



LUSC Coaches Meeting

Fall 2023 Season

3rd-8th In-Town and Travel Programs

August 30, 2023



Agenda – 3rd-8th 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 Portella, Registrar
7:45 – 7:50	Equipment Update	Allison Clark, Equipment Coordinator
7:50 – 8:05	Field and Schedule Update	Liz Bettencourt, Schedules (Practices) Tara Mathur, Schedules (Games)
8:05 – 8:10	Goals Update	Luis Melendez, Goals Coordinator
8:10 – 8:20	Referee Update	Christianne Mager, Referee Coordinator Bob Licht, Referee Mentor
8:20 – 9:00	Travel Program – DOC Presentation	Brendan Donahue, Director of Coaching



Welcome to the Fall 2023 Season!

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	Serena Hadsell	hadsell22@gmail.com
VP Logistics	Sean Kennedy	vp-logistics@lexingtonunited.org
VP Registration	Dave Parsons	vp-registration@lexingtonunited.org
Treasurer	Patrick Farrell	treasurer@lexingtonunited.org
Clerk	Jen Cunliffe	jencunliffe@gmail.com
Past President/Safety Officer	Stacey Hamilton	staceyh510@gmail.com
General Members	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
	Ben Myers	benmyrs@gmail.com



Your Support Network – Division Directors

3rd-8th GRADE DIVISION DIRECTORS

Boys Grade 3	Aradhana Kuhn	aradhana.bhargava@gmail.com
Boys Grade 4	Jeff Bettencourt	Jeff.Bettencourt@ovitas.com
Boys Grade 5	Jon Trementozzi	Jon.trementozzi@gmail.com
Boys Grade 6	Hannah Mamuszka	hmamuszka@gmail.com
Boys Grades 7 & 8	Sam Agresta Mike Cramer	svja1072@gmail.com mvcramer@gmail.com
Girls Grade 3	Katie Gayman Heather Baker Nielsen	katiegayman@gmail.com heather.baker.nielsen@gmail.com
Girls Grade 4	Ben Myers	benmyrs@gmail.com
Girls Grade 5	Phillipe Schenk	schenkpt@gmail.com
Girls Grade 6	Chris Walsh	cpwalsh70@gmail.com
Girls Grade 7 & 8	Lizbie Porter Andrew Kvaal	lizbie20@yahoo.com andrew.kvaal@gmail.com




Your Support Network – Staff Volunteers

LUSC Staff and Volunteers	
Director of Coaching	Brendan Donahue
Asst Dir. of Coaching	Tom Heimreid
Registrar	Angel Portella
Schedules: Games	Tara Mathur
Schedules: Practices	Liz Bettencourt
Fields Coordinator	<i>vacant</i>
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




Technology Update

Registration Management System



Lexington United Soccer Club



Lexington United Soccer Club has partnered with AdminSports, the premier provider for registration and administration services, to process our registrations. If you have any questions please [contact us](#).

Returning User?
[Login](#)

First Time User?
[Create an Account](#)

Club Info

You are currently logged in as a registrar for **Lexington United Soccer Club**


Club Admin

- Club Registrar
- Team Management
- Add Team
- Manage Coaches
- Coaches Bulk Update
- Manage Volunteers
- Member Maintenance
- Compare Season Registrations
- Auto-Removal Monitoring


Financial Reports

- Bookings Report
- Check Waiting Report

Team Management System



**Lancers**

BAYS Boys 5th Grade | Lexington United Soccer Club



[Home](#)[Roster](#)[Schedule](#)[Availability](#)[Tracking](#)[Invoicing](#)[Statistics](#)[Assignments](#)

Roster[Add](#)[Clear](#)


Name	Contact Info	# / Position
 Alexander Montgomery	Andrew Montgomery amontyboson@hotmail.com (781) 652-9567 Andrew Montgomery amontyboson@hotmail.com (781) 652-9567 - Cell Beverly Montgomery beverlyjmontgomery@hotmail.com	
 Atticus Colon	Jade DO odedaj@gmail.com (781) 964-5904 Jade DO odedaj@gmail.com (781) 964-5904 - Cell Louis Colon	



A Volunteer Opportunity: Cleat / Gear Exchange

For example:

A screenshot of the Southeast Soccer Club website. The header includes the club's logo, name, and a "Registration" button. A navigation bar lists categories like RECREATION, COMPETITIVE, CLUB, COACHING, PARENTS (highlighted), STORE, and SOCCER CAMPS. The main content area shows a "Gear Exchange" announcement dated February 27, 2022, with a "Gear Exchange Spreadsheet" button. A sidebar on the right lists "Popular Resources" such as tryouts, uniforms, and registration. A "News" section is also visible at the bottom right.

 **Southeast Soccer Club**
One of Portland Oregon's Oldest and Largest Soccer Clubs

Registration

RECREATION ▾ COMPETITIVE ▾ CLUB ▾ COACHING ▾ **PARENTS ▾** STORE ▾ SOCCER CAMPS

CONTACT

Parents Scholarships

Gear Exchange

📅 February 27, 2022

SESC gear swap! Check this inventory spreadsheet first for available items. If you'd like to exchange/ pick-up/ drop off any gear, text the contact number listed in the link.

[Gear Exchange Spreadsheet](#)

Please update the google spreadsheet when you take and/or leave any gear so the inventory stays current and accurate.


Popular Resources

- [Competitive Tryouts Schedule](#)
- [Where to Buy Uniforms](#)
- [Mighty Mites \(K-1st\)](#)
- [Recreation Registration](#)
- [Competitive Tryouts](#)
- [Codes of Conduct](#)
- [Register](#)

News



The LUSC Store



Lexington United
Soccer Club

Search this website

LUSC STORE

ABOUT LUSCTEAM PROGRAMSCLINICSFAMILIESCOACHESREFEREESFIELDS

Developing lifelong soccer players
among Lexington youth

FIELDS

UPDATED WEDNESDAY

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

LATEST NEWS

3rd & 4th Grade In-Town: Fall Registration Open

SCHEDULES

Upcoming Weekends (Coming soon)

Fall 2023 Saturdays

Fall 2023 Sundays

LUSC CODES OF CONDUCT

Parents & Caregivers

Coaches

Players

The LUSC Store will be open twice this Fall:
1) Early September
2) Early November



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 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

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
- **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

Here are some helpful video tutorials:

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>



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



Fields and Schedules Volunteers

LUSC Role

LUSC Volunteer

Schedules: Games

Tara Mathur

Schedules: Practices

Liz Bettencourt

Fields Coordinator

Vacant

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





Late Season Practice Fields

Center baseball / softball fields

- Starting in mid-October, we can only practice at fields with lights
 - Lincoln 2
 - Center Track
 - Center ballfield grass
 - C1 baseball
 - C2 softball





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, Sept 5th
- First games Saturday, Sept 9th

SCHEDULES

[Spring 2023 Weekdays](#)

[Spring 2023 Saturdays](#)

[Spring 2023 Sundays](#)



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

- The final Home game schedule is up on BAYS.org
- The final Away game schedule should be available in the next few days (this is done by the other towns)





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!



