LUSC Coaches Meeting

Spring 2022 Season

3rd-8th In-Town and Travel Programs

March 22, 2022

Agenda – 3rd-8th Grade Programs

Time	Topic	Presenter
7:30 – 7:40	Welcome to the Spring 2022 Soccer Season!	John Andrews, President
7:40 – 7:45	Registrar Update	Amy Donahue, Registrar
7:45 – 7:50	Field Update	Tim Clackson, VP Logistics
7:50 – 7:55	Schedule Update	Tim Clackson, VP Logistics
7:55 – 8:00	Equipment Update	Allison Clark, Equipment Coordinator
8:00 – 8:05	Goals Update	Lutz Bendlin, Goals Coordinator
8:05 – 8:15	Referee Update	Bob Licht (Ref Mentor), Elie Nassif (MSRC)
8:15 – 8:25	BAYS Rules Updates, COVID Update	John Andrews, Brendan Donahue
8:25 – 9:00	Travel Program – [Theme from Brendan]	Brendan Donahue, Director of Coaching

Welcome to the Spring 2022 Season!

- Thank You!
- A special thank you to our Volunteer Coordinators and Division Directors (and a call few volunteers)
- Our Mission

Developing lifelong soccer players among Lexington youth

Your Support Network – LUSC Board

LUSC BOARD MEMBERS		
President	John Andrews	president@lexingtonunited.org
VP Programs	Jon Trementozzi	Jon.trementozzi@gmail.com
VP Marketing	Kathryn Ready	kathrynwil26@hotmail.com
VP Admin	Jen Cunliffe	jencunliffe@gmail.com
VP Logistics	Tim Clackson	vp-logistics@lexingtonunited.org
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
	Phil Porter	philip@porterbuild.com
	Matt Keis	mkeis@gemini-investors.com
	Surya Singh	suryacsingh@gmail.com
	Serena Hadsell	hadsell22@gmail.com
	Sean Kennedy	kenns_11@yahoo.com

Your Support Network – Division Directors

K-2 DIVISION DIRECTORS		
Boys Grade 3	Jon Trementozzi	Jon.trementozzi@gmail.com
Boys Grade 4	Hannah Mamuszka	hmamuszka@gmail.com
Boys Grade 5	Sam Agresta	svja1072@gmail.com
Boys Grade 6	Mike Cramer	mvcramer@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

LUSC Night @ The Revs – May 7th

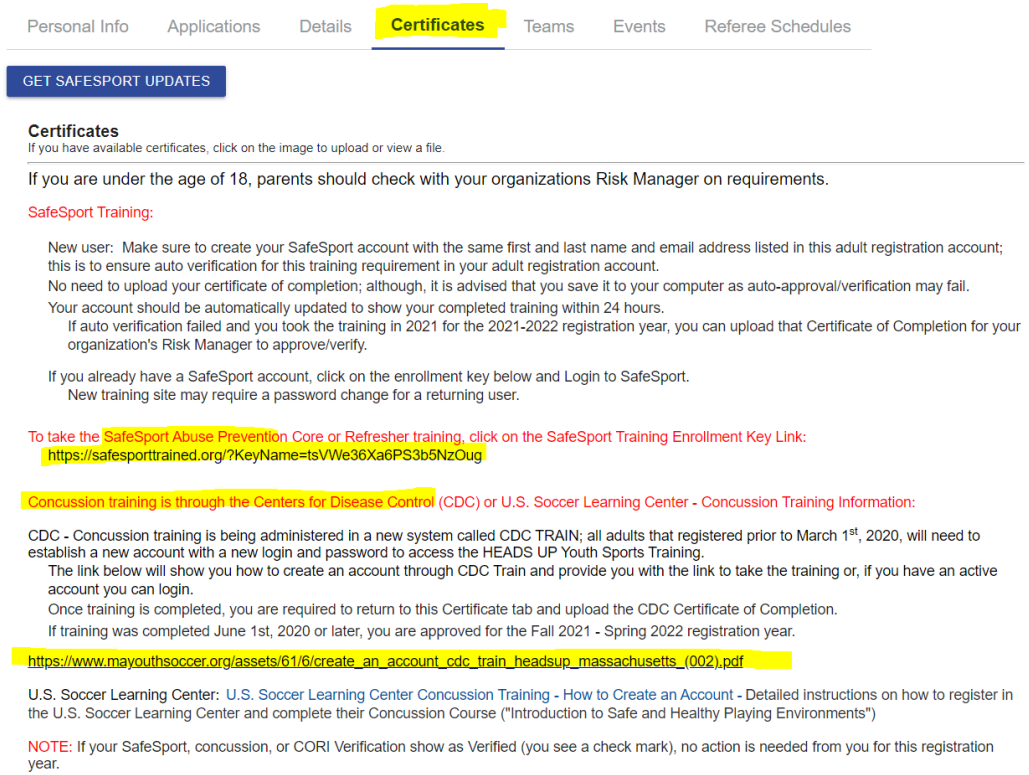
MYSA Registration Information

All Coaches need a MYSA Credential

- **Thank you for coaching!**
- Register with MYSA every soccer year
  - Current, headshot-style photo
  - CORI and national background checks
  - SafeSport training, initial or refresher course
  - Concussion training, or upload a current certificate (6/1/20)
  - CORI verification (one time)
- Passwords MUST be 7 or 8 characters and include one uppercase letter and one number.
- Use the same (legal) name and email for all accounts (MYSA, SafeSport, and Concussion).
- Download your training certificates.
- MYSA has good resources.
- REMINDER: Wear your credential! BAYS reminding everyone and refs will be checking.

MYSA Registration Information

Certificates Tab, Links to Trainings



Personal Info | Applications | Details | **Certificates** | Teams | Events | Referee Schedules

GET SAFESPORT UPDATES

Certificates

If you have available certificates, click on the image to upload or view a file.

If you are under the age of 18, parents should check with your organizations Risk Manager on requirements.

SafeSport Training:

New user: Make sure to create your SafeSport account with the same first and last name and email address listed in this adult registration account; this is to ensure auto verification for this training requirement in your adult registration account.
No need to upload your certificate of completion; although, it is advised that you save it to your computer as auto-approval/verification may fail.
Your account should be automatically updated to show your completed training within 24 hours.
If auto verification failed and you took the training in 2021 for the 2021-2022 registration year, you can upload that Certificate of Completion for your organization's Risk Manager to approve/verify.

If you already have a SafeSport account, click on the enrollment key below and Login to SafeSport.
New training site may require a password change for a returning user.

To take the SafeSport Abuse Prevention Core or Refresher training, click on the SafeSport Training Enrollment Key Link:
https://safesporttrained.org/?KeyName=tsVWe36Xa6PS3b5NzOug

Concussion training is through the Centers for Disease Control (CDC) or U.S. Soccer Learning Center - Concussion Training Information:

CDC - Concussion training is being administered in a new system called CDC TRAIN; all adults that registered prior to March 1st, 2020, will need to establish a new account with a new login and password to access the HEADS UP Youth Sports Training.
The link below will show you how to create an account through CDC Train and provide you with the link to take the training or, if you have an active account you can login.
Once training is completed, you are required to return to this Certificate tab and upload the CDC Certificate of Completion.
If training was completed June 1st, 2020 or later, you are approved for the Fall 2021 - Spring 2022 registration year.

https://www.mayouthsoccer.org/assets/61/6/create_an_account_cdc_train_headsup_massachusetts_(002).pdf

U.S. Soccer Learning Center: U.S. Soccer Learning Center Concussion Training - How to Create an Account - Detailed instructions on how to register in the U.S. Soccer Learning Center and complete their Concussion Course ("Introduction to Safe and Healthy Playing Environments")

NOTE: If your SafeSport, concussion, or CORI Verification show as Verified (you see a check mark), no action is needed from you for this registration year.

MYSA Resources

- **New Coach:** https://www.mayouthsoccer.org/assets/61/6/adult_registration_-_new_user_help_guide_2022_(1).pdf
- **Returning Coach:** https://www.mayouthsoccer.org/assets/61/6/adult_registration_-_returning_user_help_guide_2022.pdf
- **Registered, Incomplete Training:** https://www.mayouthsoccer.org/assets/61/6/how_to_verify_reg_-find_trainin_linksdocx-print_cori_acknowledgement_form.pdf
- **Registration Checklist:** https://www.mayouthsoccer.org/assets/61/6/adult_registration_-_checklist_2022.pdf

Field Update

- Fields this season:
  - Turf : three at Lincoln, one at Center Track
  - 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

BAYS Game Schedule

- The initial schedule on BAYS website is NOT FINAL – will be adjusted to conform to LUSC's field permit

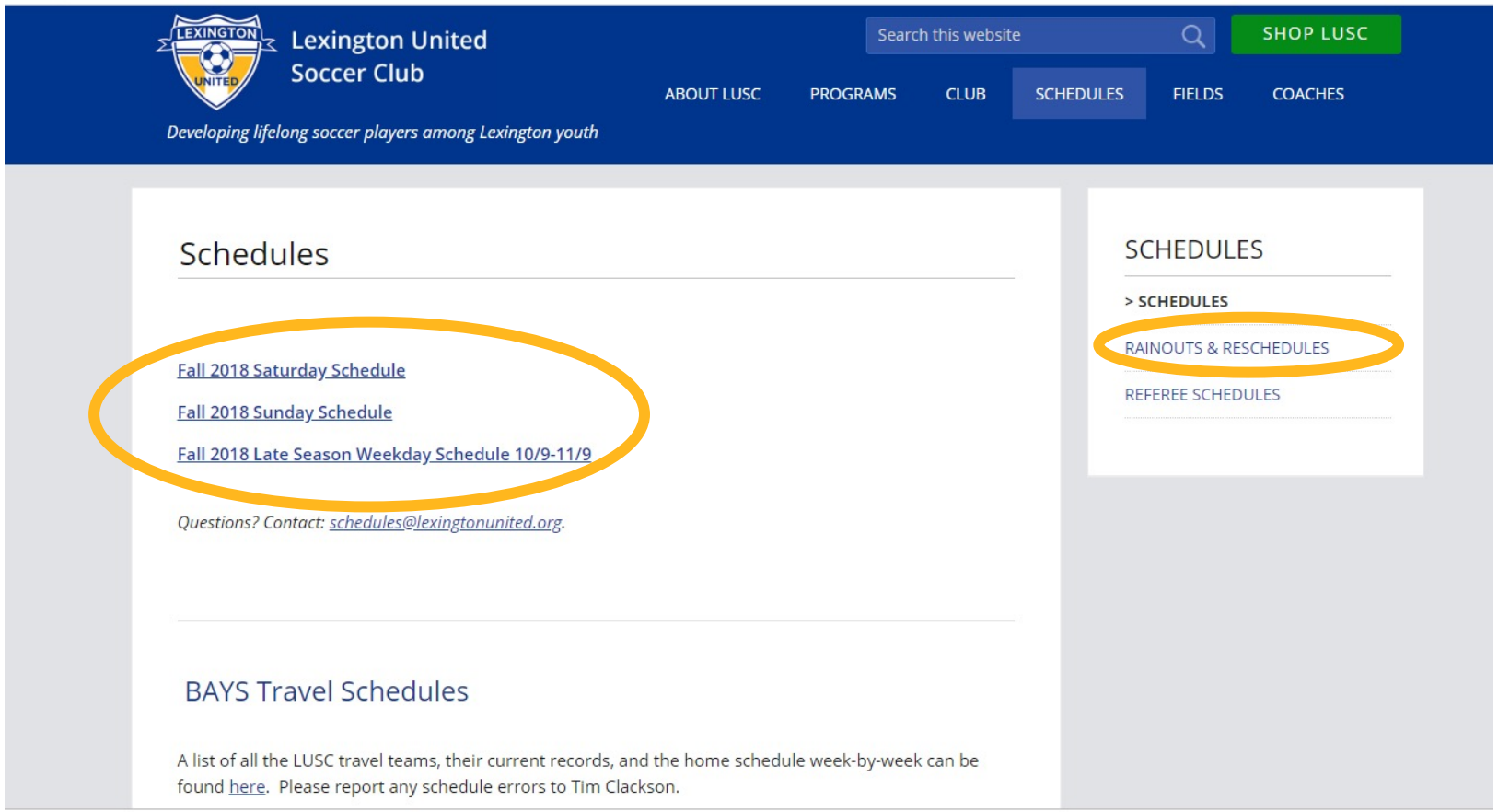
- LUSC will send an email to all head coaches when home schedule is final (in the next few days)

