



LUSC Fall 2020 Coaches Meeting

FOCUS:
Preparation and Perspective



Agenda

Welcome to the Fall Season

Stacey Hamilton
President

MYSA Registration, Rosters

Mary Trometer
Registrar

Fields

Tim Clackson
Board Member & Field Coordinator

Scheduling

(9/6 edits to clarify 25 player limit and practice length)

Kerren Swinger
Field Scheduler

Equipment

(9/6 edits to includes slides presented & goal safety slide)

Suzanne Lau
Equipment Coordinator - Coaches

COVID 19 Rules & Safety Protocols

(9/6 edits to clarify 25 player limit & mask wearing)

Stacey Hamilton
President & COVID Safety Officer

New Rules of the Game – Preparation & Perspective

Brendan Donahue
Director of Coaching

Referees

(9/6 edits to summarize verbal content presented)

Genci Kutrolli
Referee Coordinator

Q&A



MYSA Registration Info

All Coaches and COVID Coordinators need a MYSA credential

1. Register with MYSA at [U.S. Soccer Connect Adult Registration Portal](#) (this is a yearly event) and upload a current headshot (Color photo, Clear, not too dark, No hat or sunglasses and only includes the registered adult in the photo)
2. Have a CORI and national background checks (if you need this it will be during the MYSA registration process)
3. Complete the Safesport initial course (90 minutes) if new or a refresher course if you have already completed the initial course in 2019 (this is a 30-minute course that has to be taken yearly)
4. Complete the Concussion course or upload a current certificate (this certificate is good for two years, but it has to be good until the end of July 2021 or you will need to retake)

The link to each required training is in your “My Account” adult registration under the “Certificates” tab.



Fall 2020 - Fields

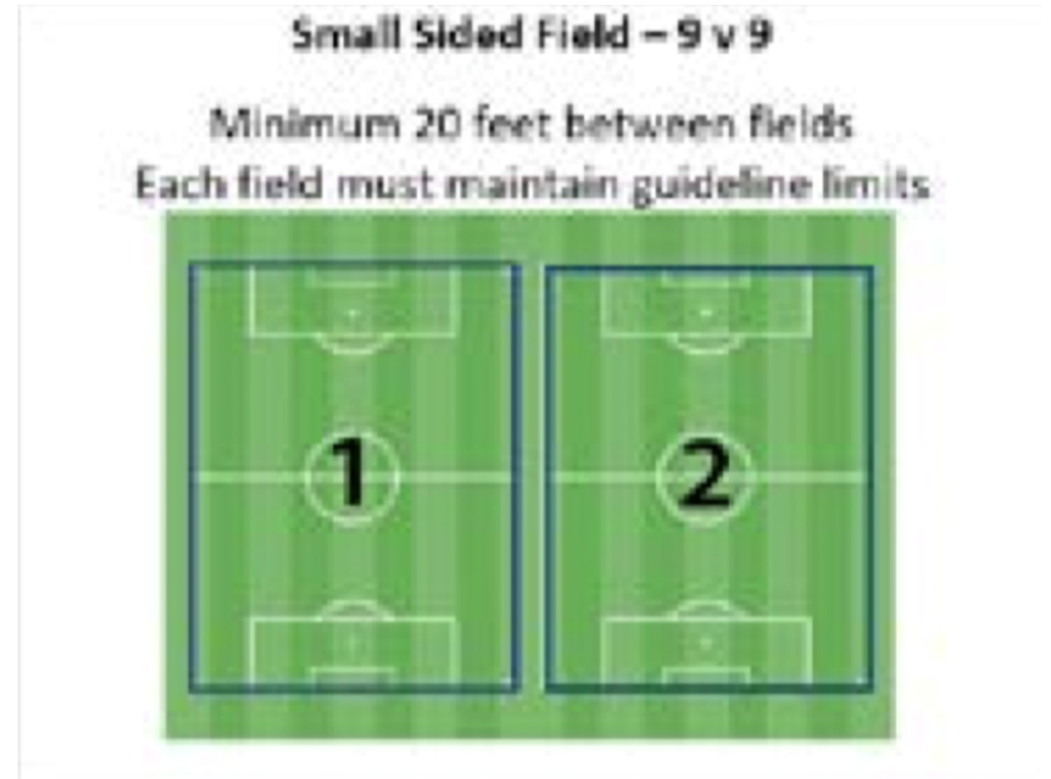
- We will have access to our usual fields
 - 3 turf fields at Lincoln
 - New turf field at Center 😊
 - Grass fields at Clarke, Diamond, Harrington, Muzzey, Estabrook and Adams (Waldorf)
- AFTER COLUMBUS DAY, we can only use fields with lights:
 - Lincoln 2
 - Center turf
 - Center baseball/softball





COVID rules - field configurations

- State, MYSA and Town rules include field limits
- A full field can be divided into two fields, for practices or games
- Each half field can have a MAXIMUM of 25 players (excluding coaches, refs)
- 20 feet between each field
- Spectators need to stay 8 ft away from field
- 20 minute buffer between groups





Saturday game scheduling

- At this time, expecting regular schedule of BAYS games and in-town games
- In-town games will be on Lincoln 1, Center Turf, or Adams on Saturday mornings
- BAYS games will be mainly on turf fields on Saturdays
- BAYS season starts Sept 19
- Schedule will include "Sept 12 game" which will need to be rescheduled during season





BAYS game schedule

- Draft game schedule will be posted on BAYS website, likely on 9/9
- 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
- Field issues? Email/text Tim C

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



SCHEDULES

Practice schedule in progress—please email preferences by 9/8 to schedules@lexingtonunited.org

A screenshot of the Lexington United Soccer Club website. The header is dark blue with the club's logo on the left, the name "Lexington United Soccer Club" in the center, and a search bar and "SHOP LUSC" button on the right. Below the header is a navigation menu with links for "ABOUT LUSC", "PROGRAMS", "CLUB", "SCHEDULES" (which is highlighted), "FIELDS", and "COACHES". The main content area is white and divided into two columns. The left column is titled "Schedules" and contains three links: "Fall 2018 Saturday Schedule", "Fall 2018 Sunday Schedule", and "Fall 2018 Late Season Weekday Schedule 10/9-11/9". These links are circled in orange. Below the links is a line of text: "Questions? Contact: schedules@lexingtonunited.org". The right column is titled "SCHEDULES" and contains three links: "> SCHEDULES", "RAINOUTS & RESCHEDULES" (which is circled in orange), and "REFEREE SCHEDULES". At the bottom of the page, there is a section titled "BAYS Travel Schedules" with a paragraph of text: "A list of all the LUSC travel teams, their current records, and the home schedule week-by-week can be found [here](#). Please report any schedule errors to Tim Clackson."

