



Lexington United Soccer Club

3rd through 8th Grade Coaches Meeting

To develop lifelong soccer players among Lexington youth.



New Adult Registration Process for Fall 2019

- Starting in the Fall 2019 Season, MYSA is introducing a new Adult Registration process and system
- MYSA will run National CORI and SORI checks for all coaches
- Coaches will be required to take an online SafeSport Training Course
- These changes are for the Fall 2019 Season (not the current Spring Season)

BAYS game schedule

- Draft game schedule now live on BAYS website
- This is NOT FINAL – need to tweak home games to conform to permit
- Game locations and times may change
- Some games will move to grass – this will be done equitably
- Email will be sent when home game schedule is final



BAYS - Schedule By Placement

Schedule for Spring 2019 Boys 8 1/A

Game #	Game Time	Home Team	Score	Away Team
3661	4/6/19 2:00pm	Needham Force	-	Winchester Galaxy
3662	4/6/19 2:15pm	Natick United	-	Framingham Flyers
3663	4/6/19 4:30pm	Lexington Revolution	-	Arlington Aces
3664	4/13/19 3:00pm	Winchester Galaxy	-	Natick United
3666	4/13/19 3:00pm	Arlington Aces	-	Needham Force
3665	4/13/19 4:00pm	Framingham Flyers	-	Lexington Revolution

Field status and weather

- Check the LUSC homepage!
 - Weekdays – updated by 2pm
 - Weekends – updated by 7am after field check
- Sometimes, only some fields will be open
- Homepage is the main form of communicating field status

FIELDS CLOSED FOR THE SEASON	
ADAMS	CLOSED
CENTER TRACK	CLOSED
CLARKE	CLOSED
DIAMOND	CLOSED
ESTABROOK	CLOSED
FRANKLIN	CLOSED
HARRINGTON 1	CLOSED
HARRINGTON 2	CLOSED
LINCOLN 1, 2, 3	CLOSED
MUZZEY	CLOSED

Please look after the fields!

- Any issues with fields (e.g. safety – email/text/call Tim)
- If you find a field squidgy – don't play
- Please encourage litter clear-up




Muzzey conflict avoidance protocol

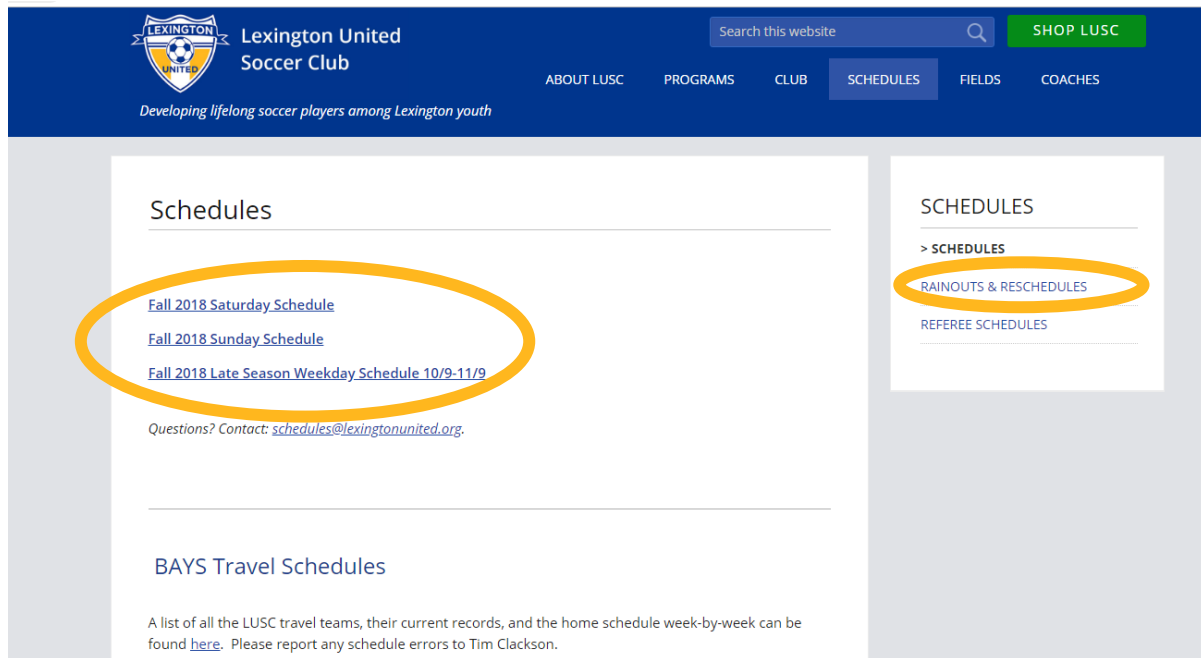
- Muzzey condo driveway is private property
- If you are at the Muzzey condos – DON'T USE THE CONDO DRIVEWAY, even for drop-off or pick-up
- Please actively communicate this to families
- Try to minimize kids entering driveway to collect balls



New fields...?

- Lots of initiatives on town fields:
- Minuteman 
- Center Track 
- Diamond

- Practice schedule draft was emailed to coaches on 3/15
- Schedule will be posted to the LUSC website this week



- Weather permitting practices start week of 3/25
- Pro Practices start 4/1
- Week of 3/25, Pro Practice slots can be used for pick-up practices

FALL 2018 LATE SEASON WEEKDAY SCHEDULE 10/9-11/9														
KEY: Gray box means NOT available Red letters: exceptions or make-up games Blue letters: Evaluations Green letters: pro-sessions Purple letters: HS & LPGA				SUNSET TIMES: 10/6: 6:14 PM 10/15: 6:03 PM 10/22: 5:52 PM 10/29: 5:42 PM 11/5: 4:33 PM			Director: Brendan Donahue: 617-529-6865 bdonahue@lexingtonunited.org (BD) Assistant Director: Tom Heimreid: 657-301-0150 tom.heimreid@gmail.com (TH)				Pro-Coaches: Thomas Balenthin: 978-944-5243 tbalt5@yahoo.com (TB) Miguel Chavez: 781-353-8075 miguelchavez@hotmail.com (MC) Emily Morse: 781-354-9134 emoem33@gmail.com (EM)			
Field	Adams	Center (Track)	Clarke	Diamond	Estabrook	Franklin	Harrington 1	Harrington 2	Lincoln 1	Lincoln 2	Lincoln 3	Marvin	Muzzey	LCA
Field lining	2 7v7 fields or 1 11v11 field	2 7v7 fields or 1 11v11 field	2 9v9 fields or 1 11v11 field	many small fields	1 9v9 field		1 9v9 field	1 9v9 field	2 7v7 fields or 1 11v11 field	2 9v9 fields or 1 11v11 field	1 11v11 field		1 7v7 field	
Mondays	4:00-4:30													
	4:30-5:00													
	5:00-5:30													
	5:30-6:00	N/A: 10/15							G4 (GU10) Pro: MC In-town G3/3 (GU9/10) Pro: EM	B4 (BU10) Pro: TH, BD 11/12: G8 Wu make up game (was 10/27)	B3 (BU9/10) Pro: TB			
	6:00-6:30								G4 (GU10) Pro: MC G3 (GU9/10) Pro: EM	B4 (BU10) Pro: TH, BD 11/12: G8 Wu make up game (was 10/27)	B3 (BU9/10) Pro: TB			
	6:30-7:00								G4 (GU10) Pro: MC G3 (GU9/10) Pro: EM	B4 (BU10) Pro: TH, BD 11/12: G8 Wu make up game (was 10/27)	B3 (BU9/10) Pro: TB			
	7:00-7:30								G5 \Iana G6 Larson B8 Claesson	B5 (BU11) Pro: TH, MC	B8 Tibbets B9 Belagurusamy B5 Nazeeri B5 Murphy			
									G5 \Iana		B8 Tibbets B9			