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

Practice and Game Schedules



- All schedules are on the LUSC website
- Practices start Monday April 4
- First games Saturday April 9

Practice Schedule

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: 617-529-9865 bdonahue@lexingtonunited.org (BD)
Assistant Director: Tom Heimreid: 857-301-0190 tom.heimreid@gmail.com (TH)

Pro-Coaches:
Thomas Ballenthin: 978-944-5243
t.ball6@yahoo.com (TB)
Miguel Chavez: 781-353-8075
miguelbarce@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 B8 Claesson	B5 (BU11) Pro: TH, MC	B8 Tibbets B8 Balagurusamy B8 Nazeeri B8 Murphy			
										G5 Viana		B8 Tibbets			

- 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 !!

- #1 RULE: Home coach is responsible for notifying scheduler about cancellation, even if away coach requested the cancellation
  - If game isn't properly cancelled, the refs will show up and field slot will be wasted. Don't be that coach!

- Reschedules are usually only possible at weekends

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

Equipment Update

- General
  1. Pinnies can be used again
  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 initial 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.
  8. Pinnies - 12 of the same color

- Email Equipment Coordinator 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. They are still learning 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 13/14 years-olds, so they are embracing and continue doing this job …
- In addition to our Referee Assignor, we have volunteer mentors focused on supporting and developing our referees. We ask for your help in letting us know where our referees need to improve.
- If you have feedback or questions about a referee, PLEASE direct your observations to either Christianne Mager or Bob Licht

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

Bob Licht, Ref-Mentor@LexingtonUnited.org or (617) 721-9658

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

Special Guest

Elie Nassif
State Referee Youth Administrator
syra@massref.net

Massachusetts State Referee Committee

Referee Coach Cooperation

Presenters:
Elie Nassif
State Referee Youth Administrator
syra@massref.net

Referee Coach Cooperation

Elie Nassif

State Youth Referee Administrator

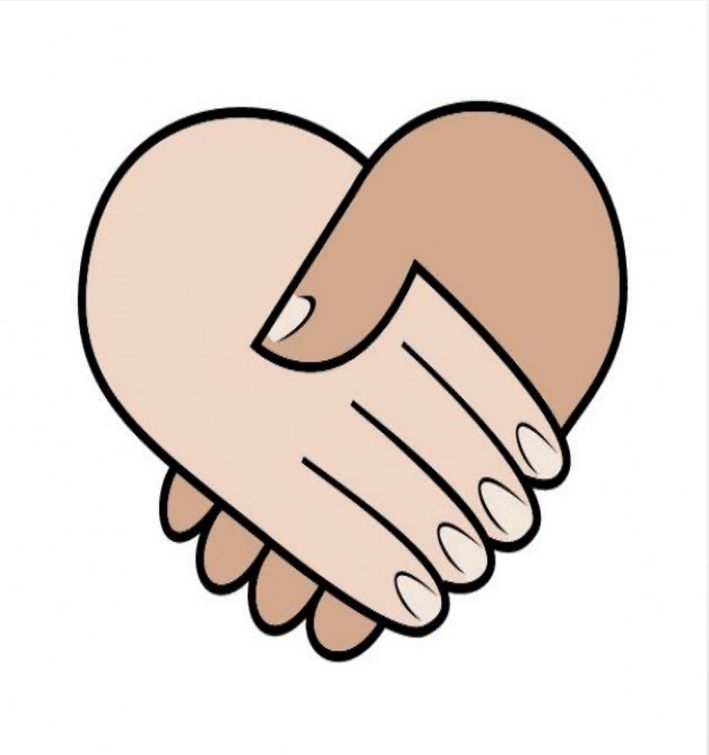
SYRA@massref.net

857-829-2085

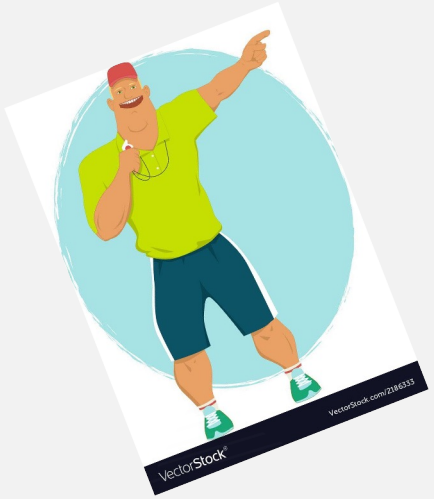
Referee Coach Cooperation

Objective:

Start a conversation about the coach – referee relationship. Both are needed for the benefit of the players and the GAME.



Referee Coach Cooperation



Coach's Job description:

Teacher/Instructor
Role Model
Babysitter
Psychologist
Chauffeur
Coordinator
Scheduler
Arbitrator
Medic

Referee Coach Cooperation

Coach's Job description:

Responsible for dealing with
15 (or more) kids (and their parents)
at least 3 times a week
For an average of 2 hours each time.

Referee Coach Cooperation

Coach's Job description:

Everyone wants to win.

(because it's more fun to win)

And it's your job

to find a way to do it.

Referee Coach Cooperation

Referee Job description:

Teacher/Instructor

Role Model

Babysitter

Psychologist

Coordinator

Arbitrator

Referee Coach Cooperation

Referee Job description:

Responsible for
up to 22 (or more) kids
(and their coaches)
for about 2 hours
once a week.

Referee Coach Cooperation

According to USSF match analysis

A referee makes as many as

9 - 10 decisions

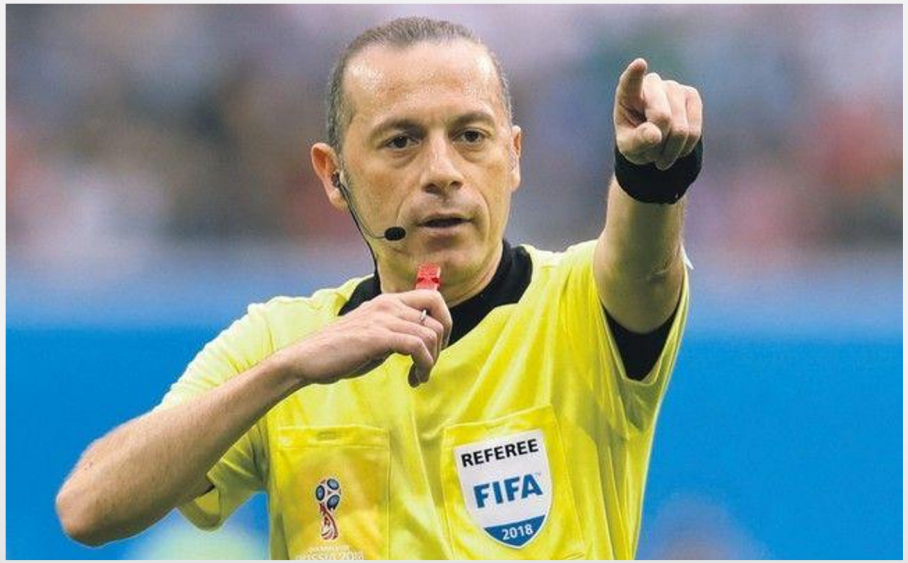
every minute

Referee Coach Cooperation

In a 70 minute match,
that's
600 – 700 decisions

Referee Coach Cooperation

Who are the people making those decision?



Referee Coach Cooperation

- Is that a foul? If so, what is the restart, and for whom? Does advantage apply?
- Is that ball out of play? If so, who touched it last?
- What is the restart?

Referee Coach Cooperation

Let's talk about these decisions:

You make the call!!!

Referee Coach Cooperation

Referee Coach Cooperation

Referee Coach Cooperation

Referee Coach Cooperation

Do you expect referees to get every decision correct?

If not, then what is the critical number that starts to upset you?

Referee Coach Cooperation

Wait!

It's not the number,
it's the "critical" decision!
Inside or outside the box?
Am I losing and
time is running out?

Referee Coach Cooperation

Most towns have

80 to 100

games a weekend

There are over

4000 games

state wide on any given spring weekend

Referee Coach Cooperation

Massachusetts had over 5000 referees registered in 2017
Last year we were down to
3700

Referee Coach Cooperation

Most teams play 1 or 2 games in a weekend

Most referees do 6 or more games in a weekend

Referee Coach Cooperation

Grassroots Referee (old Gr 8) Demographics:

50% are under age 18

23% are over 35

(66% are over 50)

Referee Coach Cooperation

Safety of your players is your concern.

WE AGREE

But please note:

Referee Coach Cooperation

The safety responsibility is shared between the teams (players, coaches, parents) and the referees

Referee Coach Cooperation

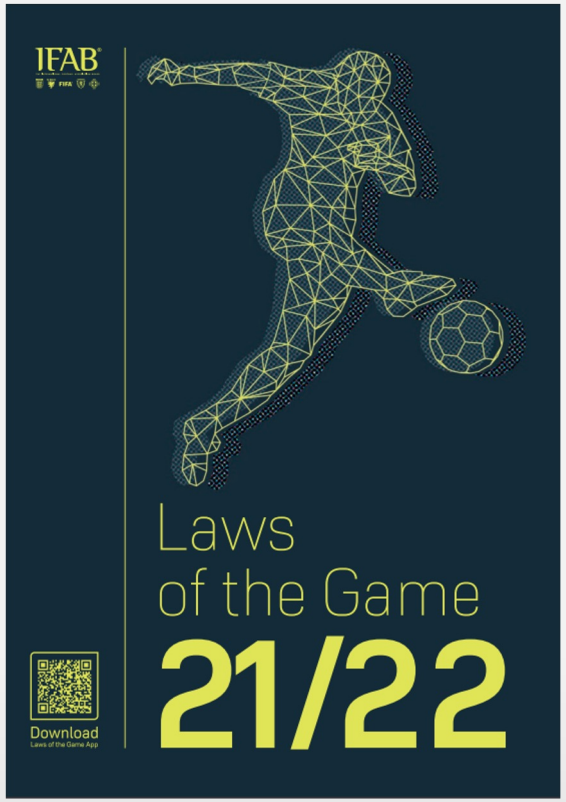
Do all your players have the same abilities and skills?