- Season starts week of 9/19
- First team practices week of 9/14
- Late season schedule will start 10/12



FALL 2018 LATE SEASON WEEKDAY SCHEDULE 10/9-11/9

ans NOT available
s or make-up games
Evaluations
pro-sessions
HS & LPDA

SUNSET TIMES:
10/8: 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: 617-528-9865 bdonahue@lexingtonunited.org (BD)
Assistant Director: Tom Heimreid: 857-301-0190 tom.heimreid@gmail.com (TH)

Pro-Coaches:
Thomas Ballenthin: 978-944-5243
tballe6@yahoo.com (TB)
Miguel Chavez: 781-353-8075
miguelbarza@hotmail.com (MC)
Emily Morse: 781-354-9134
emgem93@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												N/A: 10/8, 10/15, 10/22, 10/29, 11/5	
	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 Viana G6 Larson B6 Claesson	B5 (BU11) Pro: TH, MC	B6 Tibbets B8 Balasurusamy B8 Naszeeri B8 Murphy			
									G5 Viana		B6 Tibbets B8			

- Gray box means NOT available
- Note exceptions in red; check weekly for updates to exceptions
- All changes need to be approved in advance due to COVID space limitations. No ad-hoc field sharing.

- COVID rules: One half of an 11v11 field can accommodate 25 players
- This limits how many teams can practice per half of an 11v11 field:
 - Two 7x7 teams
 - One 7x7 and one 9x9 team
 - One 11x11 team
- Practice space will be tight!
- Practices scheduled for 75 minutes instead of 90 per state guidance and to provide time buffer



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 scheduler (schedules@lexingtonunited.org) 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



Sample Schedule

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 Piantedosi	B3/4 Boys In-town			TOPS 12:30- 2 PM		
01:30 - 03:00		B4 Kingsbury B4 Cautela	B5 Pirio 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 Mandelia B5 Thompson	B8 Tibbets				TOPS until 2 PM		
03:00 - 04:30		B8 Lloyd	B6 Goodell B5 Singh	B8 Nazeeri						

For immediate concerns with the schedule or your field during practice time or games, you can text Kerren@847-942-7624



Equipment - Coaches

LUSC Equipment Information – Fall 2020, Grade 3 and above – Zoom Meeting
Coaching Equipment manager – Suzanne Lau (Suzanne_lau_65@yahoo.com)

- Equipment distribution will be different this season
- Changes for the Fall 2020 season
 1. Pinnies will not be used (please remove from bags and keep for later)
 2. Goal Keeper gloves will not be provided (personal equipment) – Tricon \$15 – 75, or by request for specific player if there is a need
 3. Face masks will not be generally supplied (small supply of back up masks) – Tricon has Lexington theme face masks (2 sizes, \$12).
 4. No shared equipment
 5. Equipment bag and contents to be handled by coach only
 6. No equipment available from Diamond trailer (access by staff only)
 7. No LUSC team store
 8. New bags will not include pinnies or GK gloves (will add in the future when allowed)
- Equipment bags
 1. Coaches keep equipment bag at the end of the season or pass on to the DD if they will no longer be coaching (DD pass to new team or head coach)
 2. Unused equipment will be re-used or recycled (drop off at 18 Phinney Rd)



Equipment - Coaches

LUSC Equipment Information – Fall 2020, Grade 3 and above – Zoom Meeting
Coaching Equipment manager – Suzanne Lau (Suzanne_lau_65@yahoo.com)

- Coordinate with DD's to distribute initial common supplies for the season:
 1. Game ball
 2. Travel uniform kits/T-shirts sets for in-town G3/4
 3. Coaching manuals (rising coaches and new coaches)
 4. New equipment bags (for new coaches and G3/4 coaches)
 5. Ice packs
 6. Covid supplies (cleaner, hand sanitizer, paper towel, protective glasses, disposable gloves, back up face masks)
 7. Early requests for equipment replenishments
- Email requests for individual pick up during the season (labelled with coach/team name at 18 Phinney Road) after you receive confirmation:
 1. Coach T-shirt (size S , M, L, XL, 2XL, 3XL)
 2. Ball pump and/or needles
 3. Medical kit and/or refills
 4. Replacement game ball
 5. Additional cones, ice packs etc.
 6. Replenish COVID supplies (refill hand sanitizer, swap protective glasses for over the glasses version, additional supplies)

