

A group of soccer coaches and players posing in front of a goal. The image is overlaid with a blue tint. The group consists of two adults and approximately 15 children, all wearing blue and yellow soccer uniforms. They are standing on a grassy field with a soccer goal in the background. The goal has a white net and a sign that reads "WARNING! DO NOT CLIMB".

# LUSC Coaches Meeting

Spring 2023 Season  
3<sup>rd</sup>-8<sup>th</sup> In-Town and Travel Programs  
March 22, 2023



# Agenda – 3<sup>rd</sup>-8<sup>th</sup> Grade Programs

Time	Topic	Presenter
7:30 – 7:40	Welcome to the Spring 2023 Soccer Season!	John Andrews, President
7:40 – 7:45	Registrar Update	Angel Poretella, Registrar
7:45 – 8:00	Field and Schedule Update	Tim Clackson, Schedules Coordinator
8:00 – 8:05	Equipment Update	Allison Clark, Equipment Coordinator
8:05 – 8:10	Goals Update	Sean Kennedy, VP Logistics
8:10 – 8:20	Referee Update	Bob Licht, Referee Mentor
8:20 – 9:00	Travel Program – DOC Presentation	Brendan Donahue, Director of Coaching





# Welcome to the Spring 2023 Season!

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

*Developing lifelong soccer players among Lexington youth*



# Your Support Network – LUSC Board

LUSC BOARD MEMBERS		
<b>President</b>	John Andrews	president@lexingtonunited.org
<b>VP Programs</b>	Jon Trementozzi	Jon.trementozzi@gmail.com
<b>VP Marketing</b>	Kathryn Ready	kathrynwil26@hotmail.com
<b>VP Admin</b>	Serena Hadsell	hadsell22@gmail.com
<b>VP Logistics</b>	Sean Kennedy	vp-logistics@lexingtonunited.org
<b>VP Registration</b>	Dave Parsons	vp-registration@lexingtonunited.org
<b>Treasurer</b>	Patrick Farrell	treasurer@lexingtonunited.org
<b>Clerk</b>	Jen Cunliffe	jencunliffe@gmail.com
<b>Past President/Safety Officer</b>	Stacey Hamilton	staceyh510@gmail.com
<b>General Members</b>	Cameron Moody	Cameron_stuver_moody@yahoo.com
	Phil Porter	philip@porterbuild.com
	Surya Singh	suryacsingh@gmail.com
	Hannah Mamuszka	hmamuszka@gmail.com
	Aradhana Kuhn	aradhana.bhargava@gmail.com





# Your Support Network – Division Directors

K-2 DIVISION DIRECTORS		
<b>Boys Grade 3</b>	Jeff Bettencourt	Jeff.Bettencourt@ovitas.com
<b>Boys Grade 4</b>	Jon Trementoizzi	Jon.trementoizzi@gmail.com
<b>Boys Grade 5</b>	Hannah Mamuszka	hmamuszka@gmail.com
<b>Boys Grade 6</b>	Sam Agresta	svja1072@gmail.com
<b>Boys Grades 7 &amp; 8</b>	Mike Cramer Dan Alves	mvccramer@gmail.com dalves11@yahoo.com
<b>Girls Grade 3</b>	Ben Myers	benmyrs@gmail.com
<b>Girls Grade 4</b>	Phillipe Schenk	schenkpt@gmail.com
<b>Girls Grade 5</b>	Marisa Kearney	marisa_kearney@yahoo.com
<b>Girls Grade 6</b>	Lizbie Porter	lizbie20@yahoo.com
<b>Girls Grade 7 &amp; 8</b>	Andrew Kvaal George Arnold	andrew.kvaal@gmail.com georgeparnold@outlook.com