Referee Coach Cooperation

Players practice to get better.

There are no practices for referees.

Referee Coach Cooperation



How well do you know LOTG?

Laws Of The Game

Referee Coach Cooperation

What can you do to help?

Please

Help us calm down the players and parents

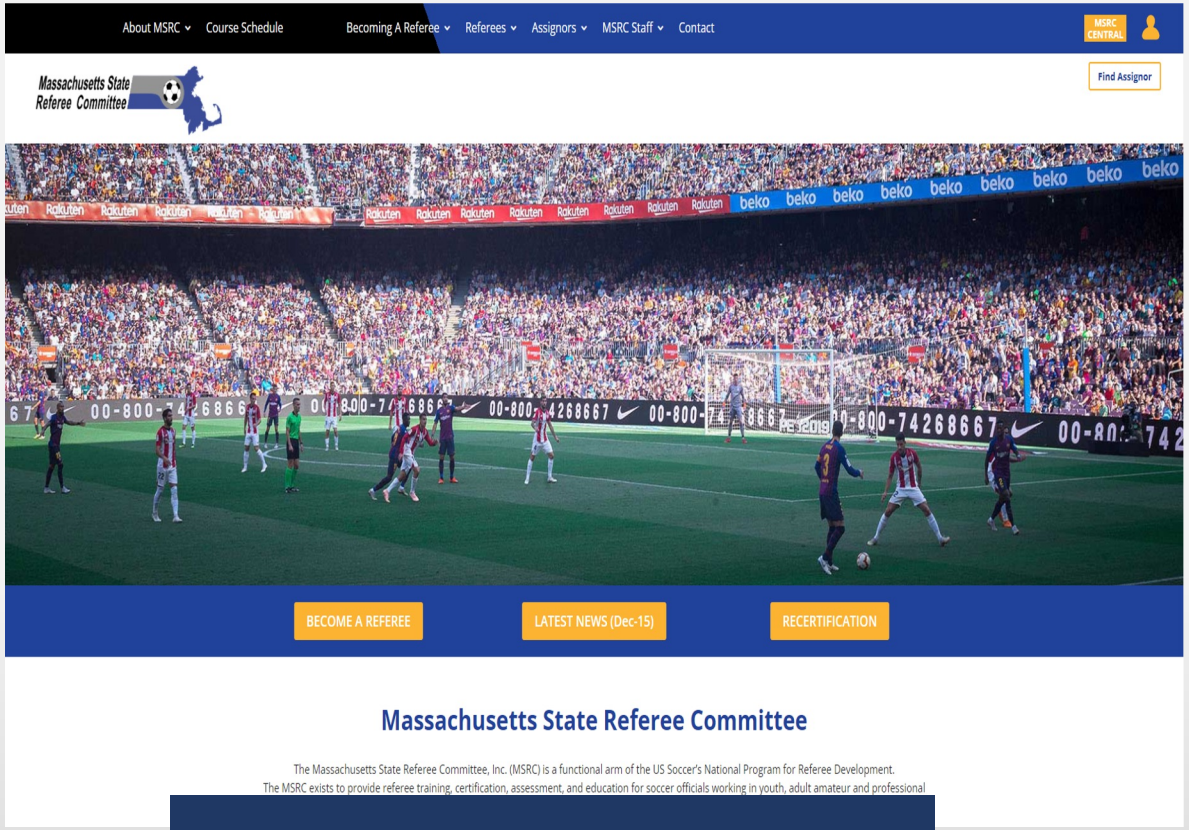
Referee Coach Cooperation

What can you do to help?

Please

Take a Referee Course.

Become a referee



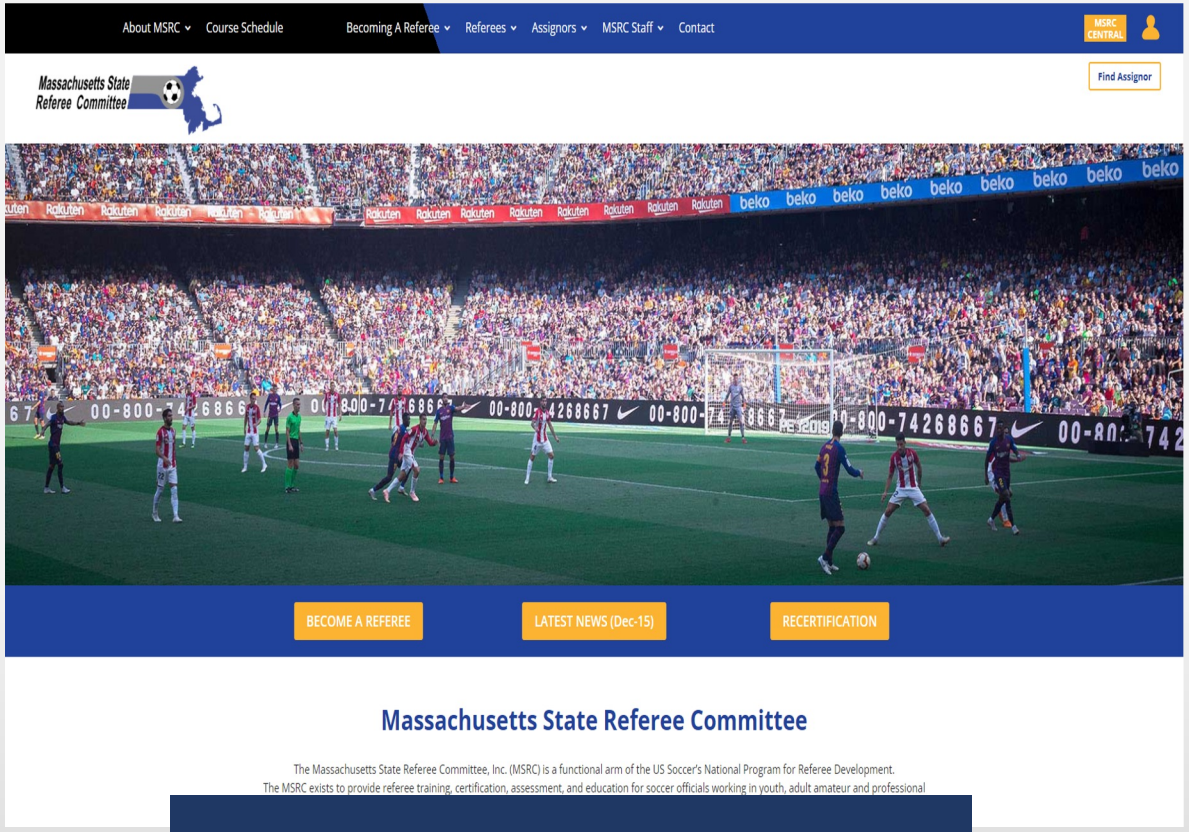
Massref.net

Referee Coach Cooperation

What can you do to help?

Please

Encourage your players to take a Referee Course & become referees



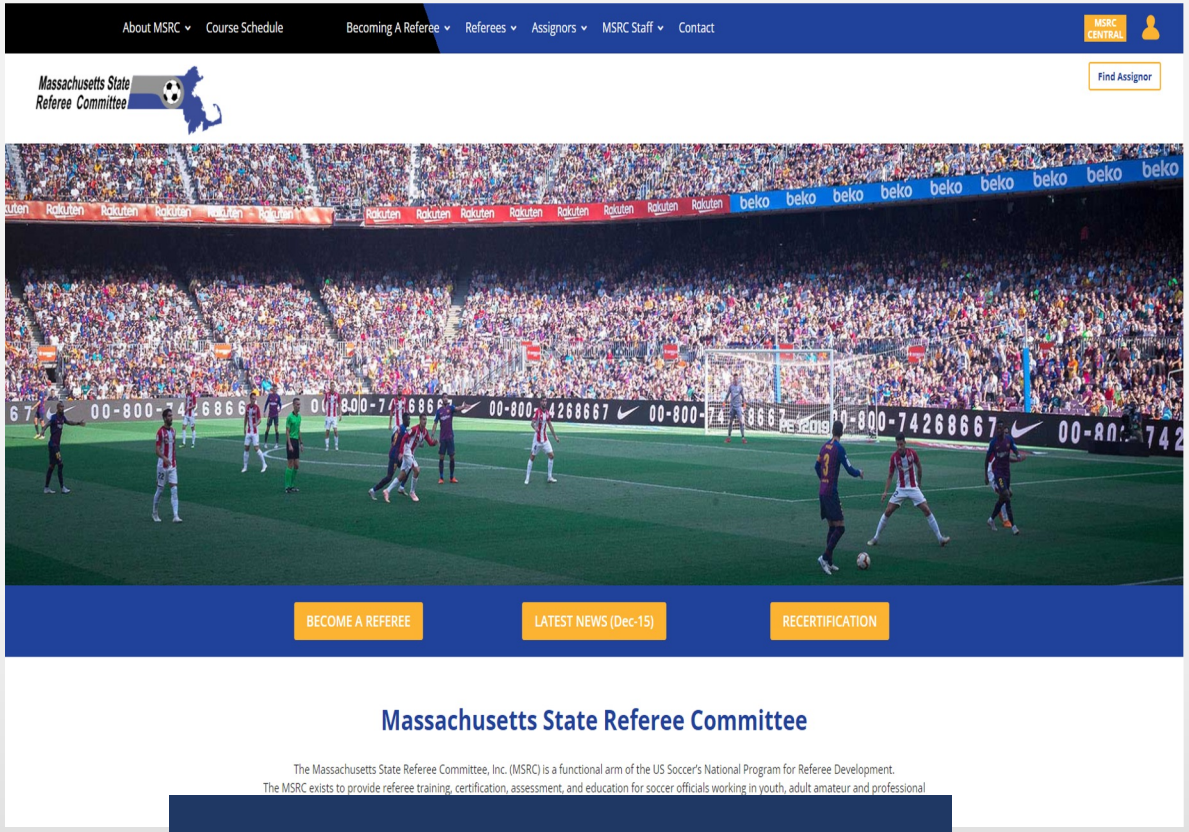
Massref.net

Referee Coach Cooperation

What can you do to help?

Please

Encourage your parents to take a Referee Course & become referees



Massref.net

Referee Coach Cooperation

What can you do to help?

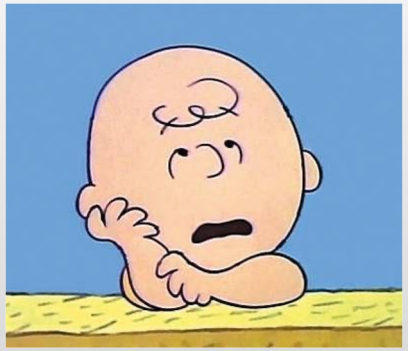
Feedback to your league?

(please wait a couple of hours and try to be objective)

Referee Coach Cooperation

Remember,

If we lose that referee, you're likely to get one with no experience next time…



Referee Coach Cooperation

One more thing:

Would you accept anyone yelling at YOUR child the way some parents yell at the referees?

Referee Coach Cooperation

What is MSRC doing?

