



# Lexington United Soccer Club

3<sup>rd</sup> through 8<sup>th</sup> **Grade** Coaches Meeting

***“When you work with young people, you are a difference maker, you’re a game changer. Don’t ever underestimate the power of coaching. You are there to inspire the kids. The payback may not be immediate, but it’ll come later on in life”***

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# Lexington United Soccer Club

*To develop lifelong soccer players among Lexington youth.*

- To have fun playing
- To build friendships
- To instill the values of sportsmanship and fair play
- To be active and healthy
- To acquire new soccer skills
- To learn to deal with both success and failure

What are we trying to accomplish here?



# The "Real" Game





# Zero Tolerance



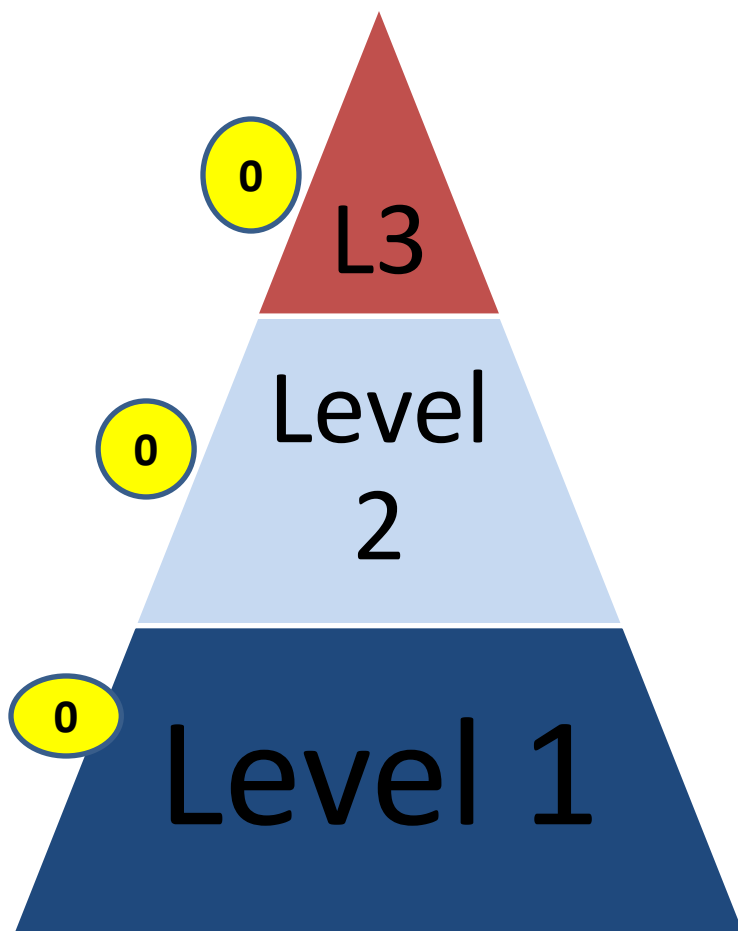
***No one, except the players, is to speak to the referee during or after the game.***

***Exceptions:***

- *Coaches may ask questions before the game,*
- *Coaches may call for substitutions,*
- *Coaches may point out emergencies during the game,*
- *Coaches may respond to the referee if addressed*



# Level of Violation



**What happens if the referee cites me for a Zero Tolerance violation in his/her game report?**

For the lowest level violation, level 1, LUSC will notify the coach that he/she has been cited.

For a level 2 violation, BAYS will notify LUSC, and LUSC will impose an automatic one game suspension after the second level 2 violation.

For a level 3 violation, BAYS will notify LUSC, and BAYS will impose an automatic one game (or more) suspension.





# BAYS Seatbelt Saturday

Games held on Saturday  
May 12<sup>th</sup>

Towns will be asked to have their **coaches and parents** voluntarily sit down on the sidelines and keep voices lower.





