

A group of soccer coaches and players posing in front of a goal. The group consists of four adults (two men and two women) and approximately 15 young players. The players are wearing blue and yellow soccer uniforms. The adults are wearing blue polo shirts. They are all smiling and posing in front of a white soccer goal with a net. The background is a grassy field with trees in the distance. The entire image has a blue tint.

LUSC Coaches Meeting

Fall 2021 Season
3rd-8th In-Town and Travel Programs
September 1, 2021



Welcome to the Fall 2021 Season!

- Thank You!
- A special thank you to our Volunteer Coordinators and Division Directors
- Our Mission

Developing lifelong soccer players among Lexington youth



Agenda – 3rd-8th Grade Programs

Time	Topic	Presenter
7:30 – 7:40	Welcome to the Fall 2021 Soccer Season!	John Andrews, President
7:40 – 7:45	Registrar Update – MYSA Registrations, Rosters	Mary Trometer, Registrar
7:45 – 7:50	Field Update	Tim Clackson, VP Logistics (with Ravish)
7:50 – 7:55	Schedule Update	Tim Clackson, VP Logistics (with Tan)
7:55 – 8:00	Referee Update	Tim Clackson, VP Logistics (for Christianne)
8:00 – 8:05	Equipment Update	Allison Clark, Equipment Coordinator
8:05 – 8:10	Goals Update	Lutz Bendlin, Goals Coordinator
8:10 – 8:25	COVID Update and Safety Protocols	Stacey Hamilton, COVID Safety Officer
8:25 – 9:00	Travel Program – Practice Makes the Player	Brendan Donahue, Director of Coaching



Your Support Network – LUSC Board

LUSC BOARD MEMBERS		
President	John Andrews	president@lexingtonunited.org
VP Programs	Matt Keis	mkeis@gemini-investors.com
VP Marketing	Kathryn Ready	kathrynwil26@hotmail.com
VP Admin	Jon Tremenziozzi	Jon.tremenziozzi@gmail.com
VP Logistics	Tim Clackson	timclackson65@gmail.com
VP Registration	Dave Parsons	vp-registration@lexingtonunited.org
Treasurer	Patrick Farrell	treasurer@lexingtonunited.org
Clerk	Julie Callahan	callahanseven@gmail.com
Past President/Covid Safety Officer	Stacey Hamilton	staceyh510@gmail.com
General Members	Cameron Moody	Cameron_stuver_moody@yahoo.com
	Joe Seidel	seidelj@gmail.com
	Phil Porter	philip@porterbuild.com
	Jen Cunliffe	jencunliffe@gmail.com
	Surya Singh	suryacsingh@gmail.com



Your Support Network – Division Directors

K-2 DIVISION DIRECTORS		
Boys Grade 3	Jon Trementozzi	Jon.trementozzi@gmail.com
Boys Grade 4	Dave Parsons	dave.parsons@gmail.com
Boys Grade 5	Sam Agresta	svja1072@gmail.com
Boys Grade 6	Mike Cramer	mvccramer@gmail.com
Boys Grades 7 and 8	Dan Alves Cameron Moody	dalves11@yahoo.com Cameron_stuver_moody@yahoo.com
Girls Grade 3	Phillipe Schenk	schenkpt@gmail.com
Girls Grade 4	Marisa Kearney	marisa_kearney@yahoo.com
Girls Grade 5	Lizbie Porter	lizbie20@yahoo.com
Girls Grade 6	Andrew Kvaal	andrew.kvaal@gmail.com
Girls Grade 7 and 8	George Arnold Stacey Hamilton	georgeparnold@outlook.com staceyh510@gmail.com



MYSA Registration Information

All Coaches need a MYSA Credential

- Register with MYSA at the [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)
- Have a CORI and national background checks (if you need this it will be during the MYSA registration process)
- Complete the SafeSport initial course (90 minutes) if new or a refresher course if you have already completed the initial course (this is a 30-minute course that must be taken yearly)
- 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 2022 or you will need to retake)



MYSA Registration Information

Team Covid Coordinators need to:

- 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)
- Have a CORI and national background checks - this includes getting the CORI "verified" by meeting with the registrar with an ID and the CORI papers (No Credential is given)

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



Field Update

- Fields this season:
 - Turf : three at Lincoln, one at Center
 - Grass: Clarke, Diamond, Harrington, Muzzey, Estabrook and Adams (Waldorf)
- Some fields have goals and lines for small field games
- Lights at Lincoln 2 and Center will come on automatically





Late season weekday practices

- Starting on Columbus Day, practices are only on lighted fields
- We get use of the Center baseball/softball fields - grass

Center baseball/
softball fields





BAYS Game Schedule

- Schedule now on BAYS website is NOT FINAL – will be adjusted to conform to LUSC's permit
- Email will be sent when home schedule is final (next few days)



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
- Homepage is the main form of communicating field status
- Field issues? Email/text Tim Clackson or Ravish Kumar

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



Schedule Update

Lexington United Soccer Club

Developing lifelong soccer players among Lexington youth

Search this website

SHOP LUSC

ABOUT LUSC PROGRAMS CLUB SCHEDULES FIELDS COACHES

Schedules

[Fall 2018 Saturday Schedule](#)

[Fall 2018 Sunday Schedule](#)

[Fall 2018 Late Season Weekday Schedule 10/9-11/9](#)

Questions? Contact: schedules@lexingtonunited.org.

BAYS Travel Schedules

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.

SCHEDULES

> SCHEDULES

[RAINOUTS & RESCHEDULES](#)

[REFEREE SCHEDULES](#)

- Practice schedule coming soon
- Practices start Tuesday Sept 7 (No pro practices due to Rosh Hashanah)
- First games Saturday Sept 11



Schedule Update

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 & 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: 617-529-9965 bdonahue@lexingtonunited.org (BD) Assistant Director: Tom Heimreid: 857-301-0190 tom.heimreid@gmail.com (TH)				Pro-Coaches: Thomas Ballenthin: 978-944-5243 tball5@yahoo.com (TB) Miguel Chavez: 781-353-8075 miguelbarce@hotmail.com (MC) Emily Morse: 781-354-9134 emgem52@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 Viana G6 Larson B8 Claesson	B5 (BU11) Pro: TH, MC	B8 Tibbets B8 Balagurusamy B8 Nazeeri B8 Murphy			
									G5 Viana		B8 Tibbets RR			

- Gray box = NOT available
- Red = exceptions; check weekly for updates
- If another team needs to join you on a field, please make space



Cancelling and Rescheduling Games

- Consult the Rainouts and Reschedules page on the LUSC website for guidance !!
- Home coach has 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 space, refs, travel time



Equipment Update

- General
 1. Pinnies will not be used (please remove from bags and keep for later)
 2. Goalie gloves may be requested (Coach manages sharing/cleaning)
 3. Equipment bag and contents to be handled by coach only
 4. No equipment available from Diamond trailer (access by staff only)
- 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 (contact Equipment Coordinator or drop off at Diamond on Saturday morning during the season)



Equipment Update

- Coordinate with DD's to distribute initial common supplies for the season and team/coach requests:
 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. Requests before the pick-up date for any items listed below
 7. Coach T-shirt (size S , M, L, XL, 2XL, 3XL) - available at Diamond on Saturday mornings during the season.
- Email requests during the season – wait for confirmation and pick up instructions:
 1. Ball pump and/or needles
 2. Medical kit
 3. Replacement game ball
 4. Goalie gloves, cones, ice packs
- Contact Registrar for reversible pinnies or travel uniform orders



Goals Update

- See something
- Say something



goals@lexingtonunited.org



Referee Update

- Referees are an important part of the program
NO referee = NO game
- **Treat the referee with respect**
Please understand that our referees are NOT professional referees and can only improve with practice.
- No. 1 reason why kids quit refereeing = Coaches & Parent behavior.
If you would like confident 17/18-year-old referees, you must treat them well when they are 14 years old, so they are embracing and continue doing this job ...

Christianne Mager, Ref-Assignor@LexingtonUnited.org or (617) 642-0393



Referee Update

- **BAYS Zero Tolerance 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.

