

A group photo of four male coaches and ten young players from the Lexington In-Town Soccer Club. 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 other people and trees in the distance. The entire image has a blue color overlay.

# LUSC Coaches Meeting

Spring 2023 Season

K-2<sup>nd</sup> Diamond Program

March 22, 2023



# Agenda – K-2<sup>nd</sup> Diamond Program

Time	Topic	Presenter
6:00 – 6:10	Welcome to the Spring 2023 Soccer Season!	John Andrews, President
6:10 – 6:15	Registrar Update	Angel Portella, Registrar
6:15 – 6:20	Equipment Update	Allison Clark, Equipment Coordinator
6:20 – 7:00	Diamond Program – Setting the Foundation	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 Kindergarten</b>	Tom Heimreid	tom.heimreid@gmail.com
<b>Boys Grade 1</b>	Vanita Srikanth	vanitasrikanth@gmail.com
<b>Boys Grade 2</b>	Aradhana Kuhn	aradhana.bhargava@gmail.com
<b>Girls Kindergarten</b>	Tom Heimreid	tom.heimreid@gmail.com
<b>Girls Grade 1</b>	Kathleen McCafferty	kathleen.m.mccafferty@gmail.com
<b>Girls Grade 2</b>	Katie Gayman	kgayman@bbns.org



# 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!



# 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=tsVW636Xa6PS3b5NzOug>

**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\\_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\\_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)





# 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



# LUSC Coaches Meeting

Spring 2023 Season

March 22, 2023

Brendan Donahue

Director of Coaching

Spring 2023



# Lexington United Soccer Club

***To develop lifelong soccer players among Lexington youth.***

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)





# 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.*



# 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





# Top 5 Qualities Children Want in Their Coach

- 1. Respect and encouragement**
- 2. A positive role model**
- 3. Clear, consistent communication**
- 4. Knowledge of the sport**
- 5. A good listener**

*A. Visek- George Washington Study*

**Only 1 out 5 is sport specific**







# Welcome To Diamond- LUSC's Foundation



*Windows of  
Learning*







# Development Curriculum Inputs





# 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







# Tosh Farrell





# Spring 2023 Diamond Schedule

## 75 Minute Program

<b>8:45 to 10:00am</b>	<b>8:30 am Coaching Demo</b>	<b>2<sup>nd</sup> Grade Boys</b>
<b>8:45 to 10:00am</b>	<b>8:30am Coaching Demo</b>	<b>2<sup>nd</sup> Grade Girls</b>
<b>8:45 to 10:00am</b>	<b>8:30am Coaching Demo</b>	<b>Kindergarten Boys</b>
<b>10:30 to 11:45am</b>	<b>10:15am Coaching Demo</b>	<b>1<sup>st</sup> Grade Boys</b>
<b>10:30 to 11:45am</b>	<b>10:15am Coaching Demo</b>	<b>1<sup>st</sup> Grade Girls</b>
<b>10:30 to 11:45am</b>	<b>10:15am Coaching Demo</b>	<b>Kindergarten Girls</b>

*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 (by 3/31 if possible)
- 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

