

A group photo of four male coaches and ten young players from the Lexington Youth Soccer Club (LUSC) K-2nd Diamond Program. The coaches are standing in the back row, and the players are arranged in two rows in front of them. The players are wearing yellow jerseys with "LEXINGTON IN-TOWN SOCCER" printed on them. One player in the front row is holding a soccer ball. The background shows a grassy soccer field with trees and other people in the distance. The entire image has a blue tint.

LUSC Coaches Meeting

Fall 2021 Season

K-2nd Diamond Program

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 – K-2nd Diamond Program

Time	Topic	Presenter
6:00 – 6:10	Welcome to the Fall 2021 Soccer Season!	John Andrews, President
6:10 – 6:15	Registrar Update – MYSA Registrations, Rosters	Mary Trometer, Registrar
6:15 – 6:20	Equipment Update	Allison Clark, Equipment Coordinator
6:20 – 6:35	COVID Update and Safety Protocols	Stacey Hamilton, COVID Safety Officer
6:35 – 7:00	Diamond Program – Setting the Foundation	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 Kindergarten	Tom Heimreid	tom.heimreid@gmail.com
Boys Grade 1	OPEN (Cameron)	
Boys Grade 2	Jeff Bettencourt	Jeff.Bettencourt@ovitas.com
Girls Kindergarten	Tom Heimreid	tom.heimreid@gmail.com
Girls Grade 1	Katie Gayman	kgayman@bbns.org
Girls Grade 2	OPEN	



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



Equipment Update

General

1. Access to the Diamond trailer limited to LUSC staff only
2. Players expected to bring their own ball, mask, water bottle, snack etc. to each session
3. Grade 1-2 players (and continuing K players in Spring) bring their own #3 ball.
4. Players can purchase reversible jersey, shorts and socks from Tricon
5. Pick up Coach T-shirt (size S , M, L, XL, 2XL, 3XL) at Diamond on first day. All coaches expected to wear the LUSC Coach T-shirt.

Equipment bags

1. Placed at the field marker on the first day
2. Return on the last day of the season
3. Contents: Cones, team ball
4. Equipment bag and contents to be handled by coach only

Kindergarten

1. A ball for each player new to the K program will be at the field marker.
2. Extra new balls are in the trailer if team has more new K players than balls or for late new player registrations.



Equipment Update

Diamond trailer:

1. Coach T-shirt (size S , M, L, XL, 2XL, 3XL)
2. medical kits and ice packs
3. ball pump for use
4. Lost and Found (will attempt to return labelled items at the end of season before donation)
5. Extra used balls (for players who need a ball), extra cones, extra new K balls
6. Extra facemasks (adult and kids)
7. Collapsible goals are for LUSC staff use only



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.



Setting the Foundation

Brendan Donahue

Director of Coaching



Lexington United Soccer Club

We want every child:

- To be physically active
- To have fun playing the game of soccer
- To develop a comfort level with the ball at his/her feet
- To be allowed to make decisions with minimal instruction during the game segment
- To learn basic positional sense (covering space)

*To develop lifelong
soccer players among
Lexington youth*



Fall 2021 Diamond Schedule

75 Minute Program!

8:30 to 9:45am	8:15 am Coaching Demo	2 nd Grade Boys
10:15 to 11:30am	10:00am Coaching Demo	2 nd Grade Girls
*10:15 to 11:30am	10:00am Coaching Demo	Kindergarten Girls
12:00 to 1:15pm	11:45am Coaching Demo	1 st Grade Boys
*12:00 to 1:15pm	11:45am Coaching Demo	Kindergarten Boys
1:45 to 3:00pm	1:30pm Coaching Demo	1 st Grade Girls

Program will consist of 45 minutes of activities / 30 minutes of games to reduce the amount of contact made between players



Why Kids Play

PLAY
is the work of childhood
Mr. Rogers

Why Kids Play

1. It's Fun!
2. To be with their Friends
3. Parents sign them up



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



Covid Coordinator

Responsible for:

- Tracking attendance of players (keep a log throughout the season)
- Enforce that families fill out the Health Check (TeamSnap) prior to participation.
- Support masks being worn by any player/family that would like to do so.