1. **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.
2. 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.
3. Violators may be ejected and are subject to disciplinary action by the BAYS Sportsmanship Review Committee
4. If coaches would like to provide feedback to or about the referee, AFTER the game, log into the BAYS site and under MyBAYS should be an option to give "Game Feedback" with a form that goes directly to the home Ref Assignor and the Club President.
5. If spectators have questions regarding particular calls, rules, or a referee, or wish to give feedback regarding a referee, please contact the town soccer club referee assignor for the game in question.

Christianne Mager, Ref-Assignor@LexingtonUnited.org or (617) 642-0393



COVID Update & Safety Protocols

Stacey Hamilton

Past President, COVID Safety Officer



Safety Update

- COVID Safety Officer required by MYSA for all member clubs
- COVID Safety Officer specific [Role and Responsibilities](#)
 - Report any known COVID cases or quarantine situations immediately to the LUSC COVID Safety Officer and get their guidance, **PRIOR** to doing any team outreach or communications.
- 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 (HealthChecks, hand sanitizer, distancing)
 - Manages attendance at all practices and games for the LUSC side
 - [Monitors sidelines to ensure COVID-19 policies are being followed] - N/A for now

COVID Safety Officer for LUSC:

Stacey Hamilton, LUSC Past President

safety@lexingtonunited.org or 617-817-7759 (cell)



Safety Update

Key Resources for Coaches:

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

- Players and coaches must be in good health
- Coaches and parents must notify LUSC of cases and/or exposures
- Return to play is aligned with Town and school guidance
- Use best practices to limit contact and sharing

2) Mass Youth Soccer [COVID-19 Hub](#)

NOTE: Traditional rules of play apply; no game modifications like last fall



Safety Update

Players and coaches must be in good health

- 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 complete the TeamSnap Healthcheck prior to every practice, game or other soccer activity. Cannot participate until it is done. Require and remind!
- If the player has any signs or symptoms of COVID-19 during any activity – PULL & SEND HOME IMMEDIATELY
- A negative COVID test for a player is NOT clearance to play if they have shown or experienced any signs or symptoms of COVID-19. The player must have a doctor's note if they have shown or experienced any signs or symptoms of COVID-19 and provide it to the Registrar in advance of their return.
- Parents must notify the team Coach and the LUSC COVID Safety Officer (safety@lexingtonunited.org) if their player has a known case of COVID, is exposed to a known case of COVID, or they are otherwise notified by any school or town health employee that they are subject to any type of COVID restriction on their activity.



Safety Update

Best practices to limit contact & sharing

- Carpooling discouraged but if it occurs, wear masks and keep windows open.
- Each player must have their own water bottle, snack if desired, personal hygiene products (hand sanitizer, facial tissues, etc), pinnie, and/or goalie gloves (as applicable). No sharing of any of these items. Only coaches handle equipment or gear like cones.
- Encourage personal sideline space for breaks & gear, 6-8 ft back from others and the sideline. Help players get organized upon arrival.
- Masks are not required but are allowed
 - Only face coverings that secure with loops around a player's ears are acceptable. Players may not use gaiters, tie-back masks, mesh masks, masks with valves or face shields, per MYSA.



“Practice Makes the Player”

By
Brendan Donahue
Lexington United Soccer Club
Director of Coaching
September 1st, 2021



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?**



Opening Thought- Be Intentional

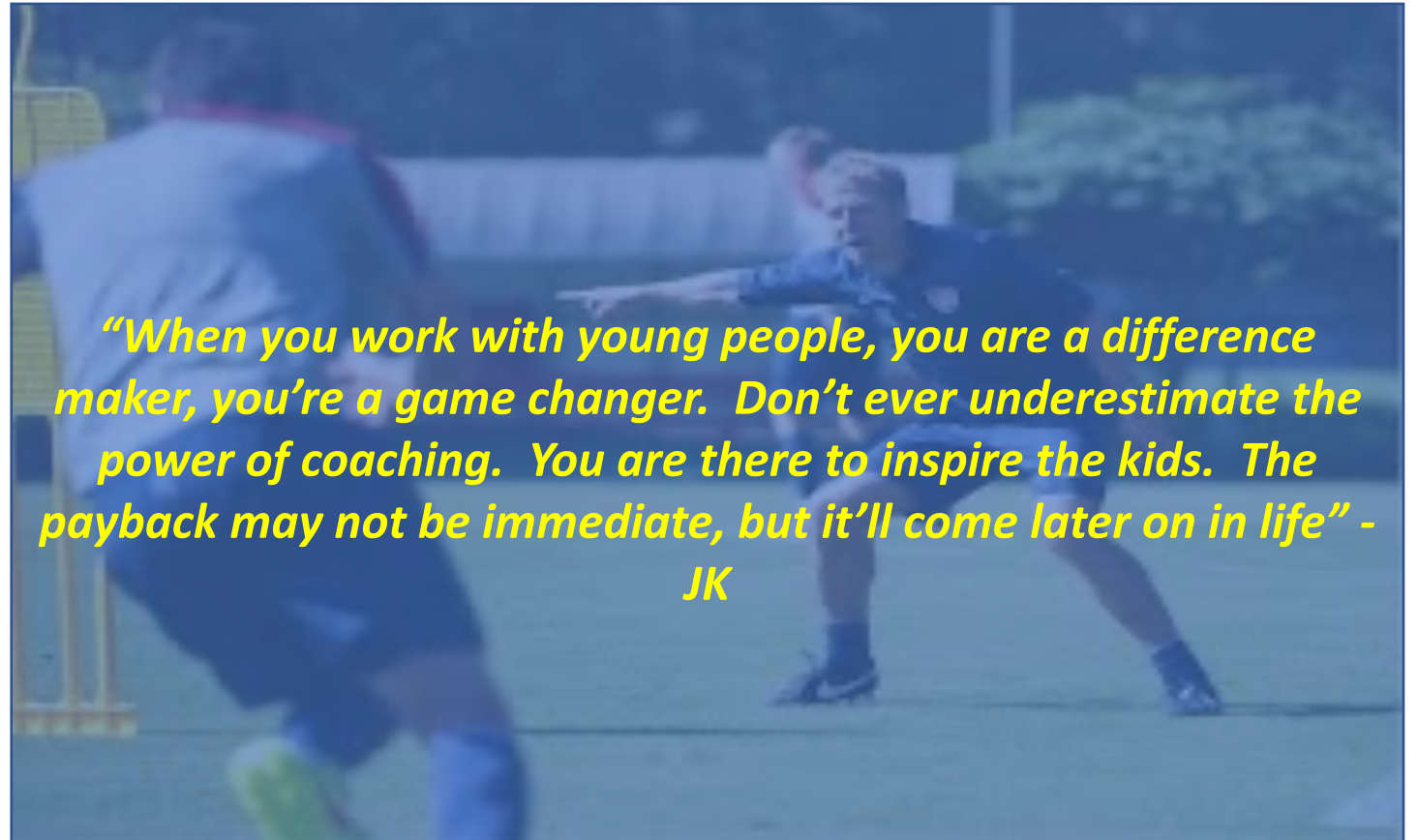
You know what the difference between an artist and a coach is? At the end of the day the artist can throw out his work, the coach doesn't have that luxury.