Goals Update

- See something
- Say something



goals@lexingtonunited.org



Goals Inventory

- 40 Goals
 - Adams (four 7v7)
 - Center (four 7v7, two 11v11)
 - Clarke (four 9v9; two 11v11)
 - Diamond (two 11v11)
 - Estabrook (two 9v9)
 - Harrington (four 9v9)
 - Lincoln 1 (four 7v7; two 11v11)
 - Lincoln 2 (four 7v7; two 11v11)
 - Lincoln 3 (two 11v11)
 - Muzzey (two 7v7)



Goals Inventory

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- Lincoln 2 (four 7v7; two 11v11)
- Lincoln 3 (two 11v11)
- Muzzey (two 7v7)

Seasonal Assessment:

- Minor Repairs
- Various Repairs (includes frame damage)
- Candidate for New Net
- Requires New Net

- Parts supply



Goals Inventory

- 40 Goals

- Adams (four 7v7)
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- Lincoln 2 (four 7v7; two 11v11)
- Lincoln 3 (two 11v11)
- Muzzey (two 7v7)

Status for Fall 2023

- 2 var, 1 new, 1 ready
- 1 min, TBD
- 1 min, 1 var, 2 cand; one cand
- 2 var
- 2 TBD
- 2 var, 2 cand
- 1 min, 1 var, TBD; one var, TBD
- ready
- 2 TBD
- 1 new, 1 cand



Referee Update

Christianne Mager

Ref-Assignor@LexingtonUnited.org / (617) 642-0393

Bob Licht

Ref-Mentor@LexingtonUnited.org / (617) 721-9658

Please **RESPECT** the Referee!

The Referees are all doing their BEST!

BAYS Referee **Appreciation** Day: Saturday, **October 14th**



Referees (Important Rules to know)



- Please make yourself familiar with the **BAYS substitution**
 - **NO** Substitutions on **corner kicks or free kicks.**
 - PLEASE have your players ready at the half-field line.
- If the coach gets on the field to attend to an **injured player**, that player needs to leave the field – you can substitute a player in (so can the opponent – BUT only ONE player).
- A player receiving a **yellow card** must leave the field and can be substituted for at the referee's discretion. That player can return to the match again at any substitution opportunity.
- **Wear your MYSA credentials!**
It is not fair to our young referees to have to stand up to you to tell you that you can't coach not wearing your credentials.
- Don't enter the field unless the referee acknowledges it.
- **NO EARRINGS** allowed in soccer.



Referees (BAYS ZT Policy)

- **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.



Referee Update

- BE **KIND** to the referee
- BE **SUPPORTIVE** at ALL times
 - **RESPECT** the referee

All referee feedback should go through Christianne & Bob



“Practice Makes the Player”

By

Brendan Donahue

Lexington United Soccer Club

Director of Coaching

August 30, 2023



Growth Mindset





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



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



Be Prepared

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

U11/U12 Exercises

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

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](#)

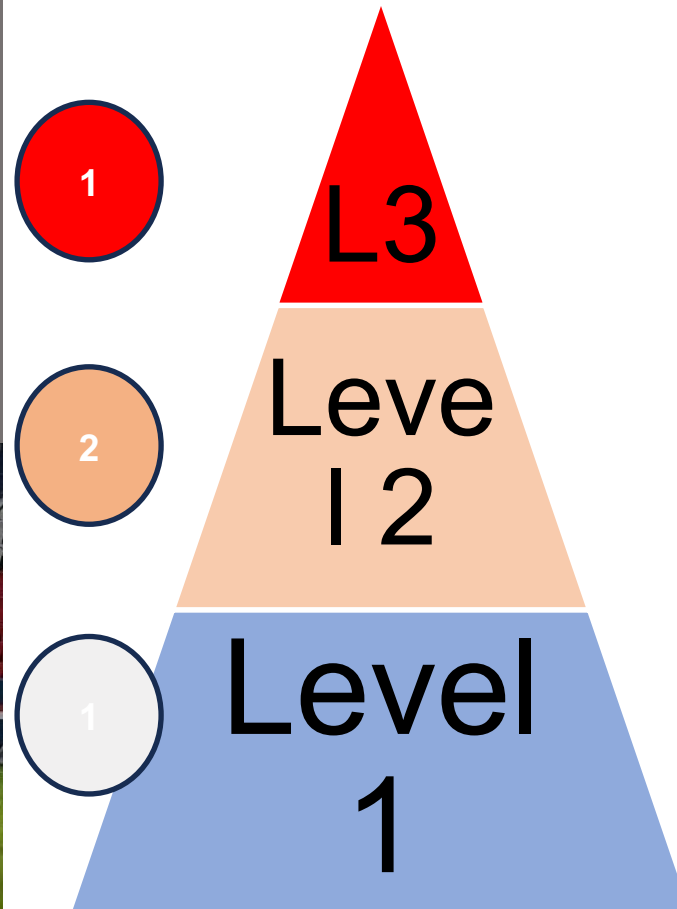
“Plan your dive, dive your plan”-C.W.





Respect & Zero Tolerance

1. **Communicate your values**
2. **Create a culture of acceptance**
3. **Address inappropriate behavior immediately whenever possible**
4. **Reach out to Division Director and LUSC President**
5. **Learn and move forward**



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

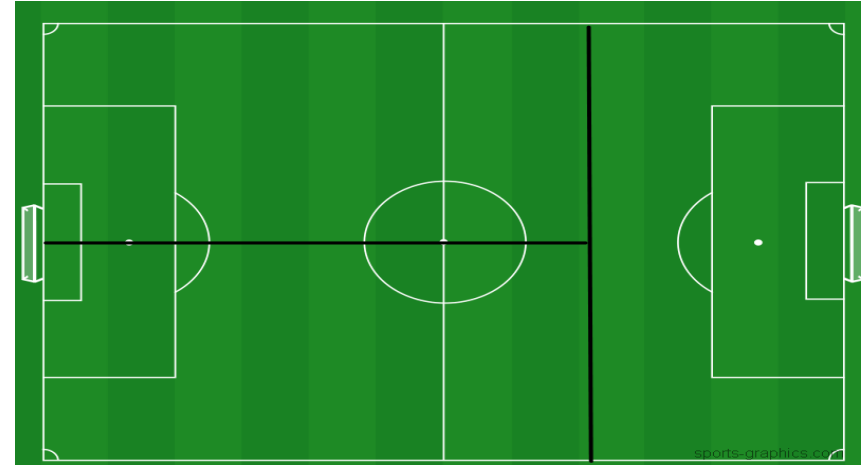


Lopsided Score Scenario

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



$$\mathbf{E + R = O}$$

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



Mentality-Crossing the Line



The Transformation from our Office/Student Self to Athletic Self

Mentality- we are there to:

- Compete
- Learn
- Grow
- Be Challenged
- Be Brave
- Be Honest

***“Players are never punished for losing the
ball,
but they are held accountable for not fighting***



The Cycle

The Game

Focus on Performance not outcomes!