- Focused classes
- Training (field sessions)
- Assessments
- Recerts
- PREP
- GRP

Referee Coach Cooperation

Summary

- Massachusetts is ***critically*** short on Referees.
- Everyone needs to work cooperatively to service our players and the Game.
- Help us recruit and retain referees.
- Let us ALL respect each other.

Referee Coach Cooperation

Suggestions?

Questions?

Referee Coach Cooperation

Elie Nassif

State Youth Referee Administrator

SYRA@massref.net

857-829-2085

Rules and COVID Updates

John Andrews and Brendan Donahue

COVID 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.
- See LUSC COVID-19 page at www.lexingtonunitedsoccer.org and Mass Youth Soccer *COVID-19 Hub*
  - 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

COVID Safety Officer for LUSC:
Stacey Hamilton, LUSC Past President and BAYS rep
safety@lexingtonunited.org or 617-817-7759 (cell)

BAYS Update – RESPECT Campaign

BAYS launching **new** RESPECT campaign to address increase in the overall level of hostility and disrespect during some BAYS games in recent seasons

- **Read the RESPECT Statement listed on the next slide out loud to the players of both teams gathered prior to all BAYS games.**
- Continue to focus on being positive role models for your players, providing encouragement and constructive guidance.
- Refrain from directing ANY challenging, harassing, or disrespectful comments to the referees per the BAYS Zero Tolerance policy. Zero means Zero.
- Have a plan to avoid running up the score if your opponent is less competitive.
- Talk with your opposing coaches to help address issues that come up during the game. Proactively check in at halftime to see how things are going.
- Use your Game Feedback function in My BAYS --> Coach/Manager menu to report issues or concerns not addressed during the game.
- Meet with your team parents to review expectations for positive sideline behavior, since coaches are responsible for their team's spectators at the game.
- Become more familiar with the BAYS Rulebook. A lot of issues stem from coaches and players not being familiar with our BAYS League Rules of Competition.

BAYS Update – RESPECT Campaign

BAYS RESPECT Statement - *to be read at games.*

BAYS expects the highest standards of sportsmanship from each of you.

Players, coaches, parents, fans, and officials should be positive and respectful.

Discrimination, criticism, or hurtful comments or actions of any kind have no place here.

Enjoy the game, have fun, and show respect for each other.

BAYS Update – Match Rule 10

MTOC-eligible divisions include divisions 1 and 2 in Grade 6, Grade 8, and Grade 11; division 1 in Grade 12/PG; and any other sections designated prior to the spring season by the Placement Committee.
(Changes highlighted in yellow.)

"The standing of teams in each section will be determined on points awarded as follows:

- Win if goal differential is +7 or less: 3 points
- Win if goal differential is +8: 2 points
- Win if goal differential is +9: 1 point
- Win if goal differential is +10 or greater: 0 points
- Tie: 1 point
- Loss: no point
- Win by forfeit: 3 points
- Loss by forfeit: -1 point (minus one)"

See https://bays.org/book/playing-rules-and-regulations-bays-soccer-competition

Have Your Bags Packed

By
Brendan Donahue
Lexington United Soccer Club
Director of Coaching

March 22, 2022

Opening Thought

"Children become the messages they hear the most."

The Gift My Father Gave Me

Belief

You have to have total faith in your players because, if you don't have confidence in them, they realize it and their performance will drop. Having faith means being an optimist, being convinced they will meet their objectives.