- Gray box means NOT available
- 7x7 and 9x9 fields support two team practices; 11x11 fields can support 4 team practices
- Coaches decide how to divide space
- Note exceptions in red; check weekly for updates to exceptions
- If another team needs to join you on a field, please make space for them

Game cancellations/reschedules

- Consult the Reschedules page on the LUSC website for details
- Home coach has the responsibility to notify scheduler about cancellation, even if away coach requested the cancellation
 - If game isn't properly cancelled, refs will show up and field slot will be wasted
- Cancel as soon as you know you can't play the game
- To cancel:
 - Go to Reschedules page, click on link to cancel and fill in requested info
 - You will get an email from BAYS confirming the cancellation
- To reschedule:
 - Check available fields/times on LUSC website
 - Confer with other team coach to agree to options
 - Email field schedule to request times
 - Weekend reschedules strongly preferred due to field permit issues, ref availability, away team travel complications
 - Submit reschedule request in advance—at least 3 days

SATURDAY PROGRAMS & MAKE-UP GAMES - FALL 2018 (If you find a discrepancy between the [BAYS Schedule](#) and this schedule, please email: schedules@lexingtonunited.org)

KEY:
 Gray box means NOT available
 Red letters: exceptions or make-up games/game changes
 Purple letters: HS & LPDA games

Field sizes	2 7v7 fields or 1 11v11 field	2 7v7 fields or 1 11v11 field	2 9v9 fields or 1 11v11 field	1 11v11 field	2 7v7 fields or 1 11v11 field	2 9v9 fields or 1 11v11 field	1 9v9 field	Multiple small fields	1 9v9 field	1 7v7 field
Week 1 9/8	Adams	Lincoln 1	Lincoln 2	Lincoln 3	Center Track	Clarke	Estabrook	Diamond	Harrington	Muzzey
09:00 - 10:30		G3/4 Girls In-town	G6 Kvaal	G8 Murphy	B3/4 Boys In-town			B2 and G2 (All U8) 8:30 - 10:00 BK (Boys U6) 8:45 - 10:00		
10:30 - 12:00		G3/4 Girls In-town (half-field) G4 Falk	G5 White G5 Melchert	G8 Evron	B3/4 Boys In-town			B1 and G1 (All U7) 10:30 - 12:00 GK (Girls U6) 10:45 - 12:00		
12:00 - 01:30	G4 Ready canceled (new date TBD); field will be used for G4 Ready practice	G4 Ornstein B4 Raiche	B5 Ashton B5 Reilly	G8 Plantadosi	B3/4 Boys In-town			TOPS 12:30 - 2 PM		
01:30 - 03:00		B4 Kingsbury B4 Cautela	B5 Piro B5 Baharloo	B8 Arakelian				TOPS until 2 PM		
03:00 - 04:30		B8 Keis	B6 Martinez B6 Moody(Shadows)	B8 Porter						
04:30 - 06:00		B8 Claesson	B6 Moody(Phoenix) B6 Gauld							
06:00 - 07:30										
Week 2 9/15	Adams	Lincoln 1	Lincoln 2	Lincoln 3	Center Track	Clarke	Estabrook	Diamond	Harrington	Muzzey
09:00 - 10:30	G3/4 Girls In-town	LHS	LHS	G8 Wu	B3/4 Boys In-town		G6 Larson	B2 and G2 (All U8) 8:30 - 10:00 BK (Boys U6) 8:45 - 10:00		
10:30 - 12:00	G3/4 Girls In-town (half-field) G4 Khetan	LHS	LHS	G8 Crane	B3/4 Boys In-town		G6 Sturiale	B1 and G1 (All U7) 10:30 - 12:00 GK (Girls U6) 10:45 - 12:00		
12:00 - 01:30		B4 Canes G4 Callahan	G6 Hamilton G5 Viana	B8 Balagurusamy	B3/4 Boys In-town			TOPS 12:30 - 2:00 PM		
01:30 - 03:00	B4 Bausemer	B4 Lynch B4 Alves	B5 Mandella B5 Thompson	B8 Tibbets				TOPS until 2 PM		
03:00 - 04:30		B8 Lloyd	B6 Goodell B5 Singh	B8 Nazeeri						



Volunteer Coaches



“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” -JK



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?



Lexington United Soccer Club

Do your Best!

**Be a Great
Teammate!**



10 Volunteer Coaching Tips- Spring 2018 Presentation

Be a Role Model

Have Perspective

Set Boundaries

Coach like Steve!

Coach Growth- Fail Better!

Be Prepared

Establish a Routine

Observe Your Team

Observe the Opponent

Enjoy the Journey!



Weekly Cycle

Philosophy:

The Game- Focus on Performance not results

Pro Practice- Long term development, building the foundation of the player

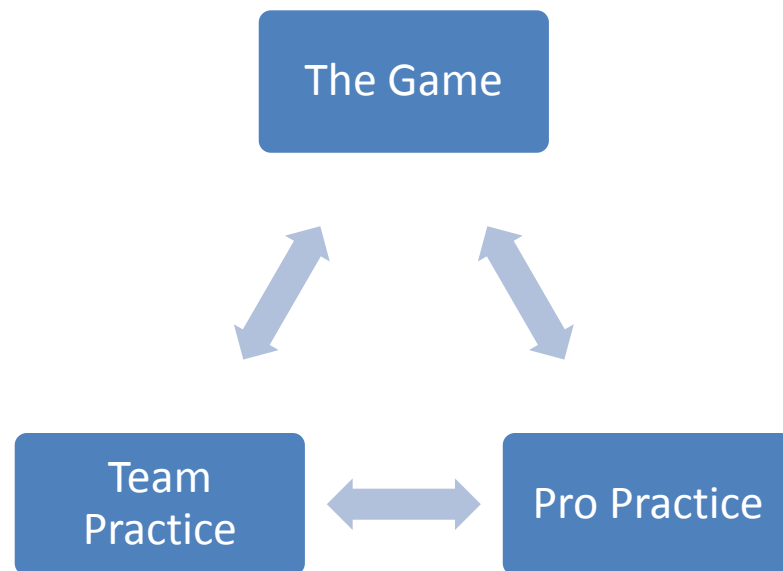
Team Practice- Allow for extended play. Make it directional

Logistics:

The Game- Every Saturday

Pro Practice- A weekly professionally guided session at the same location with all other teams within the age group

Team Practice- A volunteer coach led practice at the location of the coaches choosing.