# Your Support Network – Staff Volunteers

LUSC Staff and Volunteers	Name
Director of Coaching	Brendan Donahue
Asst Dir. of Coaching	Tom Heimreid
Registrar	Angel Portella
Schedules: Games	Tim Clackson
Schedules: Games	Tara Mathur
Schedules: Practices	Liz Bettencourt
Assistant Scheduler	<i>vacant</i>
Fields Coordinator	Ravish Kumar
Equipment – Goals	Luis Melendez
Equipment – Coaching	Allison Clark
Referee Coordinator	Christianne Mager
Head Referee Mentor	Bob Licht
Referee Mentor	Rick Tyson
Technology Coordinator	Chuck Alexander
BAYS Representative	Stacey Hamilton
TOPS Program	Paul Clough
Mentor Program	Phil Porter



# MYSA Registration Information

## All Coaches need a MYSA Credential

- **Thank you for coaching!**
- Register with MYSA every soccer year (begins in fall)
  - Current, headshot-style photo
  - CORI and national background checks
  - SafeSport training, initial or refresher course
  - Concussion training, or upload a current certificate
  - 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=tsVWVe36Xa6PS3b5NzOug>

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 1<sup>st</sup>, 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 1<sup>st</sup>, 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](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

## MYSA Resources

- **New Coach:**  
[https://www.mayouthsoccer.org/assets/61/6/adult\\_registration\\_-\\_new\\_user\\_help\\_guide\\_07.2022\\_\(1\).pdf](https://www.mayouthsoccer.org/assets/61/6/adult_registration_-_new_user_help_guide_07.2022_(1).pdf)
- **Returning Coach:**  
[https://www.mayouthsoccer.org/assets/61/6/adult\\_registration\\_-\\_returning\\_user\\_help\\_guide\\_07.2022.pdf](https://www.mayouthsoccer.org/assets/61/6/adult_registration_-_returning_user_help_guide_07.2022.pdf)
- **Registered, Incomplete Training:**  
[https://www.mayouthsoccer.org/assets/61/6/how\\_to\\_verify\\_reg-find\\_trainin\\_linksdocx-print\\_cori\\_acknowledgement\\_form.pdf](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](https://www.mayouthsoccer.org/assets/61/6/adult_registration_-_checklist_2022.pdf)

**Here are some helpful video tutorials:**

[https://www.youtube.com/playlist?list=PL5qDX1oKtQ4XpE76yjVXkxM\\_2COySA3KQ](https://www.youtube.com/playlist?list=PL5qDX1oKtQ4XpE76yjVXkxM_2COySA3KQ)

**If you are having trouble with the training videos, or uploading your documents, please contact Safesport by clicking the link below:**

<https://safesport.atlassian.net/servicedesk/customer/portal/4/group/9/create/32>



# Fields and Schedules Volunteers

## Fields and Games

- Ravish Kumar
- Tim Clackson
- Tara Mathur

LUSC Staff and Volunteers	Name
Schedules: Games	Tim Clackson / Tara Mathur
Schedules: Practices	Liz Bettencourt
Assistant Scheduler	Vacant
Fields Coordinator	Ravish Kumar

## Practices

- Liz Bettencourt

- Questions? Find us on the LUSC website “Contact Us” page





# Fields Used by LUSC

- Four turf fields
  - Lincoln 1, 2, 3; and Center Track Field
  - Lincoln 2 and Center Track have **lights!!** – will turn on automatically
- Grass fields
  - Clarke, Diamond, Harrington, Muzzey, Estabrook and Adams (behind Waldorf school)
- Most games will be on turf; but some have to be on grass





# How do I Know Fields are Open?

- Check the LUSC homepage!
  - Weekdays – updated by 2pm
  - Weekends – updated by 7am
- We will also try to email coaches directly affected
- Sometimes we need to move things around – please be patient 😊

## FIELDS

UPDATED TUES AUG 30 12PM

CENTER TRACK FIELD	OPEN
LINCOLN FIELDS	OPEN
ADAMS	OPEN
CLARKE	OPEN
DIAMOND	OPEN
ESTABROOK	OPEN
HARRINGTON 1	OPEN
HARRINGTON 2	OPEN
LCA	OPEN
MUZZEY	OPEN