The Bus Driver

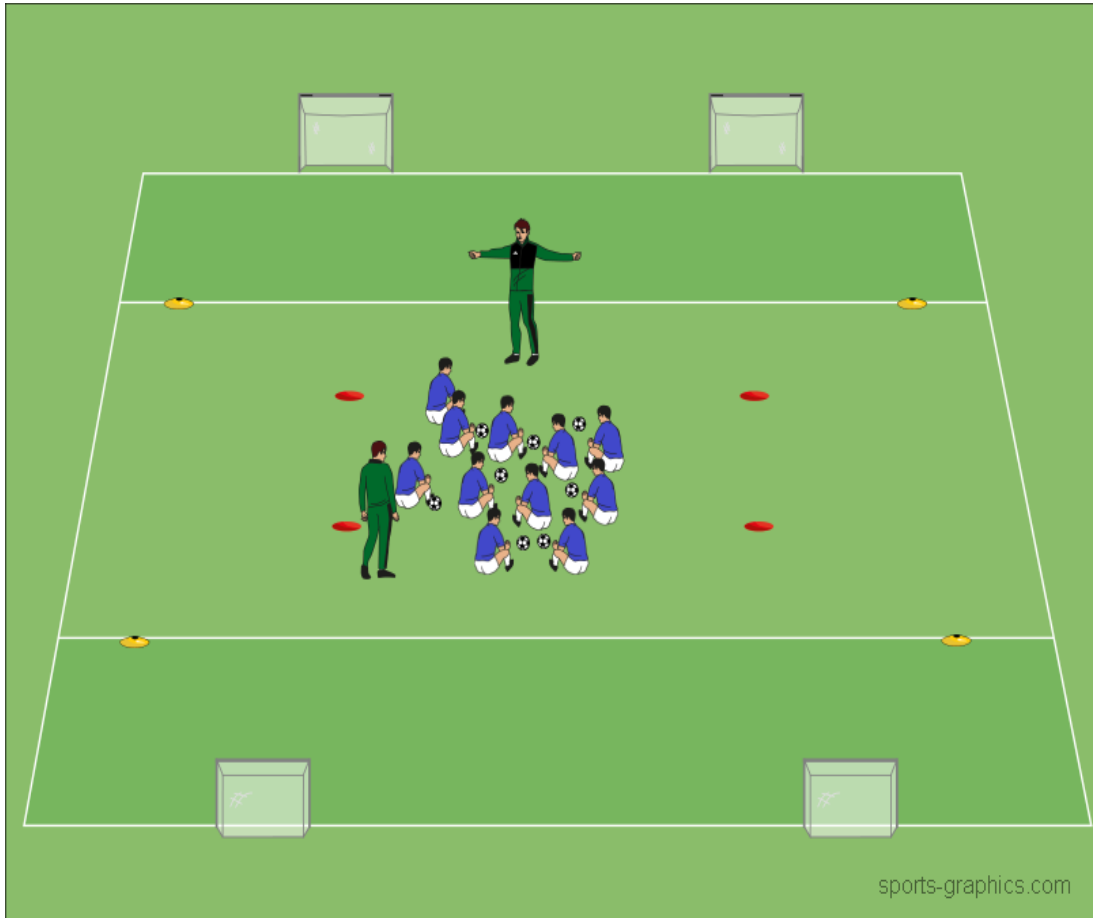
The Sport Psych Show

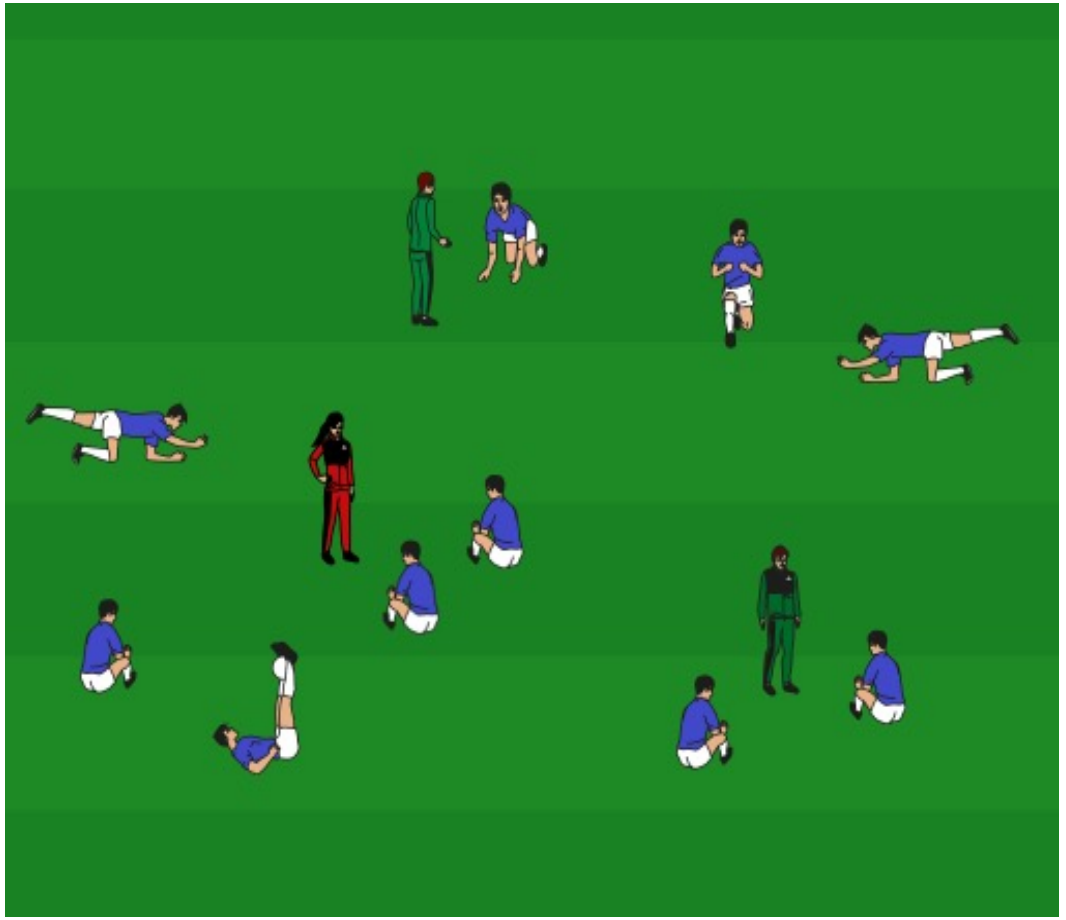
Professor Kristoffer Henriksen

W/ Dan Abrahams

Kris Van Der Haegen

Prioritize the Individual Check-in



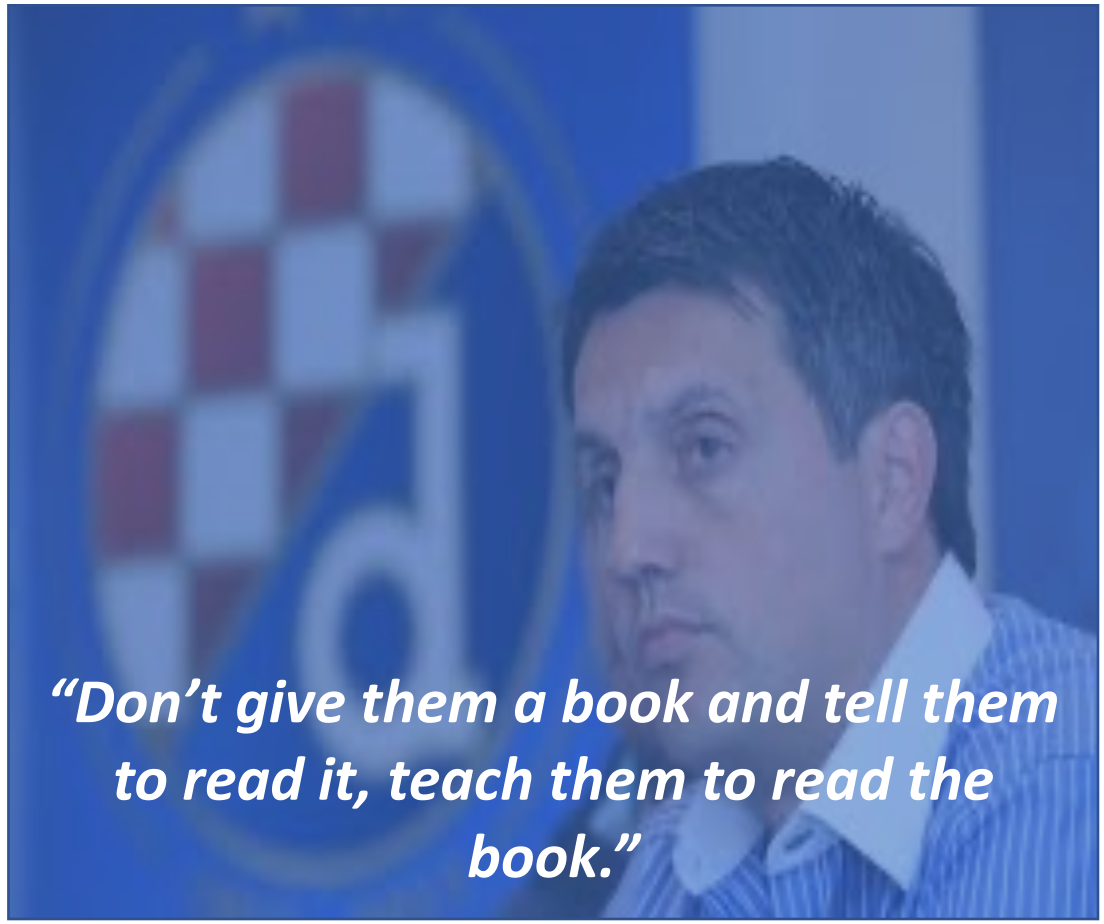


Previous Coaches Meetings

Lexington United Soccer Club	
Practice Makes the Player	Building a Practice Plan- Coaches Controllable's
Baseline to Better	Layering and Retrieval
Preparation and Perspective	Return to Play
Team Formation Considerations	Choosing a System of Play
Defending	Pressure, Cover, Balance
Team Practice Considerations	The Weekly Cycle
Space	Creation and Reduction- What to Observe
Positional Demands	Roles & Responsibilities
10 Tips to Be A Great Volunteer Coach	What are we trying to accomplish here?

Development Curriculum Inputs

Prepare for the Demands of the Game



Windows of Learning

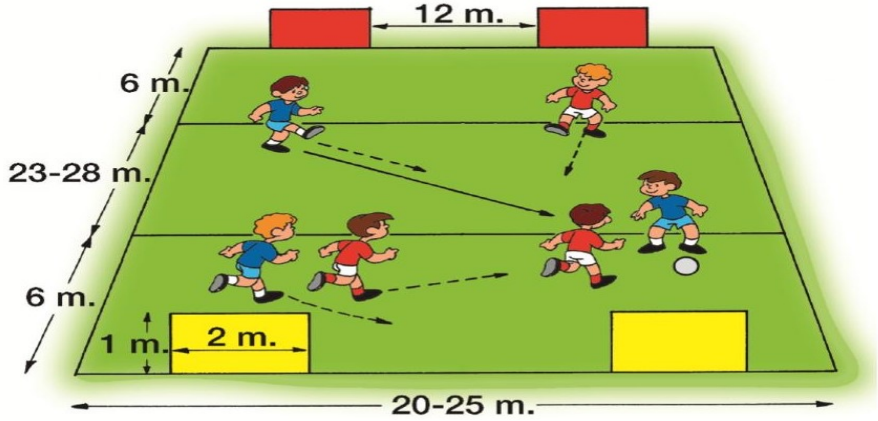
The foundation phase (8-11 years old) **50% of practice time consists of play** (games), but it’s very important during the other **50% to instill proper techniques and habits**.

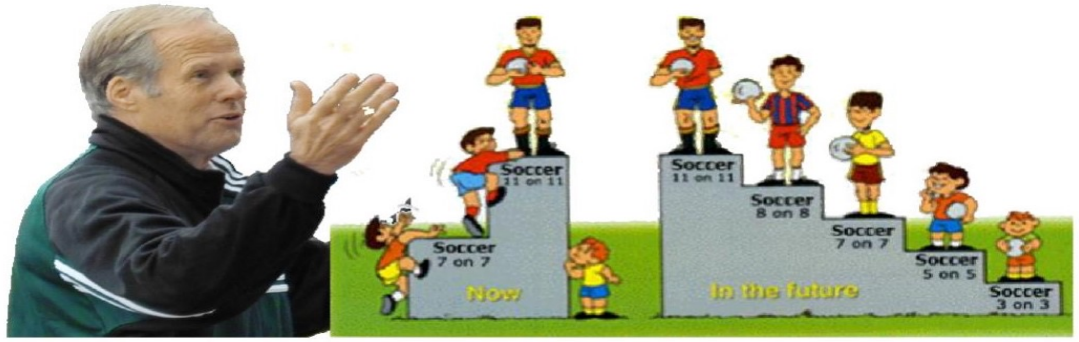
As the player progresses into the 2nd window (12 to 15) restrictions (reduced touches) are introduced because the game demands it.

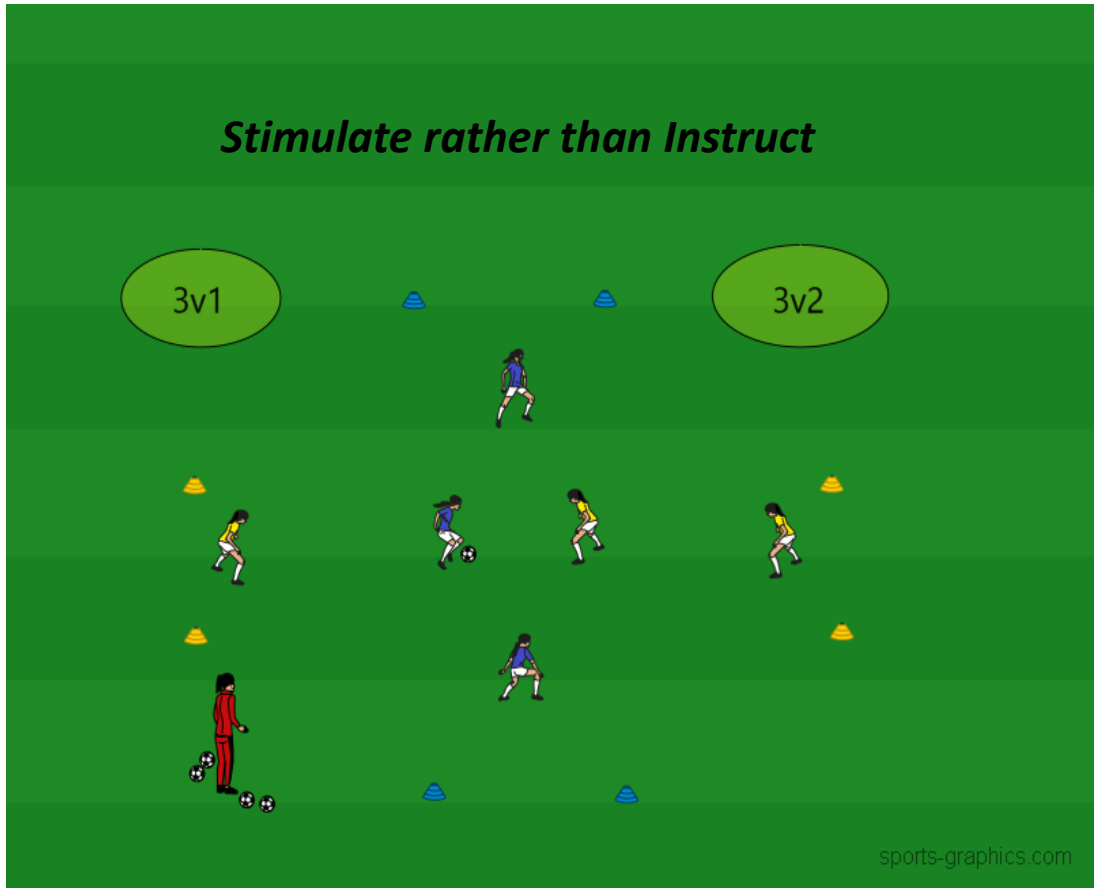
“we make them eat their vegetables”.

Sometimes they don’t like it, but it’s necessary for them to develop healthy habits.