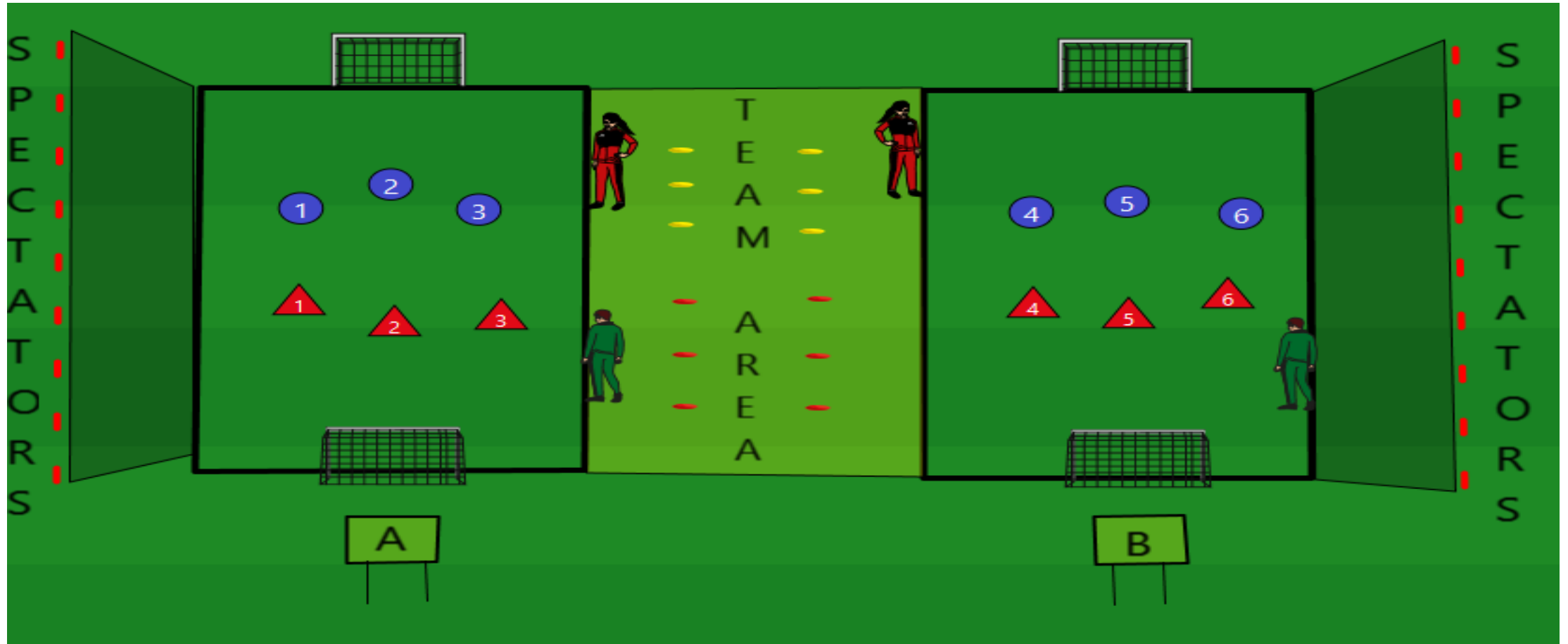
- If team A is scheduled to play team B, they will do so on both fields.
- **The area between the two fields is the designated coaching area** with the opposite side of the field being reserved for spectators.
- The coaching area allows the coach & players their own space and helps the players separate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