# How Do I Find my Schedule?

- Schedules for practices and home games will be on the LUSC website
- Practices start Tuesday April 3<sup>rd</sup>
- First games Saturday April 8<sup>th</sup>

## SCHEDULES

[Spring 2022 Weekday Schedule](#)

[Spring 2022 Saturday Schedule](#)

[Spring 2022 Sunday Schedule](#)





# How do I Understand my Schedule?

- Gray box = NOT available
- Red = conflicts (field not available at that day/time, usually due to LHS use)
- If your practice has a conflict, we will email you to suggest alternate field
- If another team needs to join you on a field, please be flexible!

FRIDAY	Lincoln 1 (TURF)	Lincoln 2 (TURF, LIGHTS)
4.00 - 4.30pm	n/a	n/a
4.30 - 5.00pm	n/a	n/a
5.00 - 5.30pm	n/a	n/a
5.30 - 6.00pm	n/a	N/A 4/29, 5/13, 5/27 G6 Andrews G6 Shalabi B5 Agresta B6 Brandon
6.00 - 6.30pm	n/a	N/A 5/13, 5/27 G6 Andrews G6 Shalabi B5 Agresta B6 Brandon
6.30 - 7.00pm	n/a	N/A 5/13, 5/27 G6 Andrews G6 Shalabi B5 Agresta B6 Brandon



# BAYS Game Schedule

- DRAFT travel game schedule is on BAYS website: [bays.org](http://bays.org)
- The schedule will be final once we have adjusted home games to conform to our field permit
  - SOON!





# Cancelling and Rescheduling Games

- Everything you need to know is on the Rainouts and Reschedules page on the LUSC website!!
- There are four golden rules...



## Rainouts & Reschedules

### How to Cancel a Home Game

The home coach is responsible for cancelling the game, even if the away coach requests the cancellation. Please cancel as soon as you know you will not play the game, so we can notify referees.

1. [Click here](#) to email the Field Scheduler and Referee Coordinator to cancel your game. Please include original game date and time, coach name & division.
2. You will receive an email from BAYS confirming the cancellation.

### How to Reschedule a Home Game

1. Check the [schedules](#) on the LUSC website to identify available days, times and fields. Things to consider:







# Golden Rules for Game Cancellling

1. PLAY THE SCHEDULE— games can't be cancelled for minor issues (eg drizzle)
2. The HOME COACH is responsible for communicating that the game is cancelled
3. CANCEL EARLY : Games must be cancelled by Thursday 7pm, or clubs will be fined by BAYS
4. TELL US!! To cancel a game, you MUST notify the LUSC scheduling team. We then cancel the game in BAYS.

If game isn't properly cancelled,  
the refs will show up and field  
slot will be wasted.  
**Don't be that coach!**



# Equipment Update

- General
  - Goalie gloves may be requested (Coach manages sharing/cleaning)
  - Equipment bag and contents to be handled by coach only
  - No equipment available from Diamond trailer
- Equipment bags
  - 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)
  - Unused equipment will be re-used or recycled (contact Equipment Coordinator or drop off at Diamond on Saturday morning during the season)



# Equipment Update

- Coaches meeting: DDs distribute equipment for the season
  - Game ball
  - Travel uniform kits/T-shirts sets for in-town G3/4
  - Coaching manuals (new coaches)
  - New equipment bags (for new coaches)
  - Ice packs (4 per team)
  - Coach T-shirt (size S , M, L, XL, 2XL, 3XL) - available at Diamond on Saturday mornings in-season
- Email Equipment Coordinator requests during the season – wait for confirmation and pick up instructions:
  - Ball pump and/or needles
  - Medical kit
  - Replacement game ball
  - Goalie gloves, cones, ice packs
- Contact Registrar for reversible pinnies or travel uniform orders