Terry Steiner



4 Questions all Coaches Should Ask Themselves

1. Why do I coach?
2. How do I coach?
3. How does it feel to be coached by me?
4. How do I define success?





Bathe Them In the River

Relevant
Important
Valued
Empowered
Respected

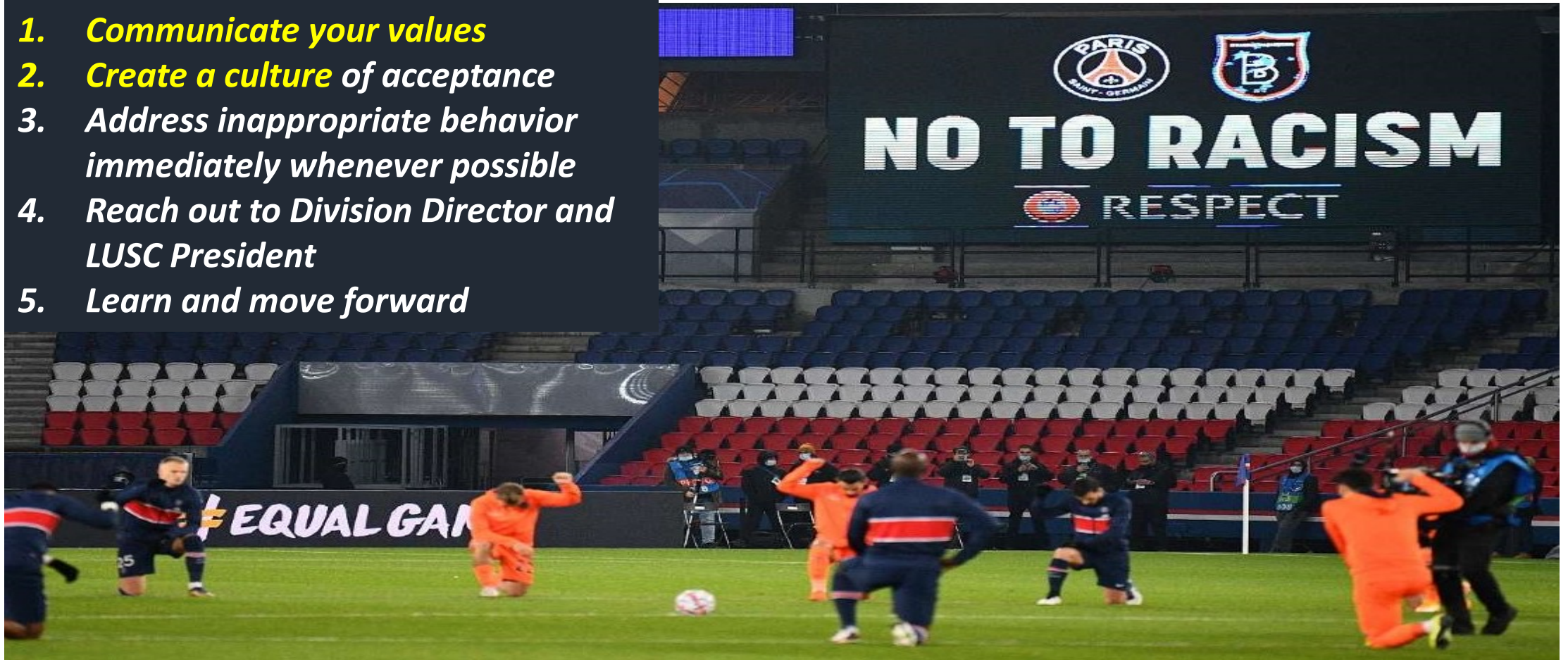


Jerry Lynch



Respect

1. *Communicate your values*
2. *Create a culture of acceptance*
3. *Address inappropriate behavior immediately whenever possible*
4. *Reach out to Division Director and LUSC President*
5. *Learn and move forward*





Lopsided Score Scenario

**Rule to live by:
Don't embarrass your opponent!**

**DOC's preference:
Don't place false restrictions, but find ways to
make the game worthwhile.**

**Ex.
Drop Off and Counter
Must Change Point of Attack**

Excerpts from my Boys 2010 Match Report

I want to start by letting you know how proud I was of the boys yesterday.

I stress at all of our coaches' meetings that really all you can ask from your players is to:

1. Do your Best
2. Be a Great Teammate

A match like yesterday reveals so much. There is no where to hide. You either deal with the situation as it unfolds or you shrink from it. We certainly didn't shrink, we grew.

I always want to be honest with the boys. I let them know that the gap in talent was large and we weren't going to erase that in the next 30 minutes, but we could narrow it.

I let them know that I didn't mind if the score was 20-0, I just didn't want to see them quit. You'll forget a result in time, but once you quit or give in, that can snowball into a fallback option.

Life lessons can be learned and I was proud to watch the boys lift one another and narrow the gap at a pretty impressive clip by doing their best and being great teammates.