# Thank the Ref!





## **10 Tips to be a Great Volunteer Coach**



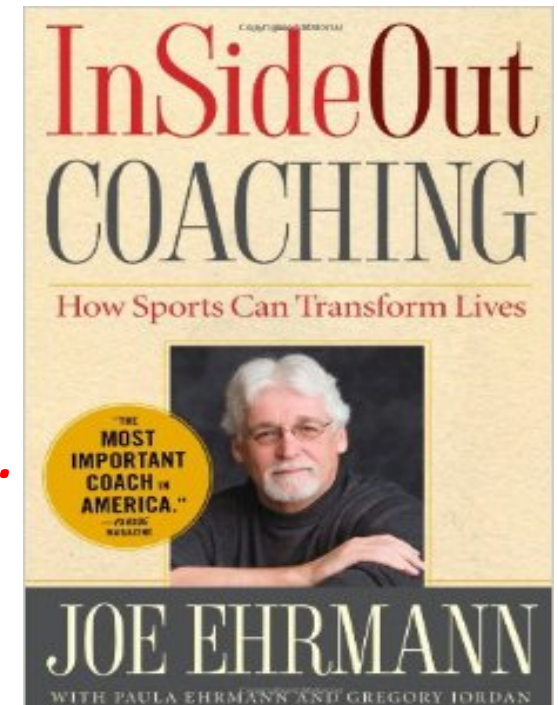


# #10. Be a Role Model

**Transformational**- player focused, nurturing and transformational with the coach's needs met by meeting the needs of the players.

**Transactional**- coach first, team second

*One of the great myths in America is that sports build character. They can and they should. Indeed, **sports may be the perfect venue in which to build character. But sports don't build character unless a coach possesses character and intentionally teaches it.** Sports can team with ethics and character and spirituality; virtuous coaching can integrate the body with the heart, the mind, and the soul.*





## #9. Have Perspective

***“We want our kids to win, we want our kids to want to win, but there are no consequences for not winning.”***

Romeo Jozak, Ph.D  
Croatian Football Federation  
Technical Director





# #8. Set Boundaries

## Hold a preseason meeting

- **Define your goals/hopes for the coming season**
  - Kids have fun
  - Kids improve
  - Kids give 100%
- **Provide families with best times and ways to communicate with you**
  - I highly recommend making post game an off-limits zone
- **Explain Zero Tolerance and LUSC's expectations on parental behavior**
- **Reinforce that there will be no coaching from the parents side-line.**
- **Attempt to secure a team manager to handle logistics for the coming year**





## #7. Coach like Steve!

### “Guided Discovery”

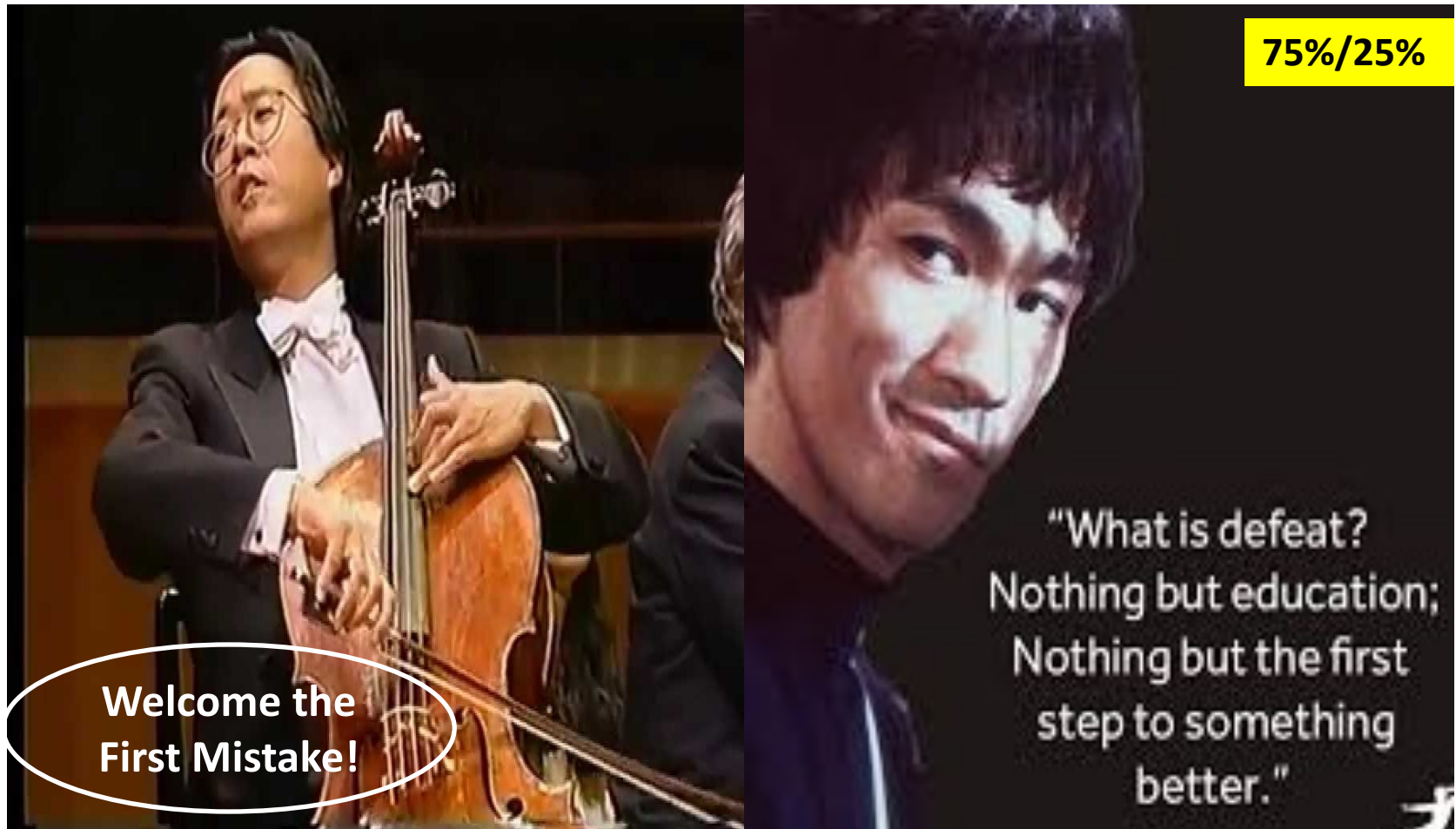
- Pose questions
- Lead them to the answer, don't provide the answer