# Goals Update

- See something
- Say something



[goals@lexingtonunited.org](mailto:goals@lexingtonunited.org)





# Referee Update

Christianne Mager

[Ref-Assignor@LexingtonUnited.org](mailto:Ref-Assignor@LexingtonUnited.org) / (617) 642-0393

Bob Licht

[Ref-Mentor@LexingtonUnited.org](mailto:Ref-Mentor@LexingtonUnited.org) / (617) 721-9658

- Our Referees are part of the LUSC “team” (like players and coaches) and are getting developed. You are not magically becoming a professional level referee overnight.
- Referees can only practice their skills during real games.
- There is a serious referee shortage, and we can not afford to lose referees.
- Please make yourself familiar with the substitution rules and have your players ready at the halfway line.
- If you feel like the referee made a mistake, **DO NOT discuss it with the referee during or after the game**, but reach out to Bob and / or myself and we will discuss this with that referee, but also try to have all referees learn from these situations.
- Please let us know if you see any hostility towards referees, so we can check in with them.
- Remember, most of our referees are children. They could be your child, maybe one day it will be your child. **BE KIND, they are trying their BEST!**



# 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.

**Club officials/coaches are responsible for the behavior of their team's players 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 as well as to BAYS Officials.
5. If spectators have questions regarding particular calls, rules, or a referee, or wish to give feedback regarding a referee, please contact your BAYS team coach. Coaches can file feedback reports with BAYS or speak with their club officials to get more guidance.



# BAYS Update

1. Updates to the **BAYS Zero Tolerance Policy** and **Match Rule 15**, the **Support for Match Officials rule**, have been made to ensure match officials are supported. We need **timely follow up** (within 7 days) by club presidents upon receipt of a ZT2 or ZT3 report. Lack of timely follow up will result in coach suspension until the matter is resolved.
2. BAYS has made adjustments to the referee pay rates to support those in these roles given the current shortage of referees. Please, encourage aspiring referees to consider getting certified. Steps to become a referee can be found on the State Referee Committee website. Or contact [referees@bays.org](mailto:referees@bays.org) for help.
3. Coaches must wear their **credentials** on the sidelines **at all games** and must bring 2 paper copies of their **official team roster**. Valid credentials are a Mass Youth Soccer / US Soccer requirement.
4. BAYS will send out automatic emails to all coaches 72 hours prior to a scheduled game with game details, a review of credential and roster requirements, and a link to coaches responsibilities including information on the BAYS ZT Policy and Lopsided Score Management Suggestions. We hope this communication will assist coaches in being properly prepared for game day.
5. The [BAYS RESPECT Campaign](#) is ongoing. We ask that you continue to have a member of your club – coach, player, or referee – read the **Respect Statement** at each game. It helps set a positive tone and reminds all involved about good sportsmanship.



# Town Meeting Vote re: Lincoln Fields 3/29

[Article 10\(i\)](#) would fund replacement of the L1 turf surface and the addition of lights to L1 and L3

**Help encourage the Town to pass this by:**

- Writing to your [Town Meeting Members](#)
- Speaking in person at Town Meeting on Wed, 3/29 at the Cary Memorial Building

*Focus your communication on the positive impacts that Lincoln has on you, your family and recreation/athletics/the soccer community, and expressly ask them to **vote Yes on 10(i)***