Two questions to consider

1. What has taken place?
2. What do we need to work on?

Team Practice Goals

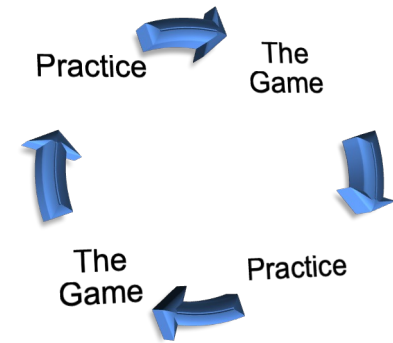
- Improve overall performance through extended directional play
- Set Priorities!

The Game

Team Practice

Pro Practice

The Loop



Pro Practice Goals

- Long Term Development
- Establish Age-Appropriate Foundational Skills
- 3 Week Block Curriculum



Team Practice





Standard of Performance

Values

THE ENVIRONMENT

This is the way we do things here

Non-Negotiables



Prioritize the Individual Check-in



Every Second Counts!





Team Practice Considerations

Ask yourself:

What do I want to accomplish today?

Match Analysis: It starts with the Game!

1. Choose a topic and set priorities
2. Progress simple to complex
3. Make it directional
4. Allow for extended play

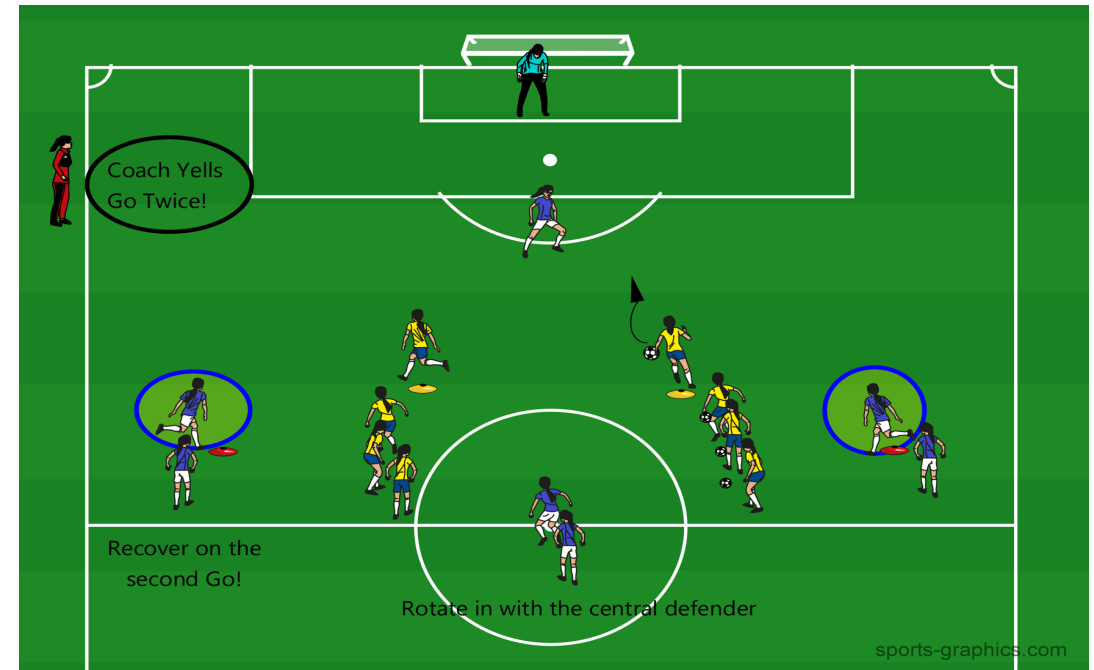
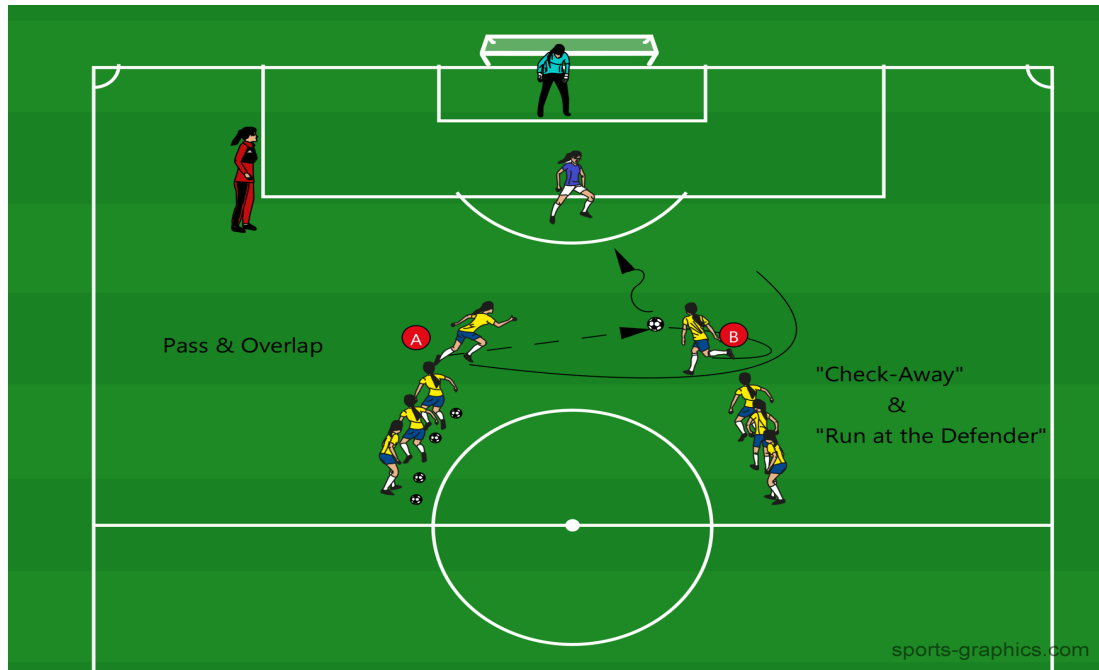