Coach's Responsibilities

Be A Role Model

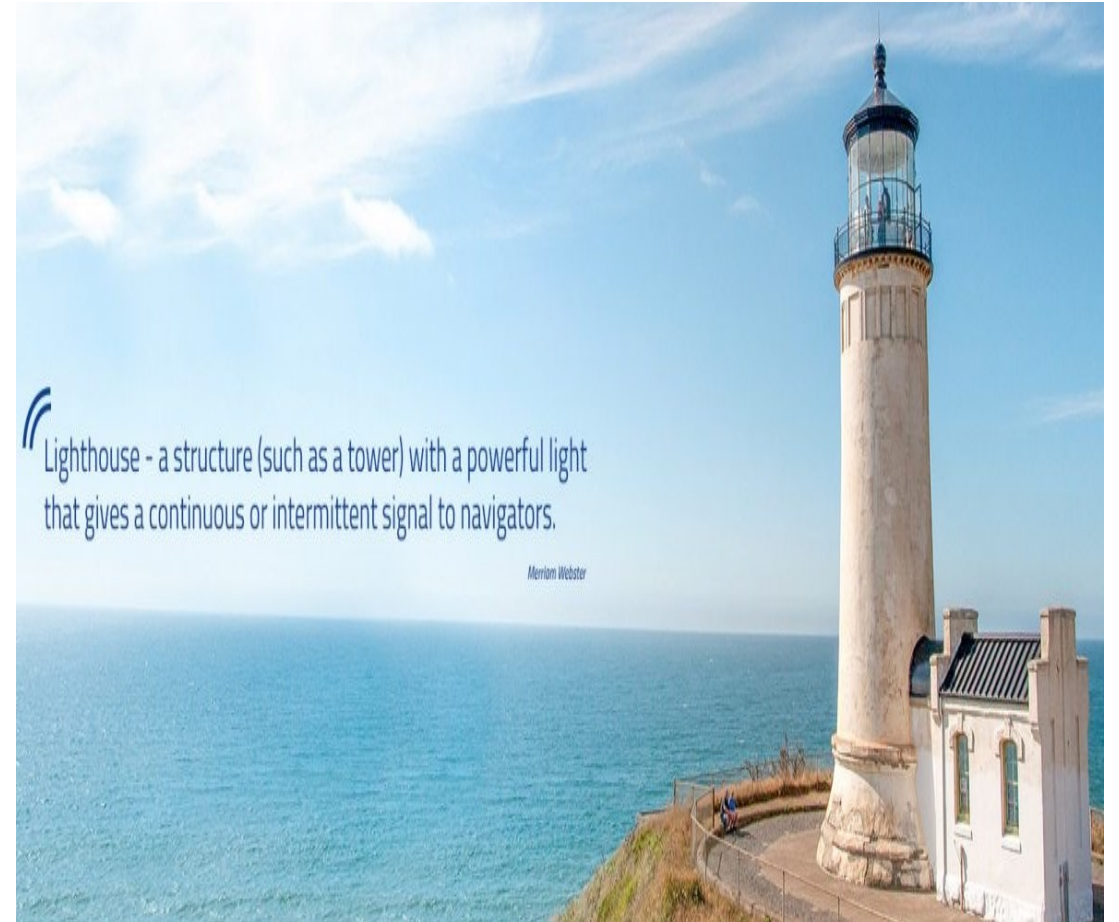
Be Prepared

Be Present

Be Consistent

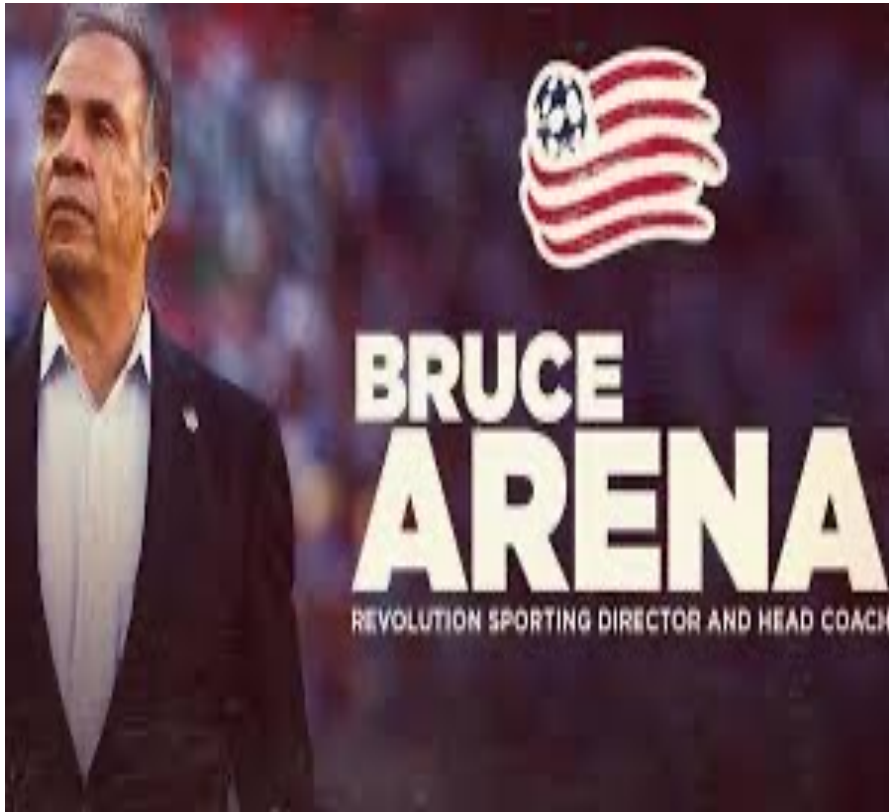
Have Perspective

Have Composure





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.



Mentality-Crossing the Line



The Transformation from our Office/Student Self to Athletic Self

Mentality- we are there to:

- Compete
- Learn
- Grow
- Be Challenged
- Be Brave
- Be Honest

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



The Cycle

The Game

Focus on Performance not outcomes!

Two questions to consider

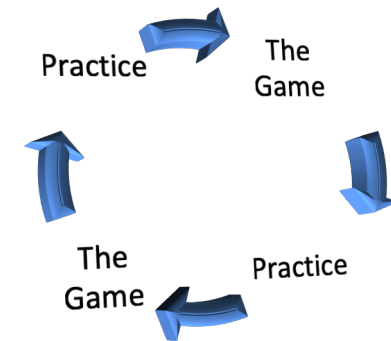
1. What has taken place?
2. What do we need to work on?

Team Practice Goals

- Improve overall performance through extended directional play
- Set Priorities!

The Game

The Loop



Pro Practice Goals

- Long Term Development
- Establish Age-Appropriate Foundational Skills
- 3 Week Block Curriculum

Team Practice

Pro Practice



Team Practice



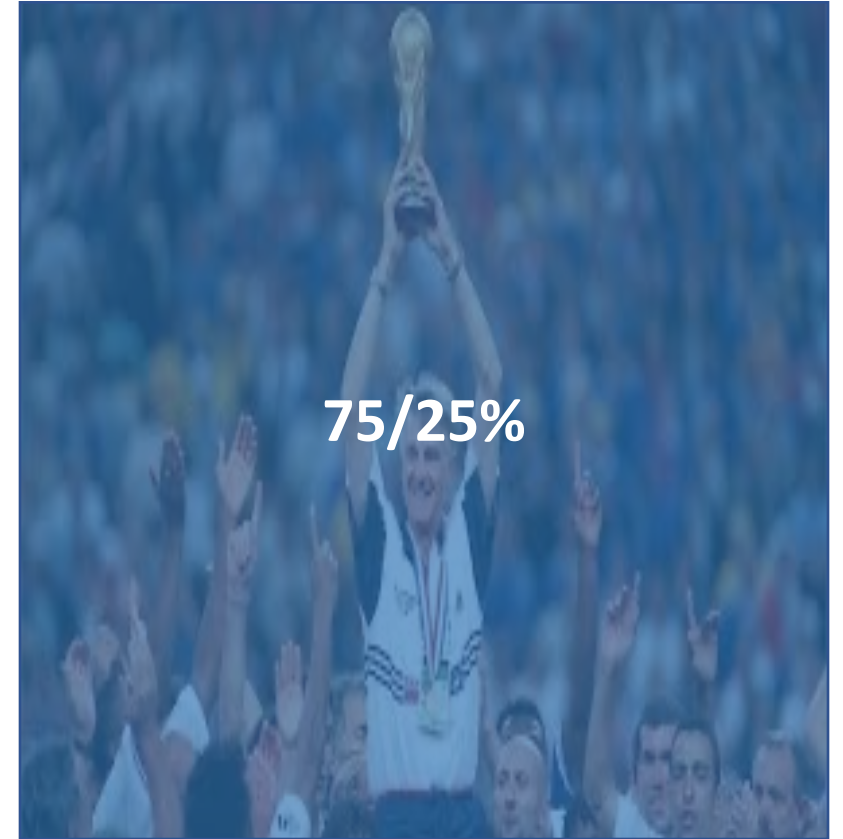


Team Practice Considerations

Ask yourself:

What do I want to accomplish today?

1. Set priorities and choose a topic
2. Progress simple to complex
3. Make it directional
4. Allow for extended play

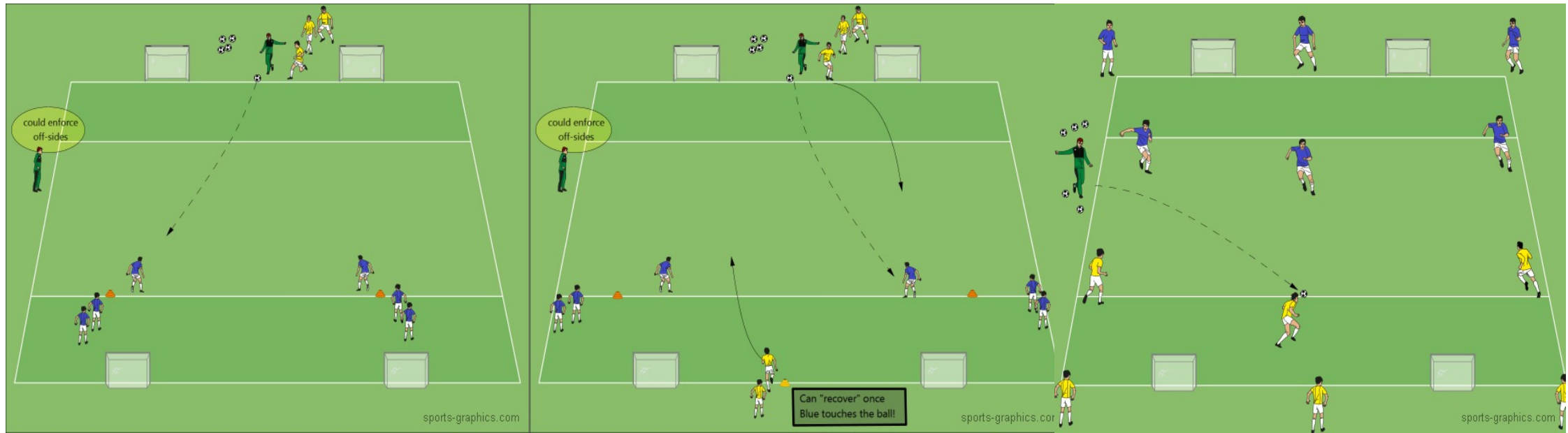




Layering

- Training exercises should phase in complexity and learning in stages
- Introduces players to one idea, let them apply it, then add another
- Keep challenges at a level that engage the players, where they enjoy the learning, but avoid asking them to do too many things at once