“Practice makes the player, the game is proof that you are a player.” Sir Alex



Level of Zero Tolerance Violation

540

0

L3

Level 3: Most severe violation!
BAYS will notify LUSC, and BAYS
will impose an automatic one
game (or more) suspension.

ZT

1

Level
2

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

2

Level 1

Level 1: Lowest level violation.
LUSC will inform the coach about
the violation



Thank the Ref!

The ONLY Neutral Participant

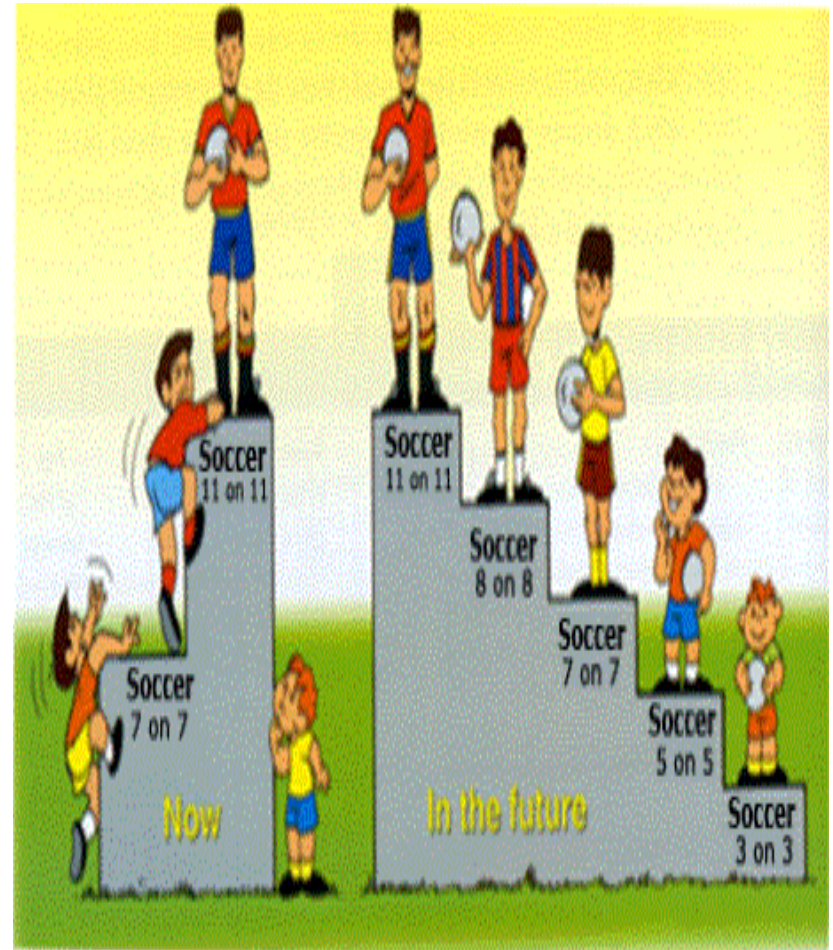




Long Term Development

- Respect the stages of development- Think Math!
- “Provide them the appropriate diet”
- We are dealing with children not mini-adults

Coach of the Year?
The one who has their players
come back!



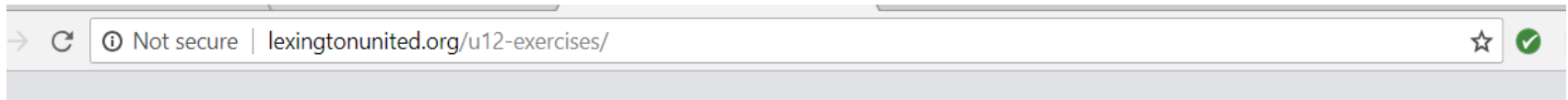


Development Paths





Planning Resource



U11/U12 Exercises

PASSING/RECEIVING

WARM UP

- [Passing with Receiver Reaction](#)
- [German Box](#)
- [Inside the Foot: Hit the Disc](#)
- [Passing in Pairs with Basic Movements](#)

1st ACTIVITY

- [Teaching Hard Passes](#)
- [Dick Bate Passing Square](#)
- [Chain Passing](#)

SHOOTING/EXERCISES TO GOAL

WARM UP

- [Striking the Ball in 3's](#)
- [Ray Reid Shooting Rotation](#)
- [Introduction to Passing on the Move](#)

1st ACTIVITY

- [Shot Followed by 1v1](#)
- [Shot from Distance Followed by 1v1](#)
- [Shot from Distance Followed by 1v1 \(U12+\)](#)

2nd ACTIVITY

COACHES

VOLUNTEER COACHES
EDUCATION PATHWAY

COACH BLOG

- [FEATURED ARTICLES](#)
- [COACHING TIPS](#)
- [SOCCER PHILOSOPHY](#)
- [VIDEOS](#)

EQUIPMENT

EXERCISES

- [HOW TO BUILD A PRACTICE PLAN](#)
- [U9/U10 EXERCISES](#)
- [U11/U12 EXERCISES](#)