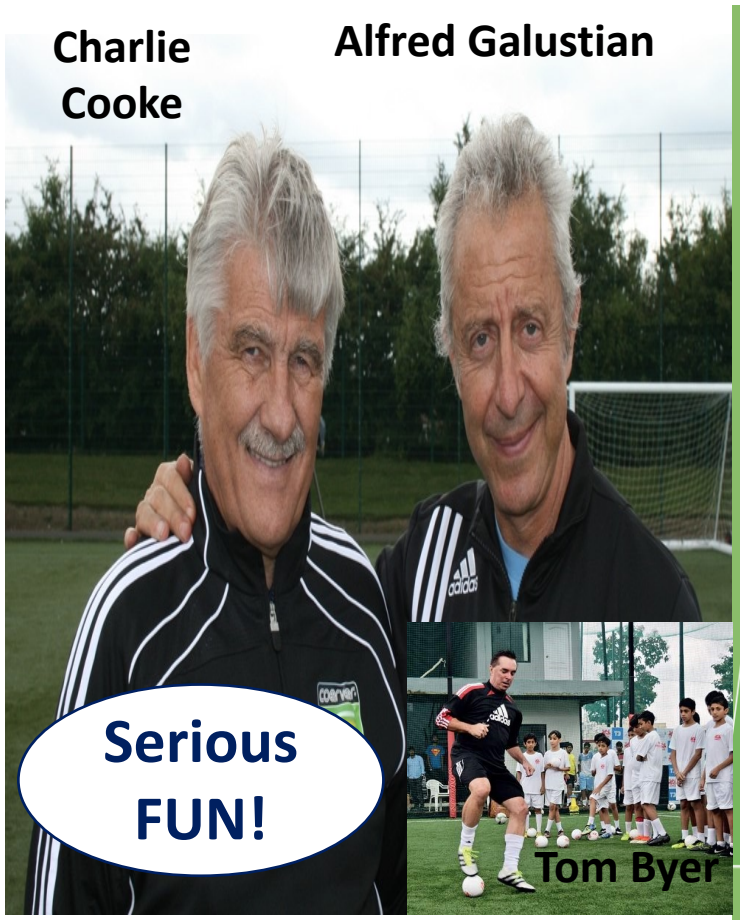
Developing Game Intelligence

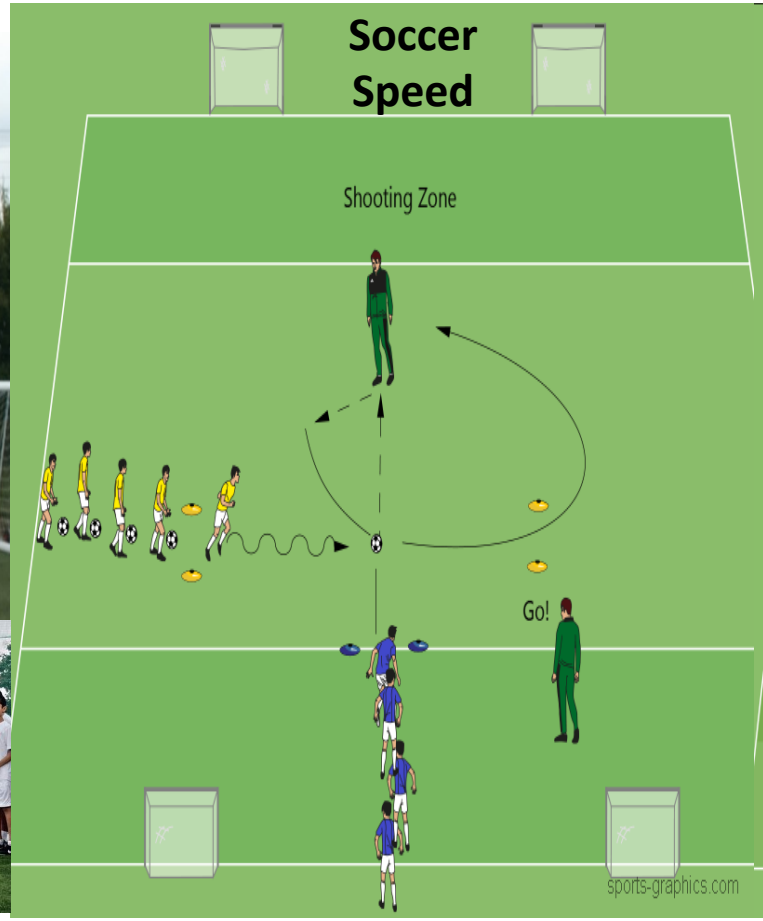


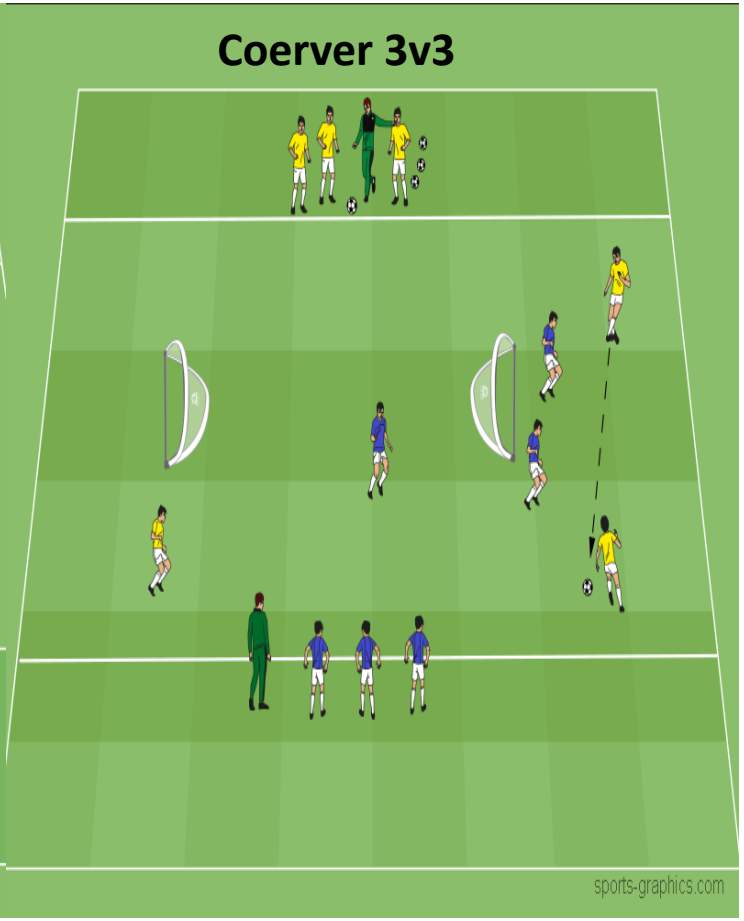




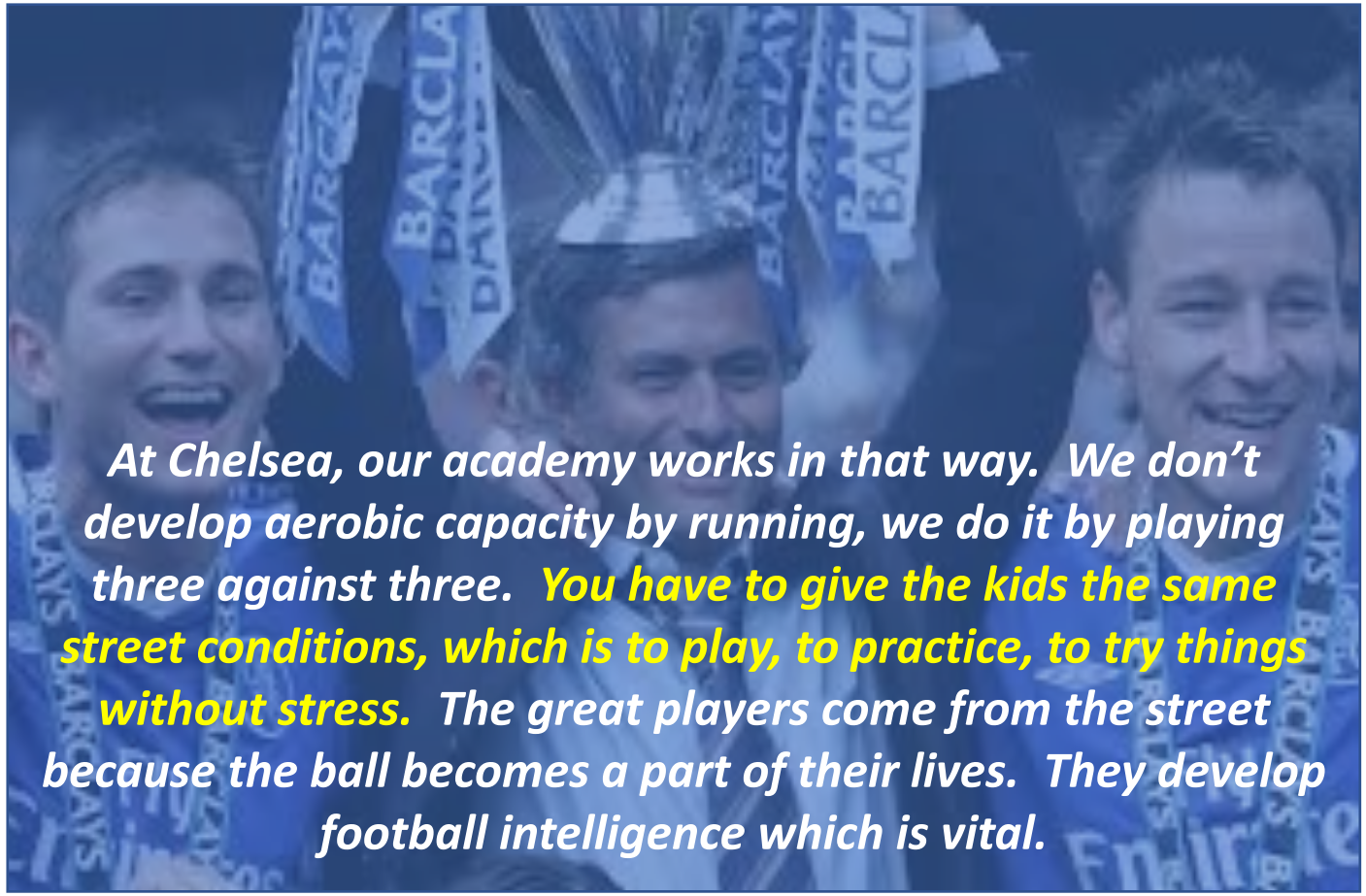
Coerver Coaching

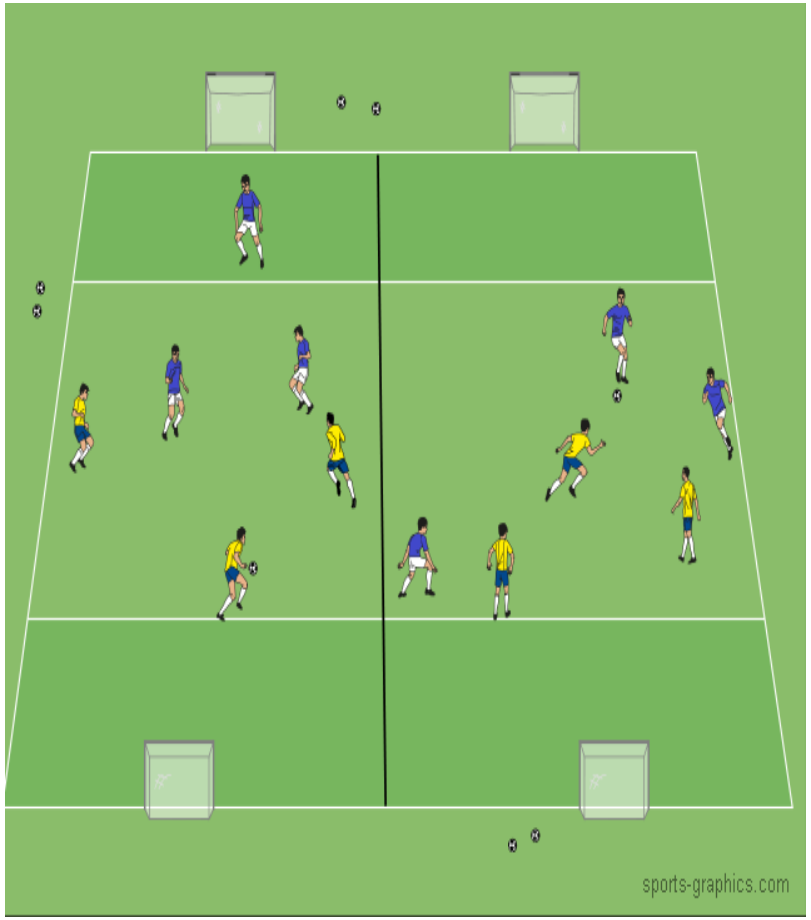