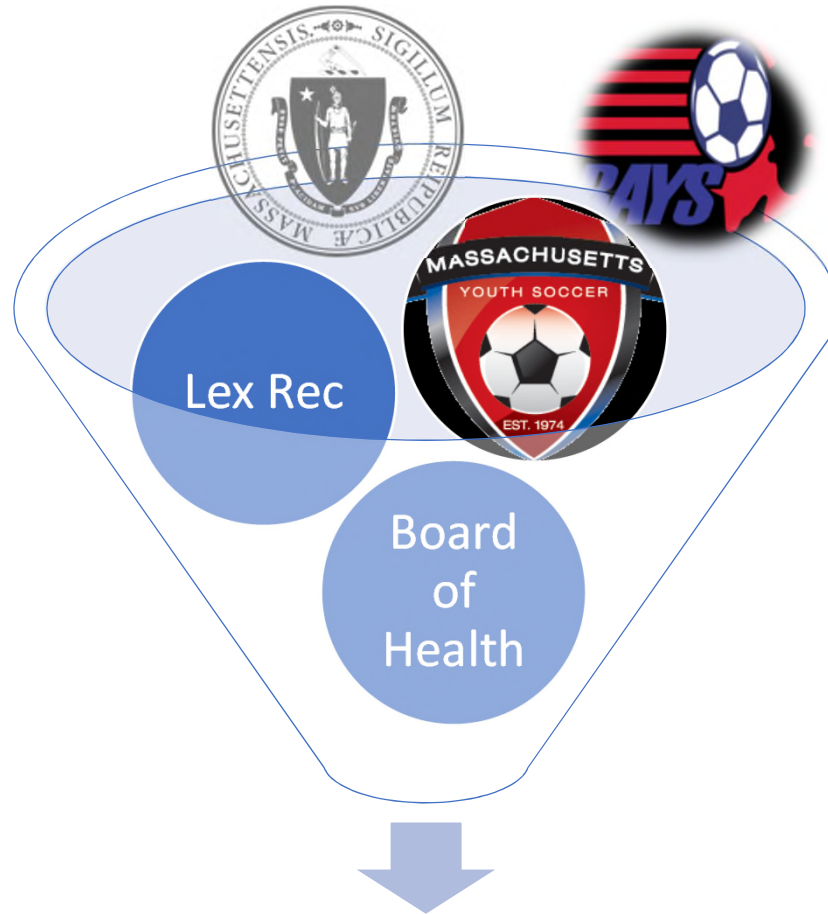


Equipment - Goals

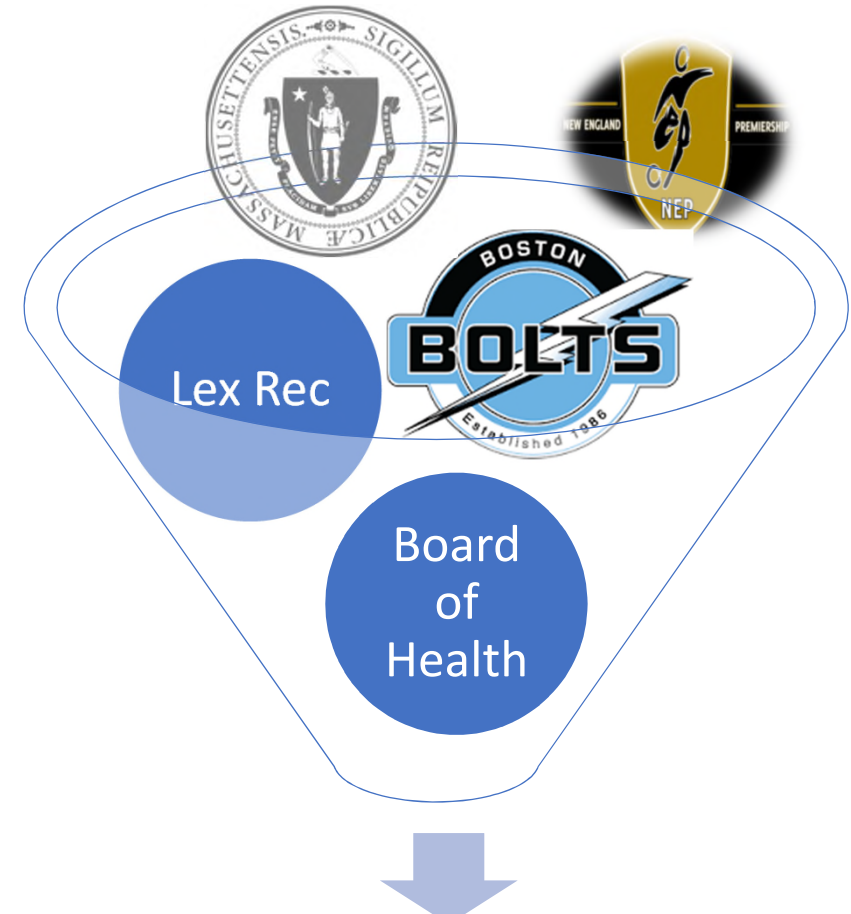
WHAT	WHY – Safety, damage, cost
Do not climb onto goal frame Do not hang off crossbar	Risk of injury to players, permanent damage to crossbar requiring replacement
Do not step into back of net	Net gets damaged, risk of injury to players
Do not hammer cleats against posts – clean them elsewhere	Post profile is thin, will receive permanent damage and post will need to be replaced
Do not push goals sideways when wheels are down	Will damage the goal frame and break the wheels
Do not open locked goals or move goal onto another field – placement and open/closed is intentional and by agreement with the Town	Goals will be damaged during incorrect transport, scraping on asphalt, ripping nets, etc. Negative impact on other groups scheduled for field.
Do put the wheels down before moving the goal, and put them back up when in position	Moving goals with wheels down creates less stress on the frame and net. <u>Only adults can move goals.</u>
Do report any issue with a goal to the Equipment Manager on the LUSC Contact Us page. Include goal number (on left post) and time of observation.	Helps LUSC to repair goal damages, control costs, and address safety concerns in a timely fashion



COVID Safety Rules



LUSC Return to Play



LPDA Return to Play



COVID Safety Officers

- Required by MYSA for all member clubs
- COVID Safety Officer specific [Role and Responsibilities](#)
- Each LUSC team must also have COVID Coordinator
 - Must be a MYSA-cleared adult; can be an assistant coach
 - Communicates COVID-19 policies with team (masks, balls, hand sanitizer, social distancing)
 - Manages attendance at all practices and games for the LUSC side
 - Monitors sidelines to ensure COVID-19 policies (physical distancing, masks) are being followed

COVID Safety Officer for LUSC:
Stacey Hamilton, LUSC President
president@lexingtonunited.org or 617-817-7759 (cell)



COVID Safety Protocols

Key Resources for Coaches:

1) LUSC COVID-19 page at www.lexingtonunitedsoccer.org

2) Mass Youth Soccer [*Return to Soccer Activities Guidelines*](#)

- Players and coaches must be in good health
- Players, coaches and spectators will limit contact
- Players, coaches and spectators will wear masks
- Safety practices continue post-session

3) Mass Youth Soccer [*Coaches Toolkit*](#)



COVID Safety Protocols

Players and coaches must be in good health

- Those in high risk categories should not participate or attend organized sport activities.
- A player shall have no signs or symptoms of COVID-19 in the past 14 days and have not been exposed to someone that has been ill in 14 days.
- A parent or guardian must take the player's temperature before going to soccer activities. If it is above 100, the player shall not come. [Affirmation form TBD]
- Upon arrival, ask players if they are experiencing any signs or symptoms of COVID-19. If the player has any signs or symptoms of COVID-19 – PULL & SEND HOME IMMEDIATELY
- Not allowed to return to soccer activities until they are cleared by a healthcare provider. A doctor's note must be provided to the LUSC Registrar in advance of their return to soccer activities.



