

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 white and green soccer ball. The background shows a grassy soccer field with trees and other people in the distance. The entire image has a blue overlay.

LUSC Coaches Meeting

Spring 2022 Season

K-2nd Diamond Program

March 22, 2022



Agenda – K-2nd Diamond Program

| Time | Topic | Presenter |
|-------------|---|---------------------------------------|
| 6:00 – 6:10 | Welcome to the Spring 2022 Soccer Season! | John Andrews, President |
| 6:10 – 6:15 | Registrar Update | Amy Donahue, Registrar |
| 6:15 – 6:20 | Equipment Update | Allison Clark, Equipment Coordinator |
| 6:20 – 6:25 | COVID Update and Safety Protocols | John Andrews |
| 6:25 – 7:00 | Diamond Program – Setting the Foundation | 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 for 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 Trementozi | Jon.trementozi@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 Kindergarten | Tom Heimreid | tom.heimreid@gmail.com |
| Boys Grade 1 | Aradhana Kuhn | aradhana.bhargava@gmail.com |
| 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 | <i>[Brendan Donahue]</i> | WE NEED A VOLUNTEER! |



LUSC Night @ The Revs – May 7th



LEXINGTON UNITED SC NIGHT AT THE REVS

5.7.22 vs COLUMBUS CREW SC

• 7:30 PM | GILLETTE STADIUM •





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=tsVVe36Xa6PS3b5NzOug>

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_machusetts_\(002\).pdf](https://www.mayouthsoccer.org/assets/61/6/create_an_account_cdc_train_headsup_machusetts_(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](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



Equipment Update

General

1. Access to the Diamond trailer is limited to LUSC staff.
2. Players expected to bring their ball, water bottle, snack etc. to each session.
3. Grade 1-2 players (and continuing K players in Spring) bring their own #3 ball.
4. All coaches expected to wear the LUSC Coach T-shirt (will be available at Diamond)
5. Players can purchase reversible jersey, shorts and socks from Tricon

Equipment bags

1. Placed at the field marker for each team on the first day
2. Return bags on the last day of the season
3. Contents: Cones, pinnies and team ball

Kindergarten program

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. Collapsible goals are for LUSC staff use only



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)



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*



Welcome To Diamond- LUSC's Foundation



Windows of Learning





A Player Centered Approach

The main actor of the process is the player, not the coach, not the team, but the individual player.

Van Der Haegen





Spring 2022 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



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



Coaches to Do List

- Contact team prior to the start of the season (1st and 2nd grade target date March 31st , K coaches April 7th)
- 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