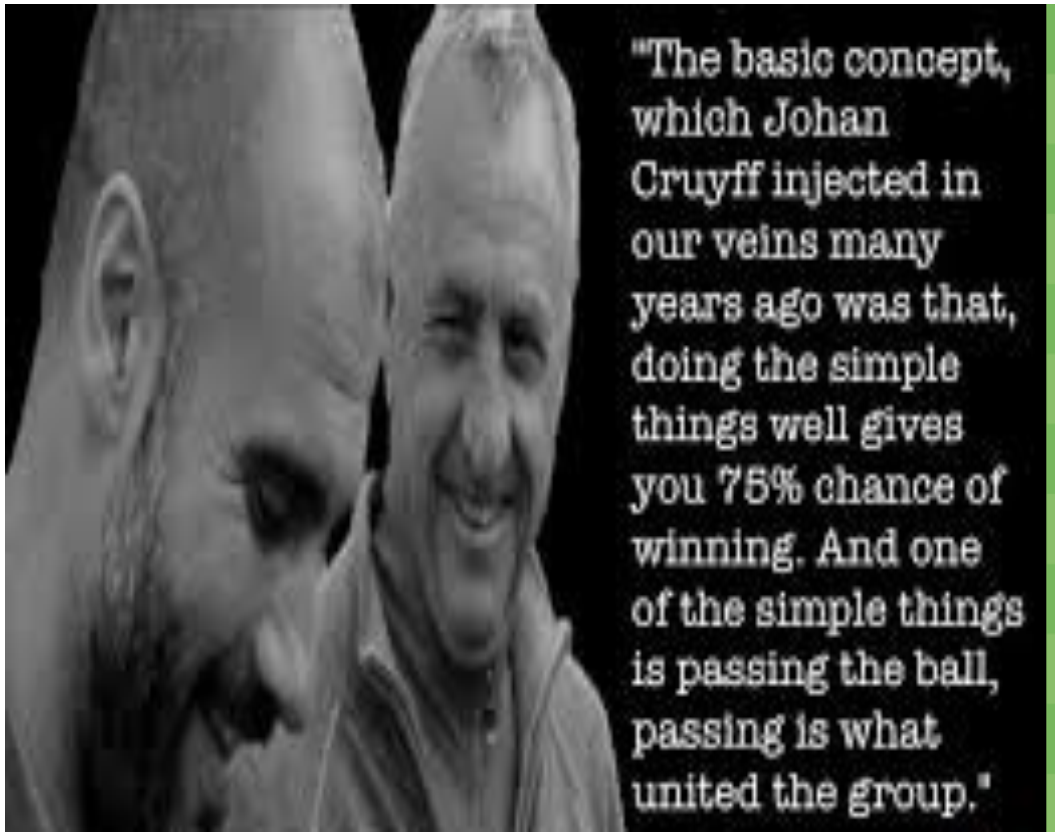


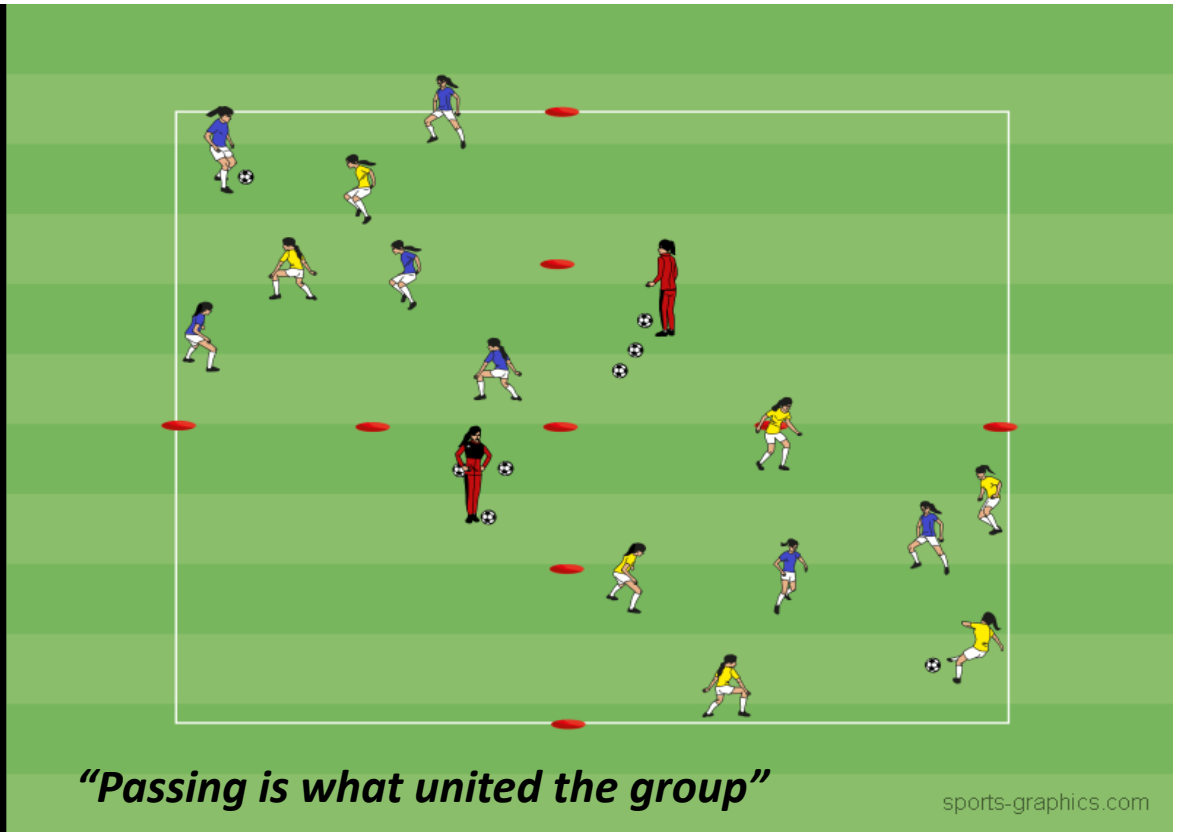
Street Soccer Arrival



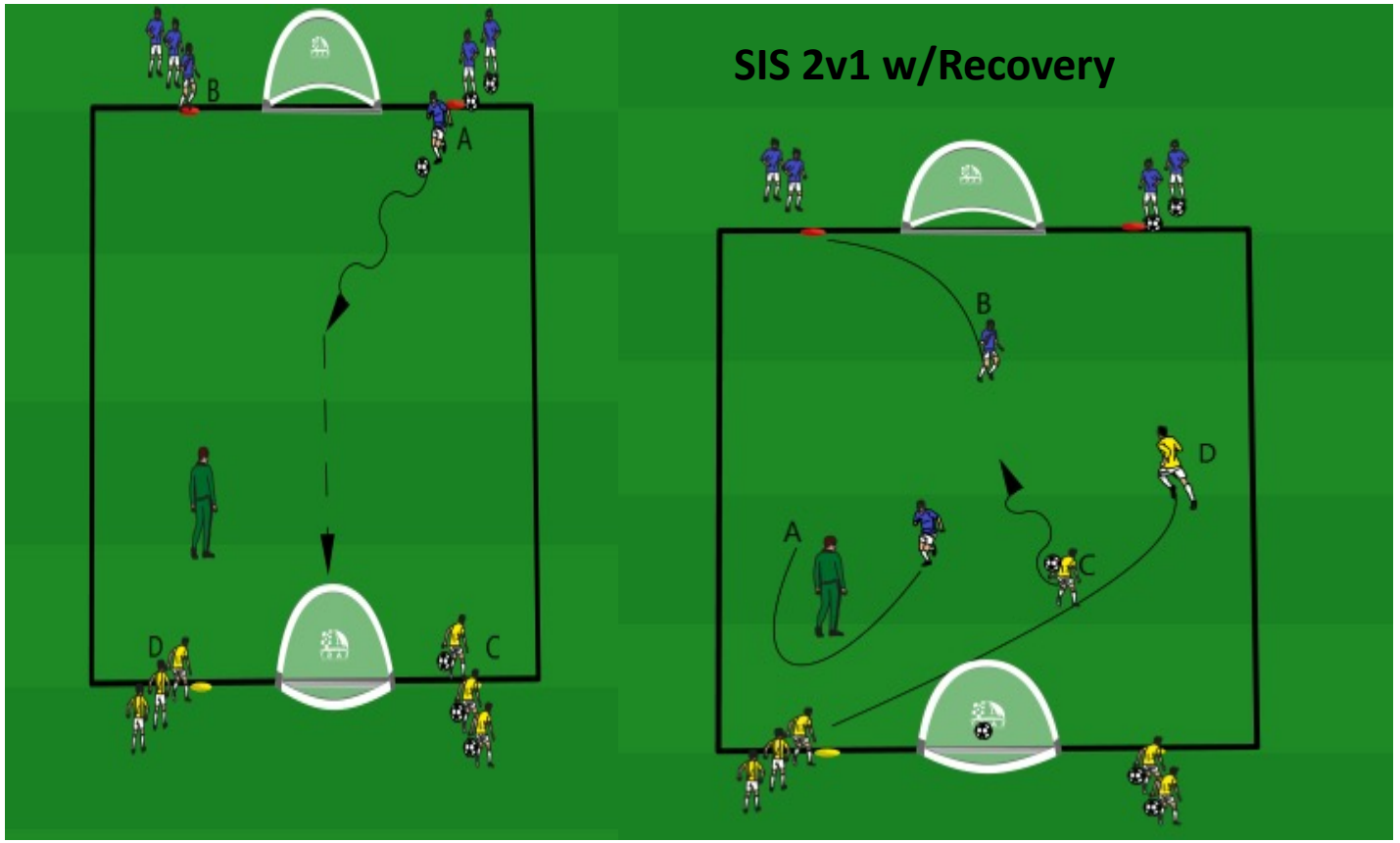


Rondo Arrival



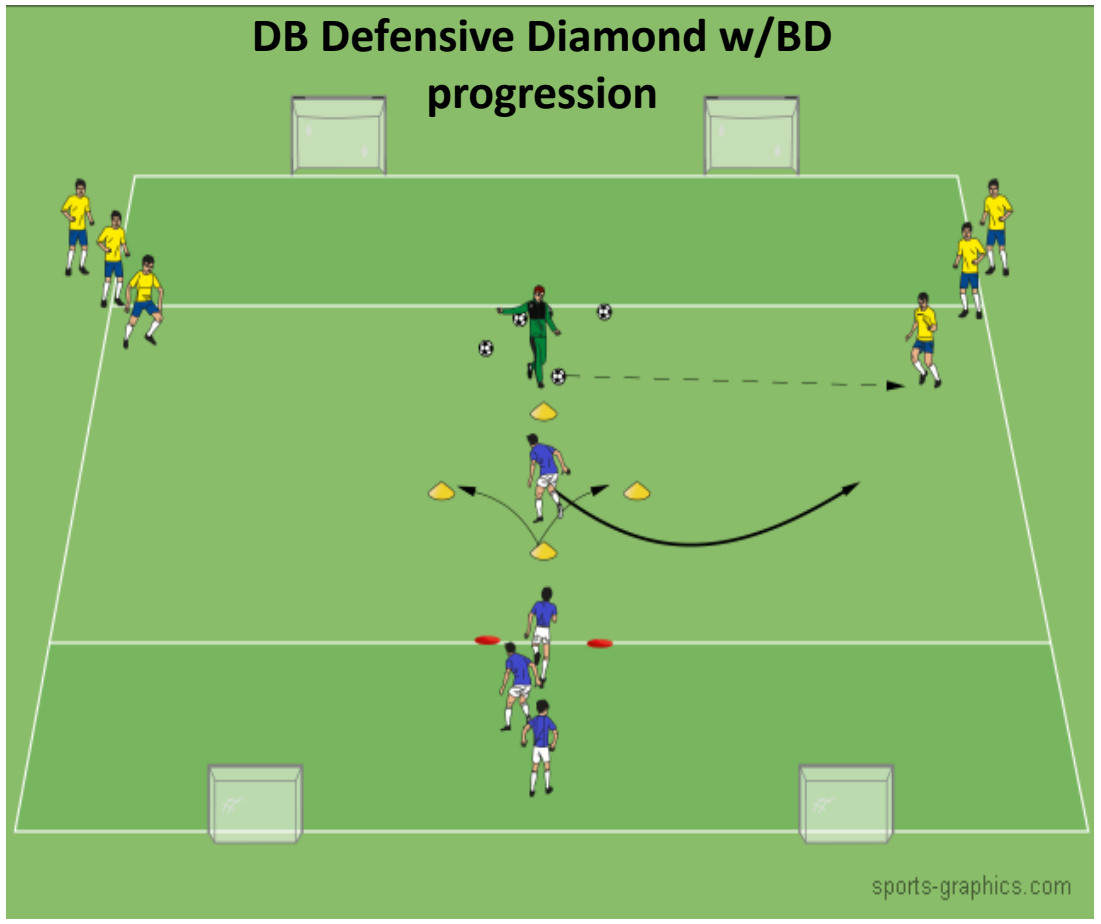


Success in Soccer (SIS)



