

A group of soccer coaches and young players posing on a field. The image is overlaid with a blue tint. In the background, there are trees and other people on the field. The text is centered over the group.

LUSC Coaches Meeting

Fall 2023 Season

K-2nd Diamond Program

August 30, 2023



Agenda – K-2nd 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 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

K-2 DIVISION DIRECTORS		
Boys Kindergarten	Tom Heimreid	themreid@lexingtonunited.org
Boys Grade 1	OPEN (Brendan interim)	bdonahue@lexingtonunited.org
Boys Grade 2	Vanita Srikanth	vanitasrikanth@gmail.com
Girls Kindergarten	Tom Heimreid	themreid@lexingtonunited.org
Girls Grade 1	Christine DeRosa	derosa08@gmail.com
Girls Grade 2	Kathleen McCafferty	kathleen.m.mccafferty@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



The LUSC Store



Lexington United
Soccer Club

Search this website

LUSC STORE

ABOUT LUSCTEAM PROGRAMSCLINICSFAMILIESCOACHESREFEREESFIELDS

Developing lifelong soccer players
among Lexington youth

FIELDS
UPDATED WEDS 10/11/23

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

The LUSC Store will be open twice this Fall:

- 1) Early September
- 2) Early November

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

SCHEDULES
Fall 2023 Weekends (Coming soon)

Fall 2023 Saturdays

Fall 2023 Sundays

LUSC CODES OF CONDUCT

Parents & Caregivers

Coaches


Players



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 various categories like Recreation, Competitive, Club, Coaching, Parents, Store, and Soccer Camps. The "Parents" section is active, showing a "Gear Exchange" announcement dated February 27, 2022. The announcement text describes a gear swap event and provides a link to a "Gear Exchange Spreadsheet". A sidebar on the right lists "Popular Resources" such as Competitive Tryouts Schedule, Where to Buy Uniforms, and Mighty Mites (K-1st).

 **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



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 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_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




Equipment Update – K-2nd Program

- General
 - Access to the Diamond trailer is limited to LUSC staff.
 - Players expected to bring their ball, water bottle, snack etc. to each session.
 - Grade 1-2 players (and continuing K players in Spring) bring their own #3 ball.
 - All coaches expected to wear the LUSC Coach T-shirt
 - Players can purchase reversible jersey, shorts and socks from Tricon
- Equipment bags
 - Placed at the field marker for each team on the first day
 - Return bags on the last day of the season
 - Contents: Cones, pinnies and team ball
- Kindergarten program
 - A ball for each player new to the K program will be at the field marker.
 - Extra new balls are in the trailer if team has more new K players than balls or for late new player registrations.



Equipment Update – K-2nd Program

- Diamond Trailer:
 - Extra Coach T-shirts (size S , M, L, XL, 2XL, 3XL)
 - Medical kits and ice packs
 - Ball pump for use
 - Lost and Found (will attempt to return labelled items at the end of season before donation)
 - Extra used balls (for players who need a ball), extra cones, extra new K balls
 - Collapsible goals are for LUSC staff use only



LUSC K-2nd Coaches Meeting

Fall 2023 Season

August 30, 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





Fall 2023 Diamond Schedule

75 Minute Program

8:45 to 10:00am	8:30 am Coaching Demo	2nd Grade Boys
8:45 to 10:00am	8:30am Coaching Demo	2nd Grade Girls
8:45 to 10:00am	8:30am Coaching Demo	Kindergarten Boys
10:30 to 11:45am	10:15am Coaching Demo	1st Grade Boys
10:30 to 11:45am	10:15am Coaching Demo	1st Grade Girls
10:30 to 11:45am	10:15am Coaching Demo	Kindergarten 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 (by 9/5 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