Simple to Complex





Coaches Controllables

Values

THE ENVIRONMENT

This is the way we do things here

Non-Negotiables

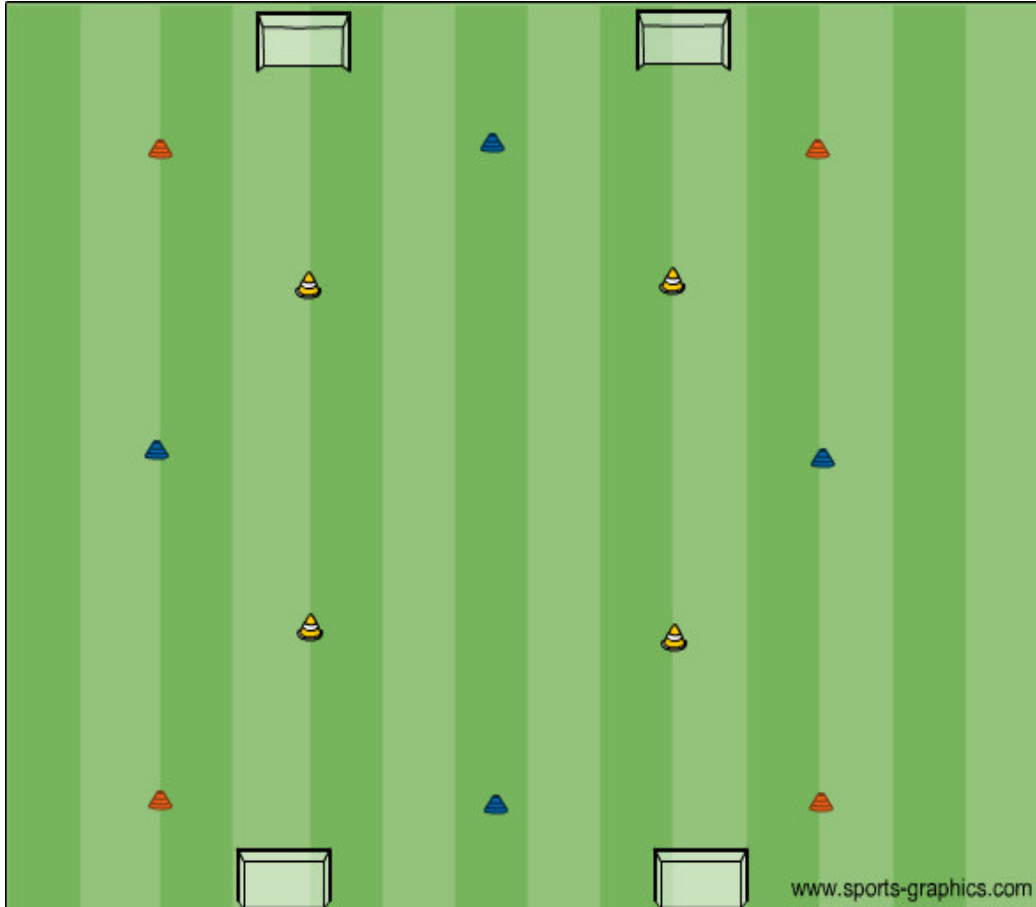


Be The Architect

Have a plan
Share your plan
Be detail oriented
Have high expectations
Create something beautiful
"I had a lot of love in my coaching"



Coaches Controllables



Restrictions

Ex. Dick Bate

- One touch if you can
- Two Touch if you have to
- Three touch if you MUST





Coaches Controllables

Choosing Size and Shape

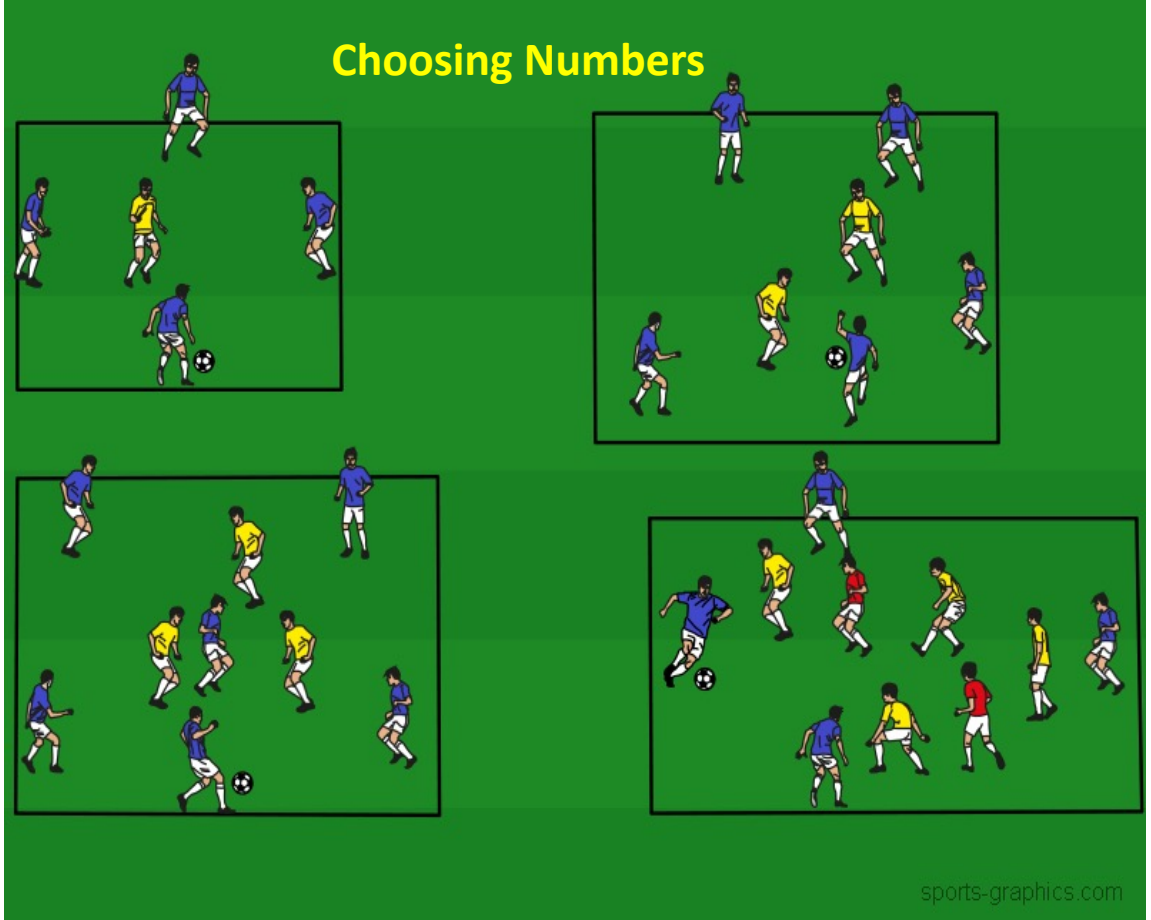
Long &
Narrow

Short & Wide

WHY?

