



LUSC Coaches Meeting

Fall 2024 Season
3rd-8th In-Town and Travel Programs
August 28, 2024





Agenda – 3rd-8th Grade Programs

Time	Topic	Presenter
7:30 – 7:40	Welcome to the Fall 2024 Soccer Season!	Surya Singh, 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) Mona Potter (Fields)
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 2024 Season!

Thank you for being here!

Our Mission

*To develop lifelong soccer players among
Lexington youth*



Opening Comments

My personal passion ... the answer to “why?”

Criticality of Teamwork



Competition drives continuous improvement



Activity → Fitness → Public Health

**GOOD
HEALTH IS
PUBLIC
HEALTH.**



Community Presence

Upcoming Events:

- Soccer night at LHS games on September 19th (Lincoln)
- Lexington Countdown Calendar - November 3rd



@LUSCSOCCER





Your Support Network – LUSC Board

LUSC BOARD MEMBERS		
President	Surya Singh	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	John Andrews	jandrews721@gmail.com
General Members	Cameron Moody	Cameron_stuver_moody@yahoo.com
	Phil Porter	philip@porterbuild.com
	Chuck Alexander	seegeealex70@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 3-4 (in-town)	Vanita Srikanth	vanita.srikanth@gmail.com
Boys Grade 4	Aradhana Kuhn	aradhana.bhargava@gmail.com
Boys Grade 5	Jeff Bettencourt	Jeff.Bettencourt@ovitas.com
Boys Grade 6	Jon Trementozzi	Jon.trementozzi@gmail.com
Boys Grades 7 & 8	Sam Agresta Hannah Mamuszka	svja1072@gmail.com hmamuszka@gmail.com
Girls Grade 3-4 (in-town)	Katie McCafferty	kathleenmccafferty@gmail.com
Girls Grade 4	Heather Baker Nielsen	heather.baker.nielsen@gmail.com
Girls Grade 5	Ben Myers	benmyrs@gmail.com
Girls Grade 6	Phillipe Schenk	schenkpt@gmail.com
Girls Grade 7 & 8	Lizbie Porter Chris Walsh	lizbie20@yahoo.com cpwalsh70@gmail.com



Your Support Network – Division Directors

K-2 GRADE DIVISION DIRECTORS

Boys Kindergarten	Tom Heimreid	theimreid@lexingtonunited.org
Boys Grade 1	Hannah Mamuszka	hmamuszka@gmail.com
Boys Grade 2	Tom Heimreid	theimreid@lexingtonunited.org
Girls Kindergarten	Tom Heimreid	theimreid@lexingtonunited.org
Girls Grade 1	Tom Heimreid	theimreid@lexingtonunited.org
Girls Grade 2	Christina DeRosa	derosa08@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	Mona Potter
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	John Andrews
TOPS Program	Paul Clough
Mentor Program	Phil Porter



Technology Overview

Registration Management System

The screenshot shows the AdminSports Admin Portal. At the top, it says "adminsports admin portal" and "Lexington United Soccer Club". A sidebar on the left has sections for "Club Info" (logged in as registrar), "Club Admin" (with links for Registrar, Team Management, Add Team, Coaches, etc.), and "Financial Reports". The main content area features the club logo and a message: "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." At the bottom, there are "Returning User? Login" and "First Time User? Create an Account" buttons.

Team Management System

The screenshot shows the teamsSNAP Roster for "Lancers BAYS Boys 5th Grade | Lexington United Soccer Club". The interface includes a navigation bar with icons for Home, Roster, Schedule, Availability, Tracking, Invoicing, Statistics, and Assignments. Below the navigation bar, there's a "Roster" section with an "Add" button, a "Filter by Name..." search box, and a "Clear" button. The roster table has columns for "Name" and "Contact Info".

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	



Cleat / Gear Exchange

More info on LUSC's Exchange will be coming soon (example below).

The screenshot shows the website for Southeast Soccer Club. At the top left are the logos for SESC and Southeast Soccer Club. The main header reads "Southeast Soccer Club" with the tagline "One of Portland Oregon's Oldest and Largest Soccer Clubs" and a "Registration" button. A navigation bar includes links for RECREATION, COMPETITIVE, CLUB, COACHING, PARENTS (highlighted), STORE, and SOCCER CAMPS. Below the navigation, there are tabs for "Parents" and "Scholarships". The main content area features an article titled "Gear Exchange" dated February 27, 2022. The article text says: "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." Below the text is a button labeled "Gear Exchange Spreadsheet". At the bottom of the article, it says: "Please update the google spreadsheet when you take and/or leave any gear so the inventory stays current and accurate." On the right side, there is a "Popular Resources" section with links to "Competitive Tryouts Schedule", "Where to Buy Uniforms", "Mighty Mites (K-1st)", "Recreation Registration", "Competitive Tryouts", "Codes of Conduct", and "Register". A "News" section is also visible at the bottom right.



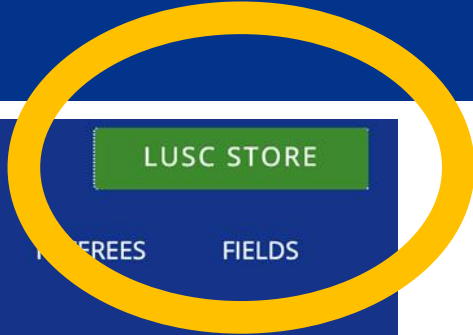
The LUSC Store



Lexington United Soccer Club

Developing lifelong soccer players among Lexington youth

Search this website



LUSC STORE

- ABOUT LUSC
- TEAM PROGRAMS
- CLINICS
- FAMILIES
- COACHES
- REFEREES
- FIELDS

FIELDS
UPDATED WEDS JUNE 7

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 is open for this Fall until 9/29



LUSC Soccer Fall 2024
Sunday, September 29, 2024 (11:59 AM EDT)
Deadline

SCHEDULES

- Fall 2023 Weekdays (coming soon)
- Fall 2023 Saturdays
- Fall 2023 Sundays

LUSC CODES OF CONDUCT

- Parents & Caregivers
- Coaches
- Players



Volunteering in Adminsports

In order to be added to the LUSC coaches roster, you must be signed up as a coach in Adminsports:

1. Sign up while you are registering your child for soccer OR
2. Sign up after you've registered your child by logging into your account and clicking the blue "Volunteer" button next to your child's name.

My Participants

[+ Add a Participant](#) [Merge Participants](#)

Season	Registration	Team
Test Test edit Player History		
LPDA 24-25 (INVITE ONLY)	Register ▶	
Fall 24 In-Town 3rd-4th	✓ In Town Girls 3/4th Grade Receipt	No Team Assigned
Fall 24 Travel 4th-8th	Register ▶	
Fall 24 In-Town K-2	Register ▶	
Fall 24 HS Travel	Register ▶	





MYSA Registration Information

All Coaches need a MYSA Credential

- **Thank you for coaching!**
- Register with MYSA in the Fall of 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
 - 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).
- Use the [U.S. Soccer learning Center](#) for Concussion & Safesport Training.
- **Reminder to wear your credential to all games! Refs will be checking.**



MYSA Resources

MYSA Resources

- [Adult Registration Process](#)
- [COMPREHENSIVE - Adult Registration & Required Trainings Overview Video](#)
- [Adult Registration and Required Trainings - Fall 2024/Spring 2025 Video](#)

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

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



MYSA Registration Information

- Personal Info
- Applications
- Details
- Certificates**
- Licenses
- Teams
- Events
- Referee Schedules

Get SafeSport Updates

Certificates

If you have available certificates, click on the image to upload or view a file

REMINDERS:

- Use your full legal name and the same email address when setting up all soccer related accounts. This will ensure auto-uploading/verification when available.
- If you are under the age of 18, a parent/guardian should check with your organization's Risk Manager on requirements.
- SafeSport Abuse Prevention training (yearly requirement) taken any time in 2024 is good for the 2024-25 registration year.
- Concussion training (two-year requirement) taken June 1, 2023, or later is good for the 2024-25 registration year.
- 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. If you see a cloud with a upload arrow, you must complete that requirement.