COVID Safety Protocols

Players, coaches and spectators will limit contact

- Players should not arrive more than 5 minutes before the scheduled arrival time for their session. There are 20-30 minutes between each practice and/or game to allow for distanced arrival and dismissal.
- Carpooling with other players is not permitted under Mass Youth Soccer rules.
- Players must use their own equipment and must sanitize their equipment after every training session using a product from the [list of disinfectants meeting EPA criteria for the use against the novel Coronavirus](#).
- Each player must have their own water bottle, snack if desired, face mask and personal hygiene products (hand sanitizer, facial tissues, etc). No sharing of any of these items.
- Each player needs a personal sideline space for breaks & gear, 6-8 ft back from sideline. Plan ahead. Mark off or have players bring individual chairs or towels to note spot.
- Players and coaches should not high five, fist bump or have any similar physical contact during sessions.
- Each player is limited to ONE adult chaperone for spectating, pick up, and drop off. The only exception to the one spectator limit is for siblings of the player when there are childcare needs. Siblings must remain with the one allowed adult spectator at all times.
- Parents and spectators should not enter the playing field at any time, and must always maintain 6 feet from all designated player personal spaces.



COVID Safety Protocols

Players, coaches and spectators will wear masks

- Players are required to wear face coverings and maintain distance when arriving and leaving any LUSC activity, on the sidelines, and in any huddles or time-outs.
- Only face coverings that secure with loops around a player's ears are acceptable. Players may not use gaiters, tie-back masks or face shields, per Mass Youth Soccer.
- Face masks must be worn when a player steps onto the playing field. During play when spacing is greater than 6 feet from another player a "mask break" to catch their breath may be taken. The default expectation is that face coverings will be worn.
- Players must wear a face mask at all times on the sidelines or in any huddles except when 6 feet or more from another player for a "mask break" to catch their breath, drink, or eat.
- Coaches, COVID Coordinators and Spectators must wear a face covering AND maintain 6 feet of physical distance at all times.



COVID Safety Protocols

Safety practices continue post-session

- Only Coaches handle cones & equipment – no help from players, parents, spectators.
- All waste/trash must be placed in trash receptacles by the respective player, coach, parent or spectator.
- Players and families should leave the training facility as soon as possible after the end of their training session. No recreational play or shooting on goal, or congregating on the sidelines or in the parking lots.
- Parents told to set up a separate time for a phone call, instead of approaching coaches before or after practices & games.



Preparation and Perspective

*"Plan your dive and then
dive your plan"*

Chadd Wright, Former Navy Seal



Rules of the Game

Fall 2020 Temporary Rule Changes

- All Restarts **MUST** be done with a kick-in.
- No Throw-ins! Rules for a kick-in are the same as would have applied for a throw-in (can't be off-sides)
- Corner Kicks cannot enter the box directly
- No Walls
- No Slide Tackling! Encourage all players to remain on their feet whenever possible.
- No Shoulder to Shoulder contact
- No Heading of the Ball.



MASSACHUSETTS
YOUTH SOCCER ASSOCIATION



<https://www.mayouthsoccer.org/return-to-soccer-activities/>





Return to PLAY!

PLAY
is the work of childhood
Mr. Rogers

Why Kids Play

1. It's Fun!
2. To be with their Friends



The opportunity to compete is far more important than the result of the competition.



Core Values Remain

What are we trying to accomplish here?

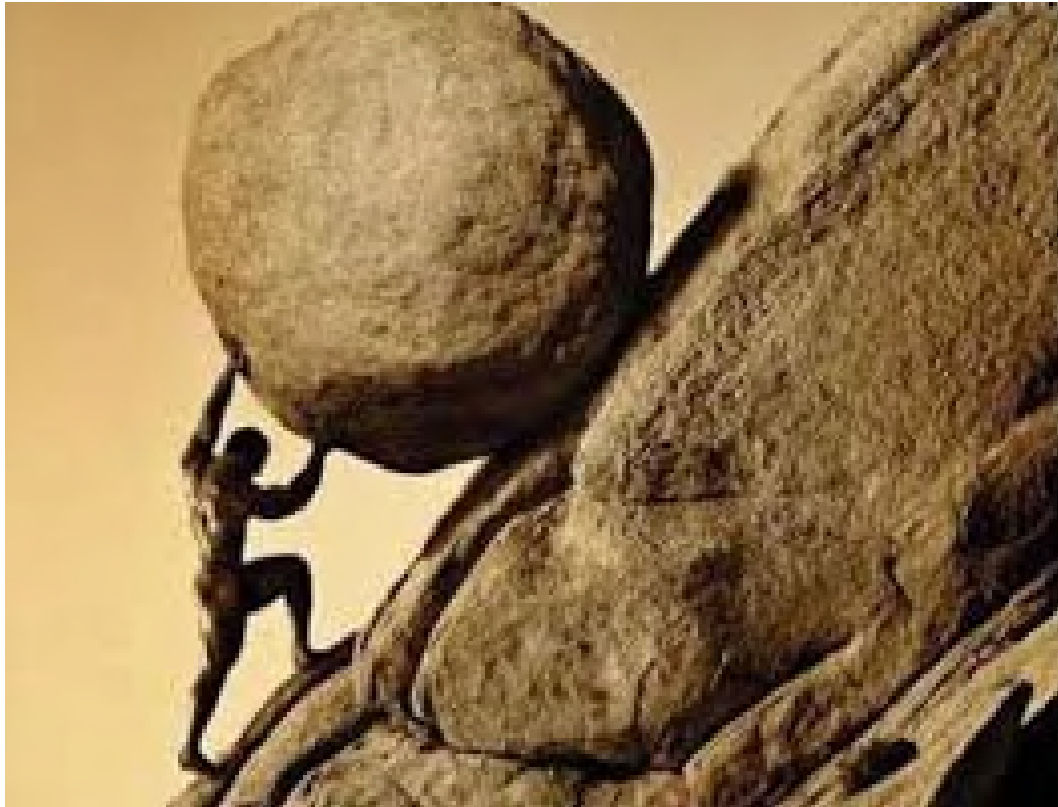


To develop lifelong soccer players among Lexington youth.

- 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



Perspective



"A once in a lifetime opportunity, how do you want to be remembered during this time."