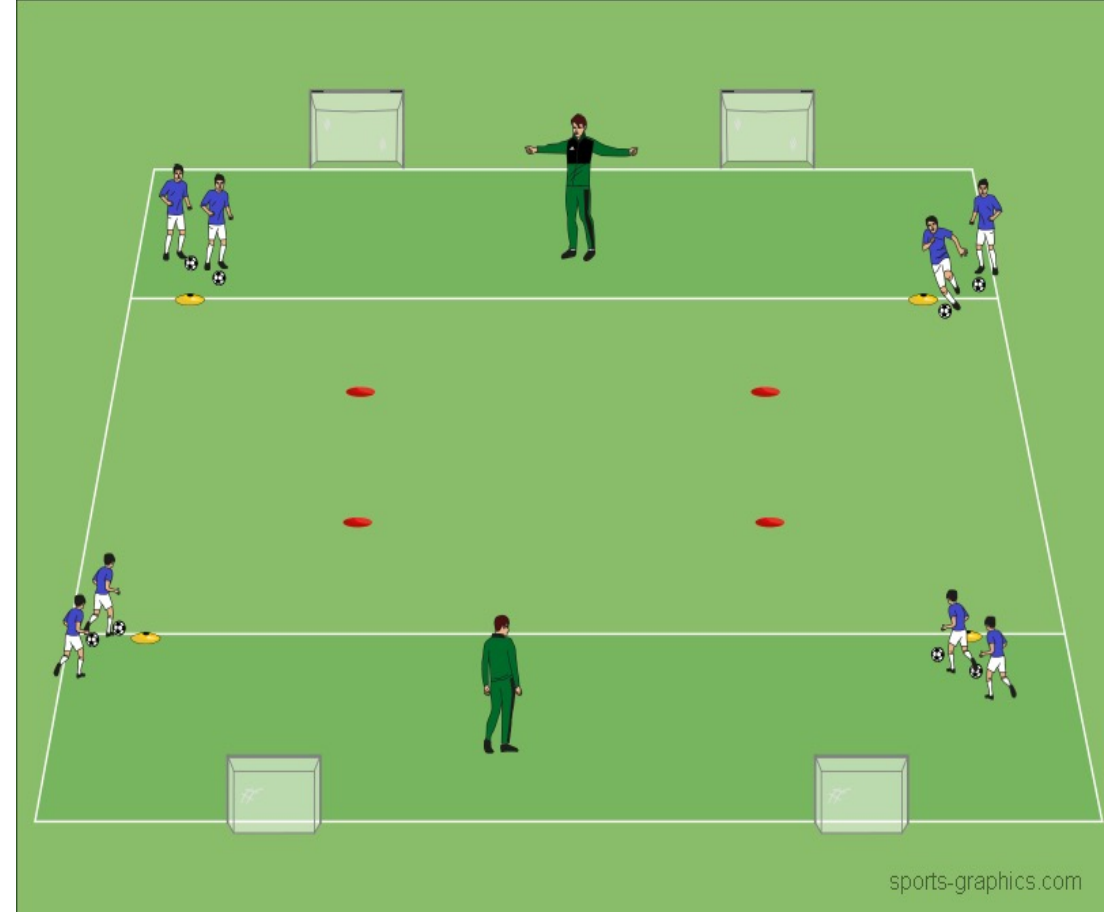
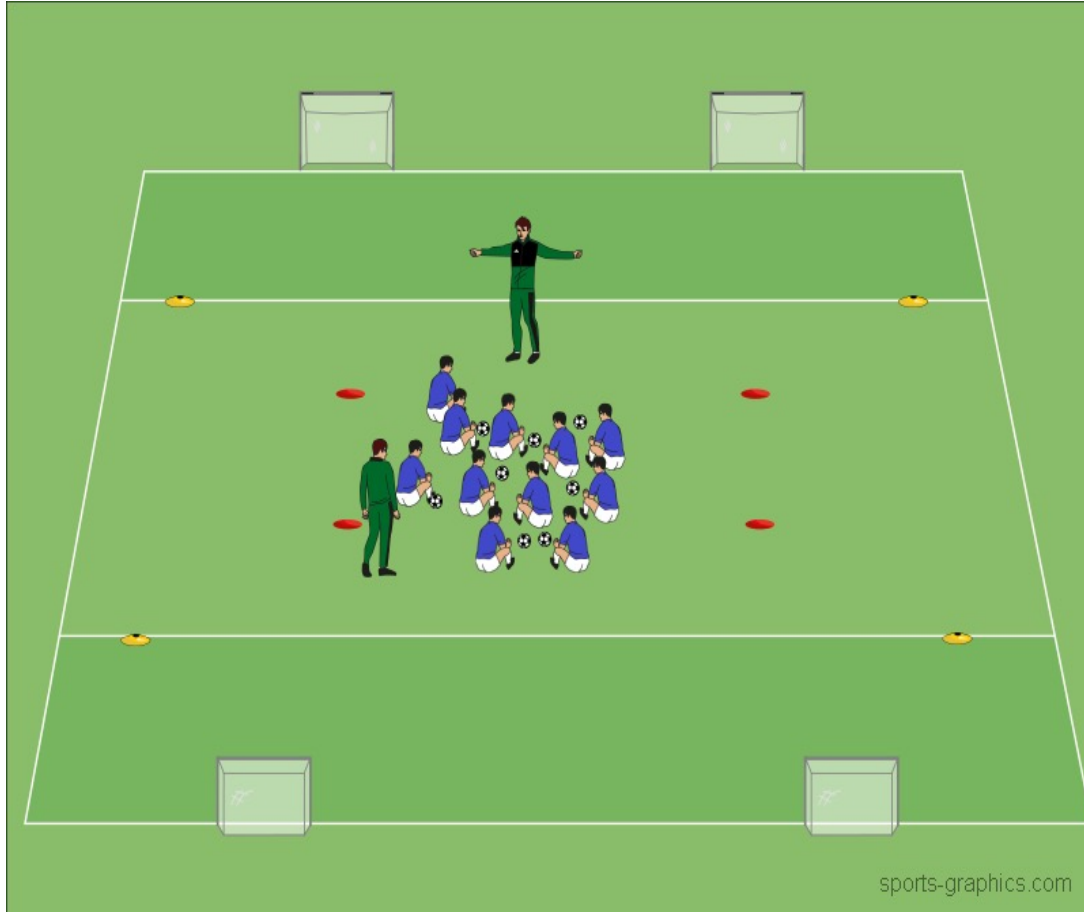
sports-graphics.com

Choosing Numbers





Coaching Tip





Planning a Practice

Practice Preparation and Routine

- Keep it Consistent
- Simple to Complex
- Layer in Information
- Topic Related
- **Work Backwards**



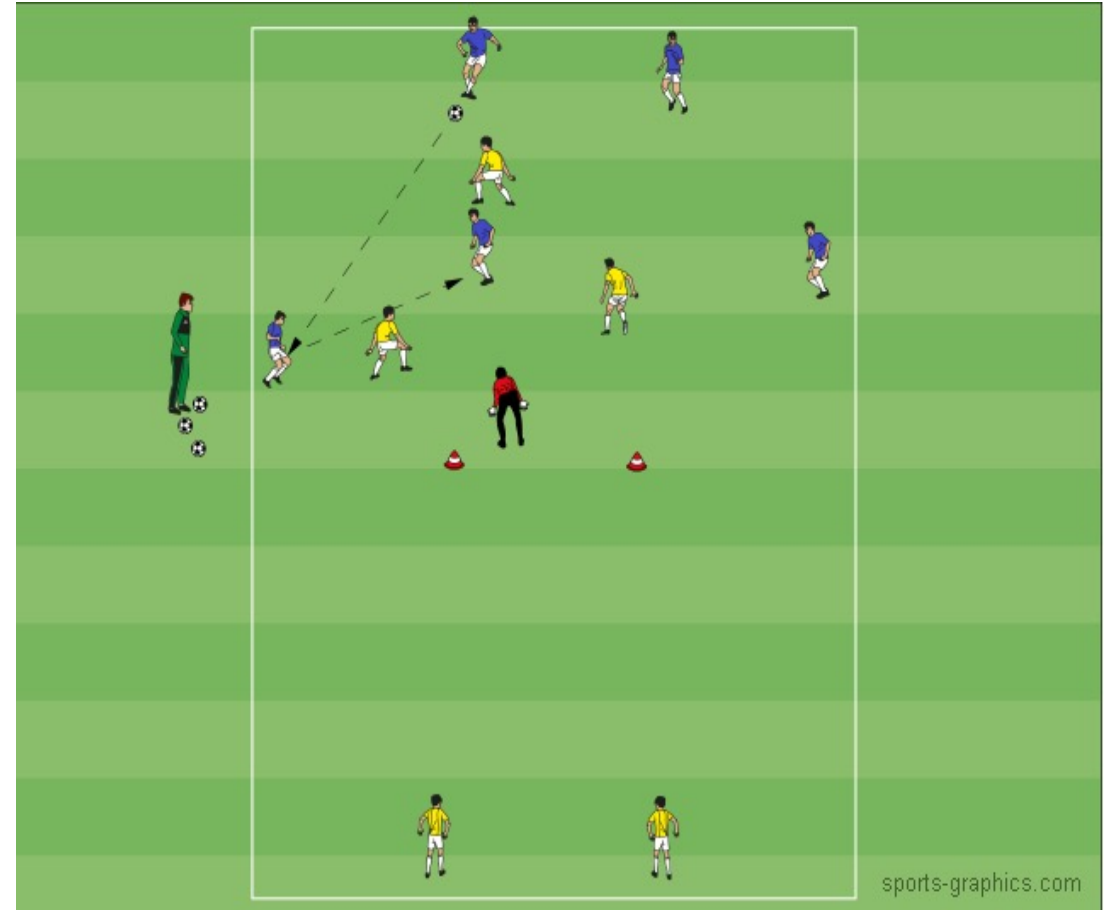


Core Activity

Example Topic: Transition

2nd “Core” Activity: Transition with Mirror Goal

- a complex activity
- players are forced to make decisions quickly
- has a high resemblance to the game
- players are attacking and defending