100 ft



Dual Field

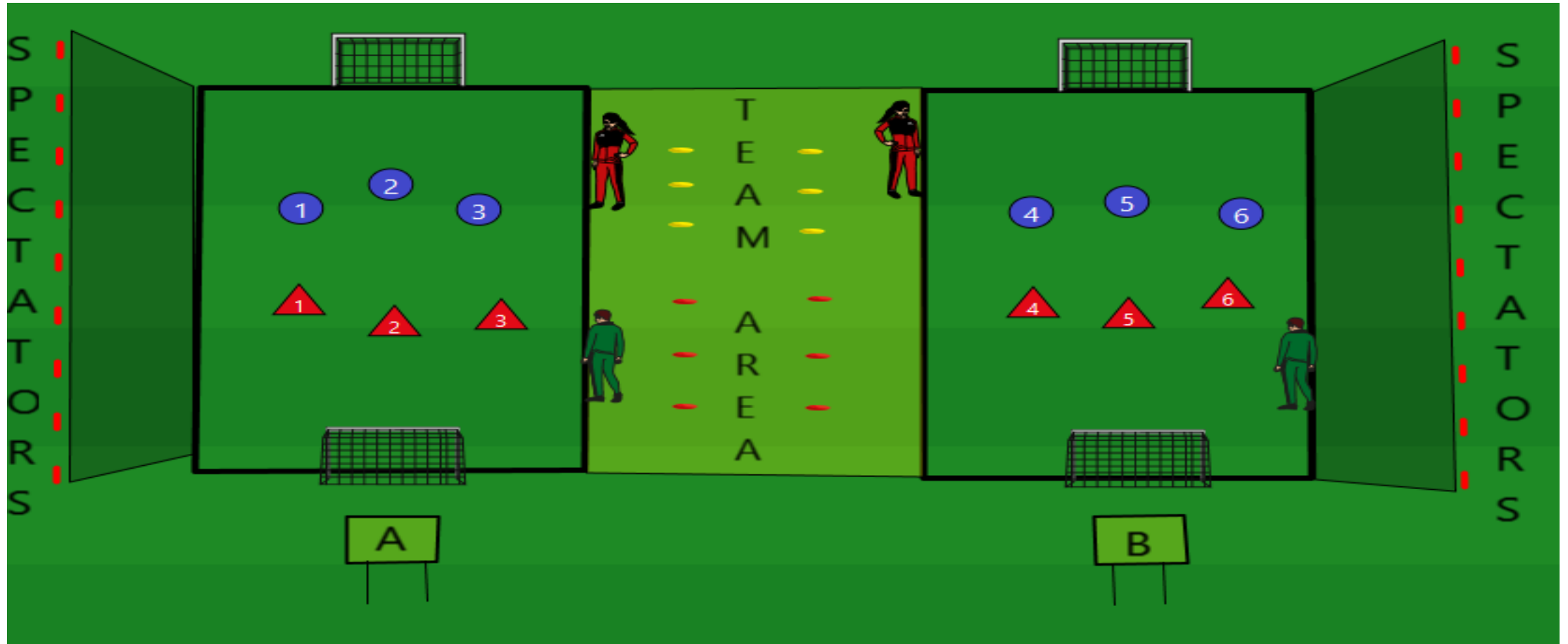
- If team A is scheduled to play team B, they will do so on both fields.
- **The area between the two fields is the designated coaching area** with the opposite side of the field being reserved for spectators.
- The coaching area allows the coach & players their own space and helps the players separate 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.