Layering

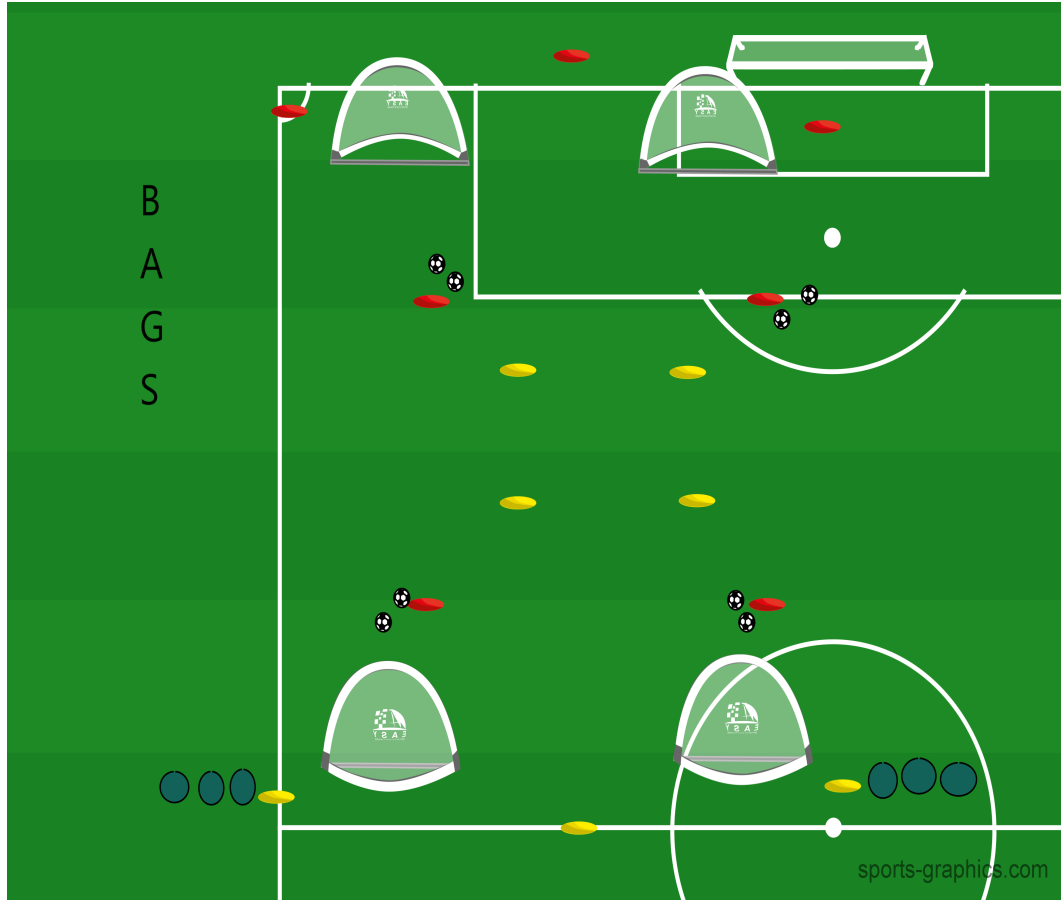
- Training exercises should phase in complexity and learning in stages
- Introduces players to one idea, let them apply it, then add another
- Keep challenges at a level that engage the players, where they enjoy the learning, but avoid asking them to do too many things at

Simple to Complex





Coaches Controllables



Restrictions

Ex. Dick Bate

- One touch if you can
- Two Touch if you have to
- Three touch if you MUST





Coaches Controllables

Choosing Size and Shape

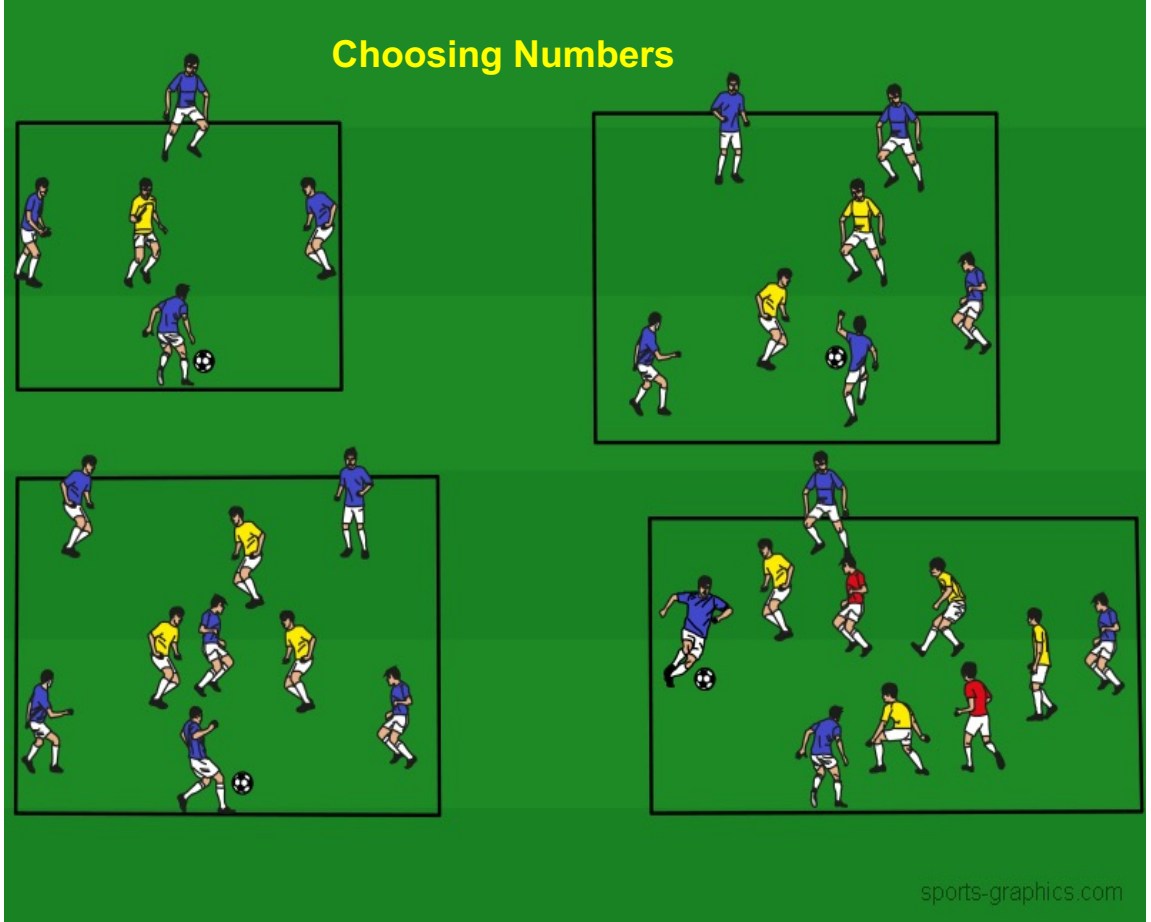
Long &
Narrow

Short & Wide

WHY?