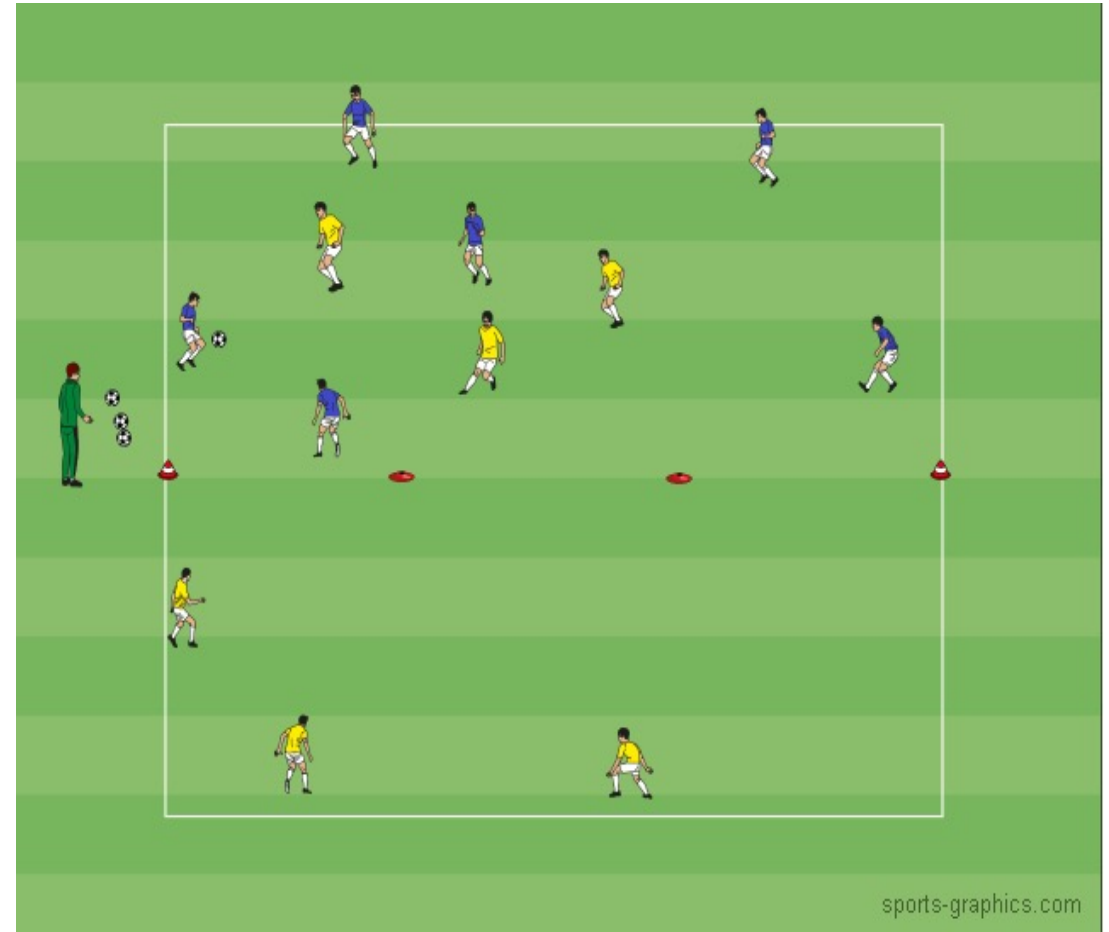




1st Activity

1st Activity: Transition Boxes

- “tune the players in” and create a comfort level both technically and tactically for the main activity performed under some pressure
- establish a rhythm
- set-up of this activity should mirror the set up of the core activity