SAFESPORT TRAINING INFORMATION - Through U.S. Soccer Learning Center (preferred) or through the U.S. Center for SafeSport directly; both have auto-approval capabilities with Sports Connect. Completing these courses will be noted in the Learning Center as part of Phase 1.

Do NOT submit a background checks through the U.S. Soccer Learning Center as these are not currently applicable to Mass Youth Soccer adult participants.

For the USSF LC training site, there is no actual certificate of completion to download so if your personal information does not match, the auto-approval/verification WILL fail, click [HERE](#) for more information.

To complete the required SafeSport Abuse Prevention Core or Refresher training through the [U.S. Soccer Learning Center](#) (USSF LC), click [HERE](#).

OR

Take the SafeSport Abuse Prevention Core or Refresher training through the Safe Center, click on the Enrollment Key Link and either create an account or login: <https://safesporttrained.org/?KeyName=tsVWe36Xa6PS3b5NzOug>

For more information on SafeSport training, access the help guide by clicking [here](#).

CONCUSSION TRAINING INFORMATION - Concussion awareness training is through the U.S. Soccer Learning Center (USSF LC (Preferred) - **or** - The Centers for Disease Control (CDC).

To take the USSF LC Introduction to Safe and Healthy Playing Environments concussion course, use the link below (*note*: SafeSport training can also be taken in the USSF LC).

[U.S. Soccer Learning Center Help Guide](#)

OR

This [CDC Concussion Training Help Guide](#) will show you how to create an account and provide you with the link to take the CDC 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.




CORI VERIFICATION INFORMATION (verifying person's legal first and last name and date of birth)

This is a one-time event (Mass Law), while CORI and National background Checks are processed every three years. If you are not CORI Verified, please print your CORI Acknowledgement form and contact your organization's Risk Manager.

[Click here for tutorial video](#) or [click here for written instructions](#).

Do NOT upload your CORI Acknowledgement form or your driver's license into your account. Your organization's Risk Manager will upload a Proof of Verification form and check you as CORI Verified.

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<p>SafeSport</p>  <p>Click to Upload</p> <p>Uploaded: Verified: Not Verified Expires:</p>	<p>Concussion Certificate</p>  <p>Click to Upload</p> <p>Uploaded: Verified: Not Verified Expires:</p>	<p>CORI Verified</p>  <p>Click to Upload</p> <p>Uploaded: Verified: Not Verified Expires:</p>
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Rosters & Other Game Day Info

Please bring 2 rosters to every game - one for the ref and one for your opponent

- Make sure you sign your roster
- All players must be listed on the roster
 - New players must be approved by the league before they can participate
- Write your jersey numbers in for now
 - Add them to Team Snap and the Registrar can upload them to AdminSports
- You do not have to be listed as a coach on the roster
 - Anyone with up-to-date credentials can fill in as coach



Late Uniform Orders

Late Uniform Orders

Anyone who did not order a uniform by the Tricon deadline should fill out this [form](#).

The registrar will coordinate pick up arrangements with the family.



Equipment Update

Equipment bags

- Equipment bag and contents should be handled by coaches only
- Coaches keep equipment bag at the end of the season or pass on to the DD if they will no longer be coaching (DD will pass to new team or head coach)
- Unused equipment will be re-used or recycled

Equipment bag contents

- Cones/Coaching Manual/Goalie gloves/12 single-color pinnies/medical kit/ball pump



Equipment Update

- **Coaches meeting: DDs distribute equipment for the season**
 - Game ball
 - Ice packs (4 per team)
 - T-shirts sets for in-town G3/4
 - Coaching manuals (new coaches)
 - New equipment bags (for new coaches and G3 travel teams (spring only))
 - Coach T-shirt (size S , M, L, XL, 2XL, 3XL) - available at Diamond on Saturday mornings in-season
- **Let your Division Director know of any equipment needs during the season:**
 - 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

Game Schedule (Weekends)

Tara Mathur

Practice Schedule (Weekdays)

Liz Bettencourt

Fields Coordinator

Mona Potter

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



Where can I find my team's schedule?

Practices start the week of Sept 3rd

Games start Saturday, Sept 7th

- **Full game schedules** are on BAYS.com (the league website)
- **Practice schedules** are on the "Fall 2024 Weekdays" spreadsheet linked on the LUSC homepage under SCHEDULES



SCHEDULES

Spring 2024 Weekdays

Spring 2024 Saturdays

Spring 2024 Sundays



Fields used by LUSC

We host 200+ home games each season. We schedule games on turf whenever possible, but some games have to be on grass due to field availability.

Turf fields

- Lincoln 1/2/3 and Center Track Field
- [Lincoln 1 is closed until October](#)

Grass fields

- Harrington, Adams, Clarke, Estabrook, and Muzzey





Late Season Practice Fields

Weeks 4 and 5, you may need to end practice a little before 7:00 if it's too dark. (Sun sets at 6:27 Sept. 30)

Week 6 onwards you will all be on fields with lights:

- Center Track (has lights now)
- Lincoln 2 (has lights now)
- Lincoln 3 (will have lights Sept. 30)
- Lincoln 1 (not ready to use, but will be and will have lights Sept. 30)
- Center Ball Fields (grass)



The Practice Schedule

There may be some dates where your regular practice field is unavailable.

These are shown as **N/A** on the schedule →

- If your practice has a conflict, we will email you to suggest an alternate field
- If another team needs to join you on a field, please be flexible!

THURSDAY	Lincoln 1 (TURF)	Lincoln 2 (TURF, LIGHTS)
4.00 - 4.30pm		
4.30 - 5.00pm		
5.00 - 5.30pm		
5.30 - 6.00pm		N/A 9/5 Boys LPDA Juniors, BU11 and BU12
6.00 - 6.30pm		N/A until 6:15 9/5 Boys LPDA Juniors, BU11 and BU12
6.30 - 7.00pm		Boys LPDA Juniors, BU11 and BU12
7.00 - 7.30pm		BU13, BU14
7.30 - 8.00pm		BU13, BU14
8.00 - 8.30pm		BU13, BU14
8.30 - 9.00pm		until 9:00 9/5



The weather looks iffy. How do I know whether my field is open?

Check the LUSC homepage - it always has the most up-to-date info!

Updated by 2pm on weekdays / 7am weekends

- We will email coaches for fields closed late
- We sometimes need to move things around if fields are wet – please be patient 😊
- If you're at Clarke or Adams, we may ask you to use another field on wet days.

FIELDS	
NO UPDATES UNTIL SEPT 3, 2024	
CENTER TRACK FIELD	OPEN
LINCOLN FIELDS	OPEN
ADAMS	OPEN
CLARKE	OPEN
DIAMOND	OPEN
ESTABROOK	OPEN
HARRINGTON	OPEN
MUZZEY	OPEN



Golden Rules for Game Cancellling

- 1. Coaches generally only cancel games on holiday weekends, ie if they don't have enough players to field a team → please check in with your players about Columbus and Veterans weekends**
- 1. Please cancel no later than Thursday 7pm** before the game, to avoid LUSC being fined by the league
- 1. The home coach is responsible for communicating and cancelling the game.** Email schedules@lexingtonunited.org, and we will cancel the game on BAYS, update the field schedule, and notify the ref.