sports-graphics.com

Choosing Numbers



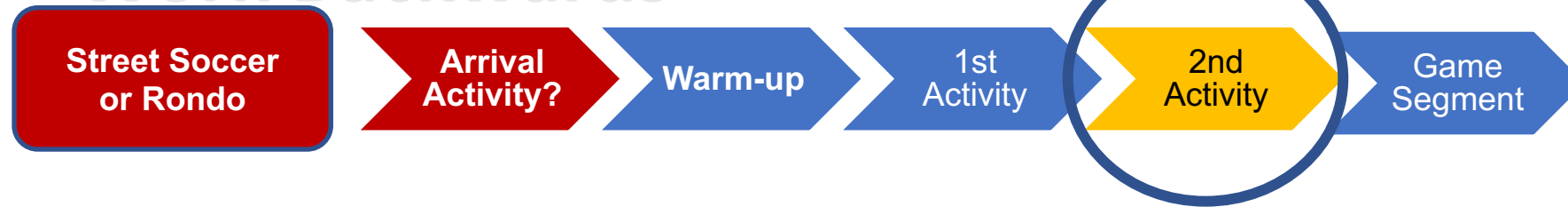


Planning a Practice

Practice Preparation and Routine

- Keep it Consistent
- Simple to Complex
- Layer in Information
- Topic Related

• Work Backwards



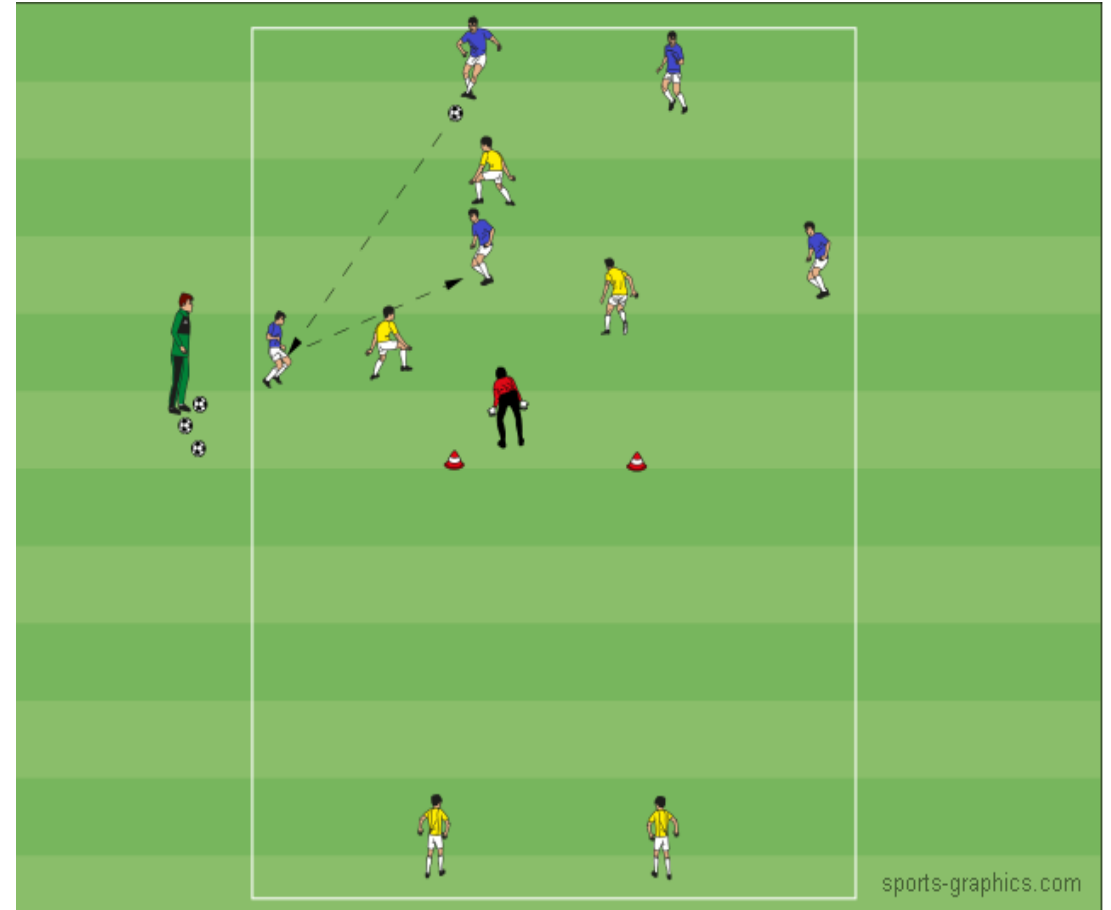


Core Activity

Example Topic: Transition

2nd “Core” Activity: Transition with Mirror Goal

- a complex activity
- players are forced to make decisions quickly
- has a high resemblance to the game
- players are attacking and defending

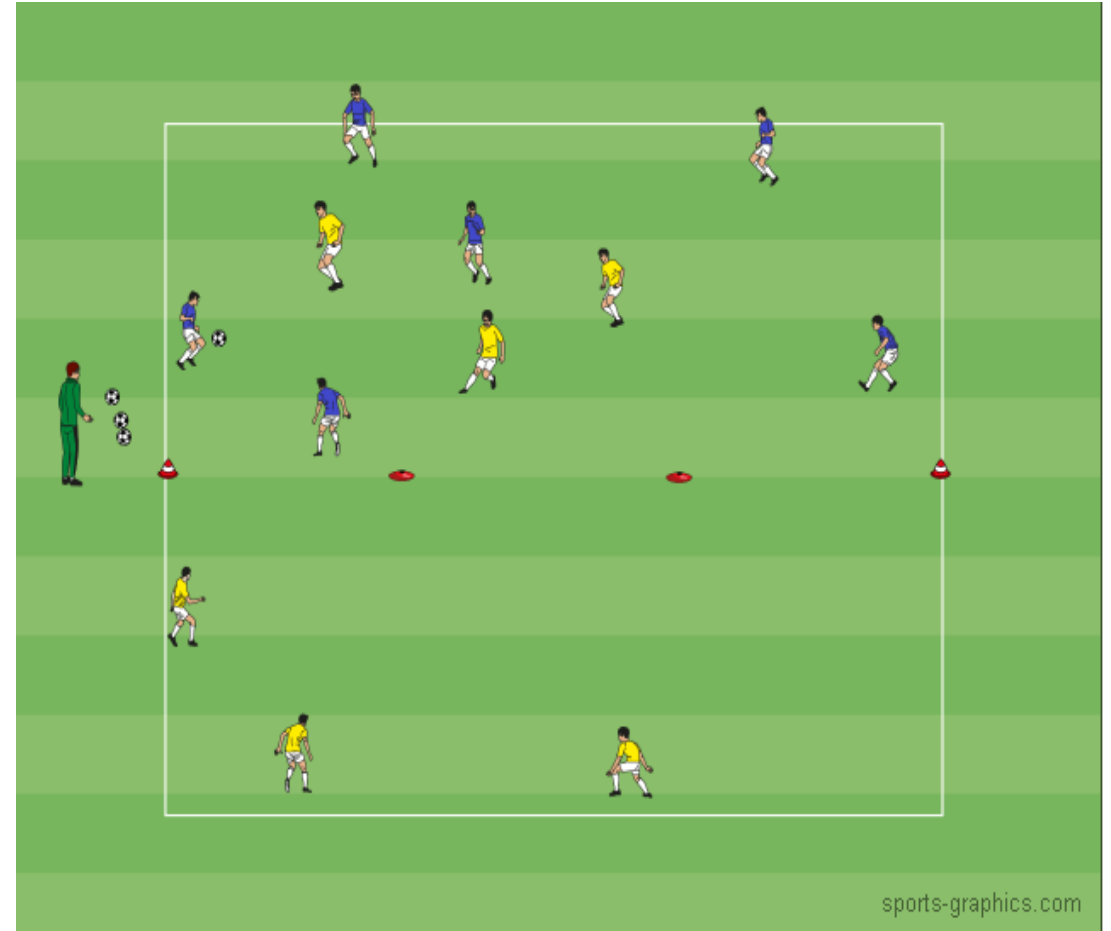




1st Activity

1st Activity: Transition Boxes

- “tune the players in” and create a comfort level both technically and tactically for the main activity performed under some pressure
- establish a rhythm
- set-up of this activity should mirror the set up of the core activity