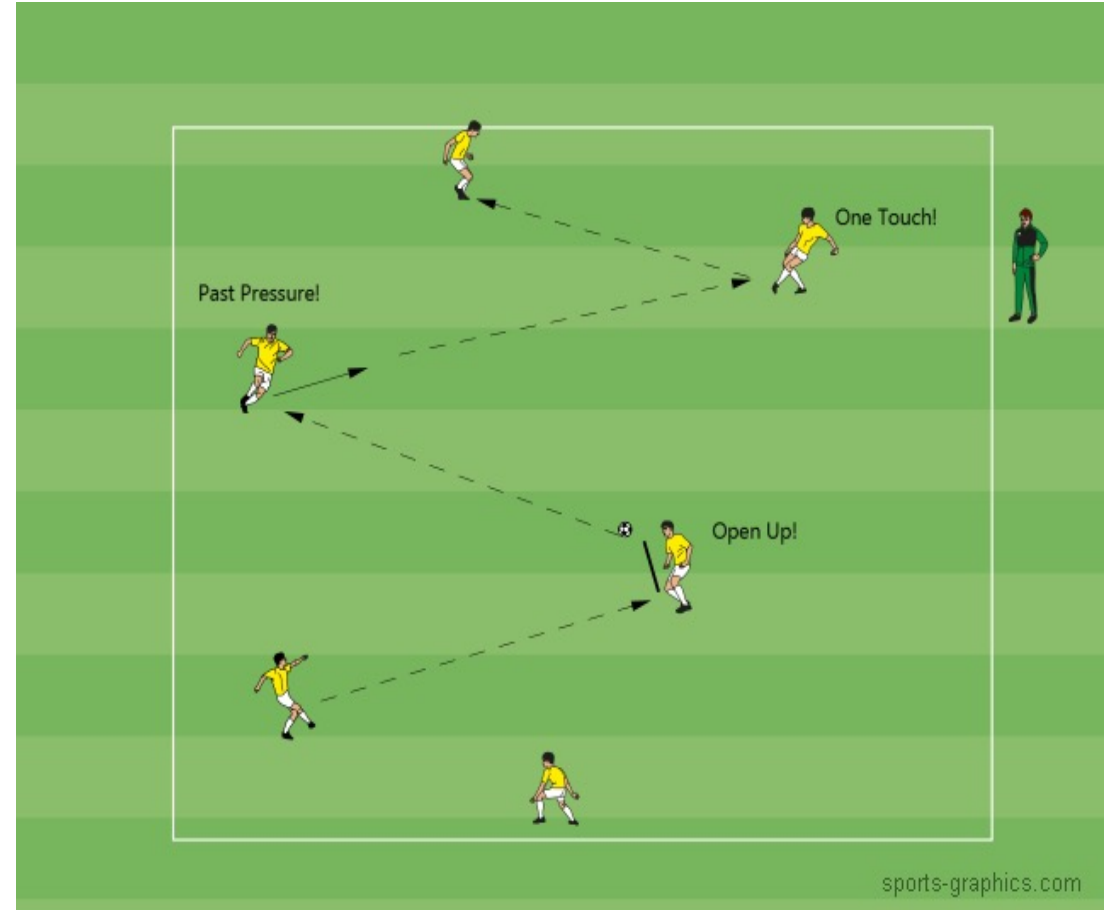


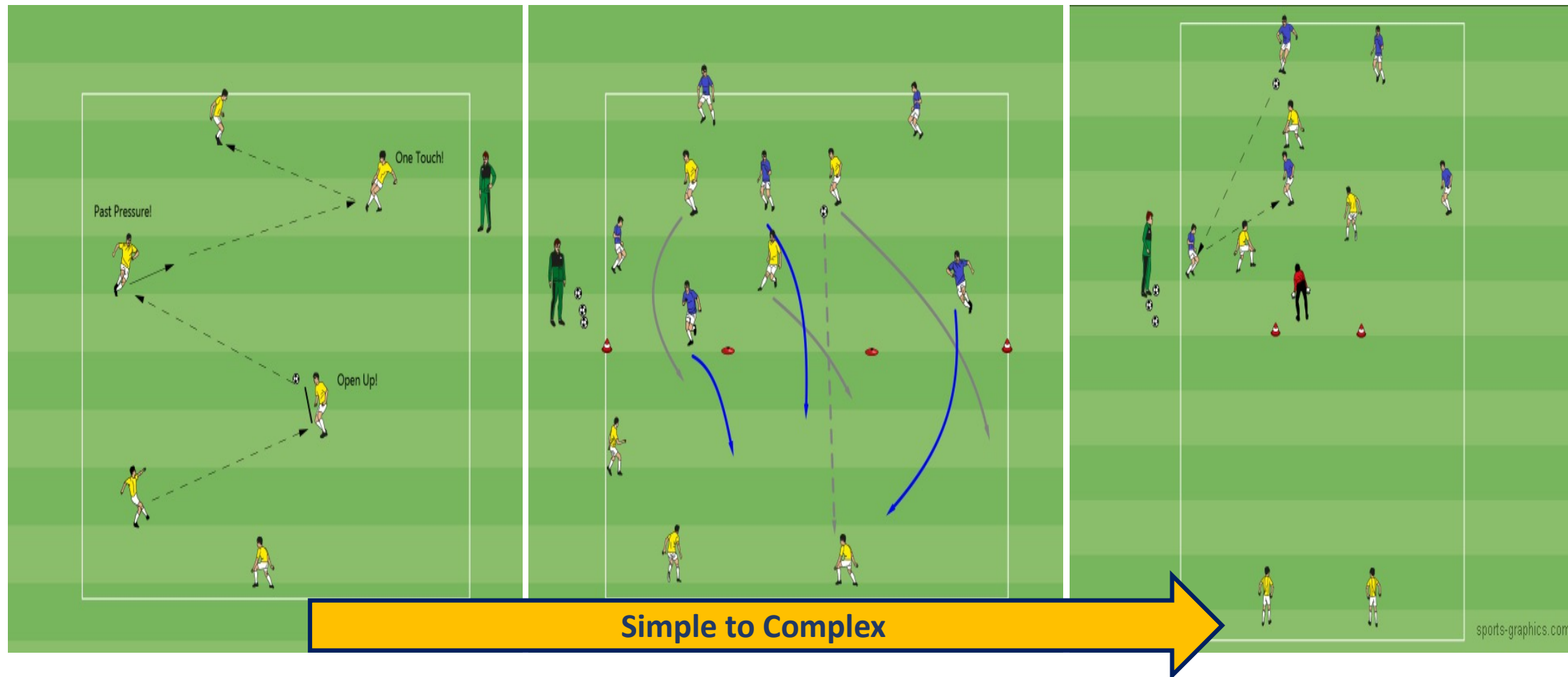


Warm-up

Warm-up: Bobby Clarke ND

1. Set the tone and rhythm of the practice.
2. Begin on time and get the players focused.
3. Provide numerous repetition to technically prepare the players for the demands of the session
4. Be related and lead to more success in the activities that will follow.

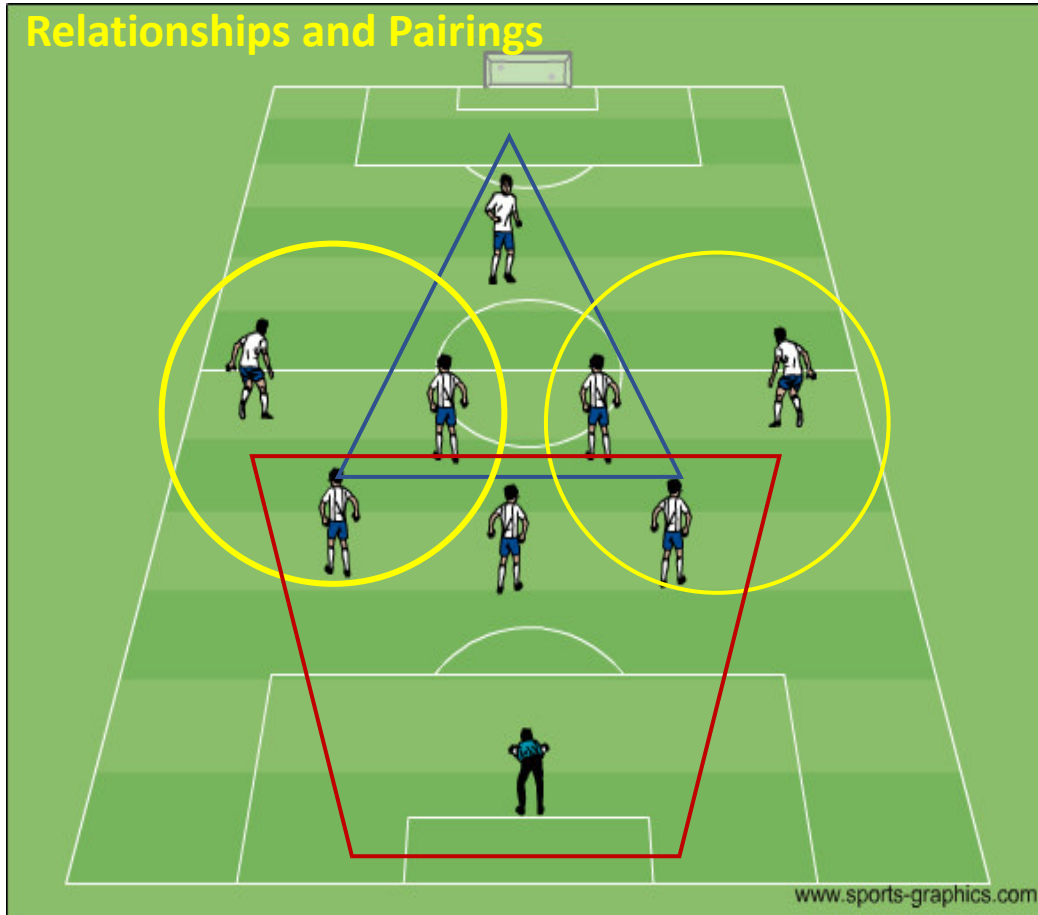






Scrimmage Controllables

Relationships and Pairings





Player Rotation

Player Rotation Consideration

Reasons to Rotate	Playing at the Back, Dealing with “Talented” Players, Appreciation for Teammates and Roles within a Team
Potential Pitfalls of Player Rotation	Flow of the Game, Learning to Play While Fatigued, Reinforcing Coach’s Feedback
Recommendations	Reduce Number of Substitutions, Rotate at Half, Rotate Game to Game



Planning Resource

→ ↻ ⓘ Not secure | lexingtonunited.org/u12-exercises/ ☆ ✓

U11/U12 Exercises

PASSING/RECEIVING	SHOOTING/EXERCISES TO GOAL
<p>WARM UP</p> <ul style="list-style-type: none">▪ Passing with Receiver Reaction▪ German Box▪ Inside the Foot: Hit the Disc▪ Passing in Pairs with Basic Movements	<p>WARM UP</p> <ul style="list-style-type: none">▪ Striking the Ball in 3's▪ Ray Reid Shooting Rotation▪ Introduction to Passing on the Move
<p>1st ACTIVITY</p> <ul style="list-style-type: none">▪ Teaching Hard Passes▪ Dick Bate Passing Square▪ Chain Passing	<p>1st ACTIVITY</p> <ul style="list-style-type: none">▪ Shot Followed by 1v1▪ Shot from Distance Followed by 1v1▪ Shot from Distance Followed by 1v1 (U12+)
	<p>2nd ACTIVITY</p>

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](#)**



Final Thought



Sweep the Shed



Q&A

Thank You



Developing lifelong soccer players among Lexington youth