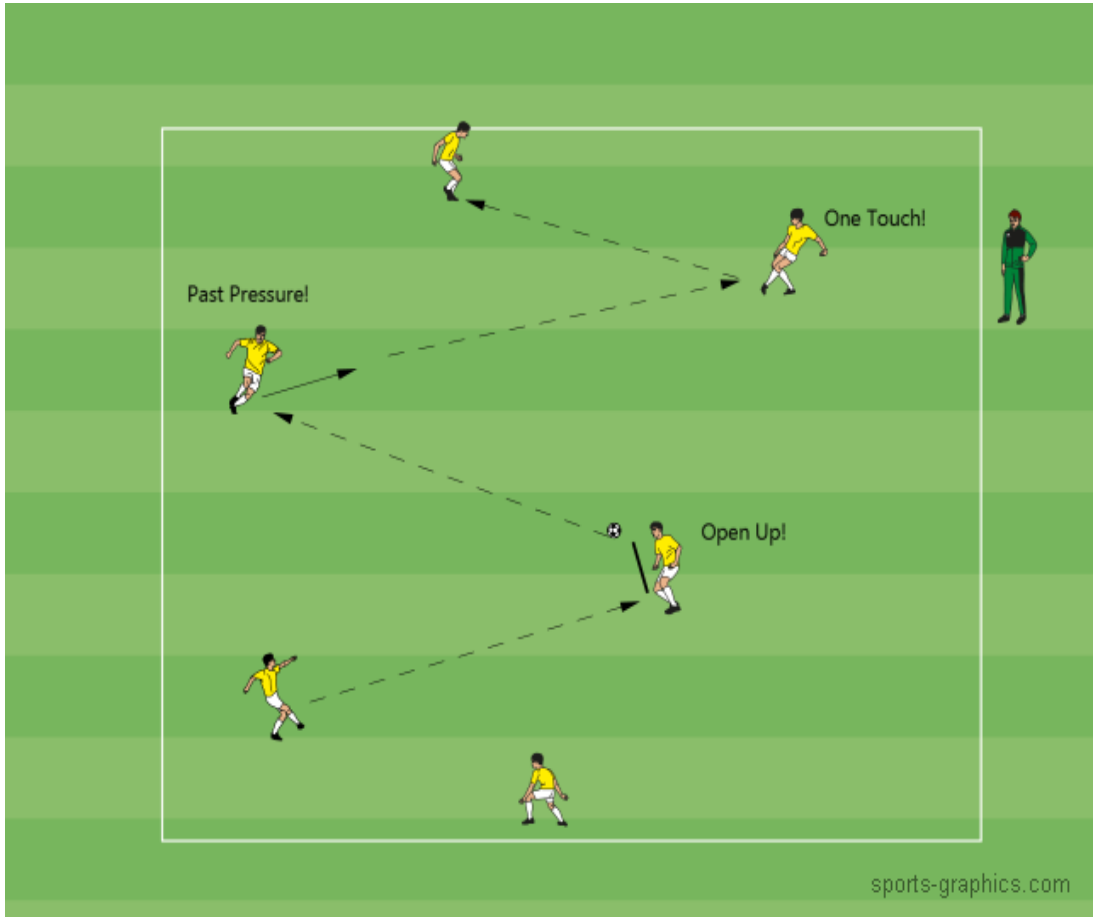
Dick Bate

"Take these exercises I share with you and make them better."

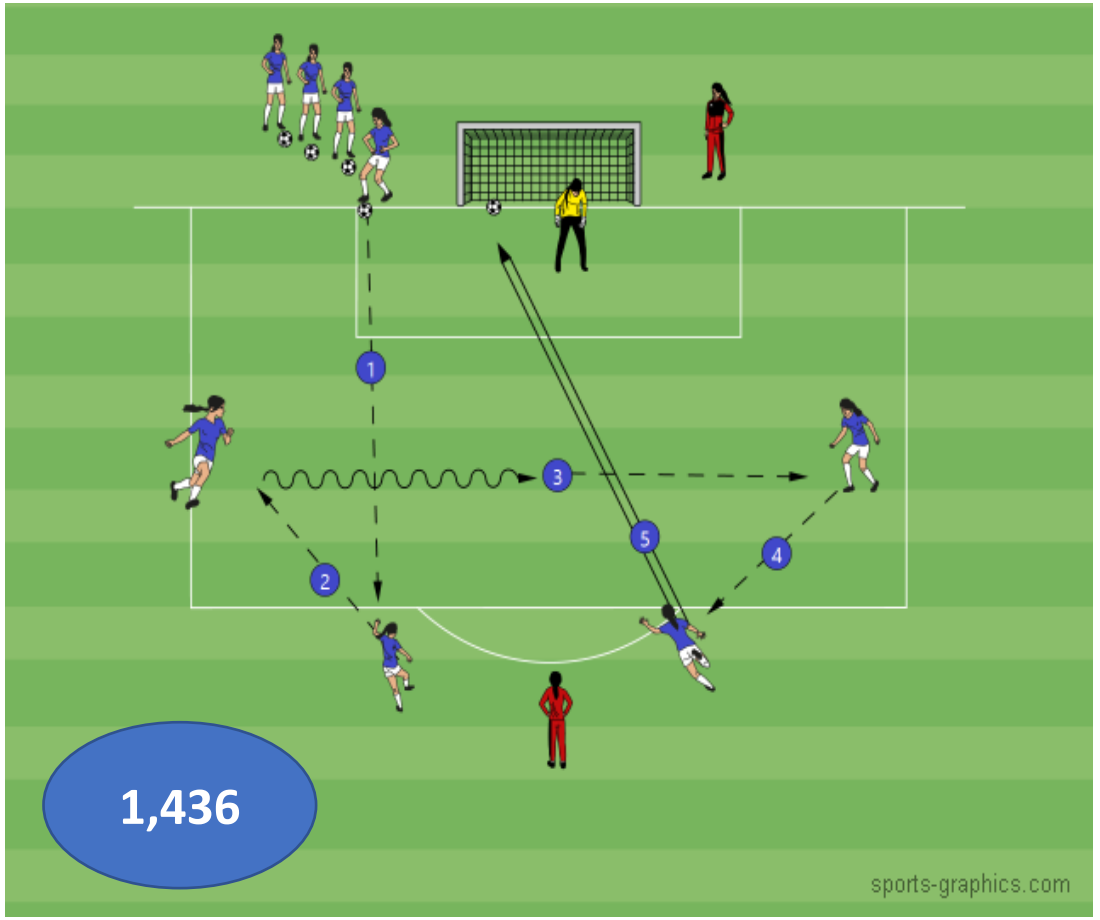

DB Defensive Diamond w/BD progression
sports-graphics.com

Bobby Clark

The Transformational Coach
© EMPICS Sport

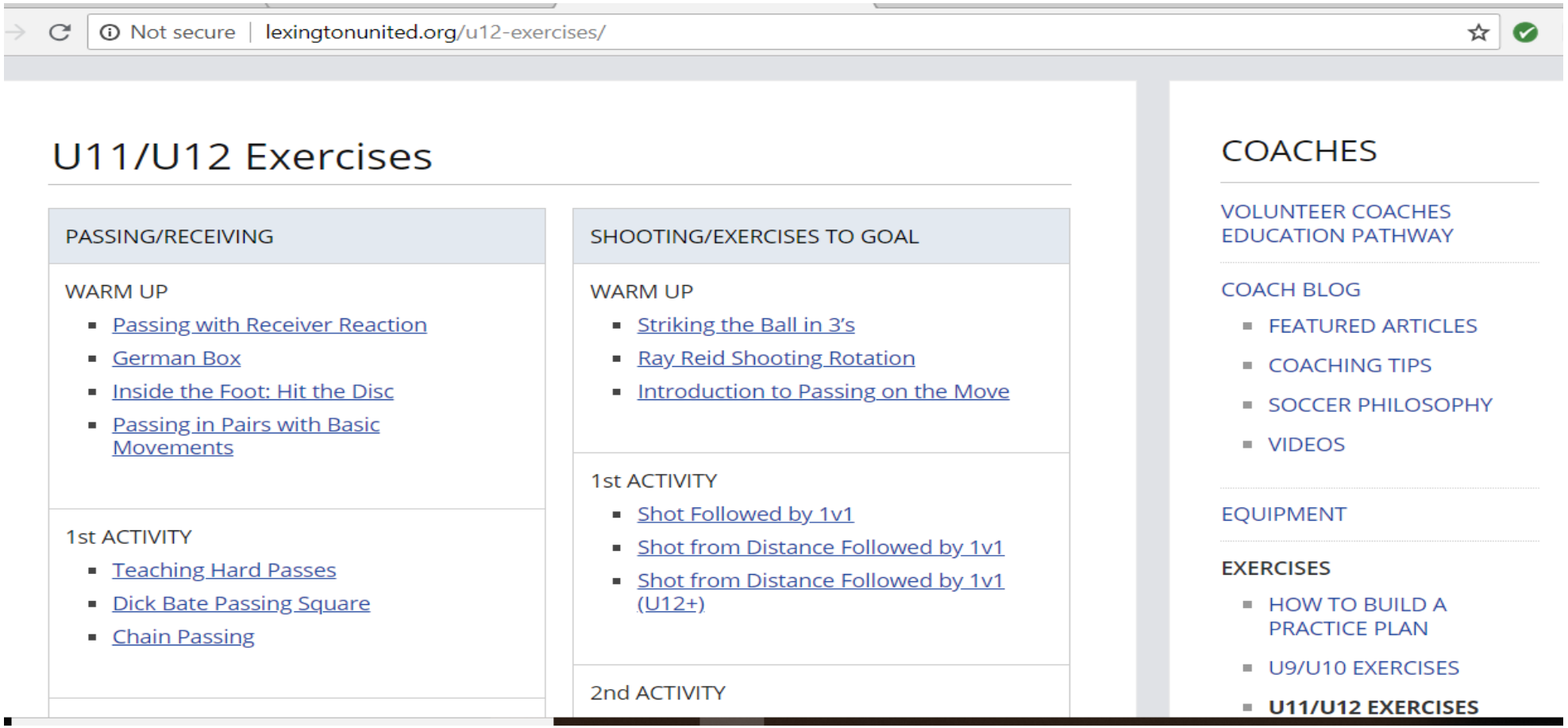

One Touch!
Past Pressure!
Open Up!
sports-graphics.com

Oklahoma State



Master Coach

Planning Resources



Q&A

Thank You

Developing lifelong soccer players among Lexington youth