*All teams **MUST** have a Covid-19 Coordinator*





Coaches to Do List

- Contact team prior to the start of the season (target date September 5th)
- Let families know which field to report to
- Email Diamond layout to all families
- Create name tags for players
- Print Team Medical Information to have on site (don't share with families!)
- Steer families to the LUSC website for all cancellations





The Layout





The Foundation



A, B, C's
before
Reading and writing

Windows of Learning





Dual Field

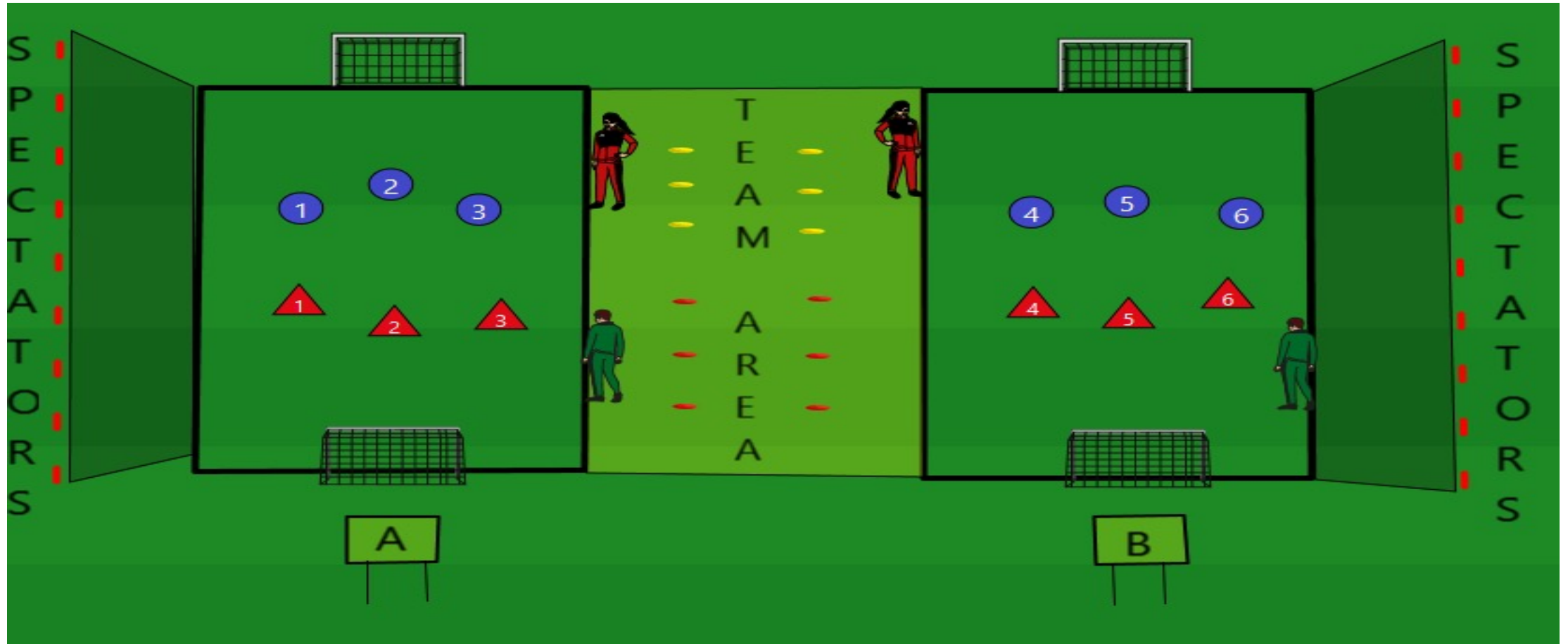
- If team A is scheduled to play team B, they will do so on both fields.
- **The area between the two fields is the designated coaching area** with the opposite side of the field being reserved for spectators.
- The coaching area allows the coach & players their own space and helps the players separate from their parents which is an important part of the developmental process.
- **Each team will be assigned a field to meet at where they will run their activities.** The team they will be competing against will be assigned the field next to them.