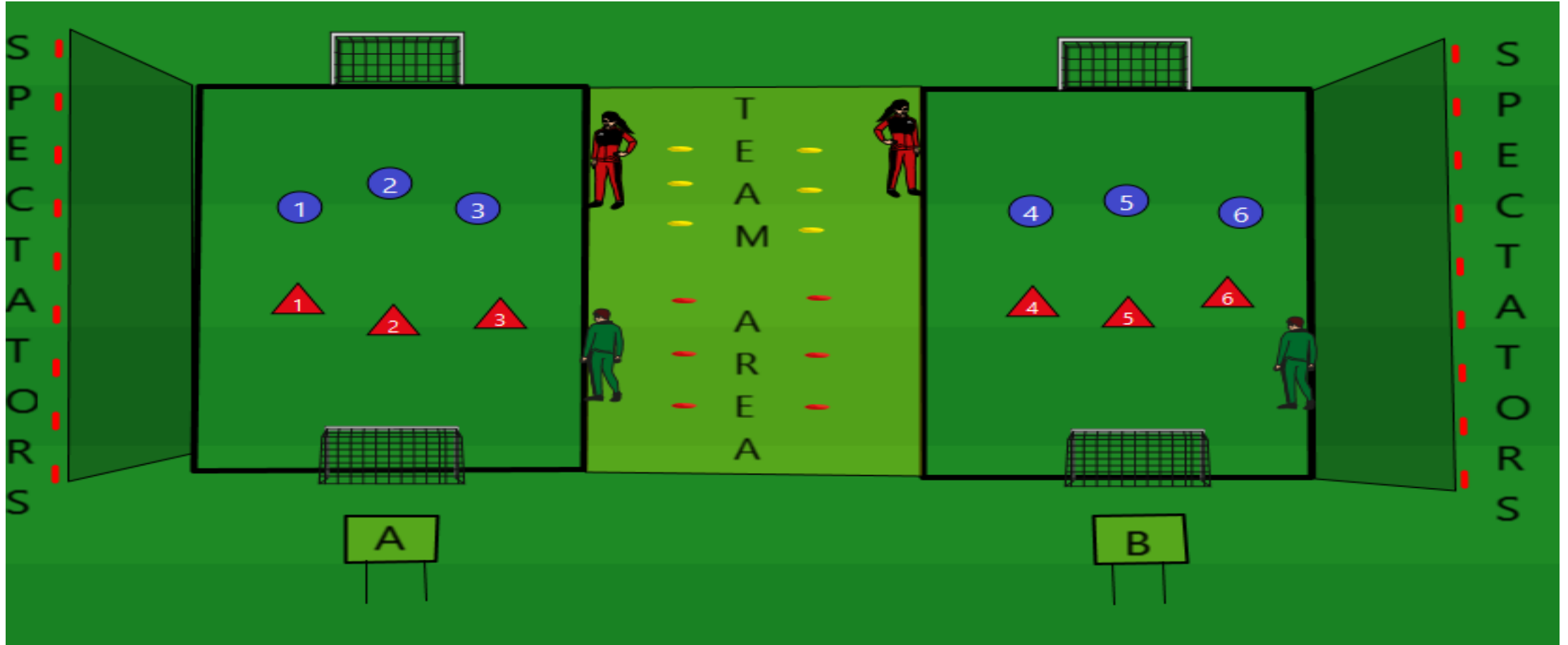
- If team A is scheduled to play team B, they will do so on both fields.
- **The area between the two fields is the designated coaching area** with the opposite side of the field being reserved for spectators.
- The coaching area allows the coach & players their own space and helps the players separate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