Instilling Habits

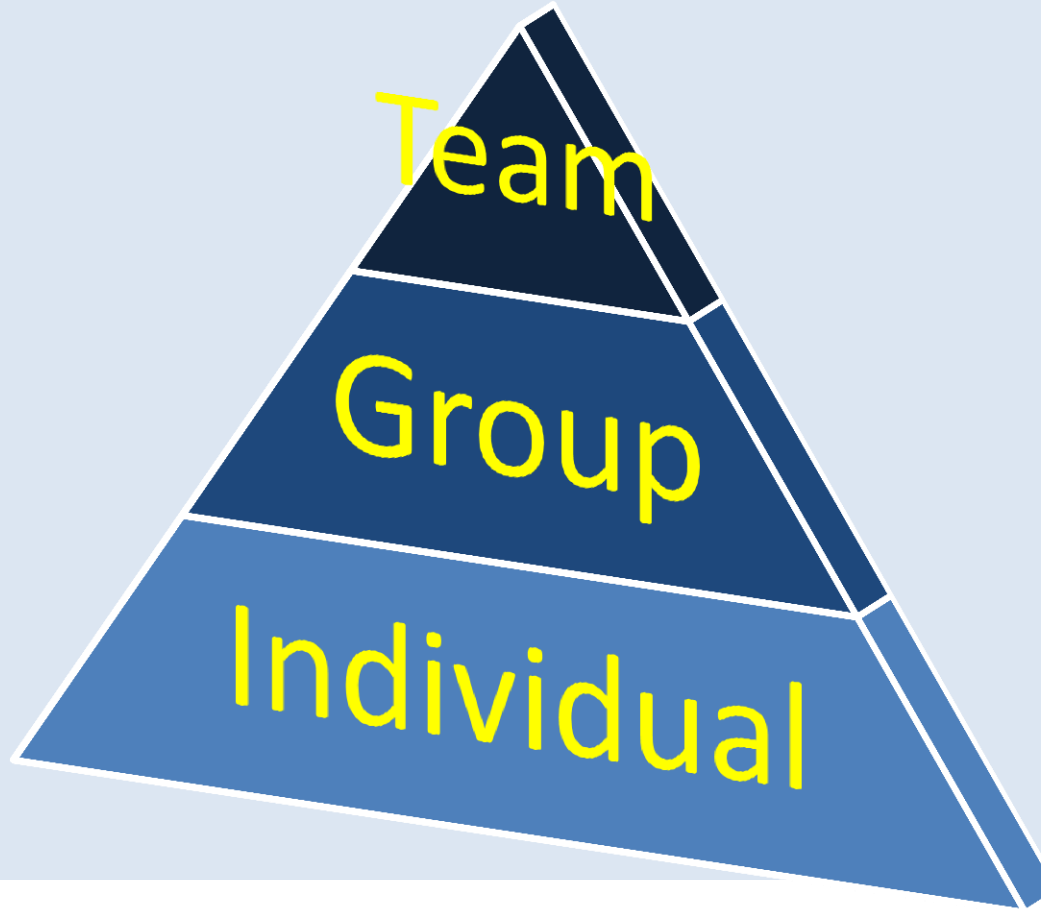


"It is the little details that are vital. Little things make big things happen."