How to Reschedule a Home Game

1. **Check the schedules** on the LUSC website to see available fields, days, and times
2. **Confer with the opposing coach** and agree on a day and time
3. **Email schedules@lexingtonunited.org** with the info so they can make the change official

More details are on the Rainouts & Reschedules page of the LUSC website (under Coaches)



Goals Update

- **See something**
 - You look at our goals more often than we do.
- **Say something**
 - Goals are inspected at the beginning of every season, but problems can develop any time.

goals@lexingtonunited.org



Each goal has a unique number at the bottom left front corner



Netiquette

- LUSC goals that are not anchored, have internal weights in rear crossbar.
- Internal weights affect how goals move and cause abrasion if the net rides underneath when moved





Goals Inventory

- 40 Goals
 - Adams (four 7v7), Waldorf School owns the two 11v11
 - 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 9v9; two 11v11)
 - Lincoln 3 (two 11v11)
 - Muzzey (two 7v7)



Goals Inventory

- 40 Goals

- Adams (four 7v7)
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- Clarke (four 9v9; two 11v11)
- Diamond (two 11v11)
- Estabrook (two 9v9)
- Harrington (four 9v9)
- Lincoln 1 (four 7v7; two 11v11)
- Lincoln 2 (four 9v9; 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

- | | Status for Fall |
|--|---------------------------------|
| • 40 Goals
2024: | |
| • Adams (four 7v7)
Repairs | - 4 Minor |
| • Center (four 7v7, two 11v11) | - Ready as of 8/22/24 |
| • Clarke (four 9v9; two 11v11) | - TBD |
| • Diamond (two 11v11) | - 2 Minor Repairs |
| • Estabrook (two 9v9) | - 1 Minor Repairs |
| • Harrington (four 9v9)
Repairs | - 3 Minor, 1 Various |
| • Lincoln 1 (four 7v7; two 11v11)

(two 7v7 on L2, 11v11s at Center) | - Field closed |
| • Lincoln 2 (four 9v9; two 11v11) | - 2 9v9 & 11v11 Various Repairs |
| • Lincoln 3 (two 11v11) | Ready |



Referee Update

Christianne Mager

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

Bob Licht

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

Please **RESPECT** the Referee!

They are learning. They make mistakes. They are trying their best.
Overall they all play, watch, ref and LOVE soccer.

BAYS Referee **Appreciation** Day: Saturday, October 5th, 2024



Referees (Zero Tolerance)

Referee Direct Quotes About Impact of ZT Violations

- **“The money that I earn for refereeing games is almost never worth the yelling, arguing, and the questioning of my calls.”**
- **“I know that coach. He is my friend’s dad. He isn’t like that in real life. Please don’t tell him I sent this report. I don’t want my friends to be mad at me.”**
- **“I was so afraid to make a mistake after they yelled at me that I stopped blowing my whistle. The more they yelled, the more I couldn’t think or make calls! I don’t think I should ref anymore.”**
- **“If the spectators know what all of the calls should be, why don’t they become referees? It’s not as easy as it looks when you’re on the field.”**
- **“It’s challenging to do my job when I have to also worry about intolerant behavior coming at me from all sides of the field.”**