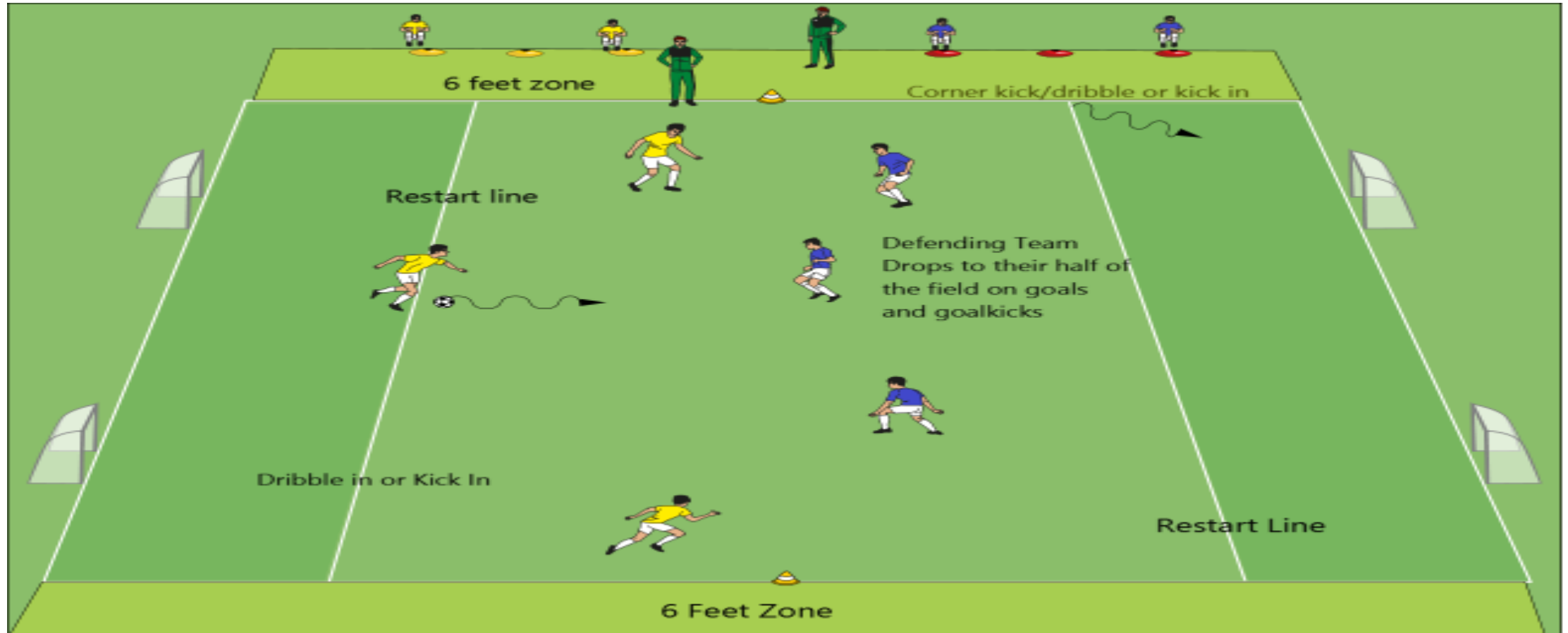


Kindergarten Rules

- **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 4th player
- No Scores are kept!
- No Standings are kept!