- JOHN WOODEN

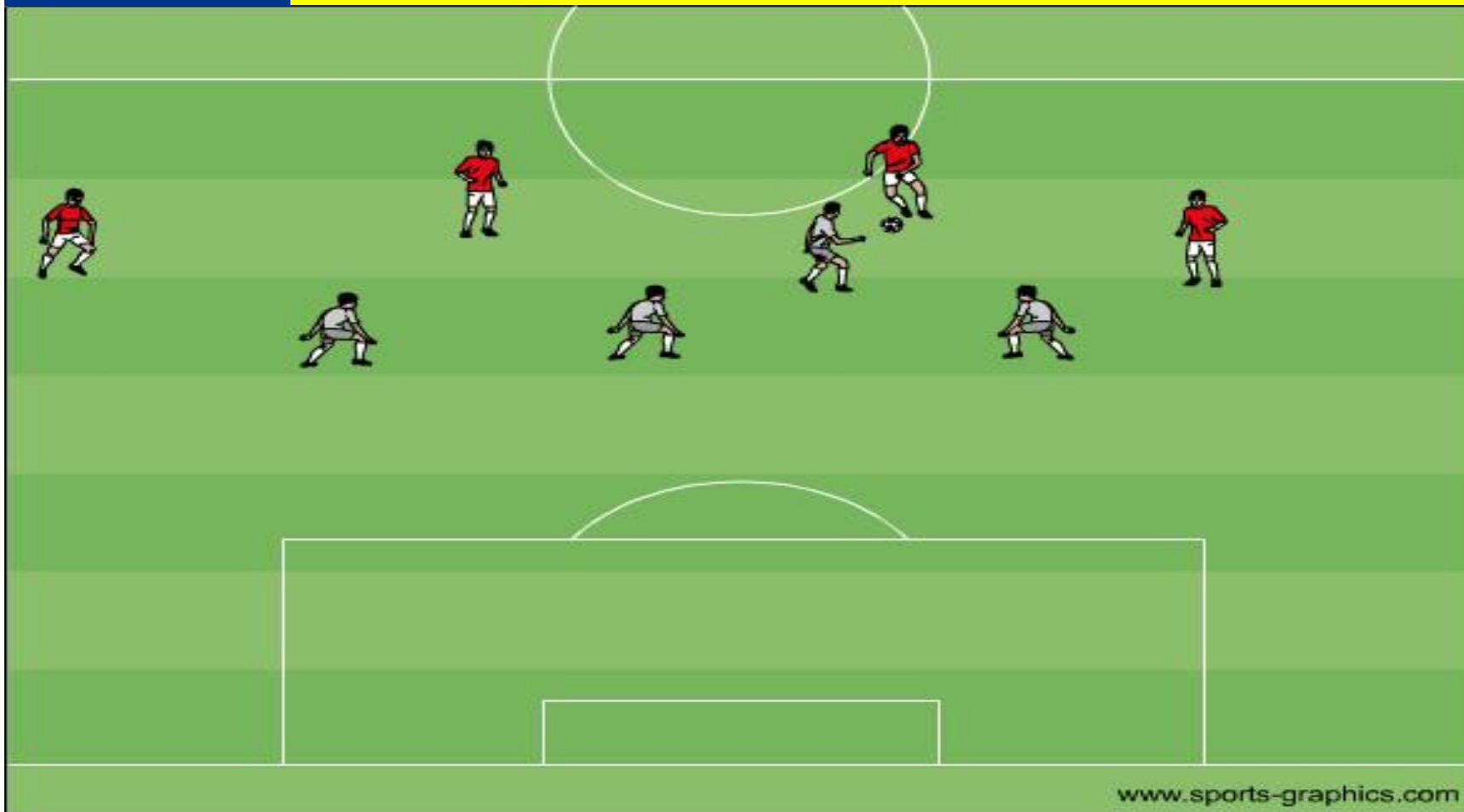


Defending



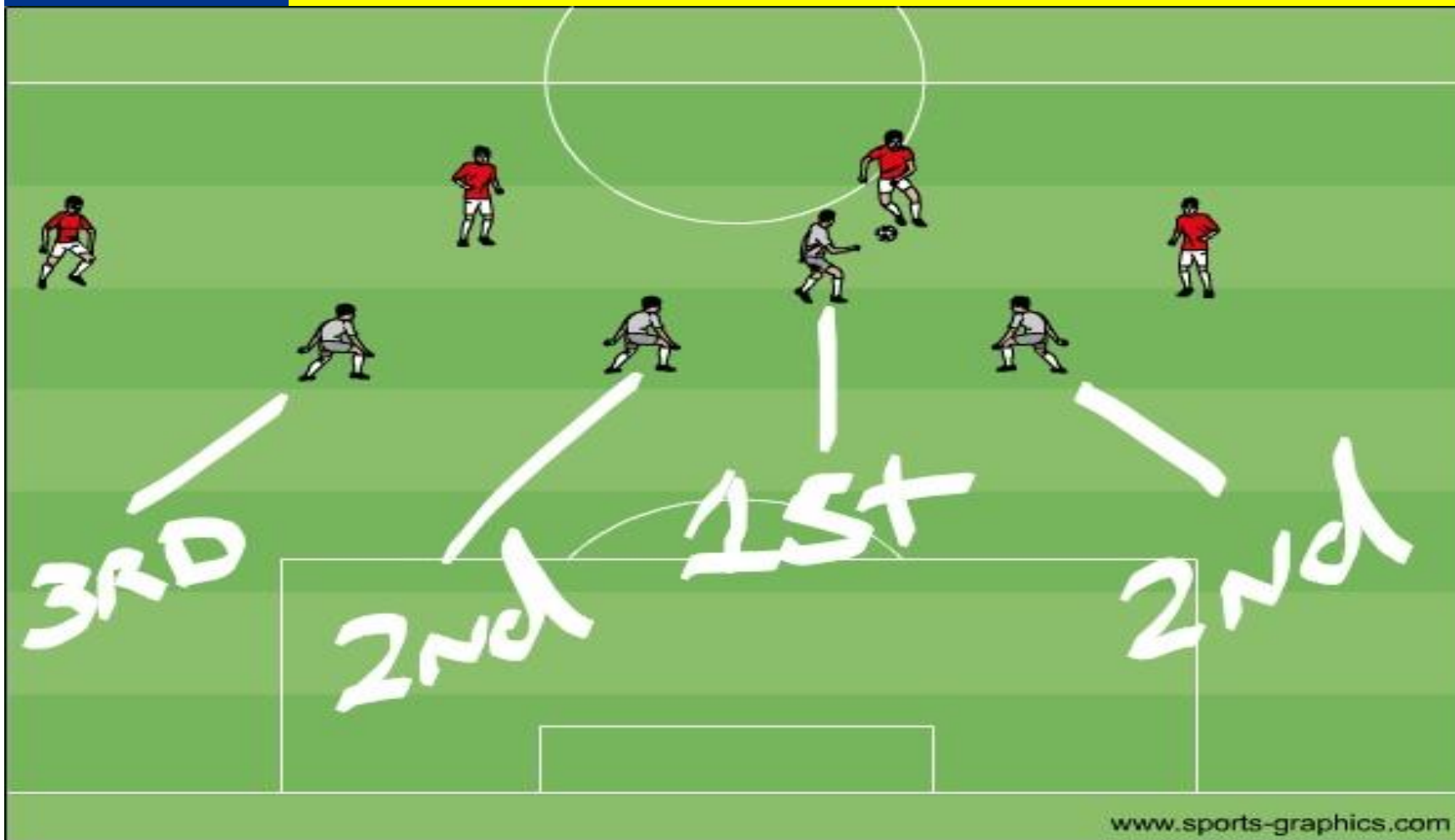


Pressure, Cover, Balance



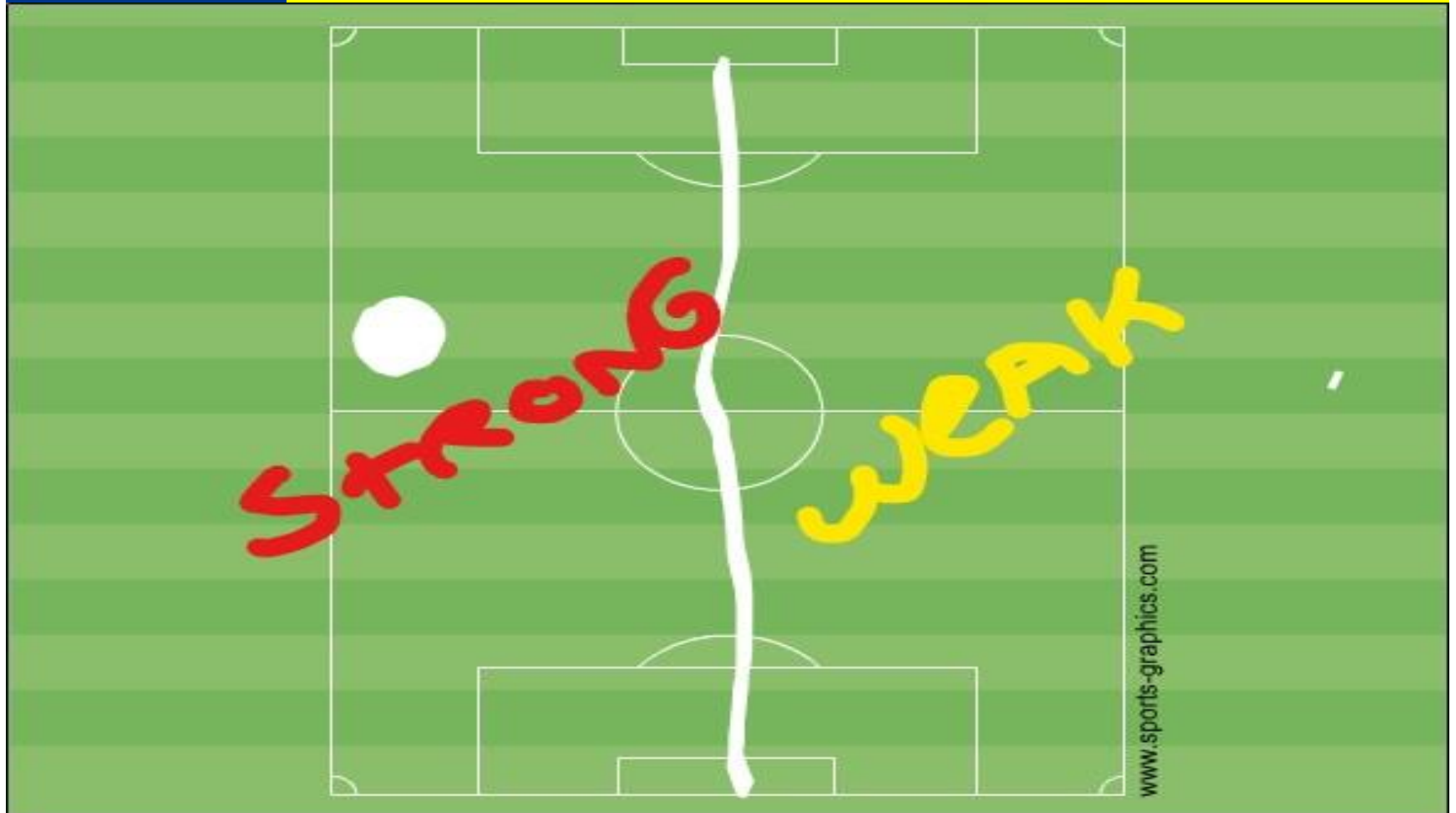


Terminology





Terminology





Terminology





Terminology





1v1



Kansas City Legends

"Players are never punished for losing the ball, but they are held accountable for not fighting to win it back."



Pressure

Touch Tight Pressure

1. You want to be in a position that the **attacker feels uncomfortable**, and if he makes a mistake you can win the ball.
2. You are close enough that you **limit the attackers' vision** of the field.
3. You **cut off forward passing lanes**, making play more predictable for your supporting defenders.





Common Mistakes



- 1. Failure to get touch tight.**
Concede too many options to the attacker (shots, penetrating passes, etc.)
- 2. Failure to show patience.** Try to win the ball too often and too early. Defenders need to learn to control their momentum. Let the attacker make a mistake and then pounce.
- 3. Poor Transition.** Young players drop their heads on loss of possession and leave their teammates prone to the counter-attack.