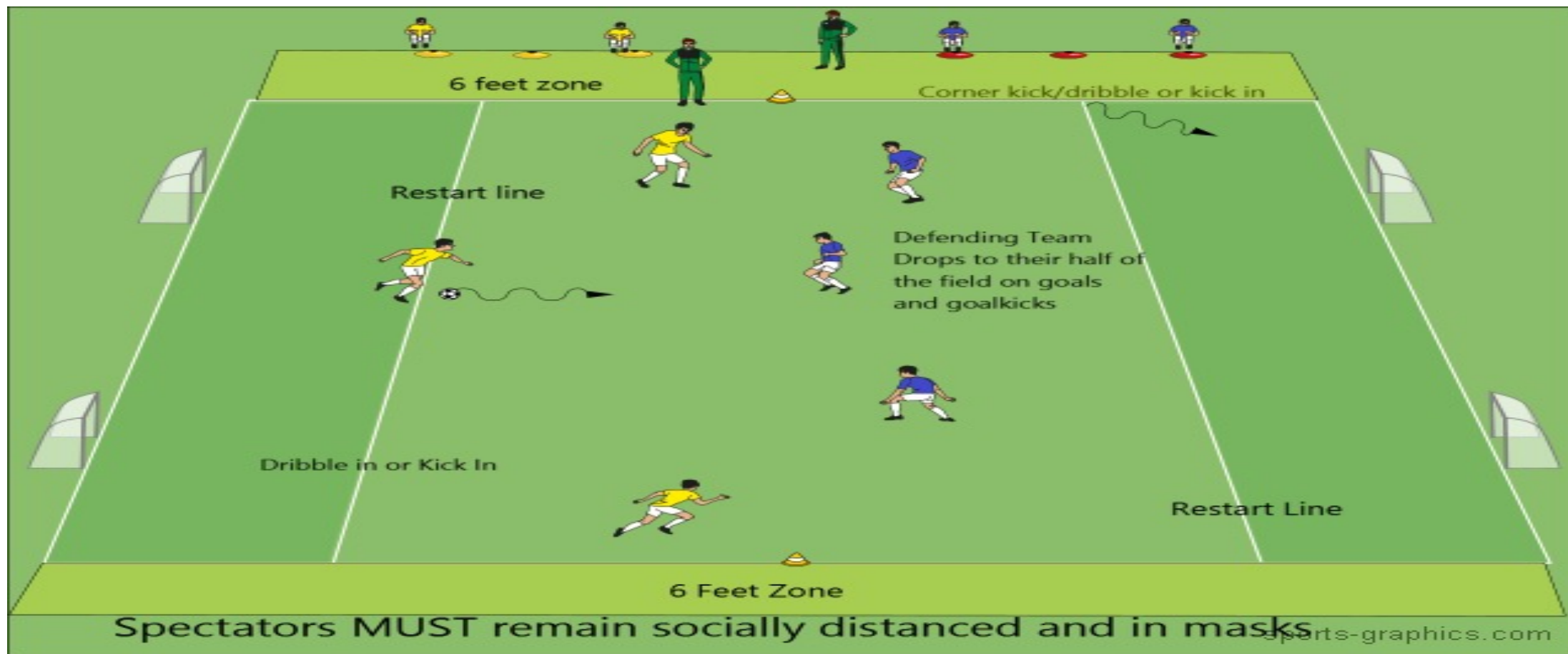
Kindergarten 3v3 Dual Field





Kindergarten Rules

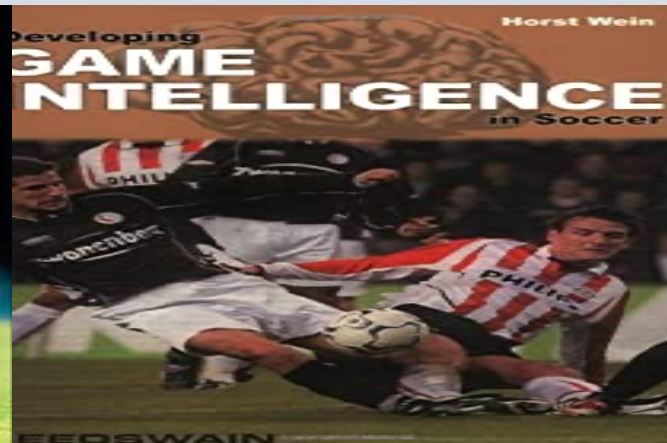
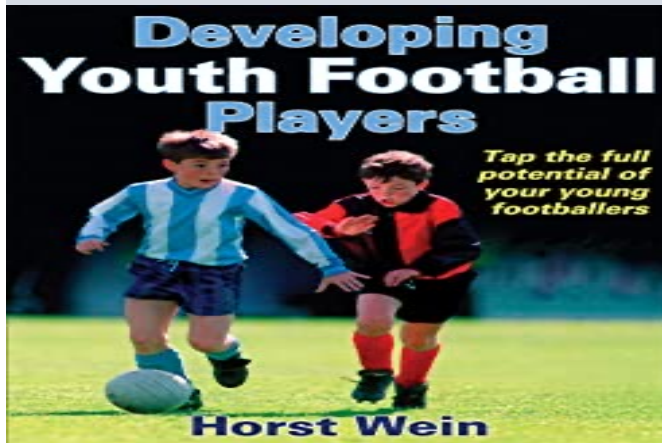
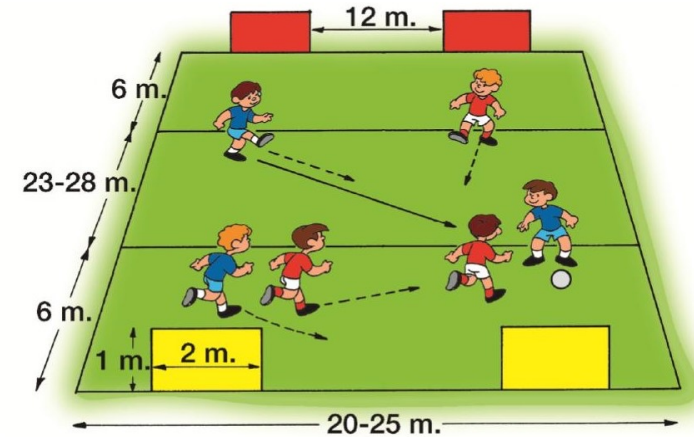
- **The Game is 3v3!** Please do NOT add players into the game.
- Kick ins or dribble ins (no throw ins)
- Scoring team drops to their own half of field after a goal is scored
- **No Corner Kick's**- ball over the end-line is always re-entered by the defensive team
- **3 Goal Margin Rule-** team trailing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