- Jesse Itzler



Presentation Goal



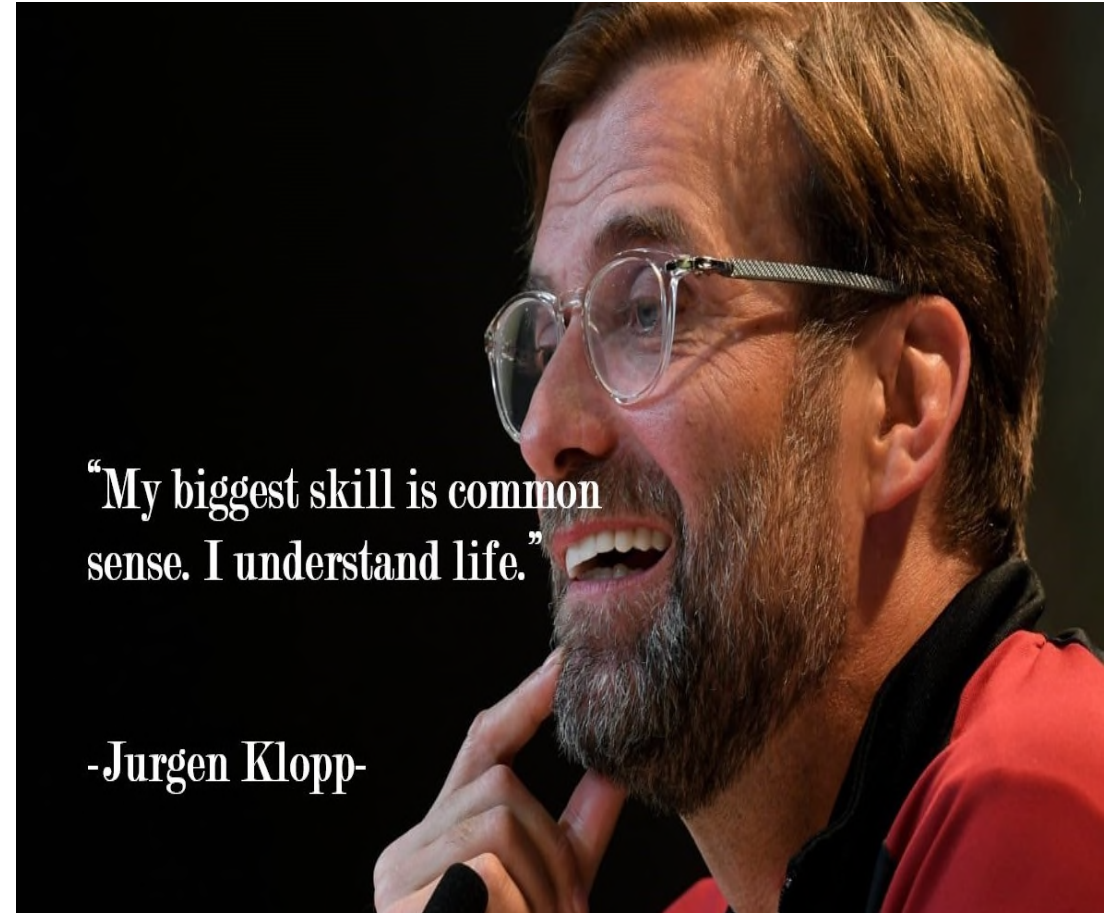
Social Distancing presents a unique opportunity for developing a more thoughtful player, a more technical player, and a more patient and prepared coach.



Top 5 qualities children want in their coach

- **Respect and encouragement**
- **A positive role model**
- **Clear, consistent communication**
- **Knowledge of the sport**
- **A good listener**

A. Visek- George Washington Study





Responsibilities Revisited

The Coach's Responsibilities



Be A Role Model



Have Perspective

Prepare Training

Execute Training

Game Day Coaching



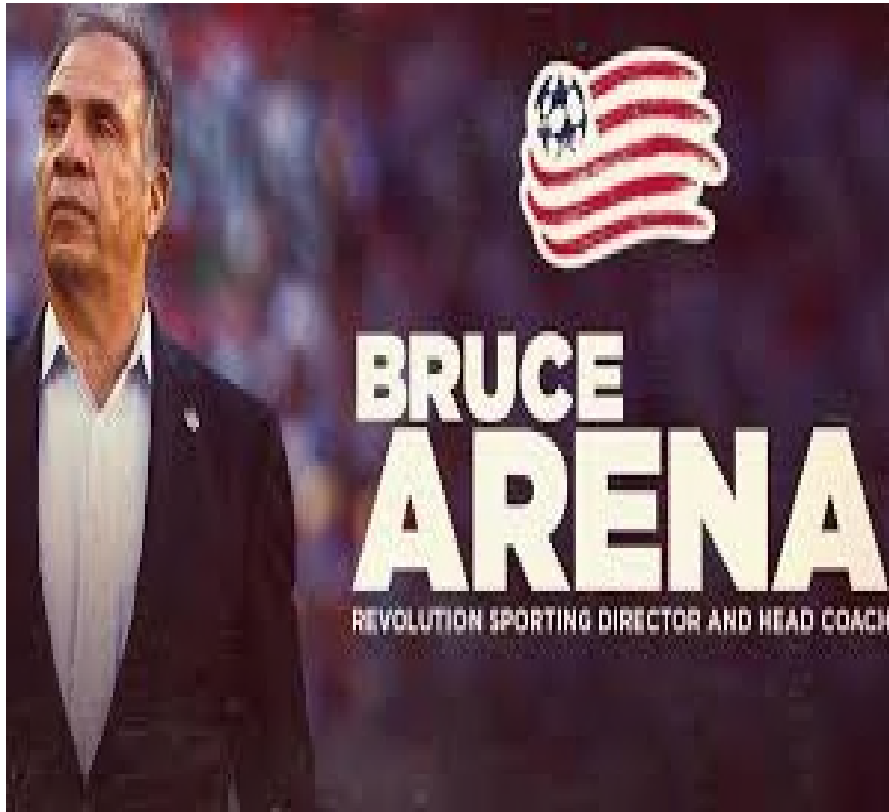
Manage Parents

Set Boundaries





Preparation



Coach Arena's Four things all coaches should take into account prior to practice:

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



Preparation





Preparation

“Don’t chase Butterflies”



Dave Brandt’s Three Themes for all Training Sessions

1. **Link-** There must be a link from practice to the game!
Can we create exercises and an environment in training that mirrors the game?
2. **Team Agreements-** At every training session Coach Brandt runs there is a single theme that **must** be adhered to throughout training.
3. **Tools-** Coach Brandt provides the players with a “tool” or a skill that will help them throughout the session.
The “tool” is optional for the players to use, but most will find it a great option as the session moves forward..