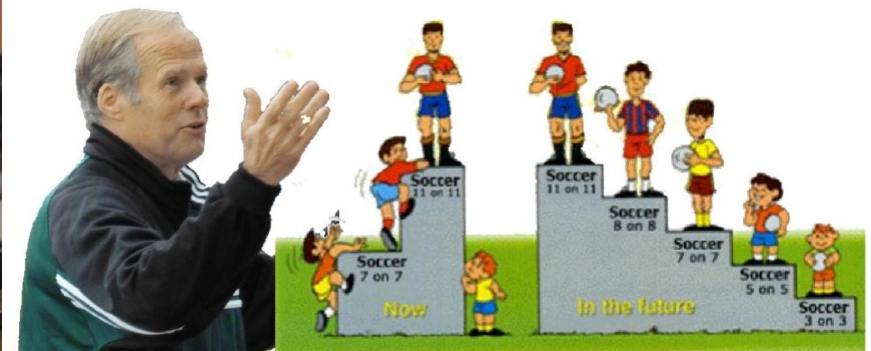
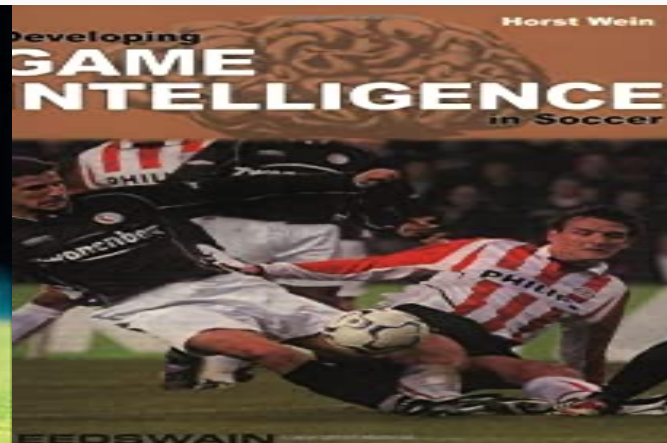
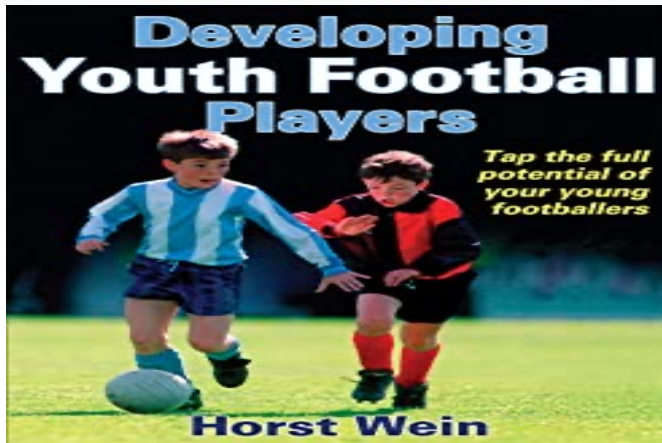
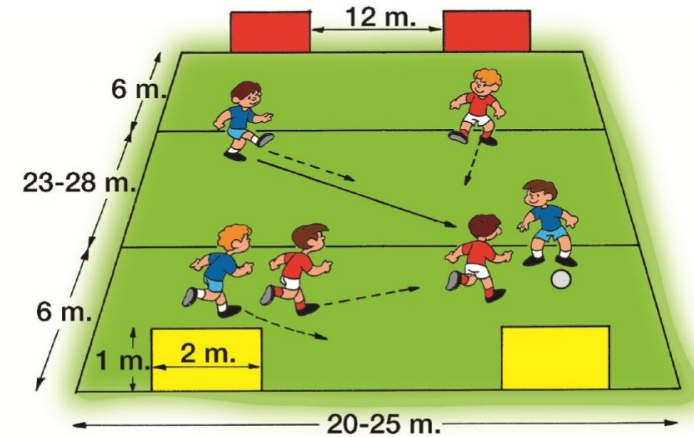
1st Grade Format





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.