Questions? Reach out to LUSC Past President Stacey Hamilton



# *11 Tips to be Great Volunteer Coach*

By  
Brendan Donahue  
Lexington United  
Director of Coaching  
March 22, 2023



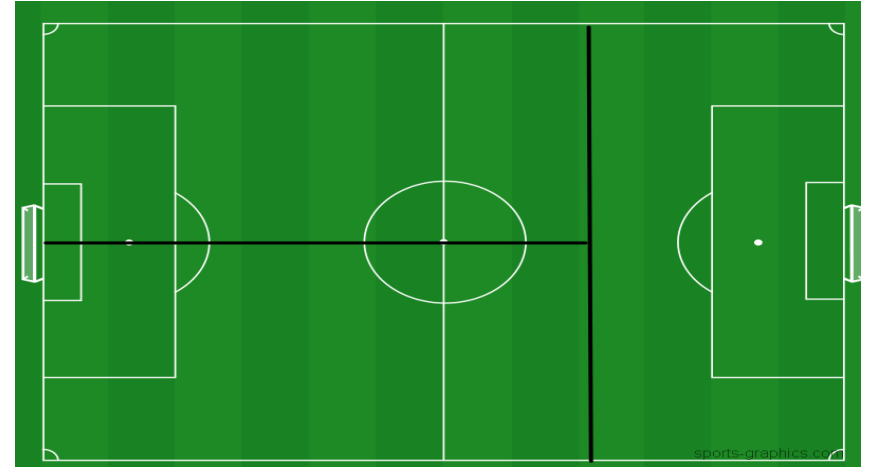


# Lopsided Score Scenario

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



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**E + R = O**

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"I DO NOT CONTROL  
EVENTS. I DO CONTROL  
MY RESPONSE."



# The Starting Point

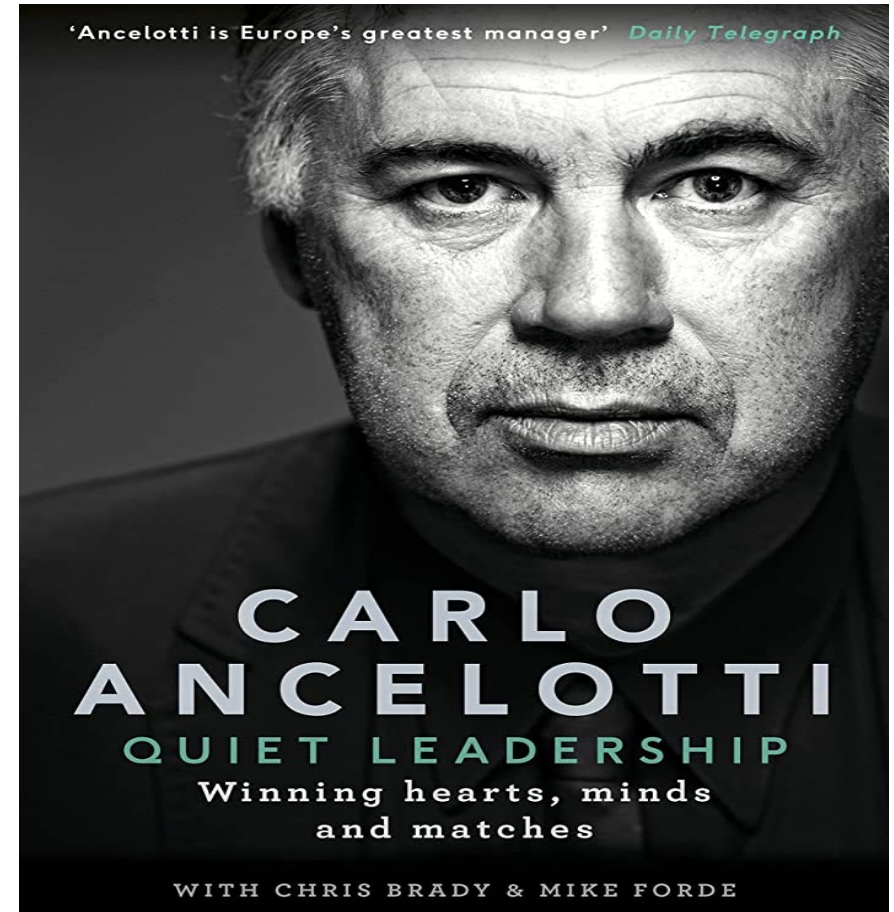
A photograph of a male coach and a young player on a grassy field. The coach, wearing a dark blue soccer jersey with "adidas" and "Coach Education" logos, is kneeling on one knee, gesturing with his right hand. The young player, wearing a yellow and orange jersey, is running towards the coach. The background shows a grassy field with some equipment and a white fence.