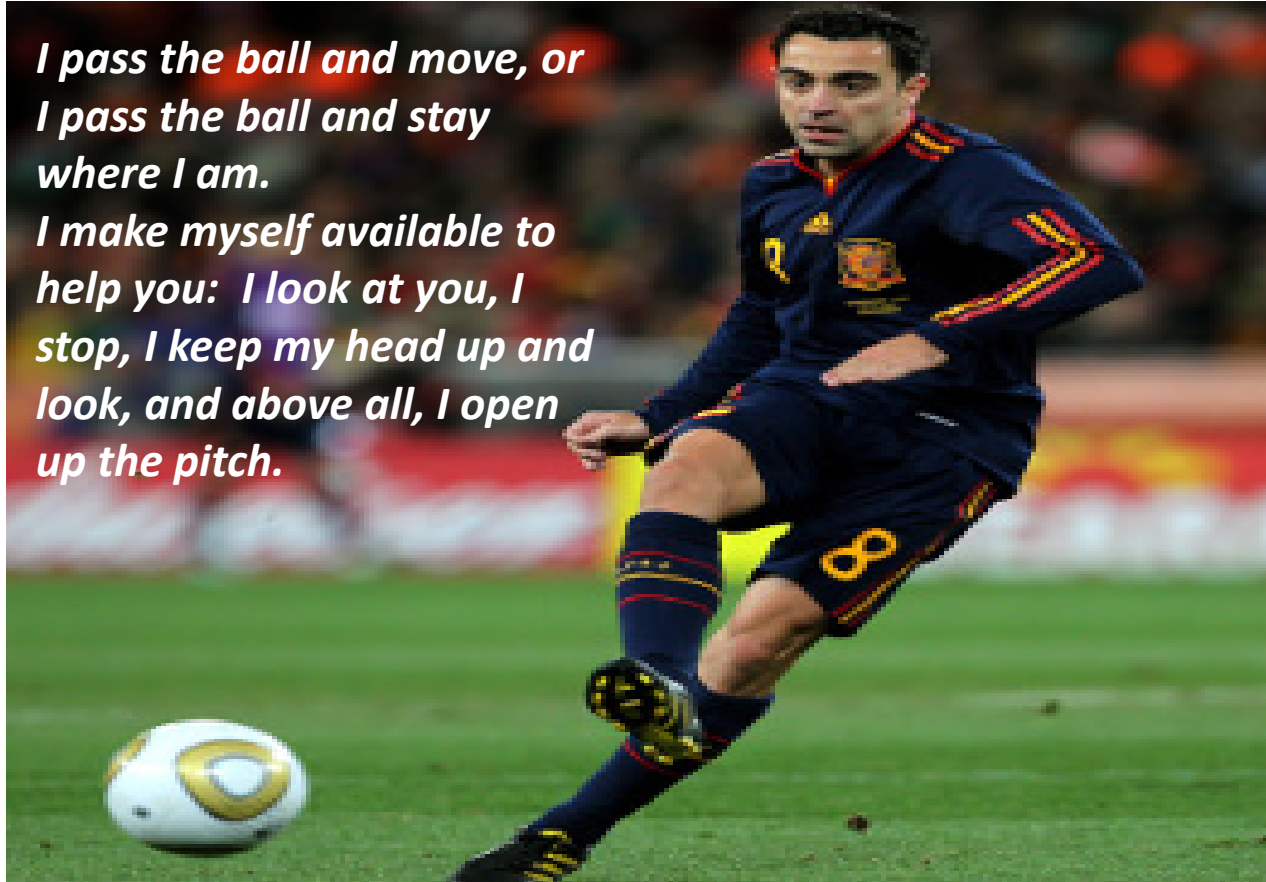
Coach Brandt - 6 time National Championship Winning Coach at Messiah College



Passing & Receiving

*I pass the **ball** and move, or
I pass the ball and stay
where I am.*

*I make myself available to
help you: I look at you, I
stop, I keep my head up and
look, and above all, I open
up the pitch.*



A more thoughtful player:

- Don't just kick the ball, pass the ball. A pass has purpose.
- Don't trap the ball, receive the ball.
- Don't just run, find space

I make myself
available to help
you!



Passing & Receiving

Warm-up



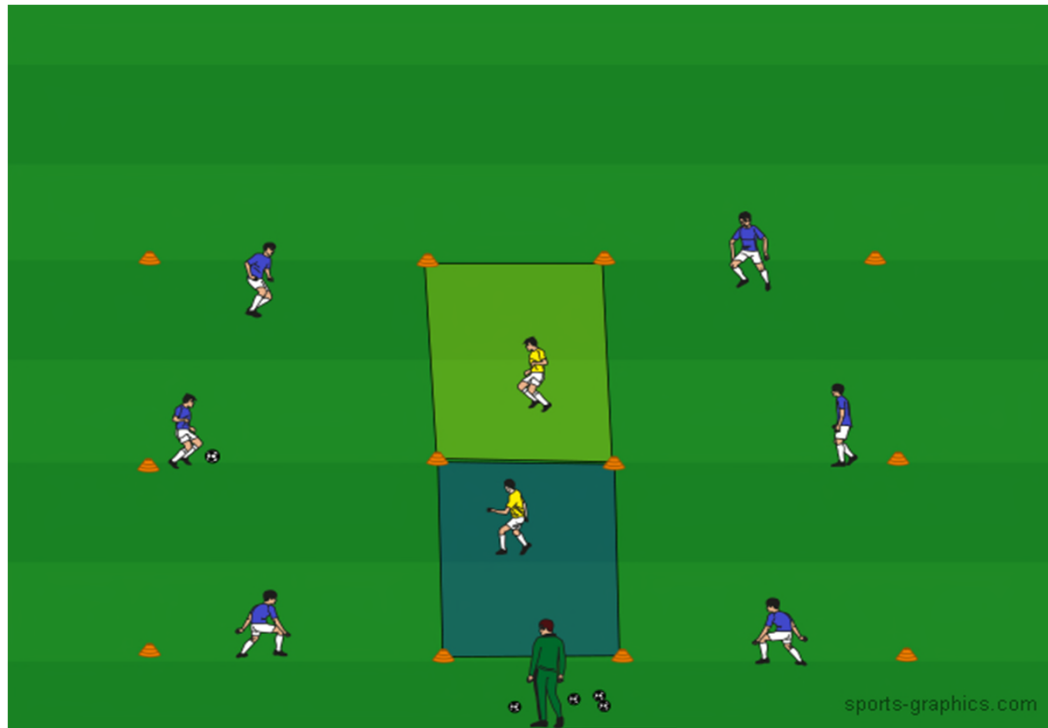
1st Activity





Passing & Receiving

2nd Activity



Core Activity





Post Session Reflection

Session Focus

Improve Passing & Receiving through:

- Proper individual space creation
- Proper body position
- Angles of support
- Weight of the pass
- Accuracy of the pass
- Clean 1st touch
- Team spacing





Perspective on a Rule Change

No Slide Tackling!