Recommended- The players should remain on the same field throughout the game segment and not flip from field to field.





Kindergarten 3v3 Dual Field





Sample Schedule

Activity Fields (where your team should meet for this week):

- Asteroids Field A
- Battling Bears Field D
- Cobras Field C
- Dragons Field B
- Team Eagles Field E
- Firebirds Field H
- Geckos Field G
- Hurricanes Field F

Teams	Fields
Asteriods vs. Dragons	A & B
Cobras vs. Battling Bears	C & D
Eagles vs. Hurricanes	E & F
Geckos vs. Firebirds	G & H

Field Location:

Each week the players should report to the field that they are assigned to for the week.

Coaches will run the weekly activities at the home field and then play the game against the team next to them

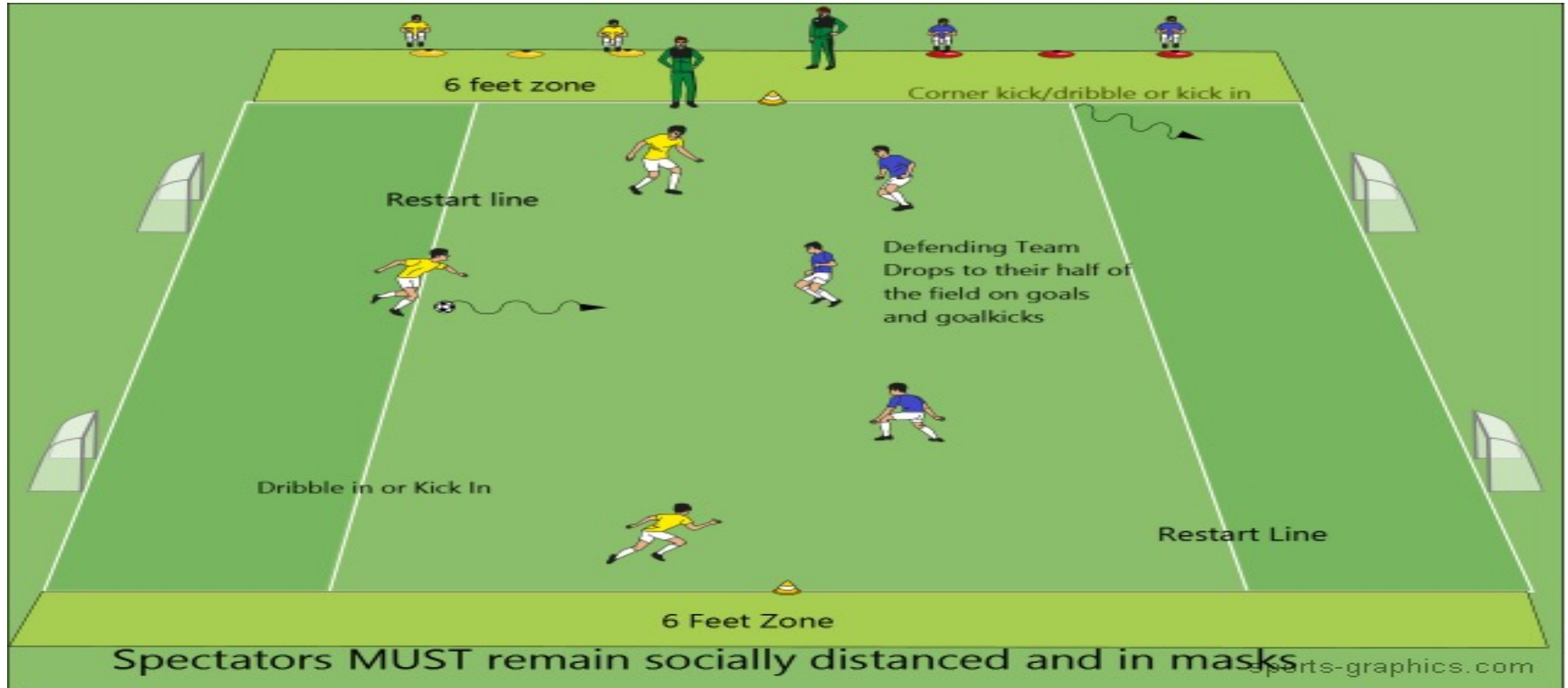


Kindergarten Rules

- **The Game is 3v3!** Please do NOT add players into the game.
- Kick ins or dribble ins (no throw ins)
- Scoring team drops to their own half of field after a goal is scored
- No Corner Kick's- ball over the end-line is always re-entered by the defensive team
- **3 Goal Margin Rule-** team trailing by a 3 goal differential can add a 4th player
- No Scores are kept!
- No Standings are kept!



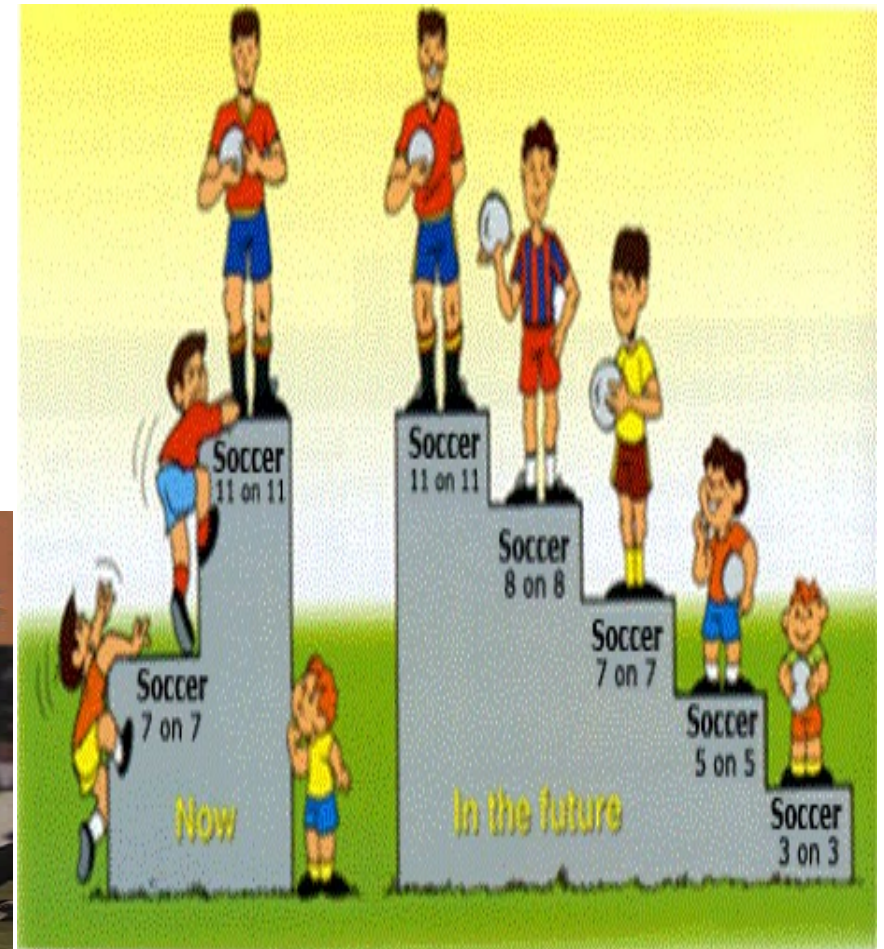
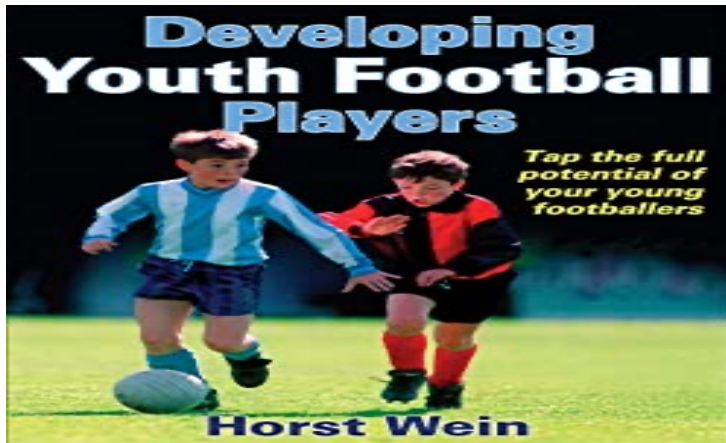
1st Grade Format