*You have to ask one fundamental question: who is in front of me?*  
*- Kris Van Der Haegen*



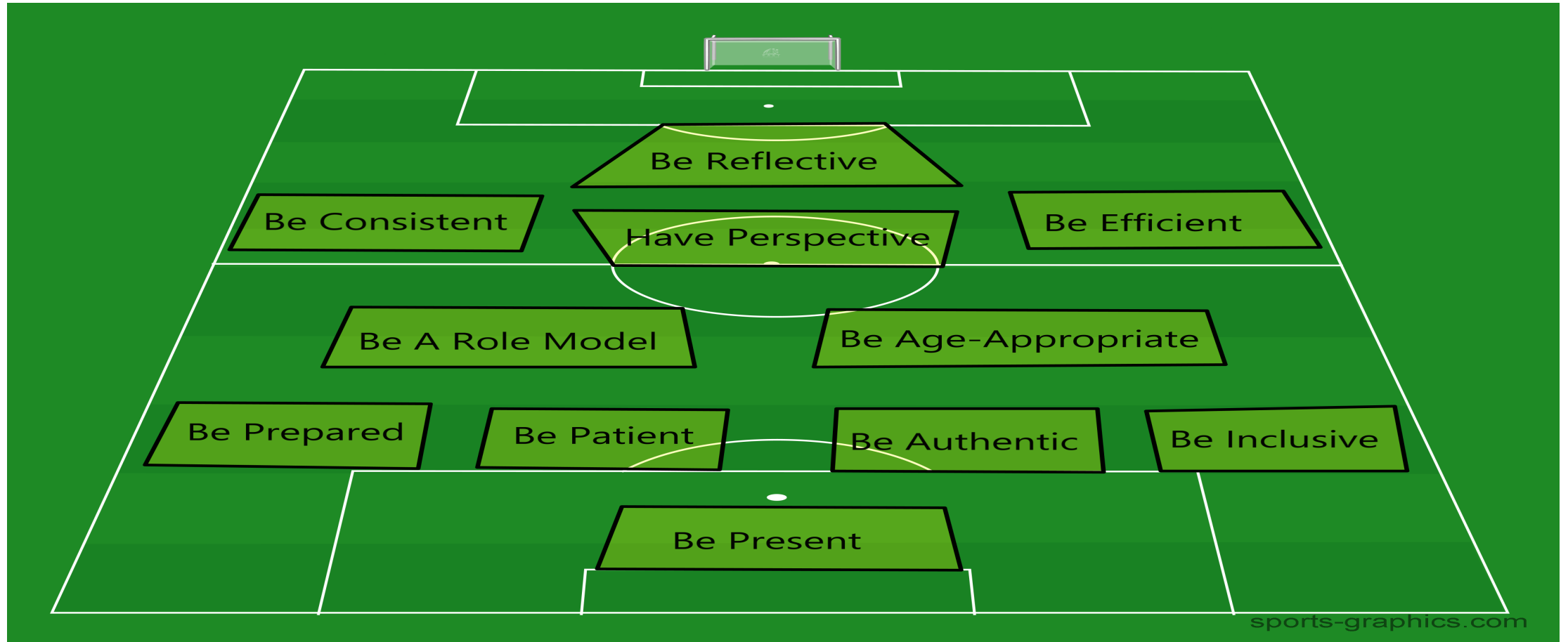
# Opening Thought

*"I have to coach people, not players. They are not players, they are people who play football. I am not a coach, I am a man who works as a coach. I think this is an important point."*