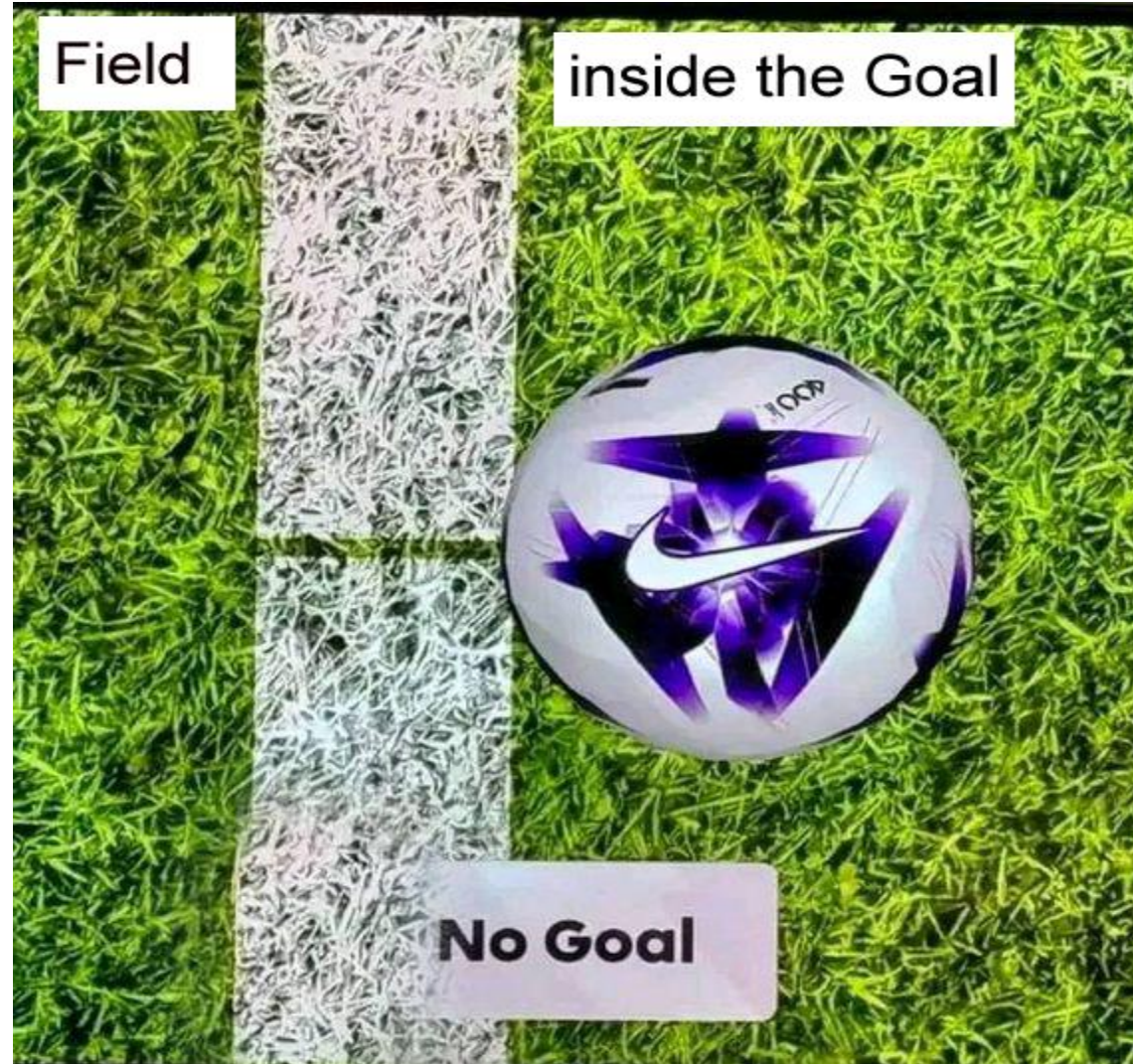


Referee Update





Referee Update

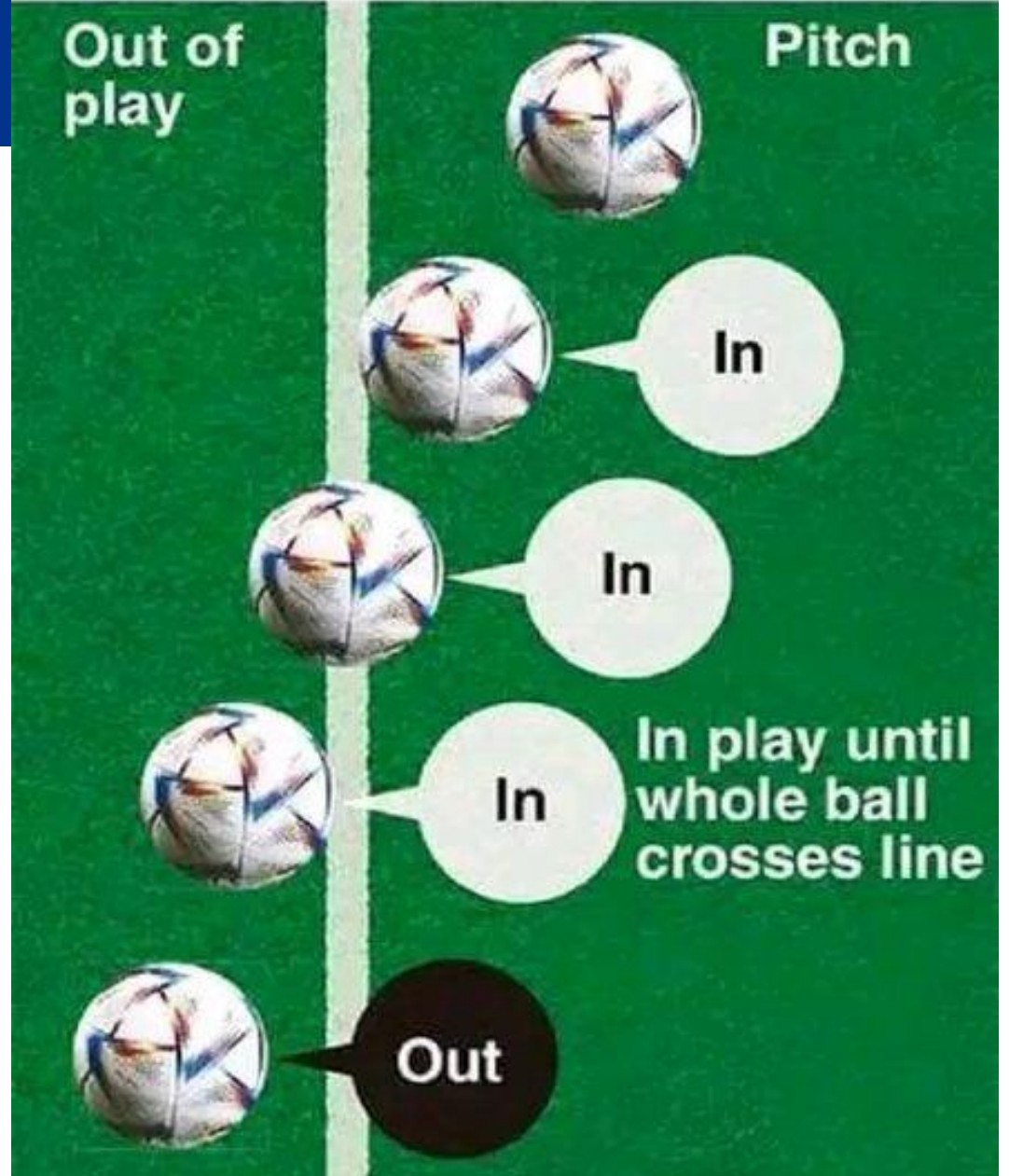




Referee Update



Close call





Referee Update

BAYS Referee **Appreciation** Day: Saturday, October 5th , 2024

The referees will make mistakes - BE **KIND**

I expect them to make mistakes - BE **SUPPORTIVE**

The are allowed to make mistakes -

RESPECT the referee at ALL times

All referee feedback should go through Bob & Christianne



Game Day Protocols





Create New Stories: Lessons from a Legend

By

Brendan Donahue

Lexington United Soccer Club

Director of Coaching

August 28, 2024



Opening Thought

“Inspire one coach and indirectly you inspire 20 players. That’s why coaches education is the main ingredient in bringing players up.”

-Jurgen Klopp



Training

“Our training is our compass- it just moves us in the right direction”
-Jurgen Klopp



Getting Started

“Give the most important message at the start of training when everyone is able to process all of the words and instructions.”

-JK





Be Positive

“A compliment is so powerful, not only for the receiver, but also to make clear to all the others what’s good and what’s not.”

-JK





Support

“Let’s underline our intentions, nobody should be alone in our team. Help the guy who is under pressure.”

“Two Rules: one, always one hundred percent attitude; and two, everyone is responsible for everything”

-JK

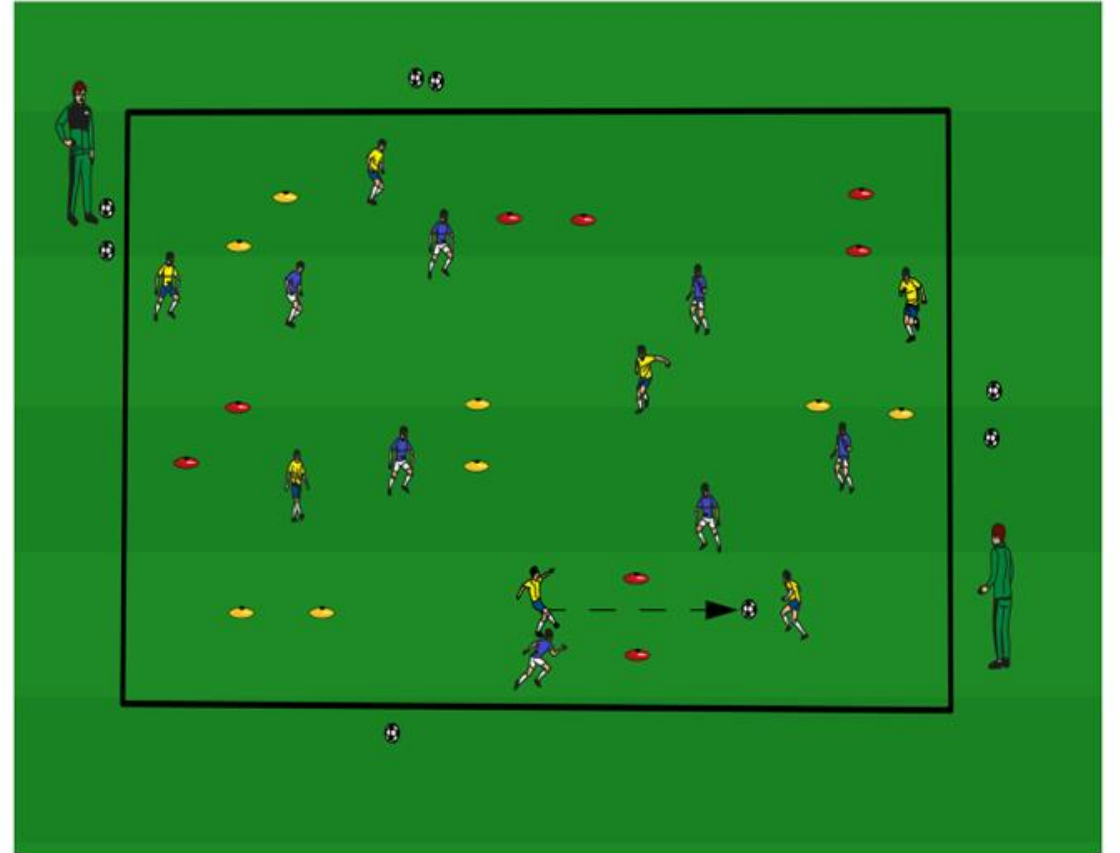




A Case For Repetition

"I really believe there are not many exercises to make players better but a lot to make players worse. That's why we have just a few real good ones and vary from there."