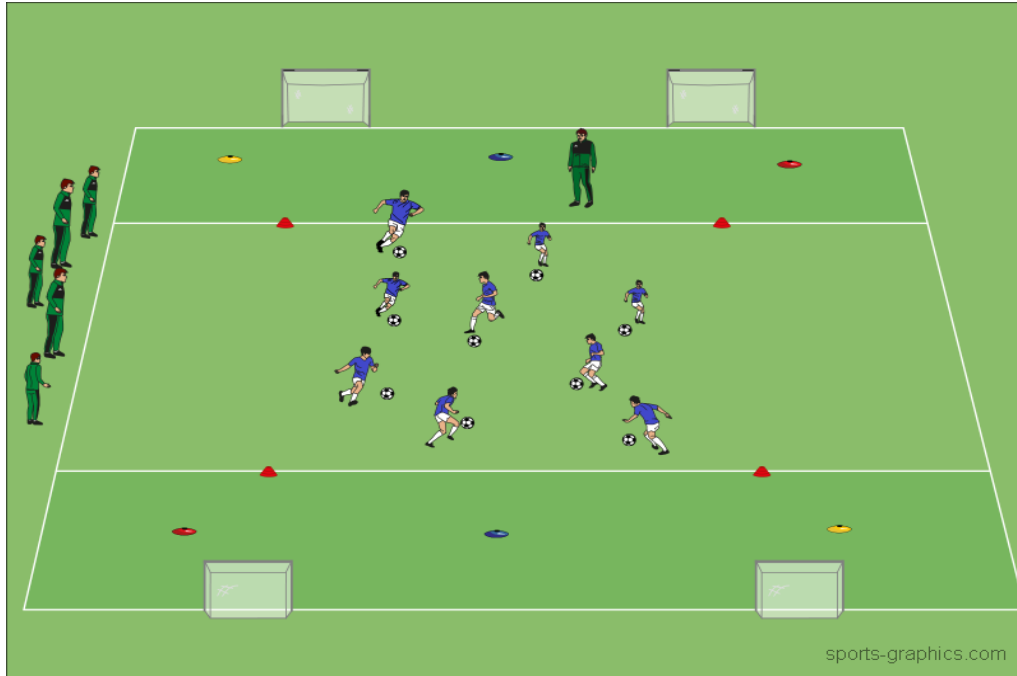


2nd Grade Format





The Demo



The Game: Players dribble throughout the inner grid. The coach can use this free dribble segment to offer several options. When the coach yells:

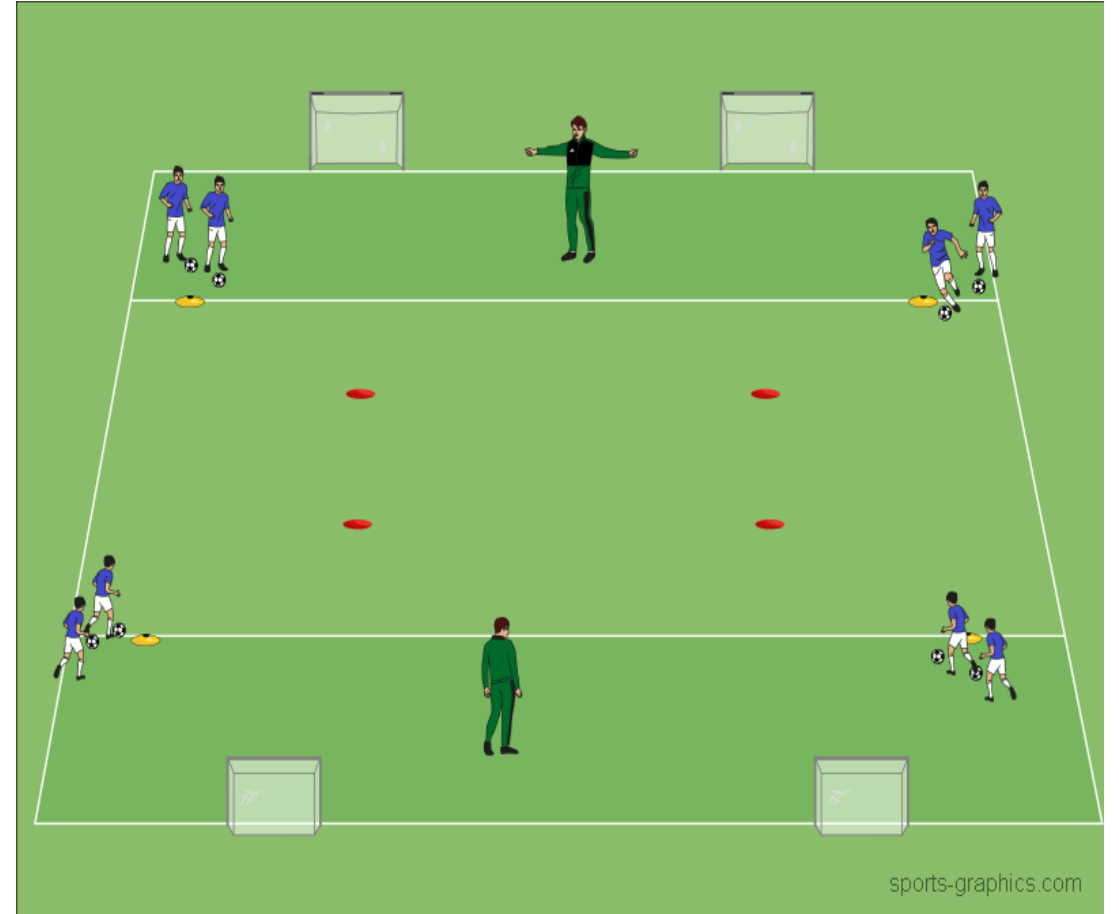
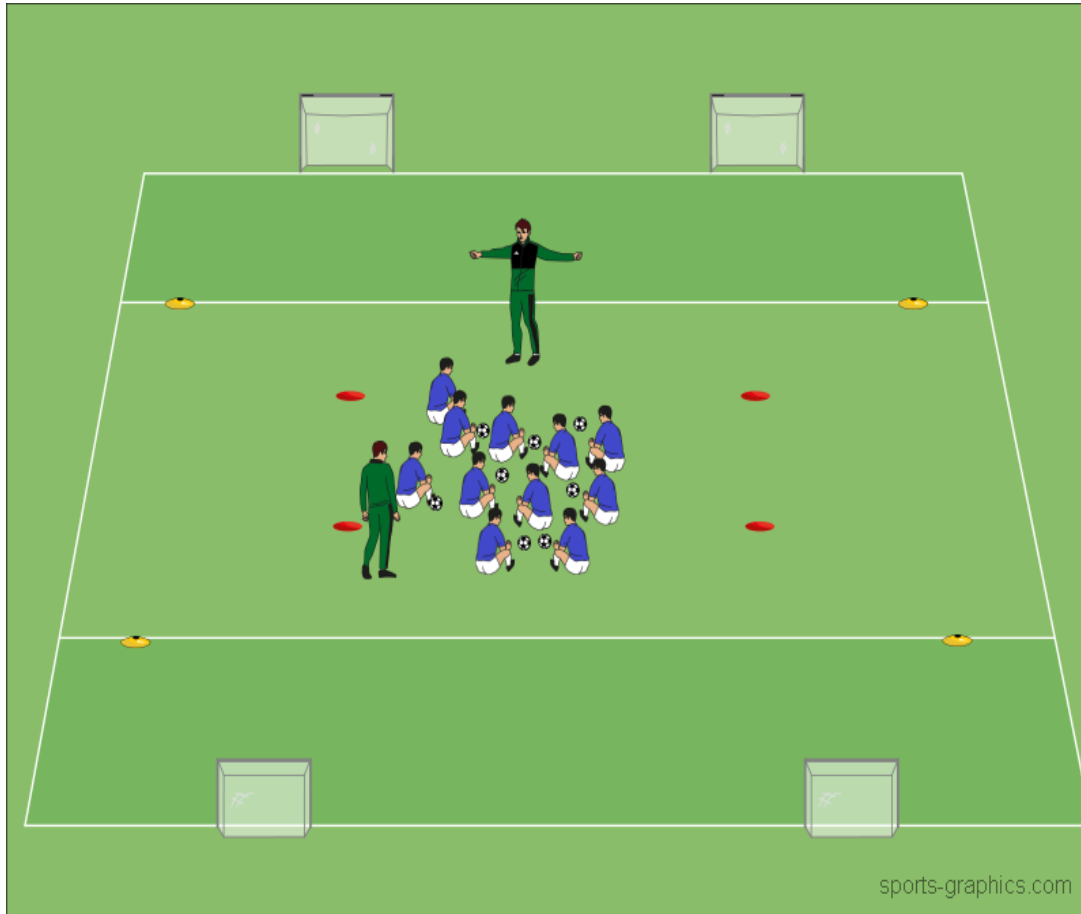
- **Turn-** players must change direction
- **Ball Taps-** players must perform toe taps on the ball
- **Foundation-** the players must pass the ball back and forth between their legs
- **Change-** step on your ball, move quickly to another ball and continue to dribble

*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





A Case For Repetition

A person in a white shirt and dark pants is captured in mid-air, performing a high kick. The background is a clear blue sky with some palm trees visible on the right side. The entire image is overlaid with a semi-transparent blue filter.

“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