# The Starting 11







# Be Present

**Leave work at the office**

**Develop a Starting Ritual, ex.  
Crossing the Line- Clark Kent vs  
Superman**

**Thoughts on Coaching Multiple  
Teams**

**Limit the phone whenever possible**







# Be Prepared

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

## U11/U12 Exercises

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

### 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](#)



***“Plan your dive, dive your plan”-  
C.W.***



# Be Patient

**Progress not Perfection**

**Growth Mindset**

**10,000 hour rule**

**Performance vs Learning**

**Layering & Retrieval**

**Bob Wiley, "Baby Steps"**



***"10 years to make a player"***



# Be Authentic

**Share your Personality- Power of  
a Cohesive Staff**

**Be Honest**

**Life Coach-Soccer is just the  
Vehicle**

**Coaching People, not Players**





# Be Inclusive

**Spend more time with the players at the back end of the team.**

**First to the Field**

**\*Individual Check-in\***

**Be a Team (PCP)**







# Be A Role Model

- The Coach that is composed will instill composure not only in his/her players, but the parents as well.
- The Coach that gets flustered at every misfortune and harps on the players and official, will have parents that follow suit.



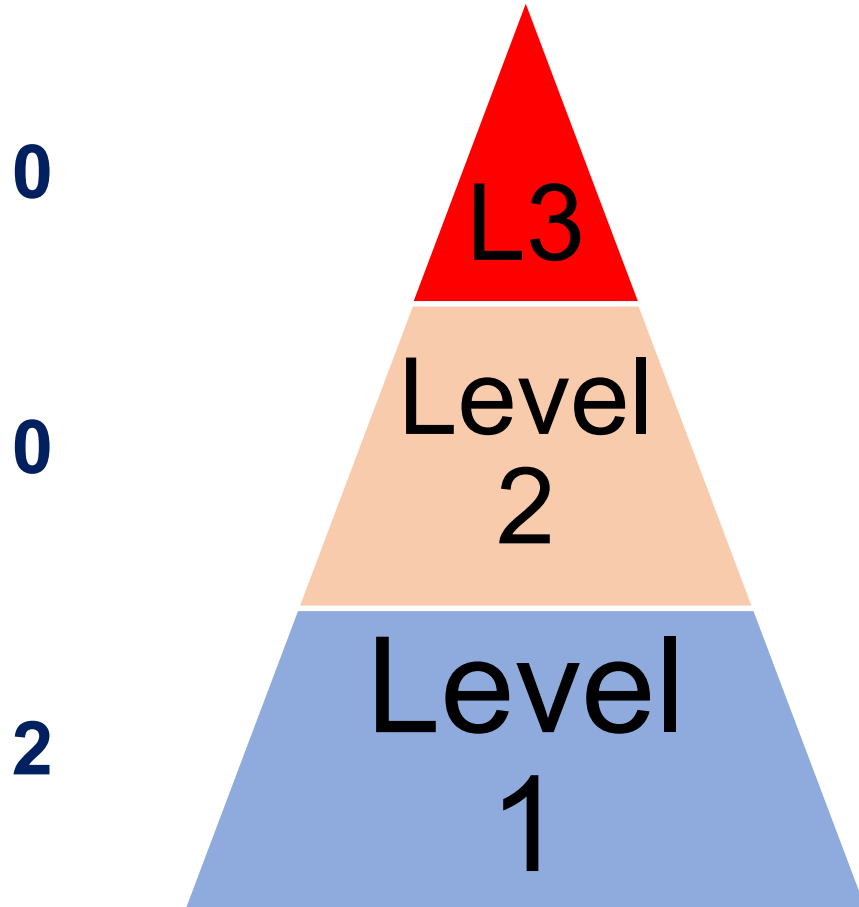
The culture precedes positive results. It doesn't get tacked on as an afterthought on your way to the victory stand. Champions behave like champions before they're champions: they have a winning standard of performance before they are winners.