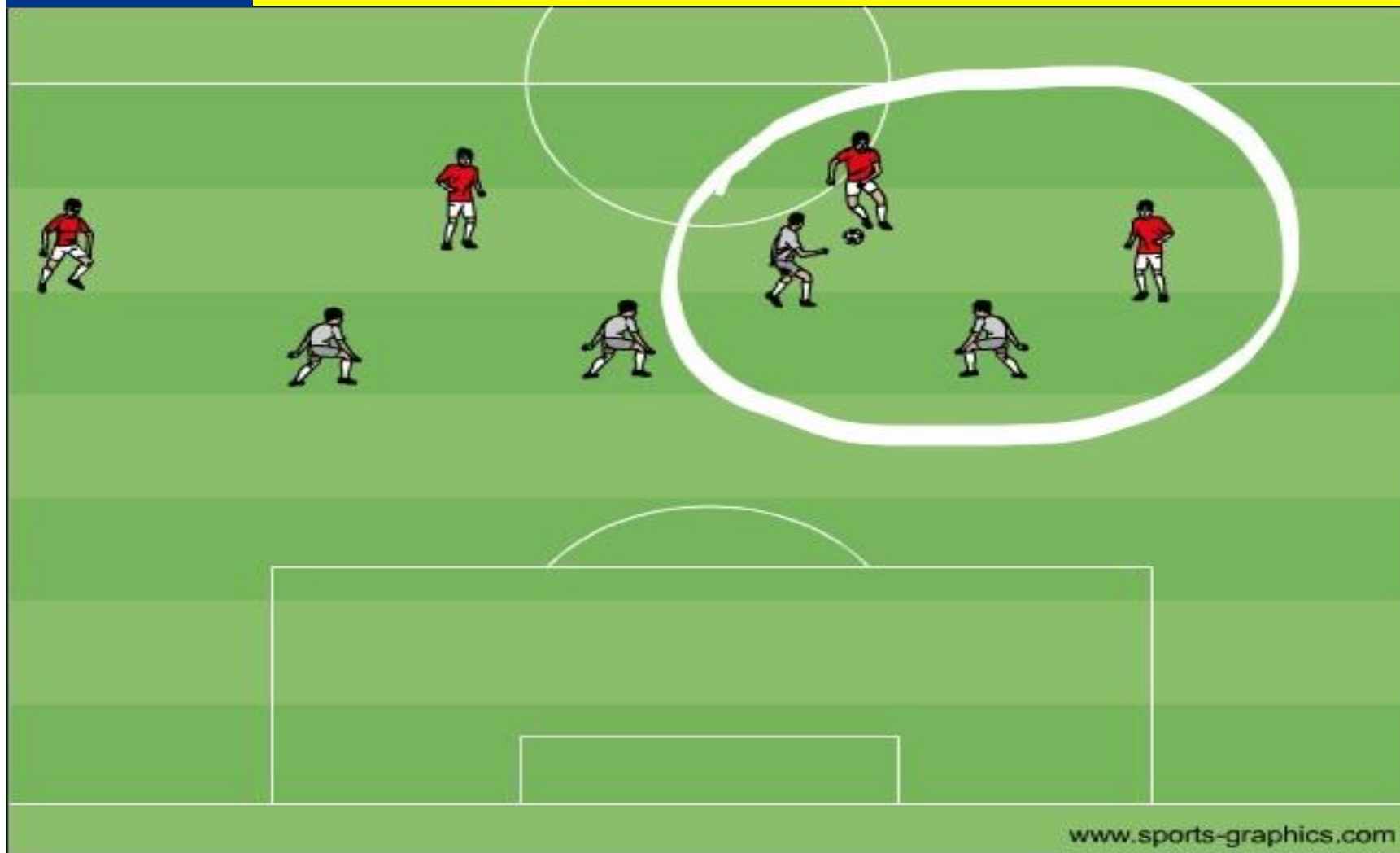


1v1 Attacking?





2v2





2v2?





Cover- 2nd Defender Considerations



- The 2nd defender or “**covering defender**” should position himself in a way that he can pressure the ball if the 1st defender is beaten on the dribble, but remain in a position that he can “close the space” on the 2nd attacker if the player on the ball chooses to pass.
- The 2nd defender **must communicate** with the player pressuring the ball (the 1st defender). Simple and concise instruction is vital! Force right, Force left, Contain are all good examples of communication from the 2nd defender.