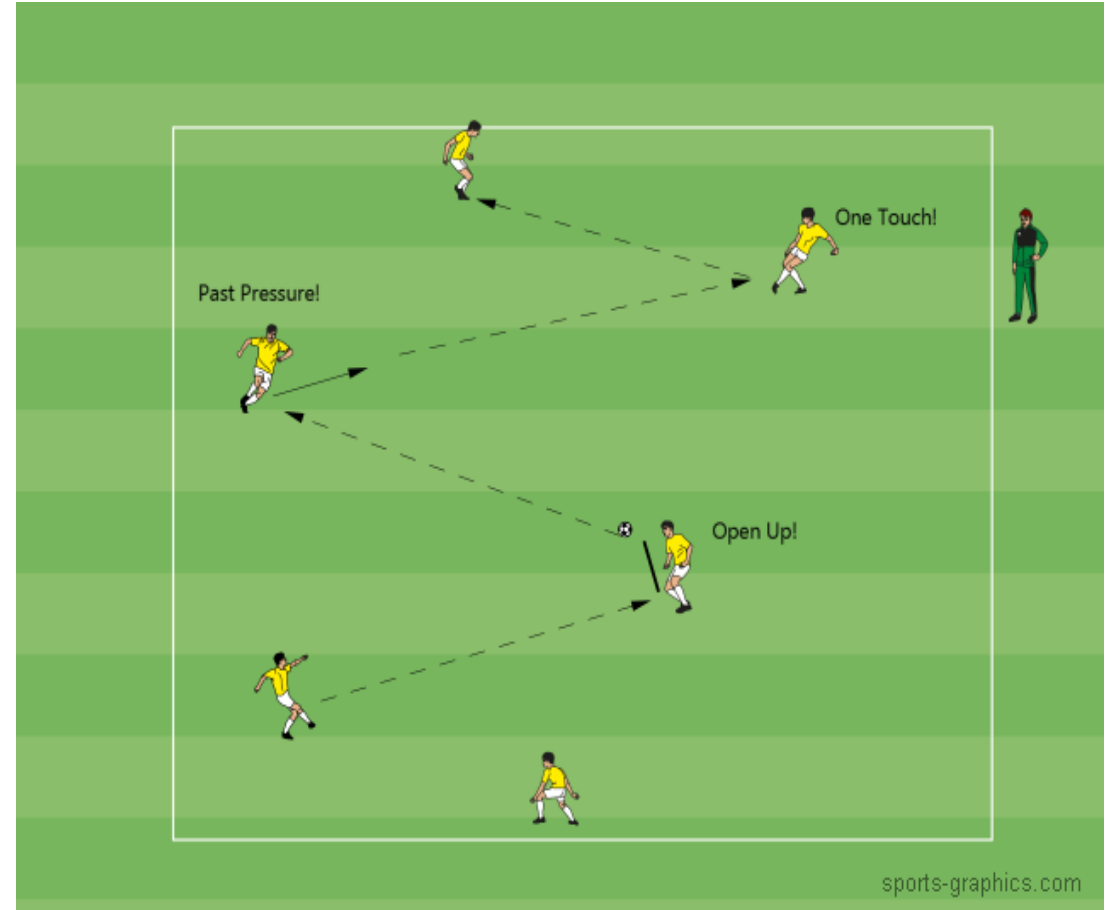




Warm-up

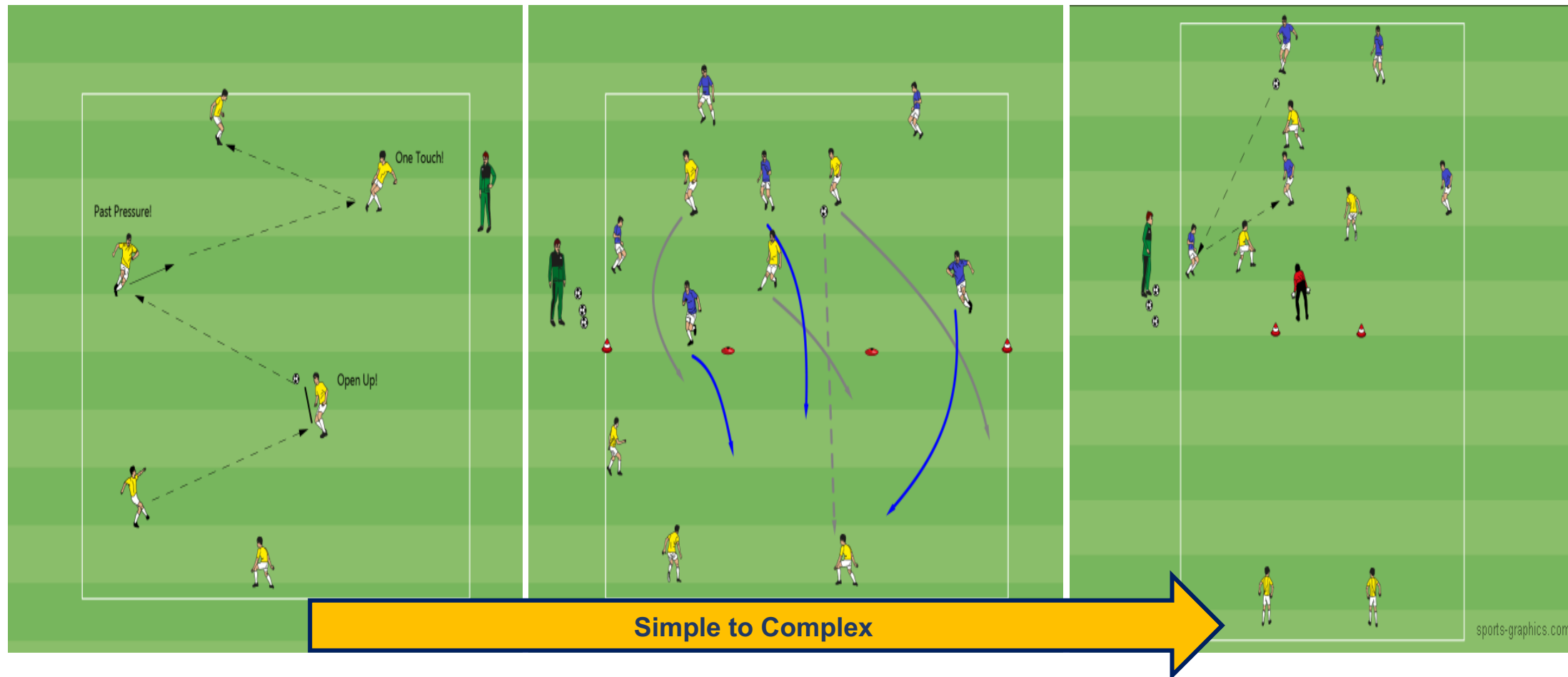
Warm-up: Bobby Clarke ND

1. Set the tone and rhythm of the practice.
2. Begin on time and get the players focused.
3. Provide numerous repetition to technically prepare the players for the demands of the session
4. Be related and lead to more success in the activities that will follow.