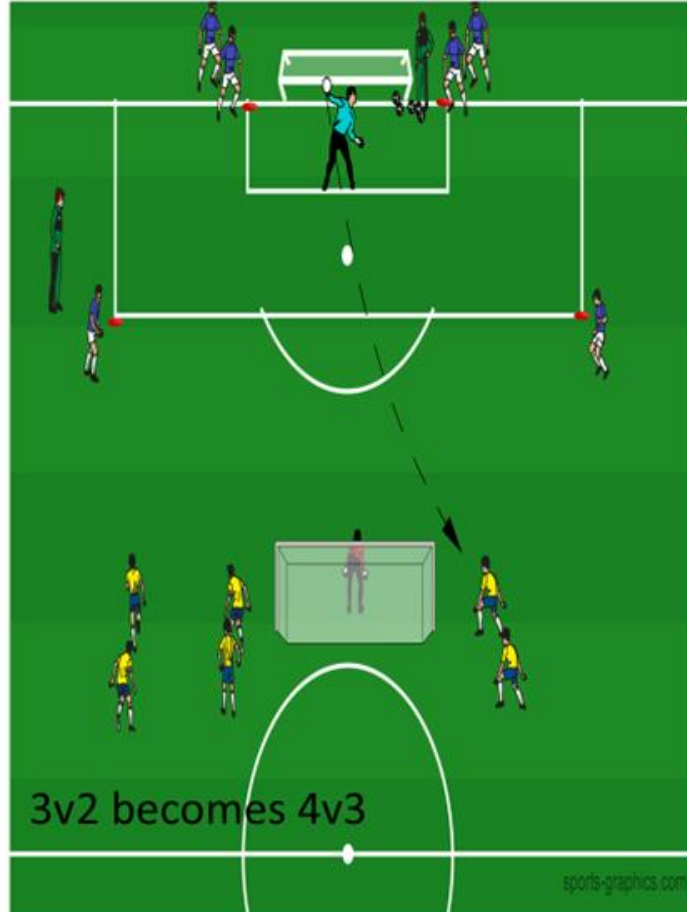
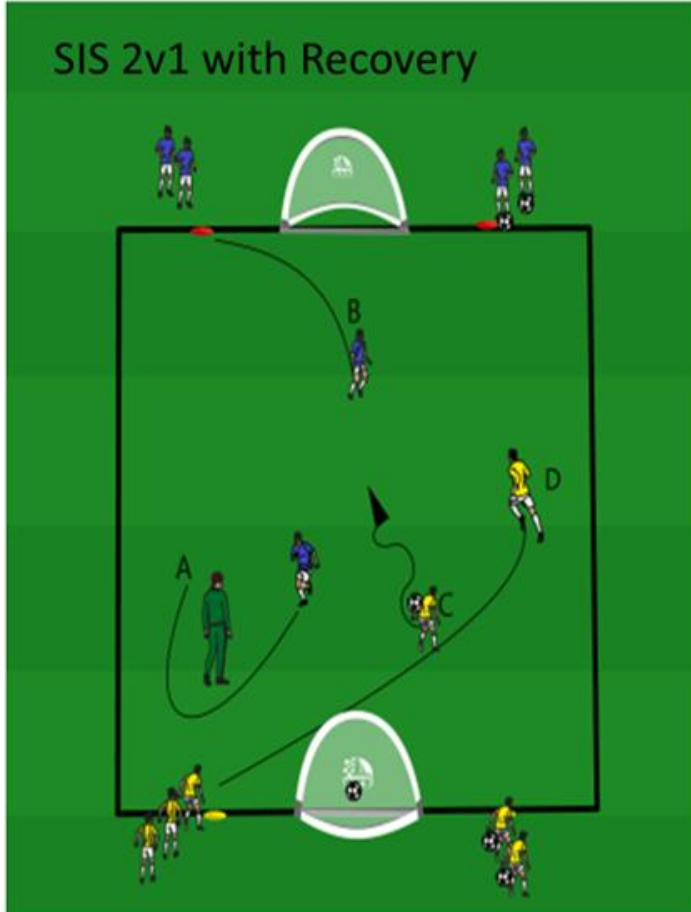
- JK





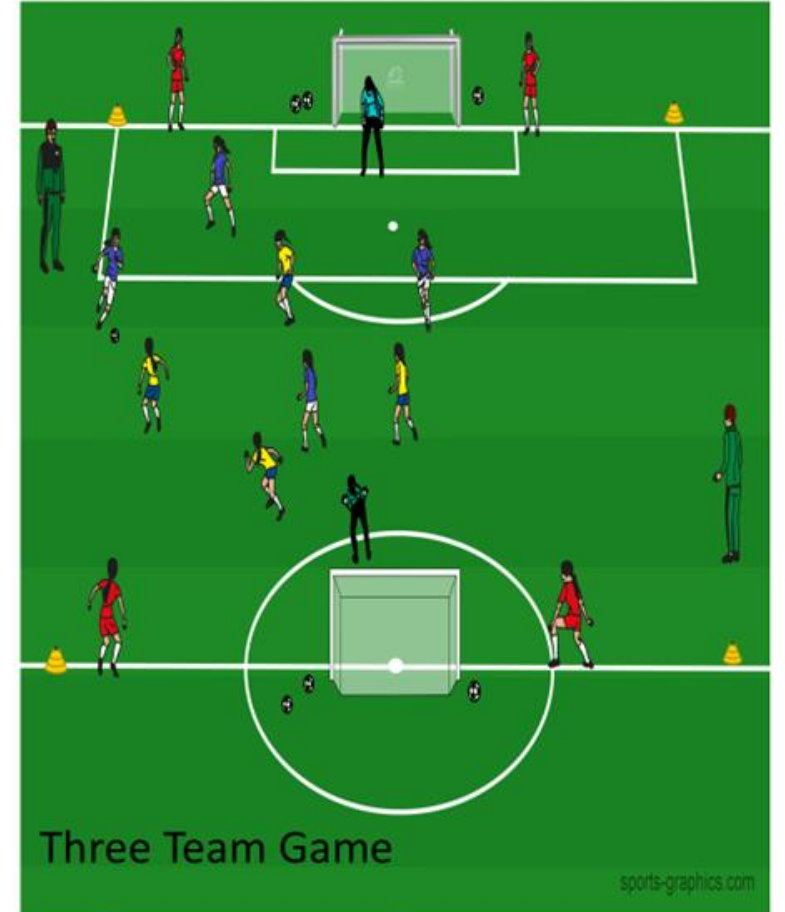
Have a few "Go to" Exercises

SIS 2v1 with Recovery



3v2 becomes 4v3

sports-graphics.com



Three Team Game

sports-graphics.com



Praise Effort

“The way you train your players becomes their inner voice, it becomes their GPS.

That’s why we coach with so much praise; the goal is to change individual confidence into team confidence.”

-JK





Resources

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

U11/U12 Exercises

PASSING/RECEIVING

WARM UP

- [Passing with Receiver Reaction](#)
- [German Box](#)
- [Inside the Foot: Hit the Disc](#)
- [Passing in Pairs with Basic Movements](#)

1st ACTIVITY

- [Teaching Hard Passes](#)
- [Dick Bate Passing Square](#)
- [Chain Passing](#)

SHOOTING/EXERCISES TO GOAL

WARM UP

- [Striking the Ball in 3's](#)
- [Ray Reid Shooting Rotation](#)
- [Introduction to Passing on the Move](#)

1st ACTIVITY

- [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](#)

Game Day Protocols and Best Practices



In Game Coaching Roles

Define & Share Responsibilities

Who does what?

- Observe how your team is playing
- Observe how the opponent is playing
- Observe the distance between your Goalkeeper and the backline
- Observe the distance between your CMF and the backline
- Manage the bench
- Substitutions
- In game feedback





Be Realistic!

- Unless you are the first game of the day, you'll likely have limited warm-up time on the field
- Be Prepared to warm the team up in limited space
- Dynamic warm-up and/or Rondo are great options
- Be respectful of the game that is going on