Cover- 2nd Defender Considerations

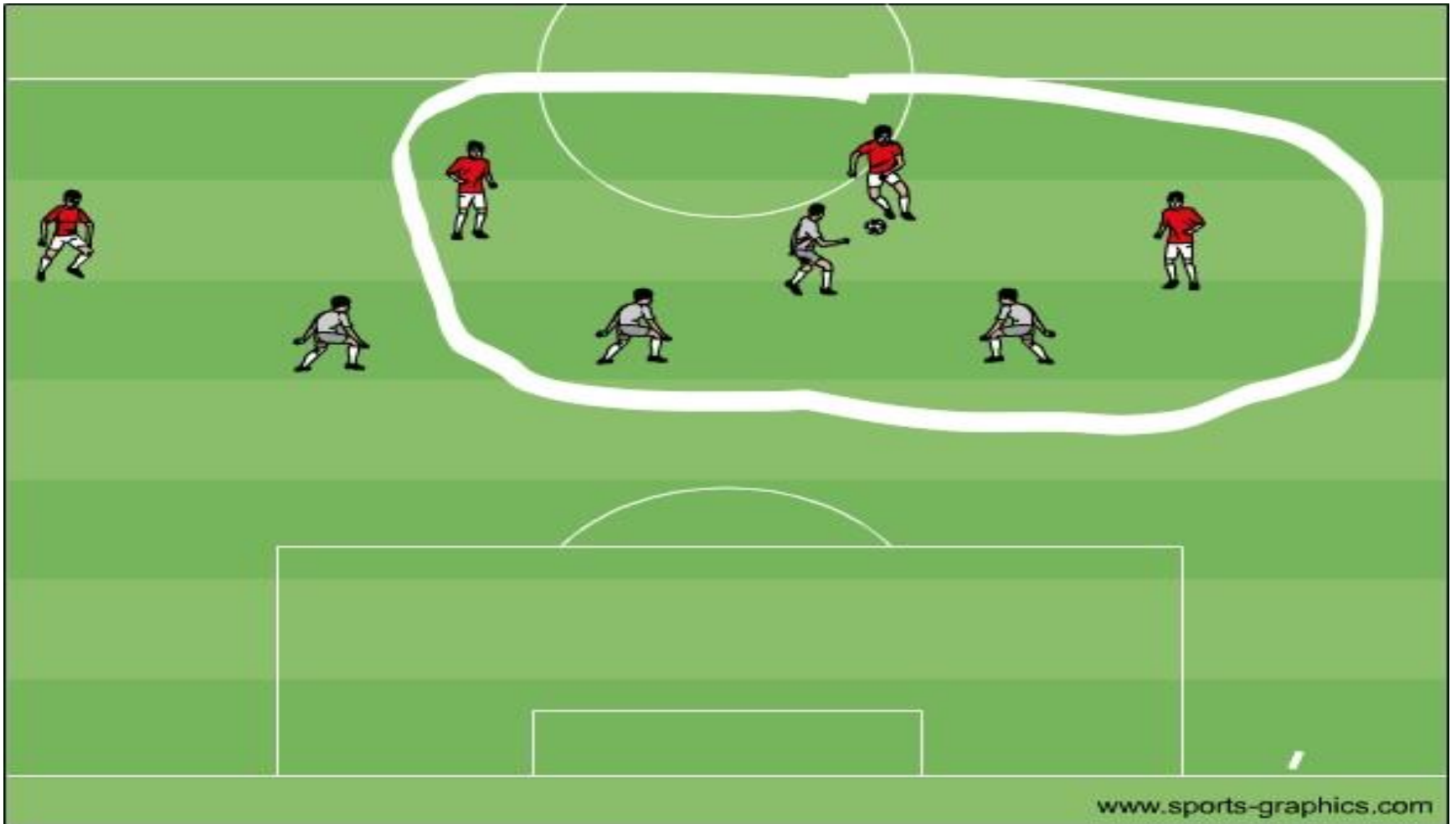


The 1st and 2nd defenders must be prepared to reverse roles regularly when the ball is passed. It is important that both players are on the same page of when to reverse roles and don't get caught chasing the ball.