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



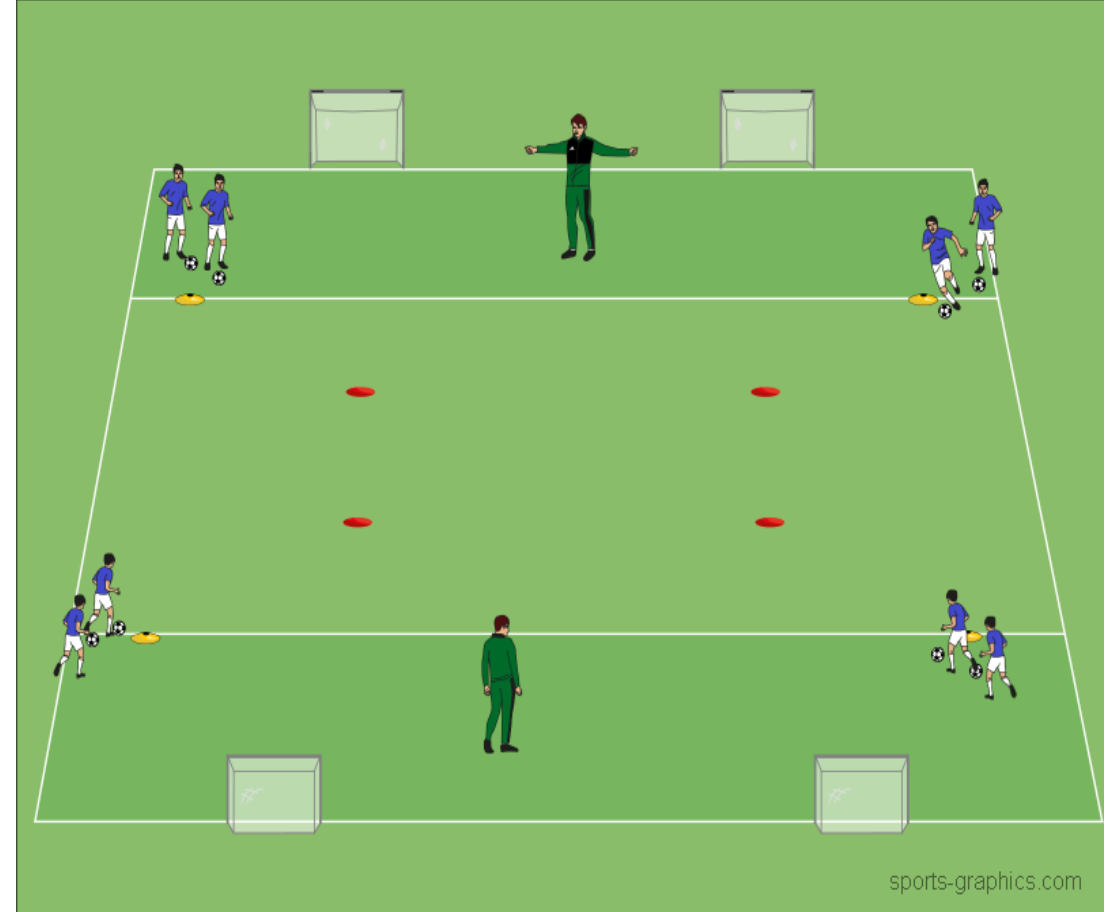
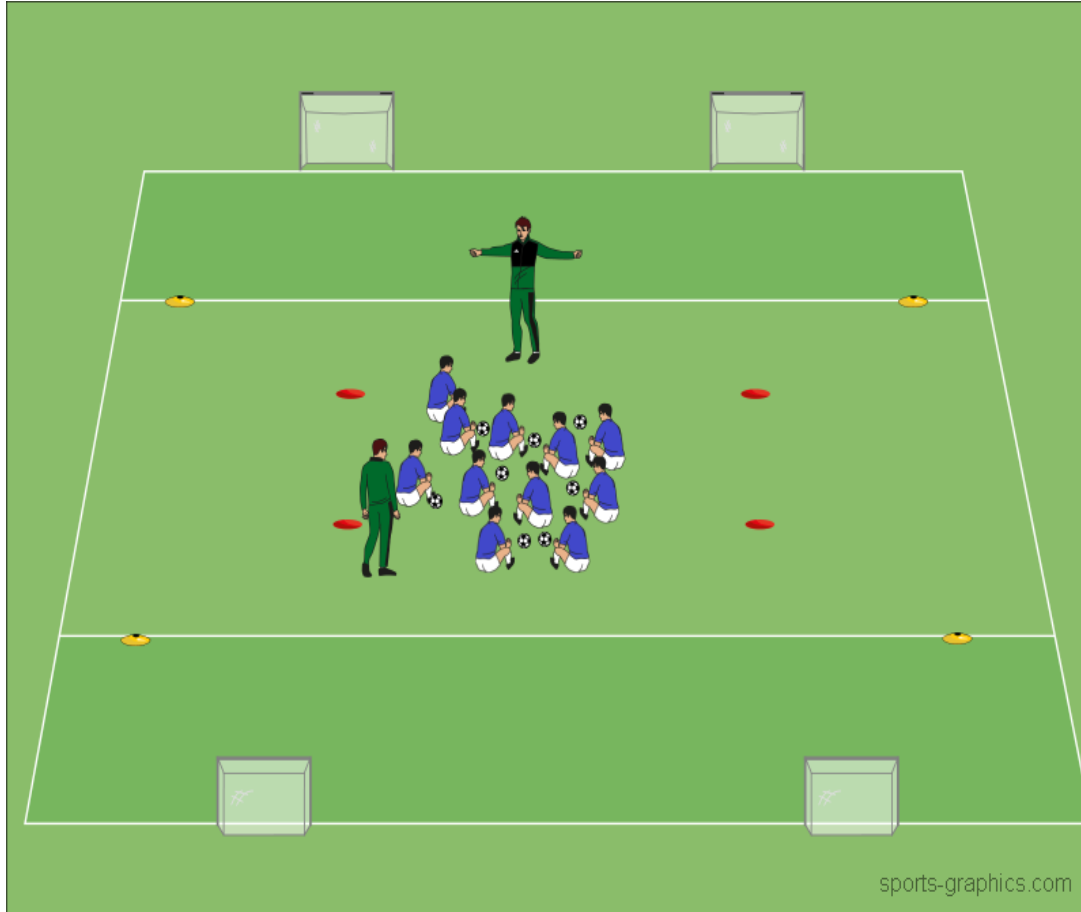
Tosh Farrell



“provide the kids with the appropriate diet”



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





A Case For Repetition

“I fear not the man that has practiced 10,000 kicks once, but the man who has practiced one kick 10,000 times.”





Q&A

Thank You



Developing lifelong soccer players among Lexington youth