An Introduction to Coaching



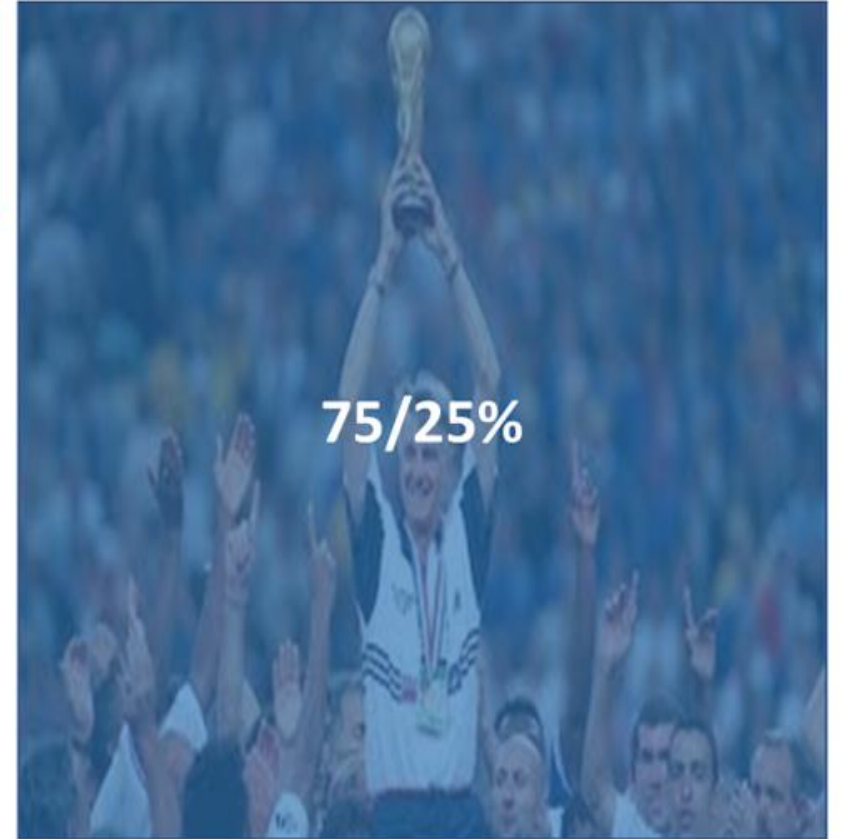
Team Practice Considerations

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

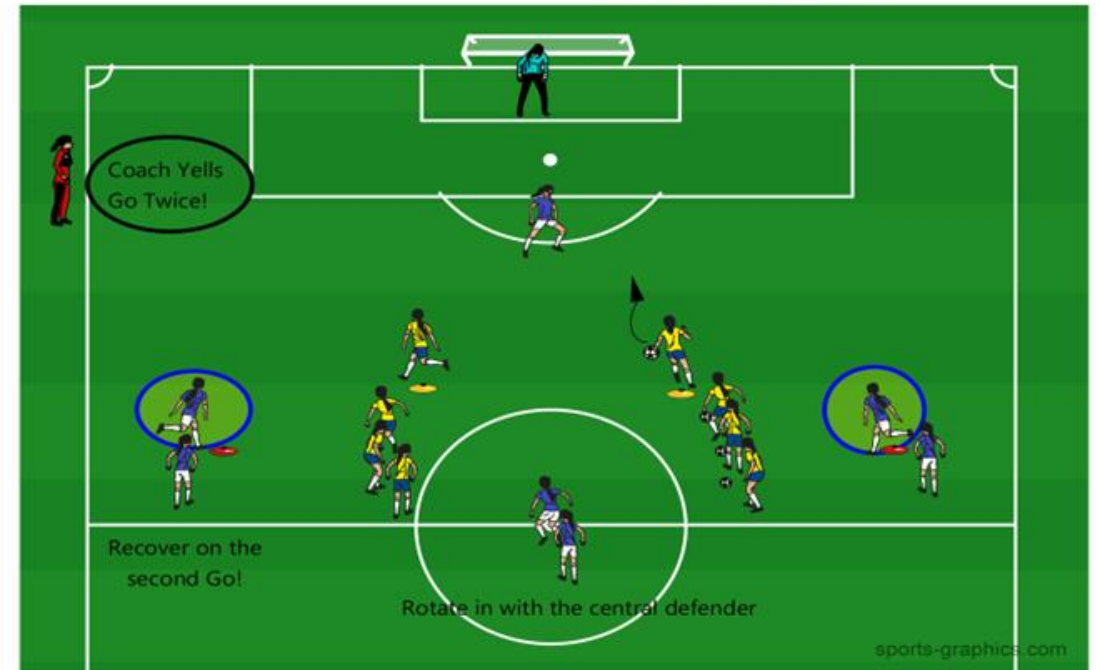
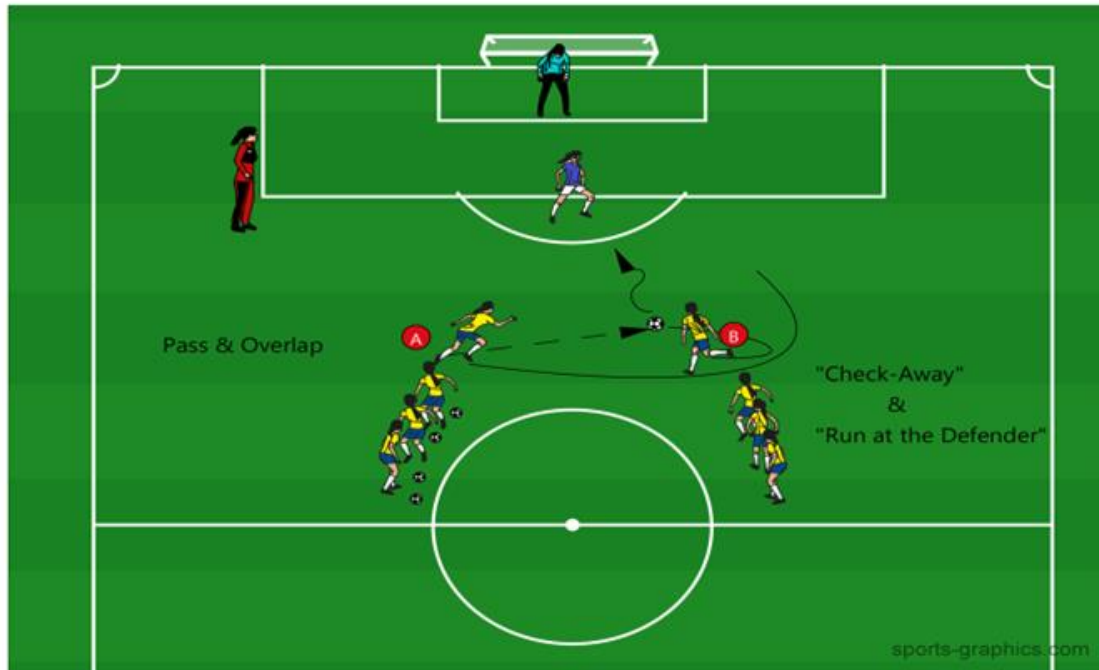