**Move as the Ball
Is
Traveling**



3v3 Pressure Cover



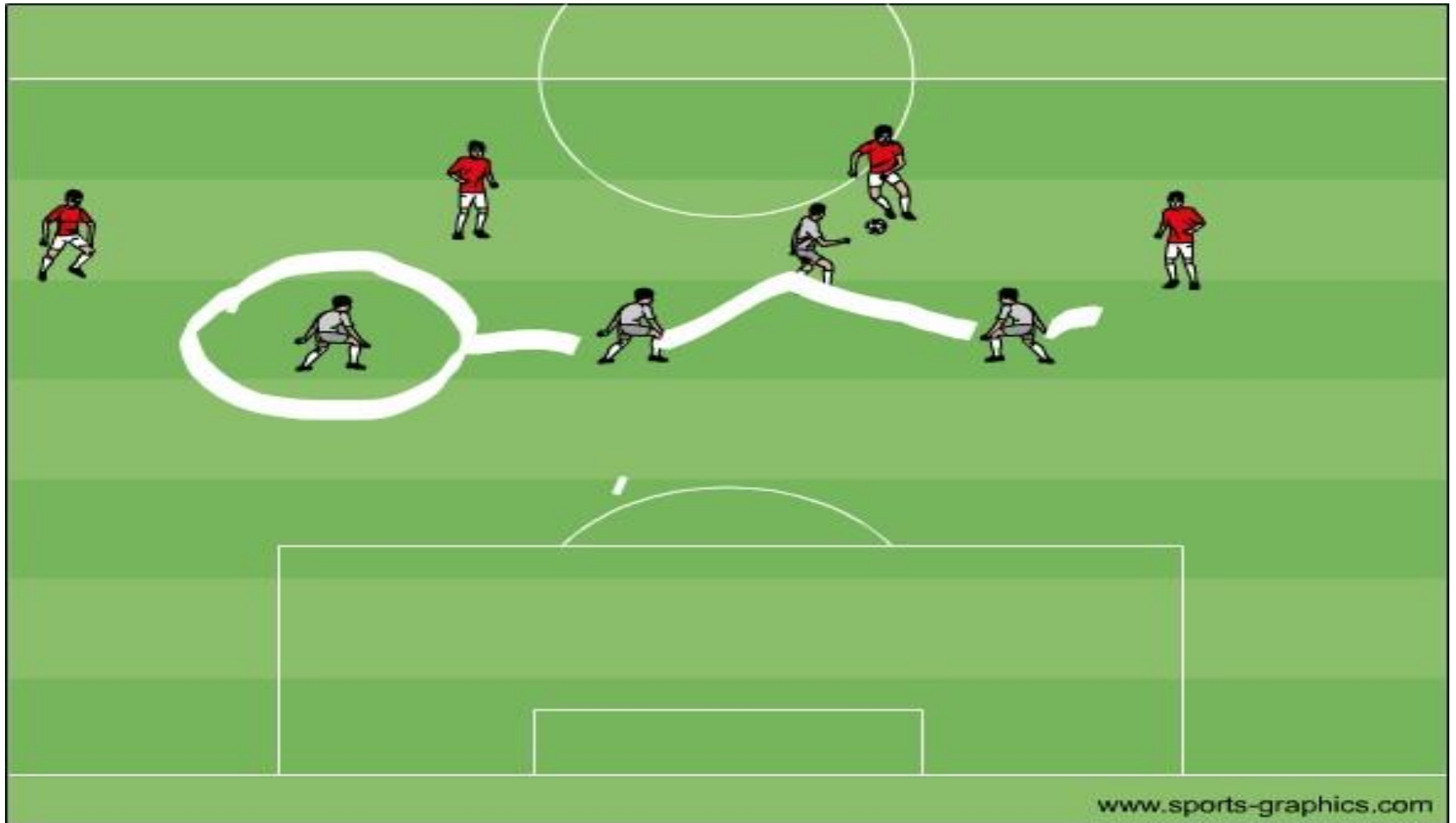


3v3 Pressure Cover





4v4 Pressure Cover Balance





4v4 Pressure Cover Balance





4v4 Pressure Cover Balance

Common Mistake
Of
Balancing Player





Low Pressure





High Pressure





7v7



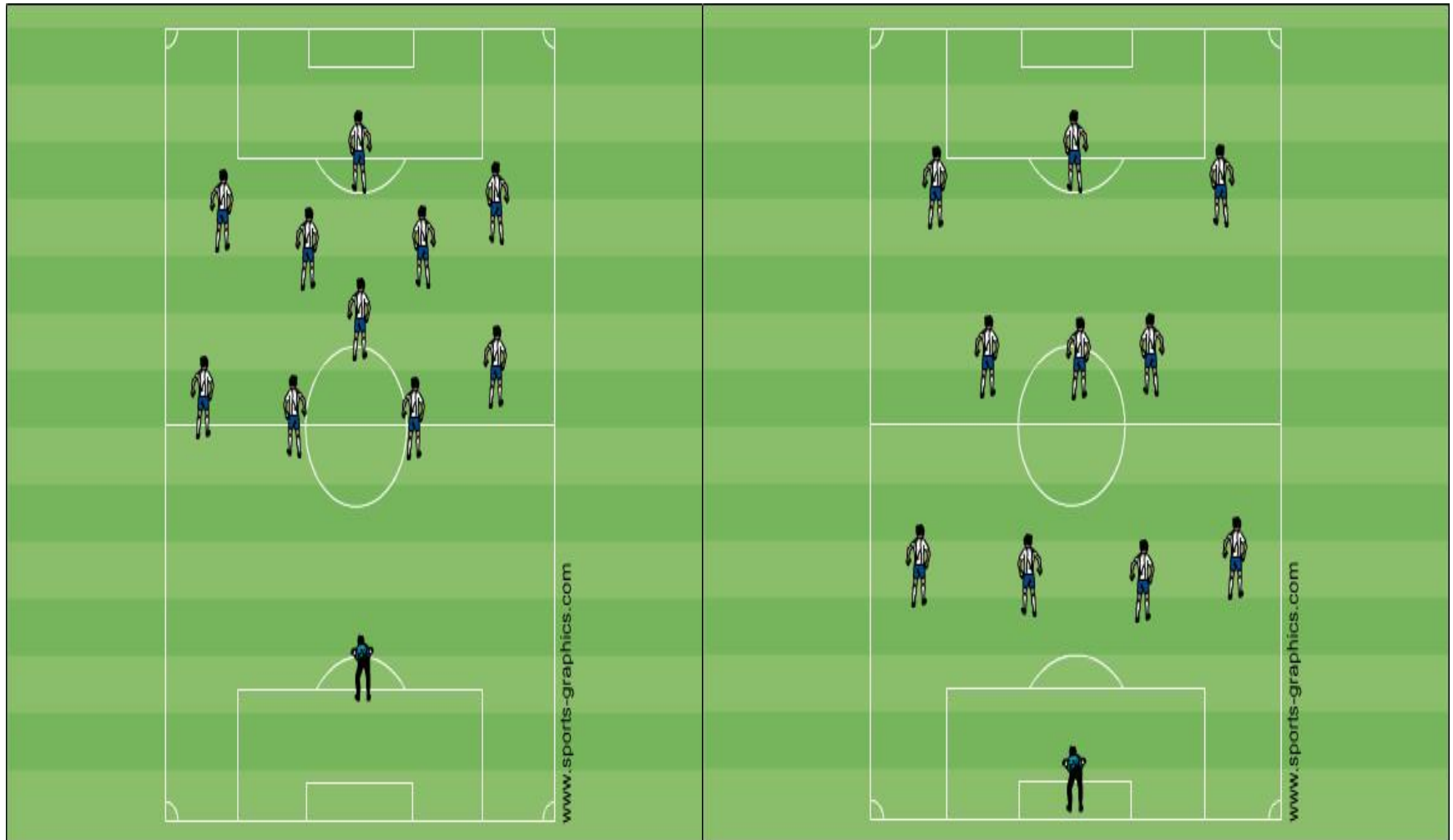


7v7 or 2v2?



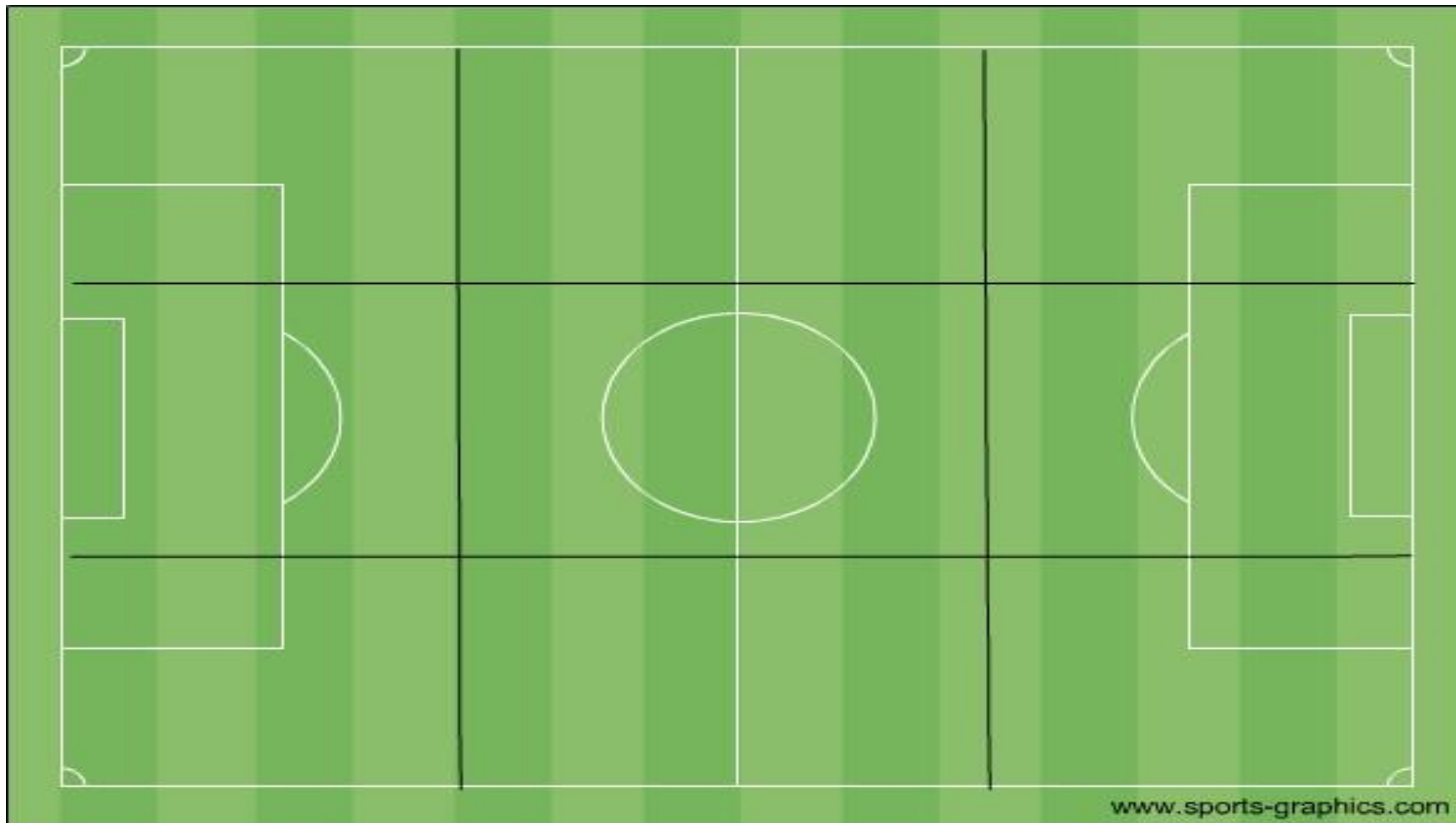


Stay Connected





Defend in 4 Boxes





Teamwork





Setting 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





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.





TOPS- The Outreach Program for Soccer





Upcoming Events

9v9 Systems of Play

When: Tuesday March 26th
7:00 to 8:30pm

Where: Fiske Elementary School
Room 284

Coaching 7v7/3rd Grade Soccer

Where: Fiske Elementary School

When: Saturday March 30th
Room 183 & gymnasium

Time: 12:00 to 4:00pm





Thank You for Volunteering