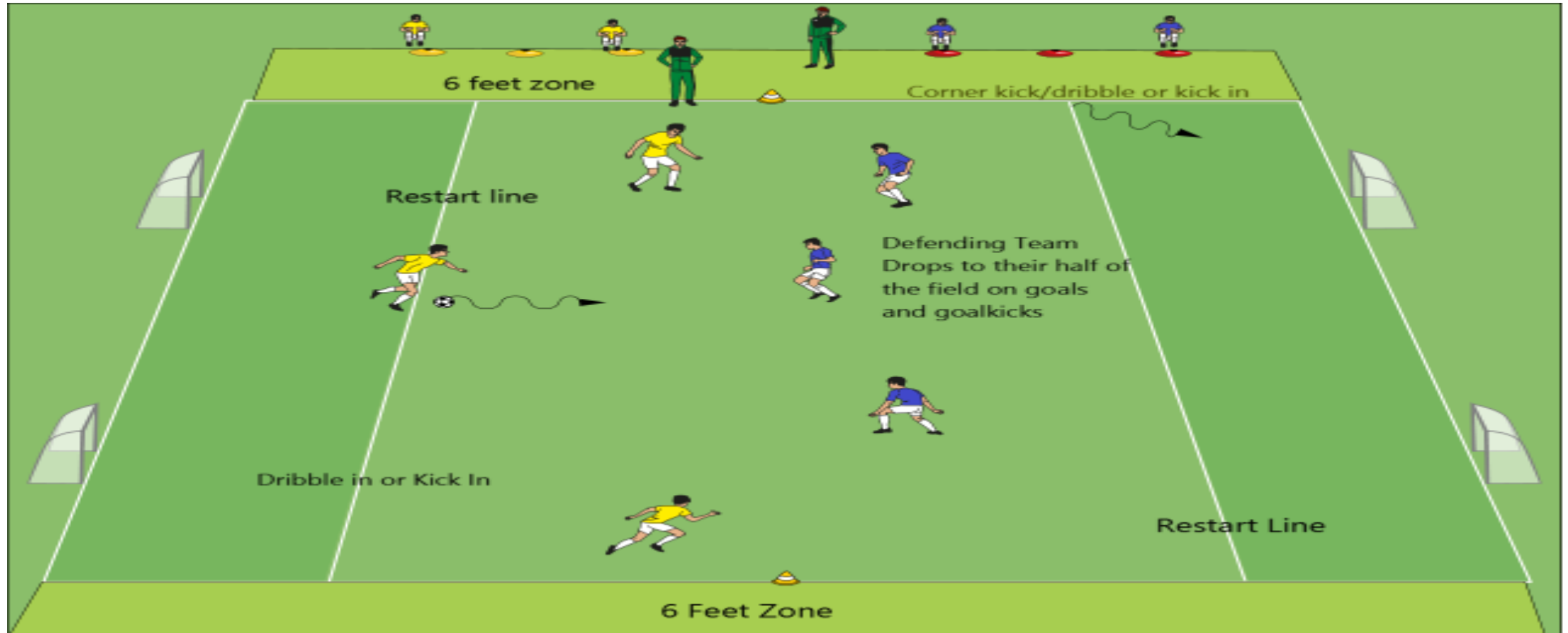
# Kindergarten Rules

- **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 **4<sup>th</sup> player**
- No Scores are kept!
- No Standings are kept!





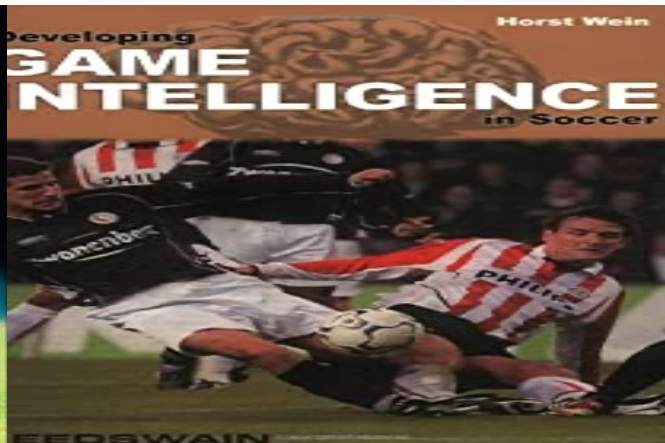
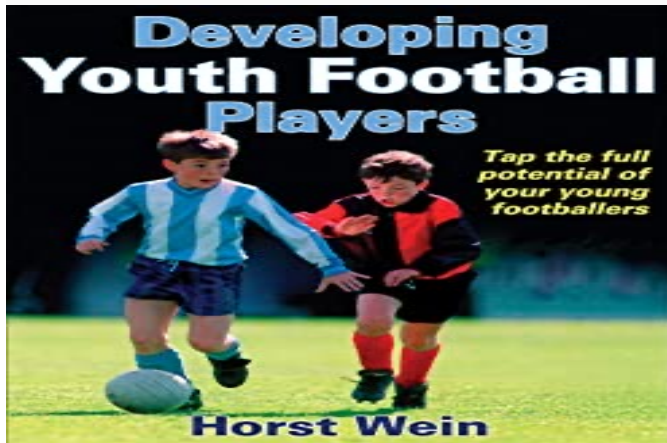
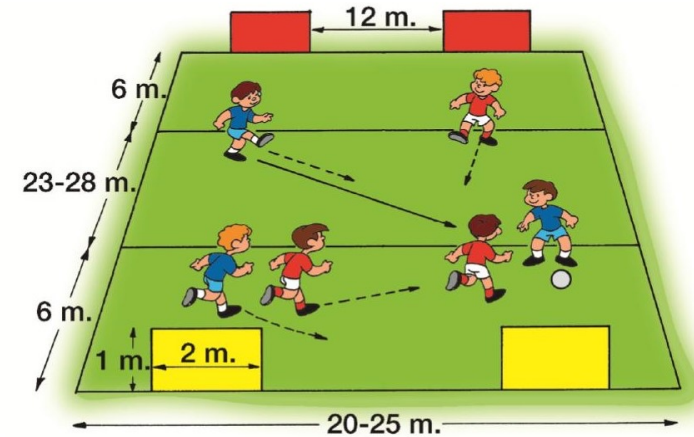
# 1<sup>st</sup> Grade Format