**Can the Lessons of *Blue's Clues* Make you a Better Coach?**





## #6. Coach Growth- "Fail Better"





# #5. Be Prepared

Four things all coaches should take into account prior to practice:

- **Understand the level of your players.** Try not to plan a sessions they are incapable of carrying out.
- **How many players will I have today?** You don't need to be a soccer expert to be organized.
- **How's the surface?** If you're practicing at Adams you can't do some of the things you can do at Lincoln.
- **Equipment Available.** Do I have a goal today? Enough discs and pinnies, etc.

## Exercise Database

How to Build a Practice Plan User Guide

<http://lexingtonunited.org/list-of-exercises/>

**Coaching Manuals** (U9/10, U11/12, U13/14)

## Coaching Videos

<http://lexingtonunited.org/category/blog/videos/>

## Coaching Blogs

<http://lexingtonunited.org/category/blog/>





## #4. Establish a Routine

This is how we practice:

Simple to Complex



This is how I/we coach:

- Be Consistent
- Be Honest





# #3. Observe your Team

## Team Formation/Shape & Balance within the team

- **What's our line of confrontation?**
- **What's our restraining line?**
- Are we overcommitting numbers forward or are we remaining balanced?
- Do we have proper spacing between the various lines within the team both horizontally and vertically?
- Are we compact defensive or getting too stretched out?

## Who are the “difference makers?”

- Can we find ways to get them on the ball more and take advantage of their qualities?
- **Should we isolate them to provide more space to play in by running teammates away or should we support them and offer more combination play?**
- Can we anticipate how the opposition may try to adjust to limit the “difference makers” impact on the match.

**Coach as Problem Solver!**



## #2. Observe your Opponent

### Team Formation/Shape & Balance within their team

- What's their line of confrontation?
- What's their restraining line?
- Do they move as a cohesive unit or are they freelancing?
- **Where do they allot their numbers? up top, through the midfield, at the back?**
- Where do their attacks tend to come from (the center, the wing)?
- **What is their style of play? Direct or possession oriented.**
- Are they strong in transition both attacking & defending?

### Who are their “difference makers?”

- Can we limit their damage over the 2<sup>nd</sup> half?
- **Should we crowd out their space to play with additional numbers and cover in that area of the field?**
- **Should we steer the ball into different area to lessen their ball contacts and decisions?**
- **If it's a striker with pace, do we keep our backline deeper to eliminate the space between the last defender and keeper.**

**Coach as Problem Solver!**





# #1. Enjoy the Journey!





# Travel Team Formation







I have come to the frightening conclusion  
I am the decisive element on the court  
It is my personal approach that creates the climate  
It is my daily mood that makes the weather  
As a coach, I possess tremendous power  
to make a child's life miserable or joyous  
I can be a tool of torture or an instrument of inspiration  
I can humiliate or humor, hurt or heal. In all situations it is my response  
that decides whether a crisis will be escalated or de-escalated  
and a child humanized or de-humanized.







# Upcoming Events

## US Soccer 9v9 Coaching Module

**When:** Saturday March 24th 1:00pm to 5:30pm

**Where:** Bridge Elementary School & Lincoln Field

## Coaching 3<sup>rd</sup> Grade Soccer

**When:** Saturday April 7<sup>th</sup> 1:00pm to 5:00pm

**Where:** Fiske Elementary School classroom & gymnasium





**Thank You for Volunteering**