Layering

- 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 once

Simple to Complex



Defending Compilation



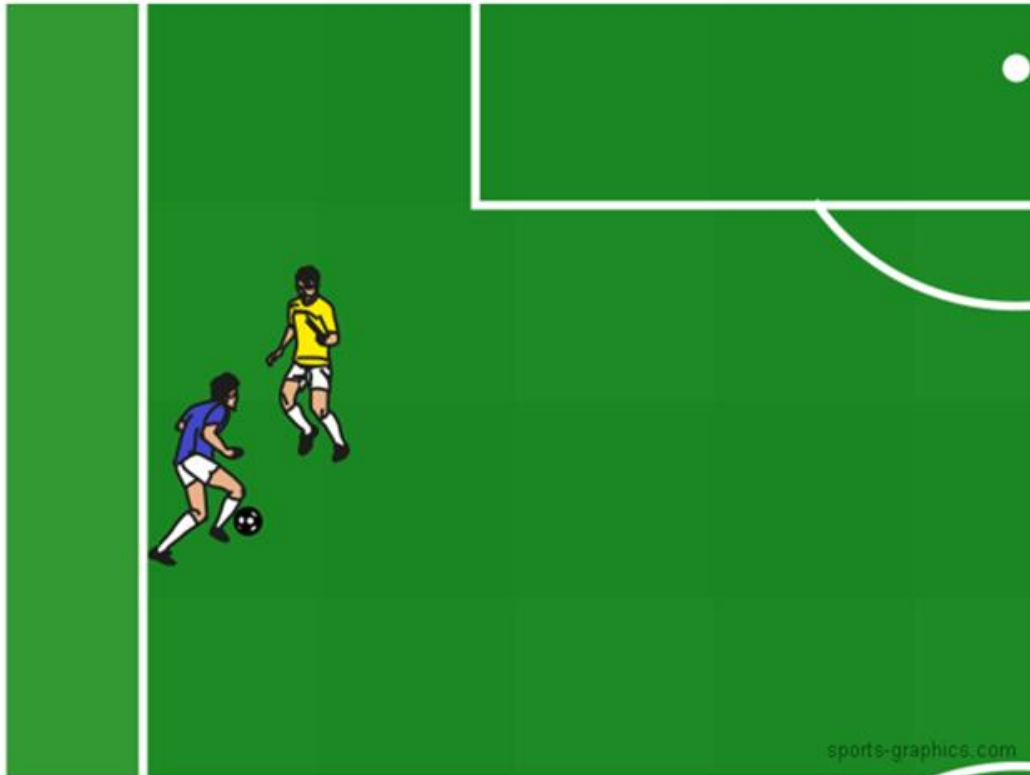
1v1 Applying Pressure

- 1. Quick Pressure-** The player nearest the ball must “close the space” as quickly as possible as soon as the ball is played to his/her opponent. You should close ground on your opponent as the ball is traveling to the attacker, do not wait until he/she has received the ball. Defender has three priorities:
 - Intercept the Pass- if you can anticipate the attackers’ actions, but never commit to this unless you are sure you can get there.
 - Challenge the First touch- Be in a position that you can “steal” the ball off of a poor first touch.
 - Contain the attacker- Deny space to turn or pass in a penetrating manner.
- 2. Touch Tight Pressure-** When closing down space, it is important that you don’t overrun the play. As a general rule you should slow down about 5 yards from the attacker and gradually take away the remaining space in a controlled defensive position.
 - You want to be in a position that the attacker feels uncomfortable, and if he/she makes a mistake you can win the ball.
 - You are close enough that you limit the attackers’ vision of the field.
 - You cut off forward passing lanes, making play more predictable for your supporting defenders.
- 3. Patient Pressure-** Good defenders will recognize that they do not need to win the ball immediately. If you approach the attacker quickly and under control, taking away his/her space, you will shift the initiative to the attacker. Most attacking chances are created through poor and impatient defending. General rules for “Patient pressure” are:
 - Don’t Dive In
 - Be Cool and Alert- Ready to take the ball when it’s exposed.
 - Tackle with Confidence- Be quick enough to poke the ball away (jab with the front foot) or hard enough to send the ball forward through the attacker (block tackle with the back foot).