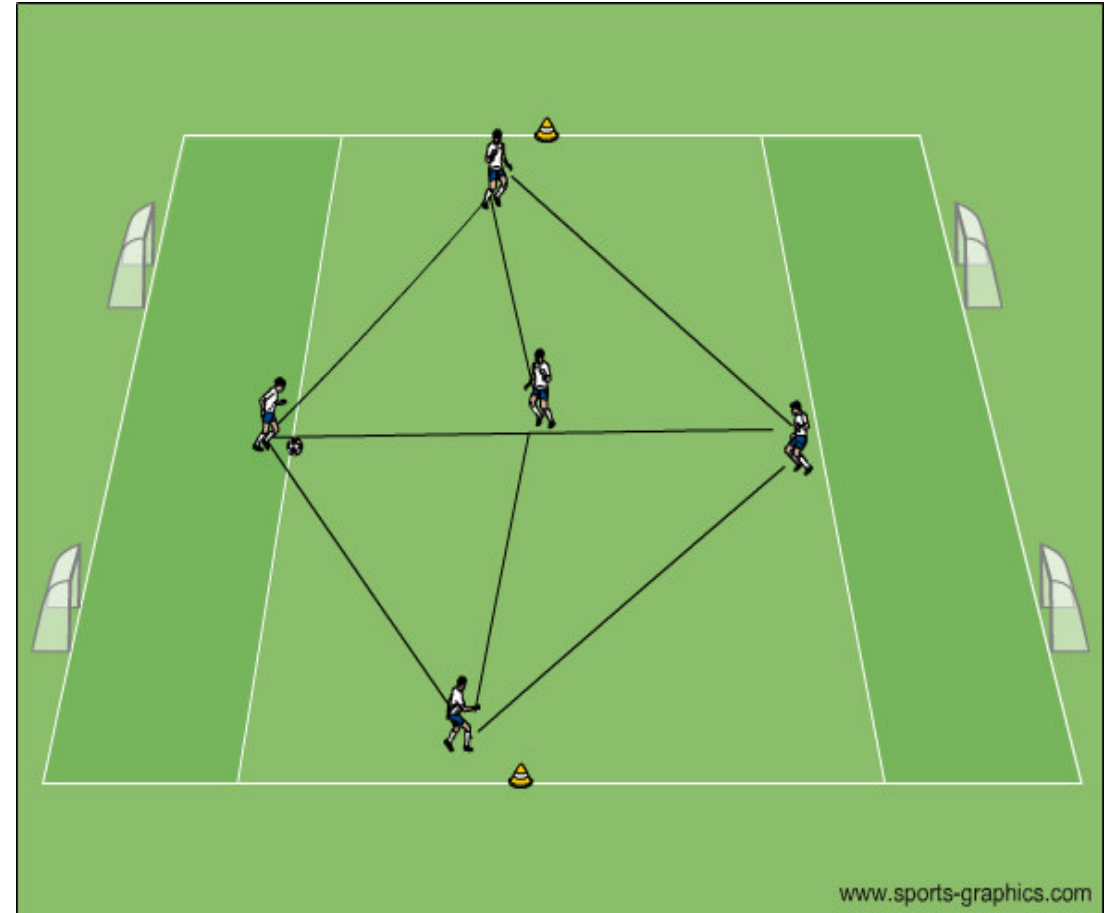
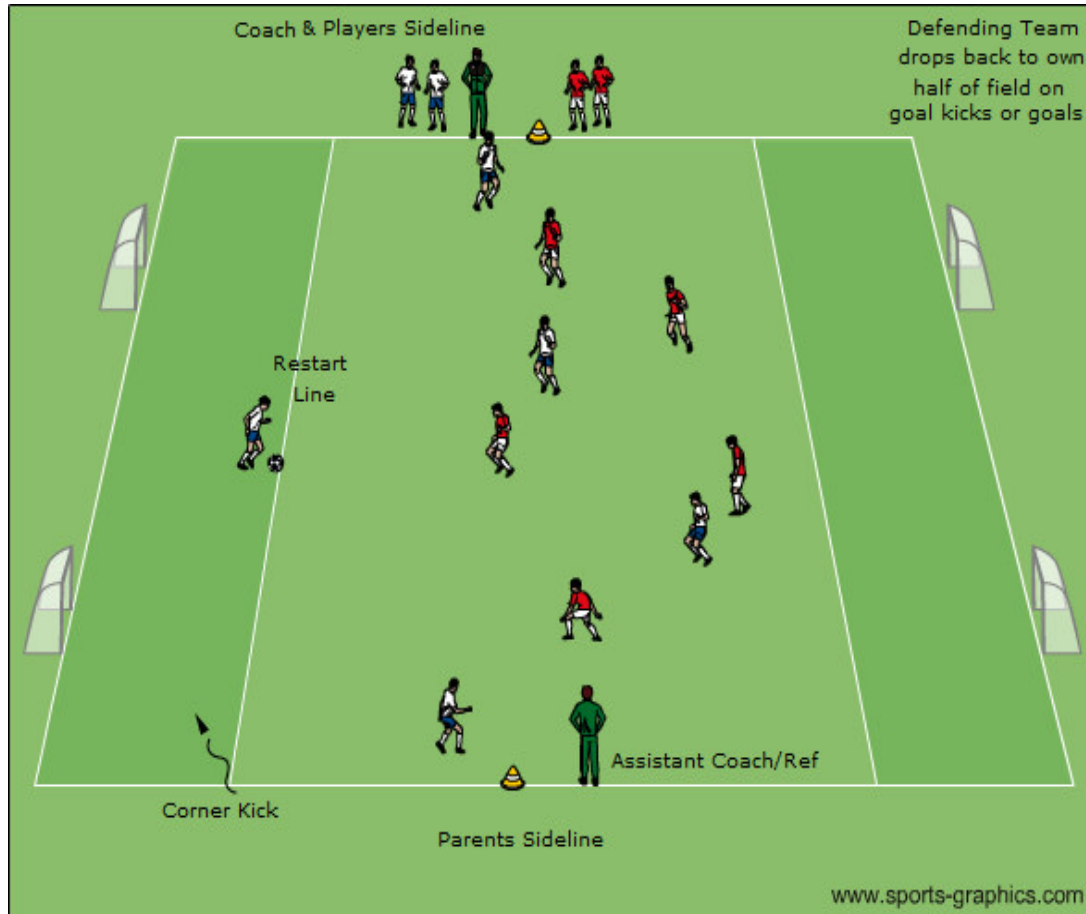
# Why 3v3 to 4 Goals