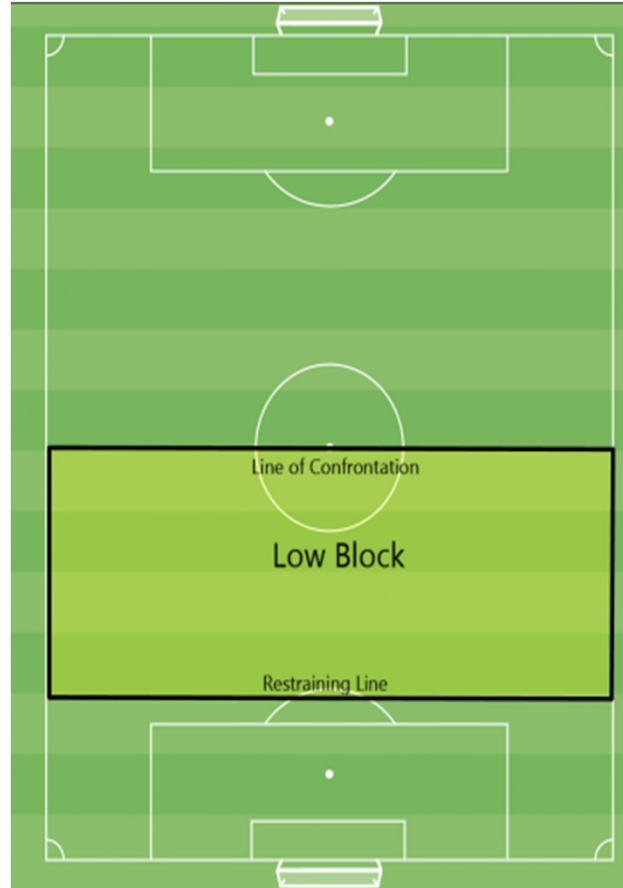


Learning Opportunity





Defensive Growth



Learning opportunity:

1. Low Pressure Defending (Defending in a deep block)
2. Zonal Defending
3. Reading the Game!

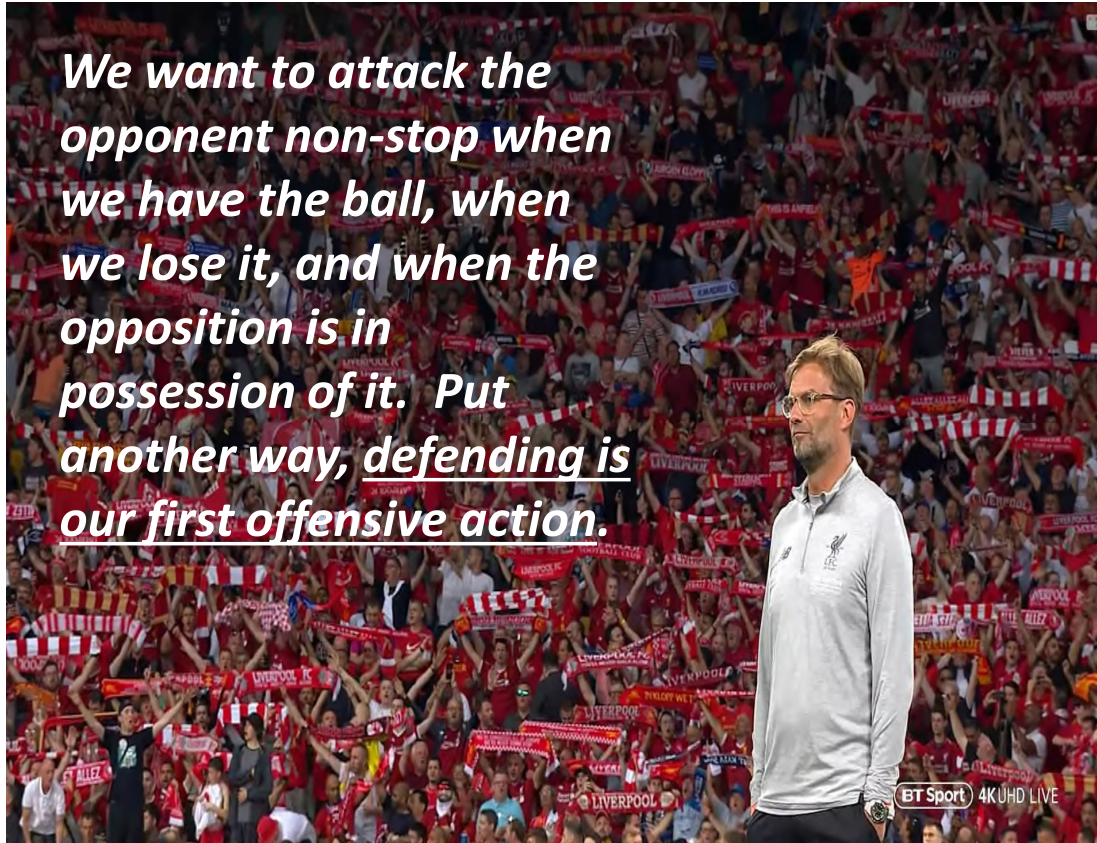
Teachable moments

- “recover behind the ball”
- “shift as unit”
- “defending spaces takes precedent over defending opponent”



Mentality

We want to attack the opponent non-stop when we have the ball, when we lose it, and when the opposition is in possession of it. Put another way, defending is our first offensive action.