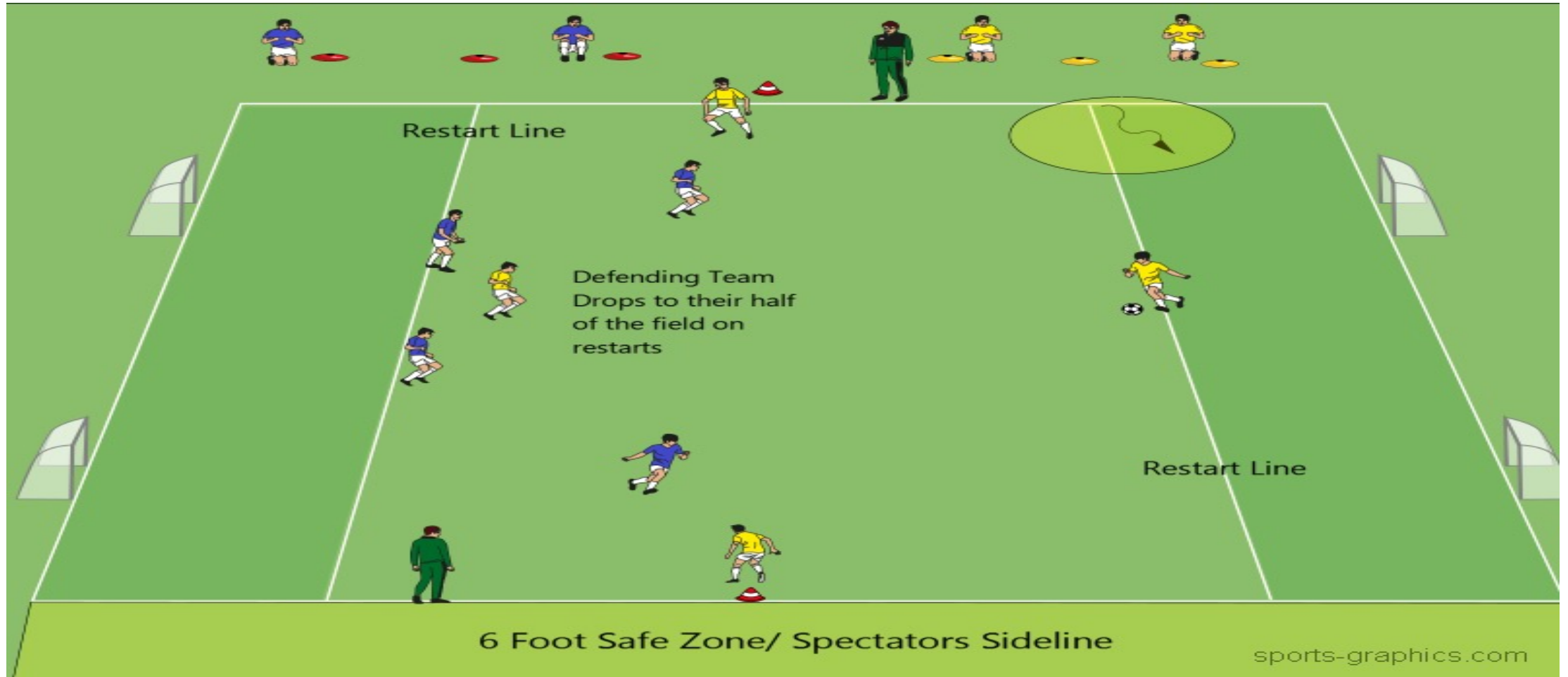
Why 3v3 to 4 Goals

- The 3v3 to 4 goals format is one of the best exercises for players to learn to “read the game” and make decisions without coaches telling them what to do.
- In 3v3 the defense cannot defend both goals equally. This should, in time, teach the players to recognize the 2v1 situation and which goal is the best one to attack.