- 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.





# 2<sup>nd</sup> Grade Format (5v5 option)





# 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

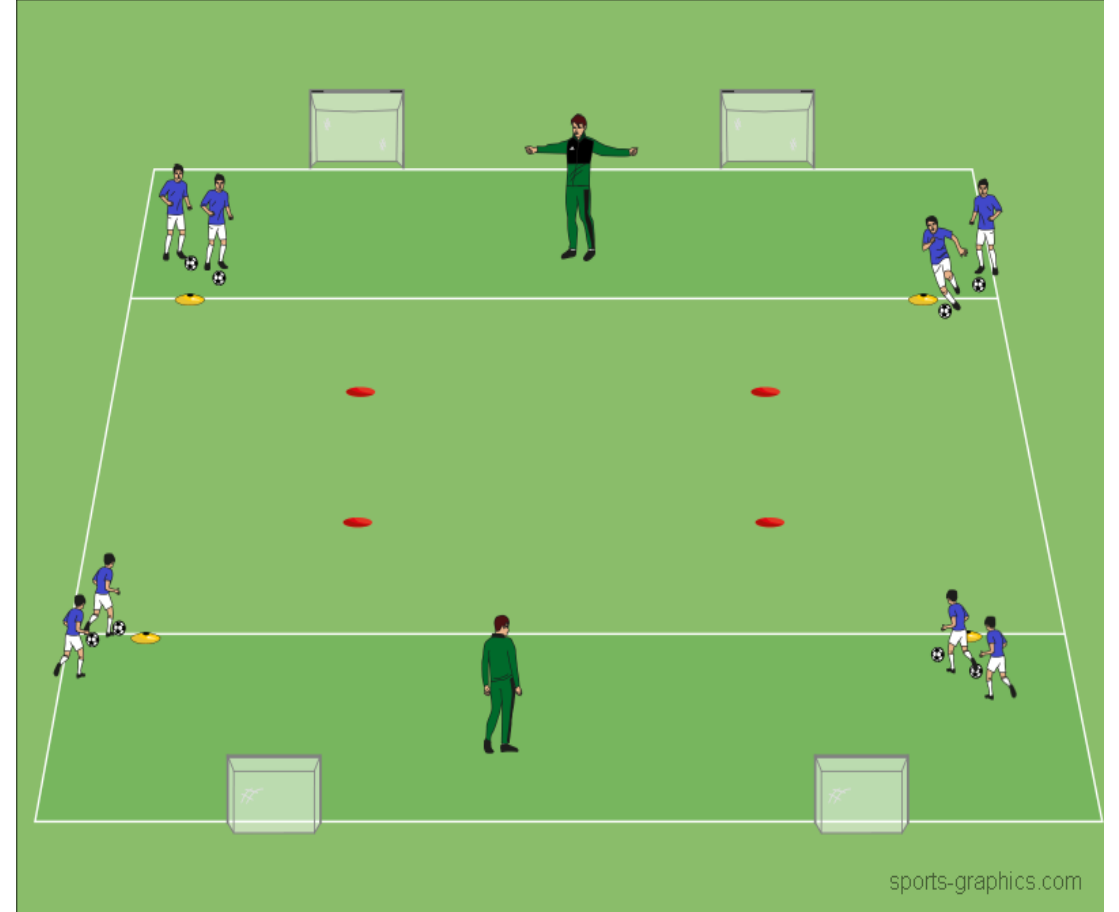
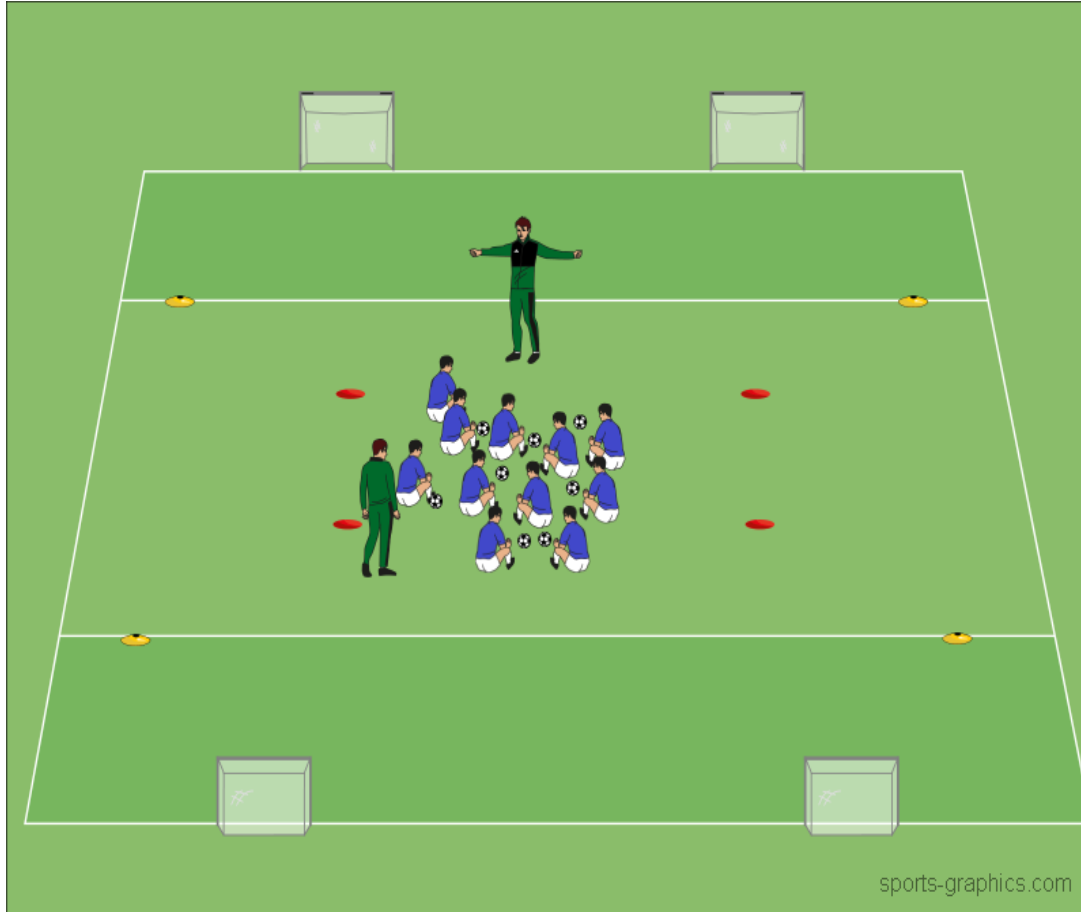
*Progress to **Spiderman***

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





# Coaching Tip





# Final Thought



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

Coach Like Steve- Pose Question  
Guided Discovery



Q&A

**Thank You**



*Developing lifelong soccer players among Lexington youth*