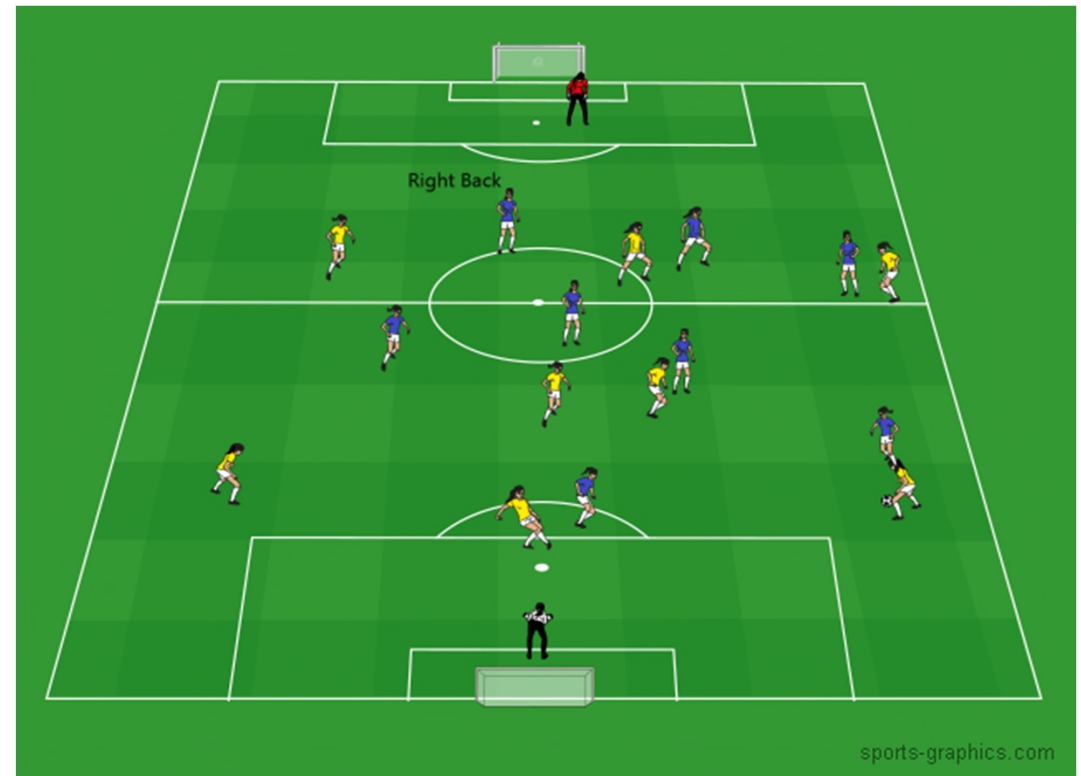


Defensive Principle-Shifting

Starting Position



Post Shift



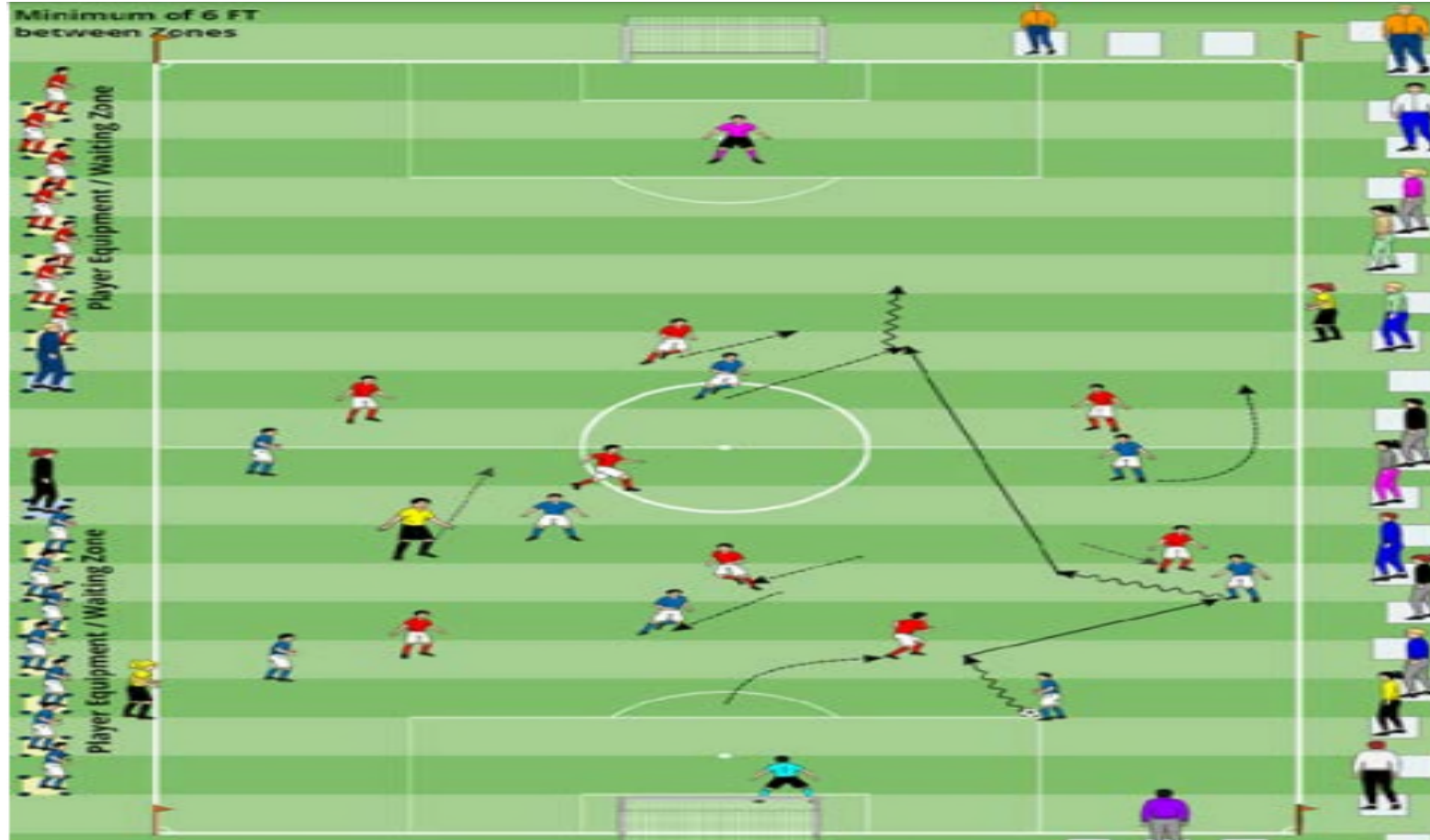


Restarts





Gameday Layout





Perspective



"Things turn out best for the people who make the best of the way things turn out."

- Coach John Wooden



Referees

- Are being trained on the *In Game Rule Modifications* release by Mass Youth Soccer
 - Note that all infractions to new rules result in an indirect free kicks
 - All restarts are indirect free kicks
- Must wear masks and maintain distance
- Will be using alternative whistle options, including electronic whistles, air horns, and other noisemakers
- Referee meetings the weekend of September 12/13
- BE PATIENT with referees – there is a learning curve here for everyone
- Zero Tolerance rules are still in effect. Keeping perspective even more important this season.



Q&A