standings, and no playoffs
 - Grade 5 - 8 teams play 3 games, with playoffs on the Monday for teams that qualify
2. Winchester Veterans Day tournament - usually the weekend after the regular season ends
 - LINK: <http://www.winchestersoccer.net/Default.aspx?tabid=312733>
 - Grade 3 - 8 tournament for Town teams, teams grouped with others at a similar level
 - Fun end of season tournament; All teams play 4 games, No play-offs
3. Wellesley Under 10 Tournament
 - LINK: <http://www.wellesleysoccer.org/memorial-day-tournament>
 - High level tournament with teams from Soccer Clubs; Very few Town teams
 - Tournament for only U9 and U10 teams (roughly Grade 3 and Grade 4 teams)
 - All fields in one location
 - Not recommended for non-select teams
4. Framingham Memorial Day Classic tournament
 - LINK: <http://www.fusc.org/Default.aspx?tabid=463958>
 - Grade 3 - 8 tournament for Town teams, teams grouped with others at a similar level
 - Grade 3 & 4 teams play 4 games over Sat/Sun only, no standings, and no playoffs
 - Grade 5 - 8 teams play 3 games, with playoffs on the Monday for teams that qualify

There are many other tournament opportunities close by, particularly on Columbus Day weekend and Memorial Day weekend. Check with veteran Coaches and they are sure to have a recommendation for a fun tournament.

Coaches Portal

[applies to all coaches]

This is Arlington Soccer Clubs sister website. Here

(<http://coaches.arlingtonsoccerclub.org/asc-coachs-qa/>) you can find information specifically for coaching ie. session plans, skill videos, coaching requirements and much much more. We also have a coaches forum. This is a forum for ASC Coaches past & present to share knowledge on Coaching pre-K through High School in the ASC system. You can post your ideas or ask a question to help enhance the Arlington coaching community! Participants must be registered with the ASC and logged into the Site (to view Answers and post Questions/Answers/Comments).

Recommended Websites

- Mass Youth Soccer
- United Soccer Coaches
- US Soccer Federation
- US Youth Soccer

Keeping It Fun!

The Arlington Soccer Club (ASC) is committed to a playing environment where the players can communicate with each other, and make decisions for themselves. We ask all parents and coaches to join this effort to make every game a positive experience for every player

Be your child's #1 fan before, during, and after the game!

Never should the outcome of a game matter more to us than the well-being of the children playing it. Let children play the game as they see it, let them take chances and fearlessly make mistakes, and the game will become their best teacher.

Have a Great Season!