— Bill Walsh —





# Be A Role Model



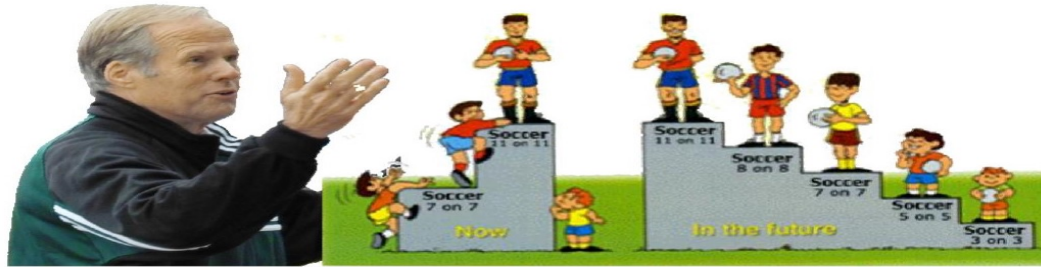
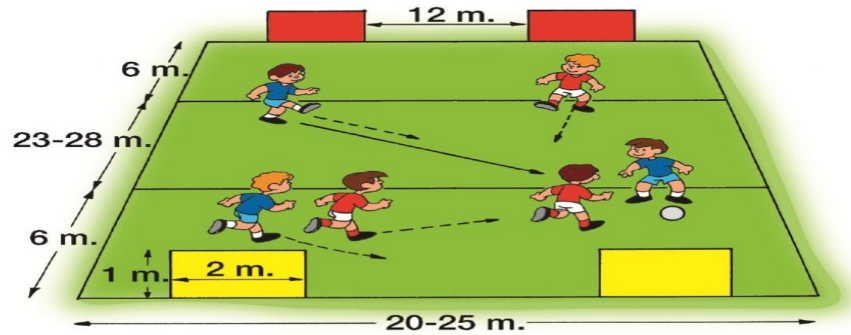
**Level 3: Most severe violation!**  
**BAYS will notify LUSC, and**  
**BAYS will impose an automatic**  
**one game (or more) suspension.**

**Level 2: BAYS will notify LUSC,**  
**and LUSC will impose an**  
**automatic one game suspension**  
**after the second level 2 violation.**

**Level 1: Lowest level violation.**  
**LUSC will inform the coach**  
**about the violation**



# Be Age Appropriate



**Windows of Learning**





# Be Consistent

- When there is no consistency, it negatively impacts the learning process.
- Provide a similar structure to all of your practices.
- Game day routines.
- Try to limit mood swings. Erratic behavior can be very disruptive to the learning process.

***This is how we do things here!***



**Set the Environment**





# Be Efficient

Freedom  
within a  
Framework

EP. 171

9  
Minutes!

COACHING PEOPLE  
NOT SESSIONS

Momentum Coach & Ghost Coach





# Have Perspective



***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***







# Be Reflective





# Final Thought- Self Care

Read  
Run  
Hike  
Listen to Music  
Podcasts  
Yoga  
Coach  
Sauna  
Write  
Learn  
Cook





# 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?**



# Planning Resource

→ ↻ ⓘ Not secure | [lexingtonunited.org/u12-exercises/](http://lexingtonunited.org/u12-exercises/) ☆ ✓

## U11/U12 Exercises

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

## COACHES

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VOLUNTEER COACHES  
EDUCATION PATHWAY

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COACH BLOG

- [FEATURED ARTICLES](#)
- [COACHING TIPS](#)
- [SOCCER PHILOSOPHY](#)
- [VIDEOS](#)

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EQUIPMENT

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EXERCISES

- [HOW TO BUILD A PRACTICE PLAN](#)
- [U9/U10 EXERCISES](#)
- **[U11/U12 EXERCISES](#)**



# Final Thought- Excellence

*Do the best you can, with what you have, in the present moment.*

- *Mark Bennett, former UK Special Forces, Master Coach*





Q&A

**Thank You**



*Developing lifelong soccer players among Lexington youth*