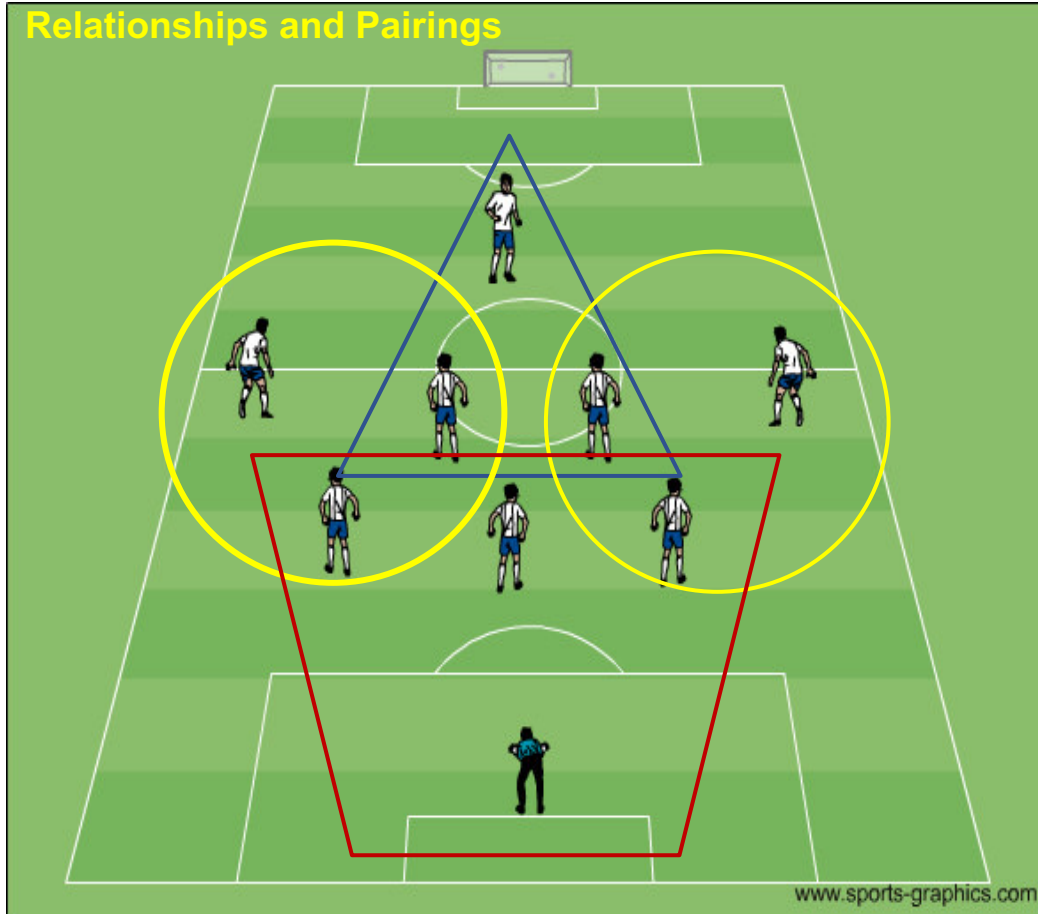
The Session- Transition





Scrimmage Controllables

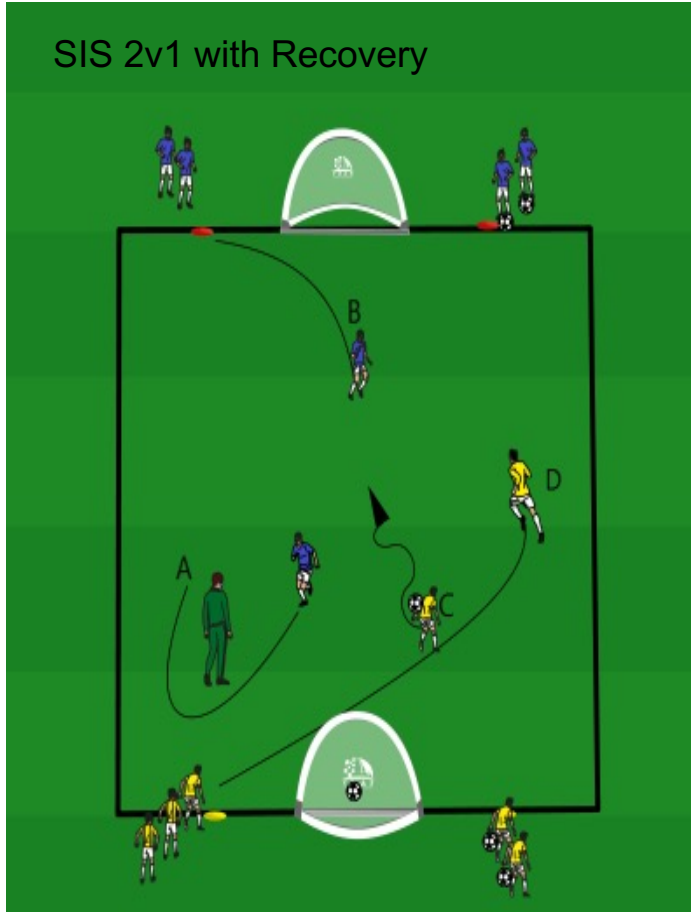
Relationships and Pairings



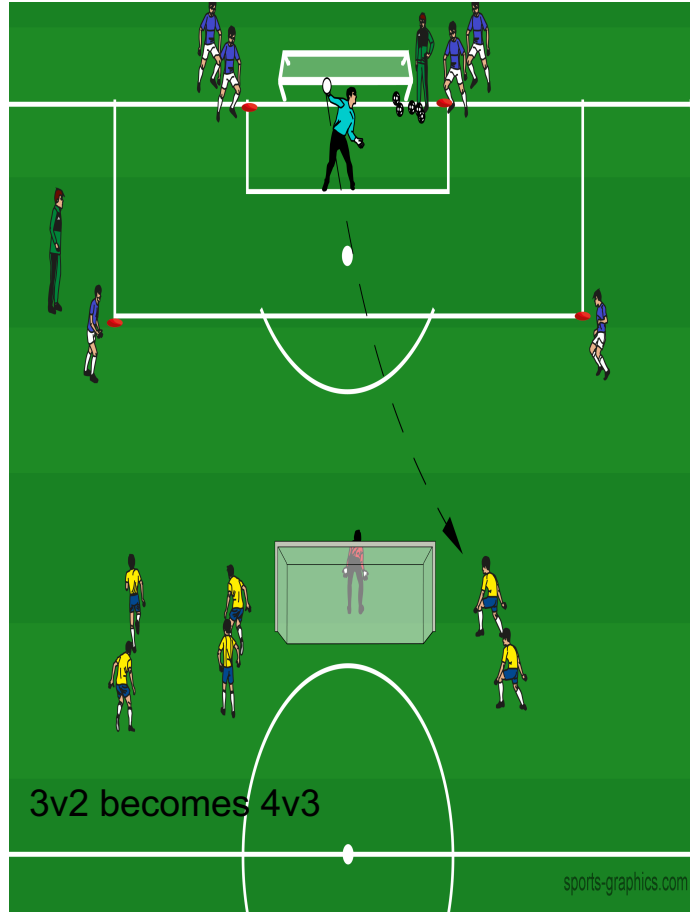


Have a few “Go to” Exercises

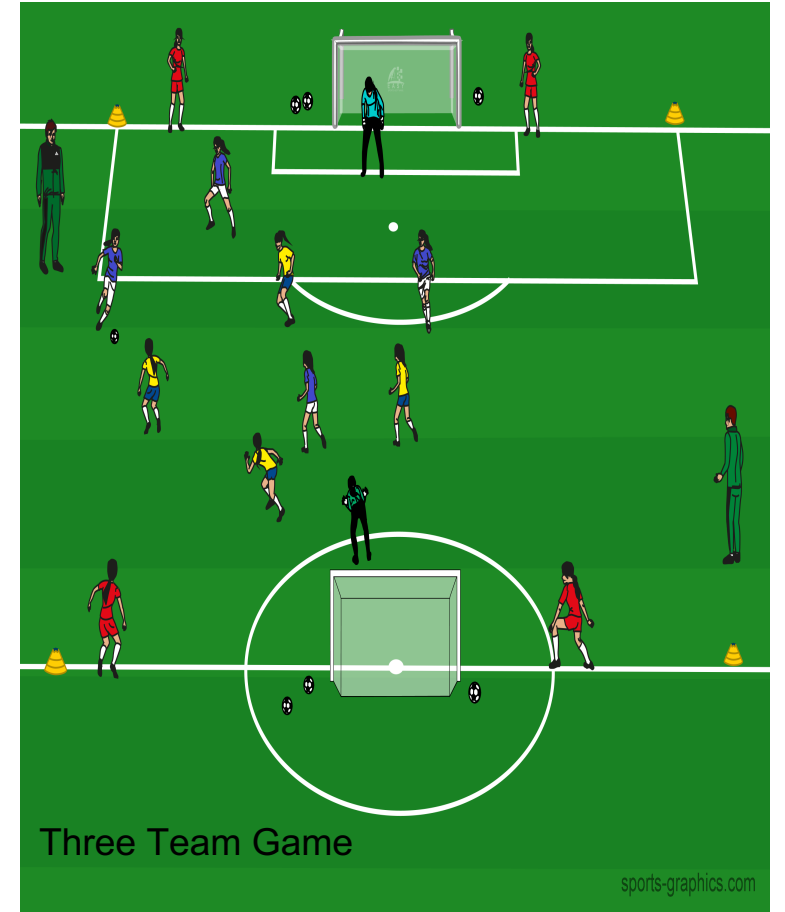
SIS 2v1 with Recovery



3v2 becomes 4v3

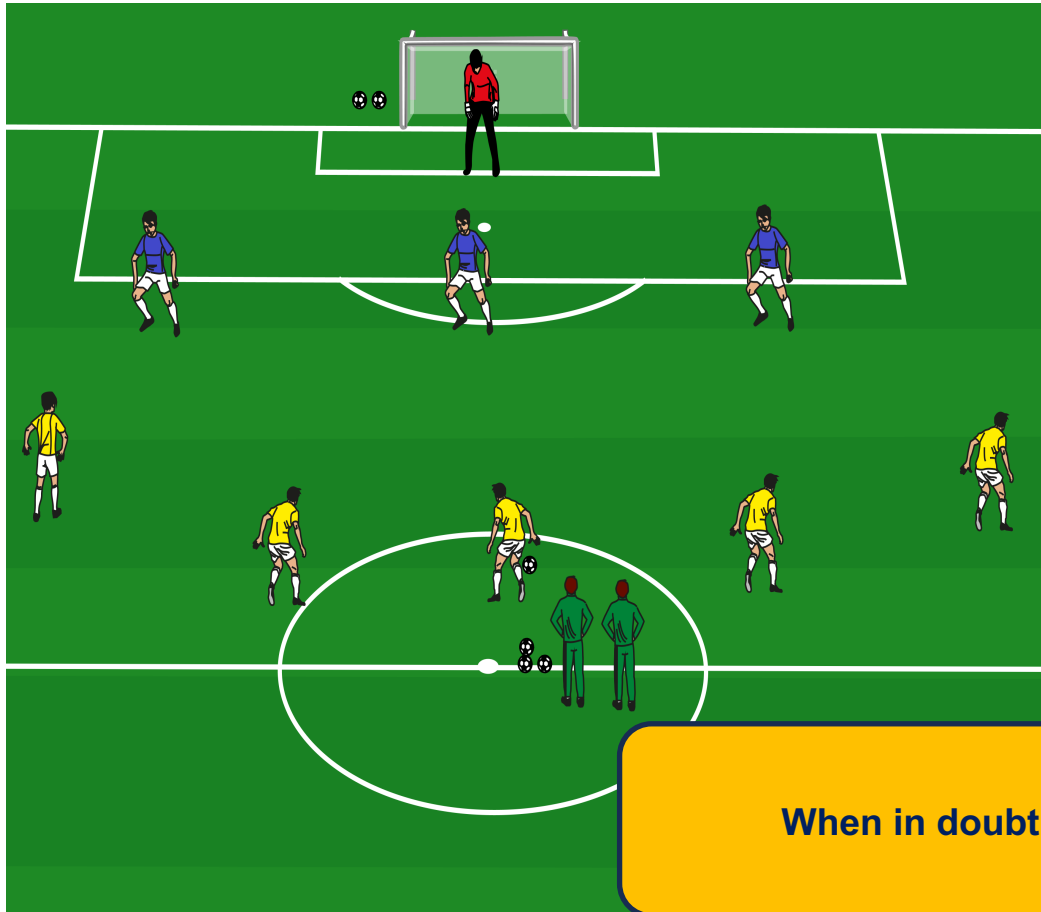


Three Team Game





“Is it real to the game?”



When in doubt add a Counter!



Final Thought- The Boss





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/ ☆ ✓

U11/U12 Exercises

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

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](#)**



Q&A

Thank You



Developing lifelong soccer players among Lexington youth