2nd Grade Format





Sample Activity



The Game: Players dribble throughout the inner grid. The coach can use this free dribble segment to offer several options. When the coach yells:

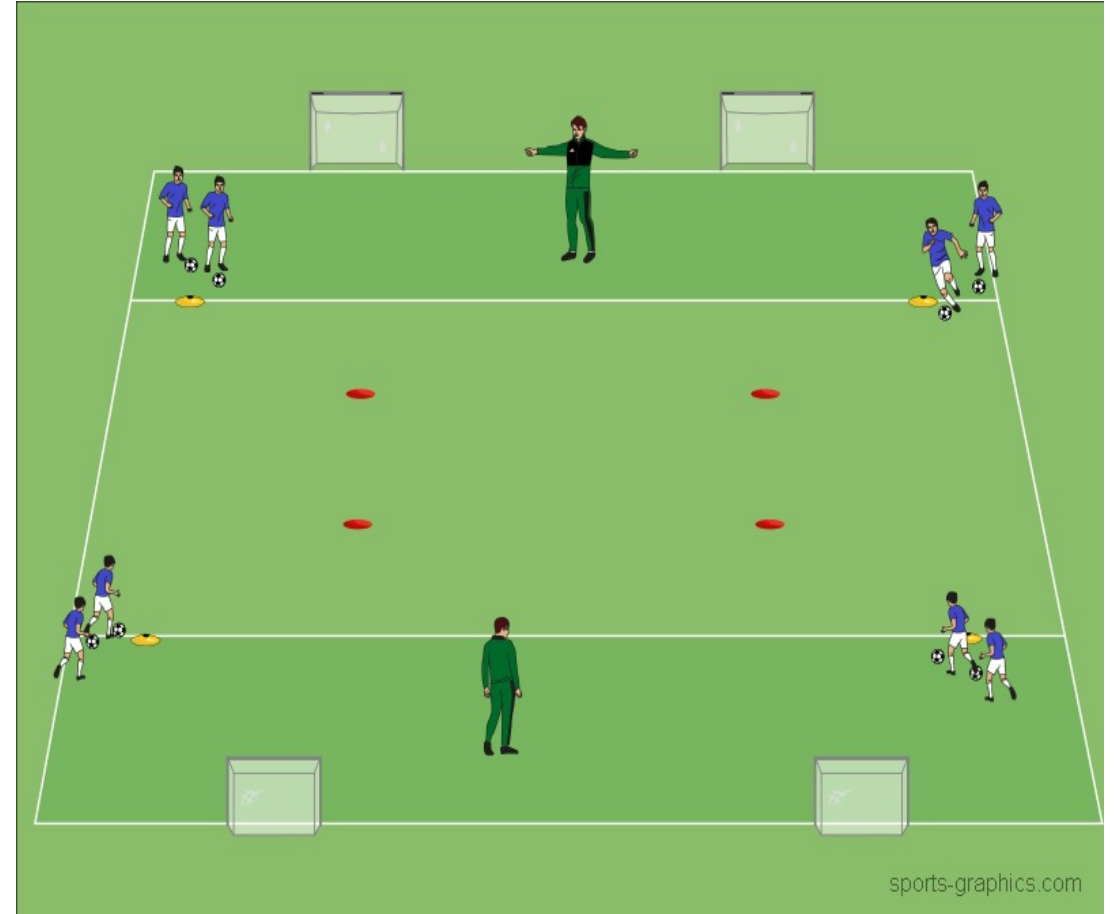
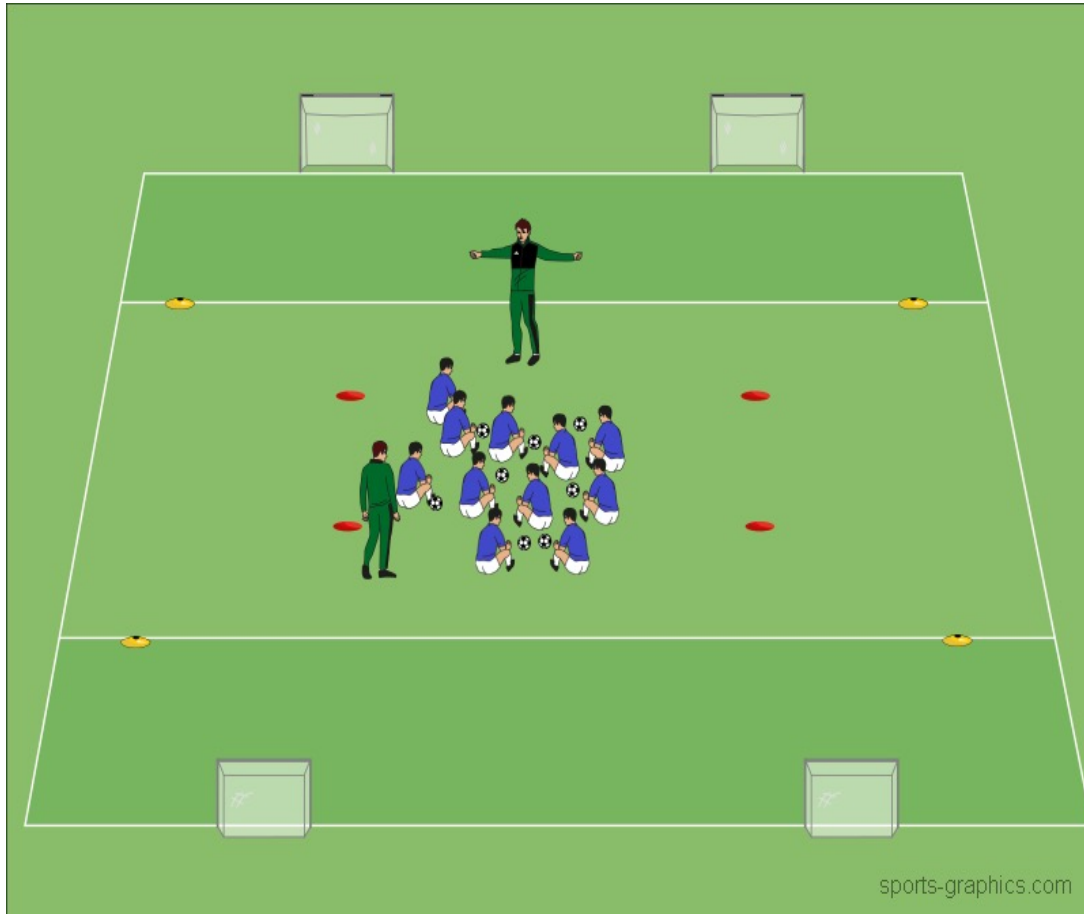
- **Turn-** players must change direction
- **Ball Taps-** players must perform toe taps on the ball
- **Foundation-** the players must pass the ball back and forth between their legs
- **Change-** step on your ball, move quickly to another ball and continue to dribble

*Progress to **Spiderman***

Layering allows the coach to control the tempo and provides an opportunity for brief moments of rest and refocus for the players



Coaching Tip





Foundational Skills



Things kids can learn:

1. Stopping and Starting
2. Changing direction at different angles
3. Using both feet
4. Pulling the ball back with the sole of the foot
5. Cutting and turning with the ball



MASSACHUSETTS
YOUTH SOCCER ASSOCIATION





Final Thoughts



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

Coach Like Steve- Pose Question

Guided Discovery



“A great pianist doesn’t run around the piano or do push ups with the tips of his fingers. To be great, he plays the piano. He plays all his life and being a great footballer is not about running, push-ups or physical work generally. The best way to be a great footballer is to play football”



Q&A

Thank You



Developing lifelong soccer players among Lexington youth