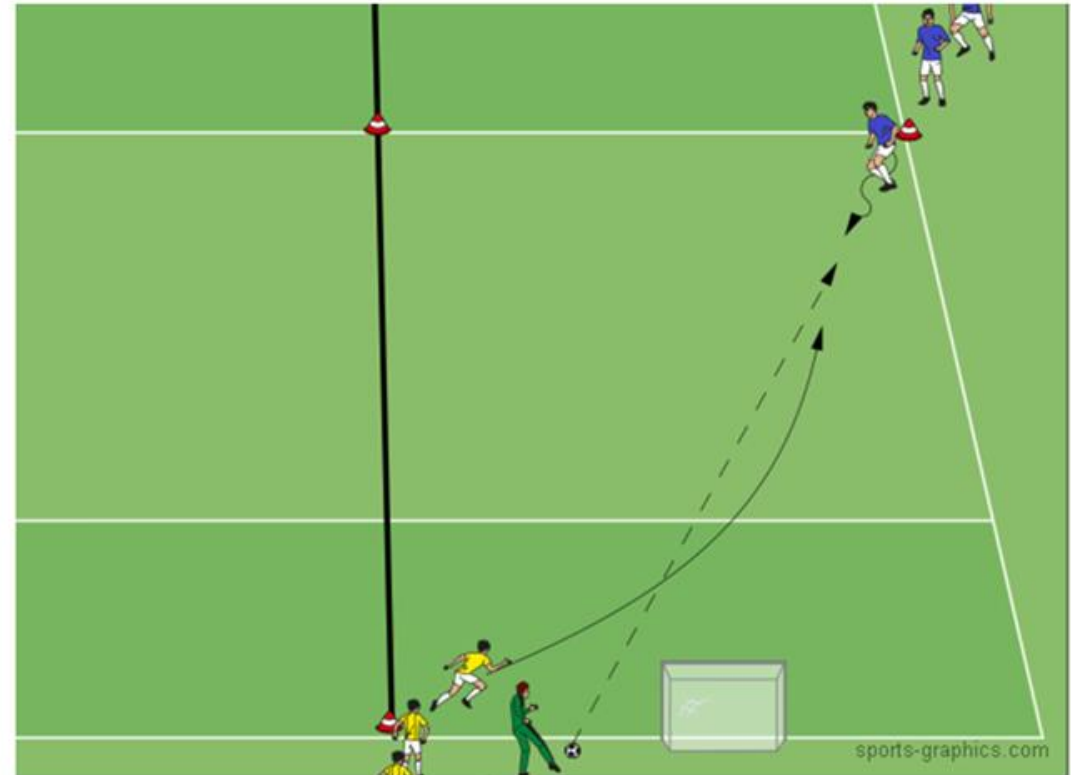


1v1 Scenario & Exercise

Scenario- Faced Up



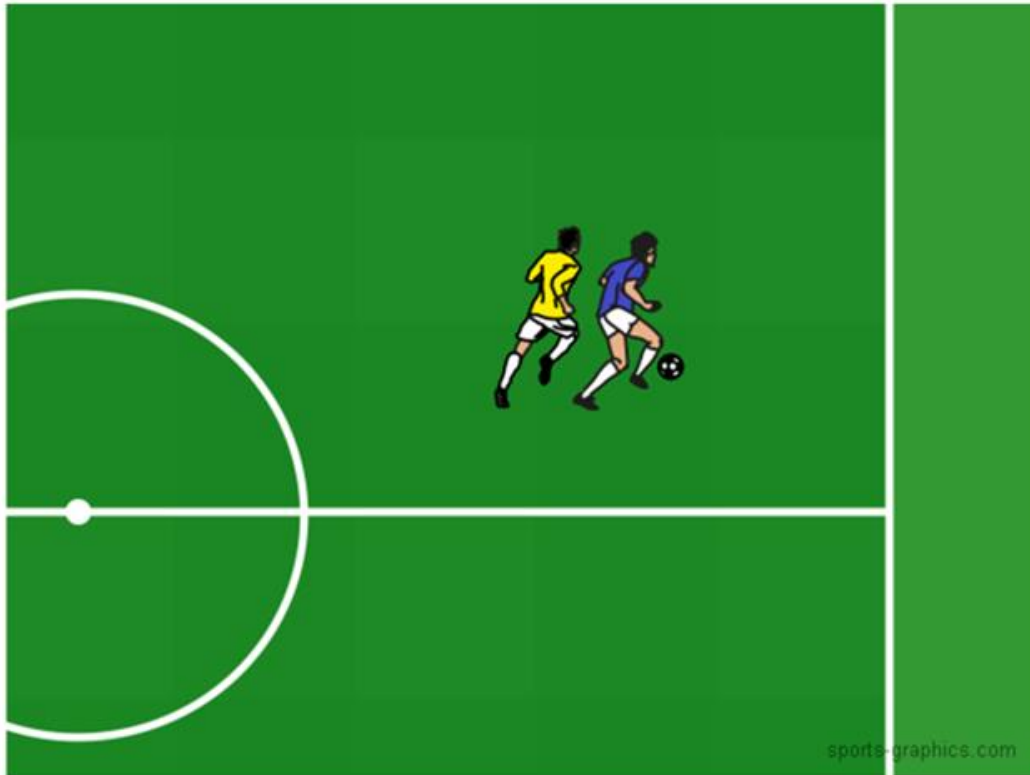
Exercise



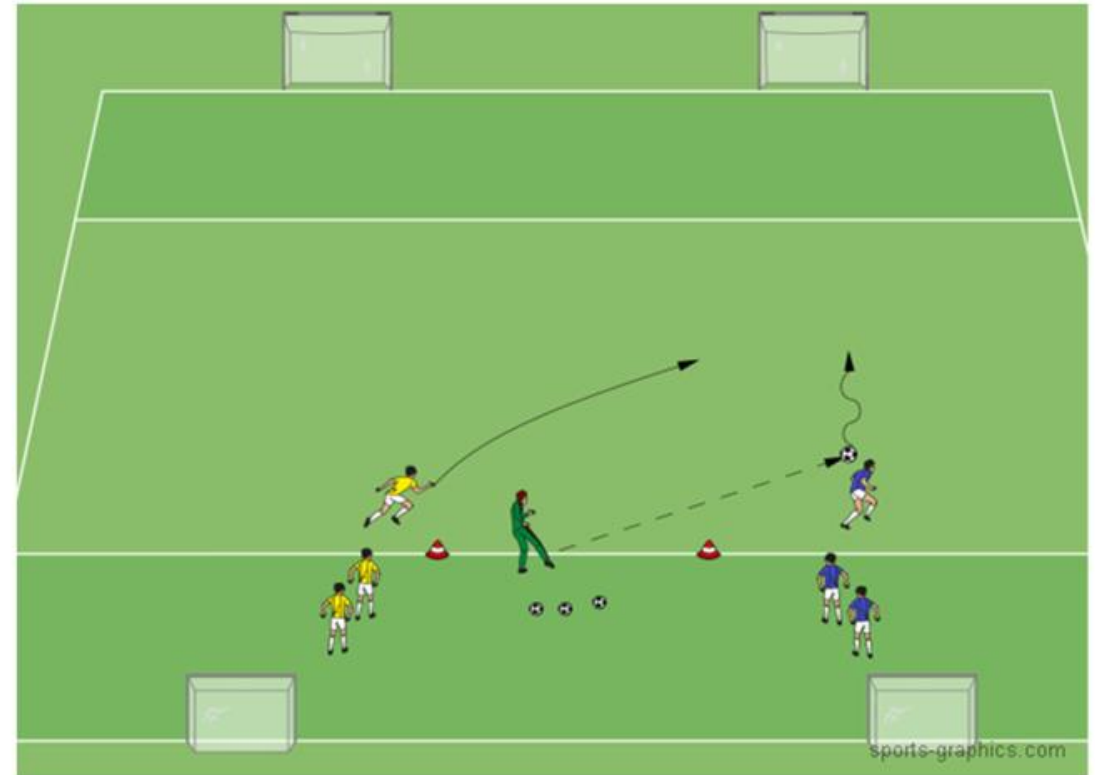


1v1 Scenario & Exercise

Scenario- Side by Side



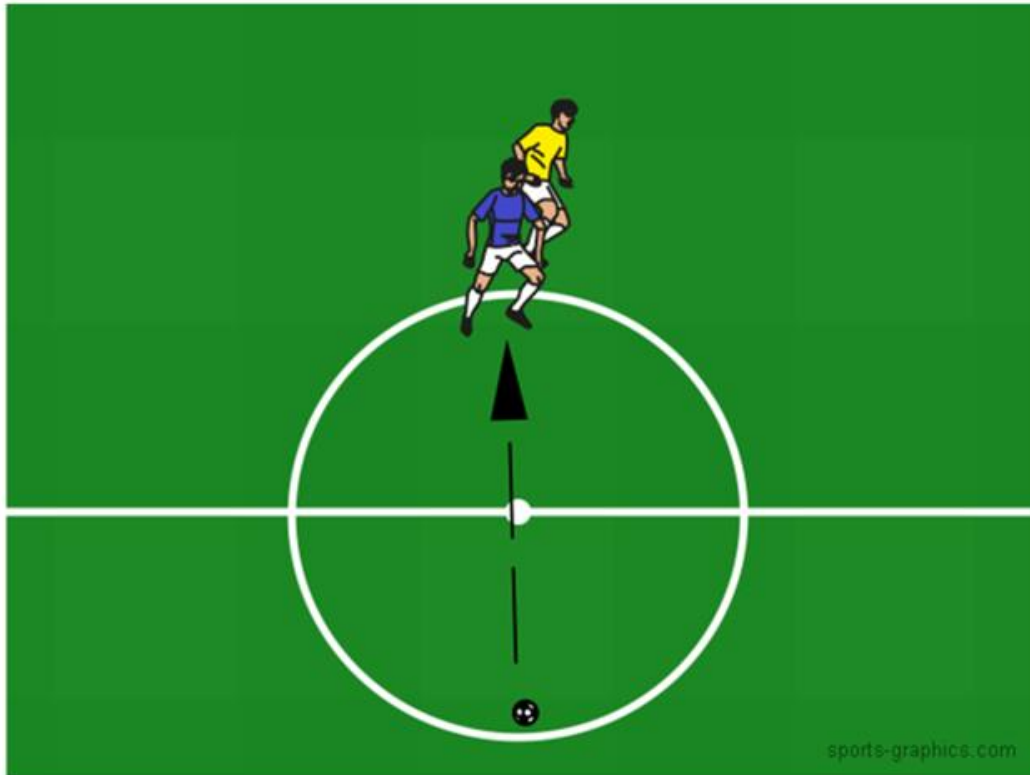
Exercise



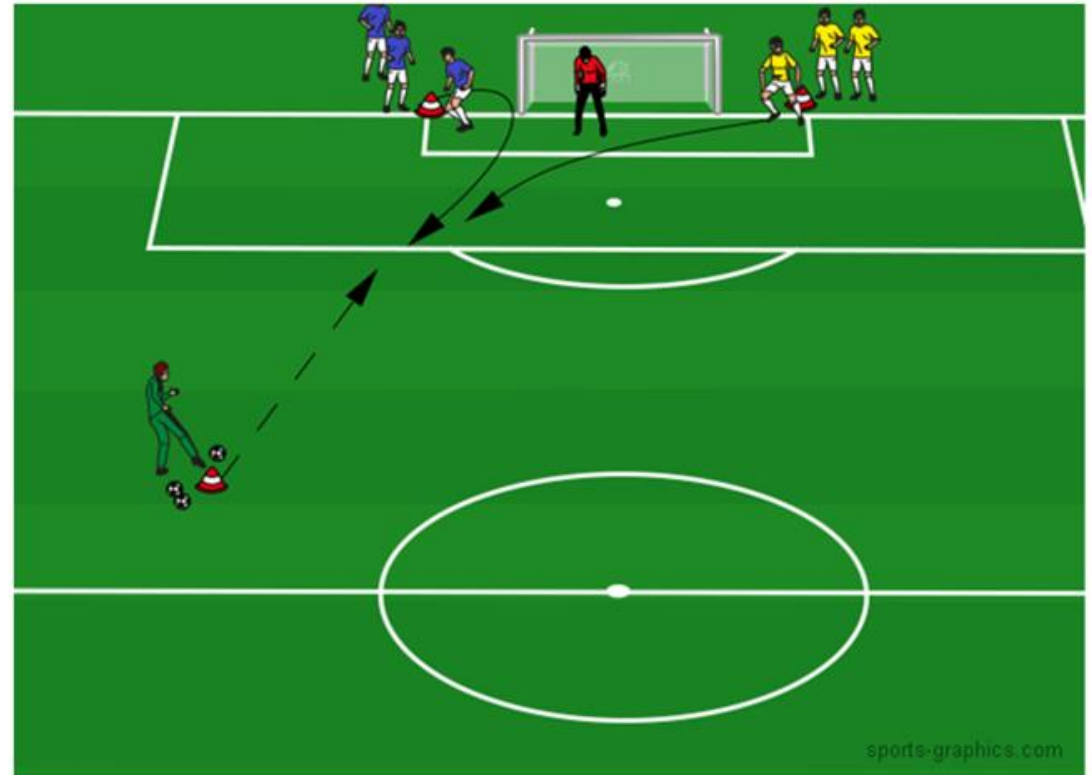


1v1 Scenario & Exercise

Scenario- Back to Goal



Exercise



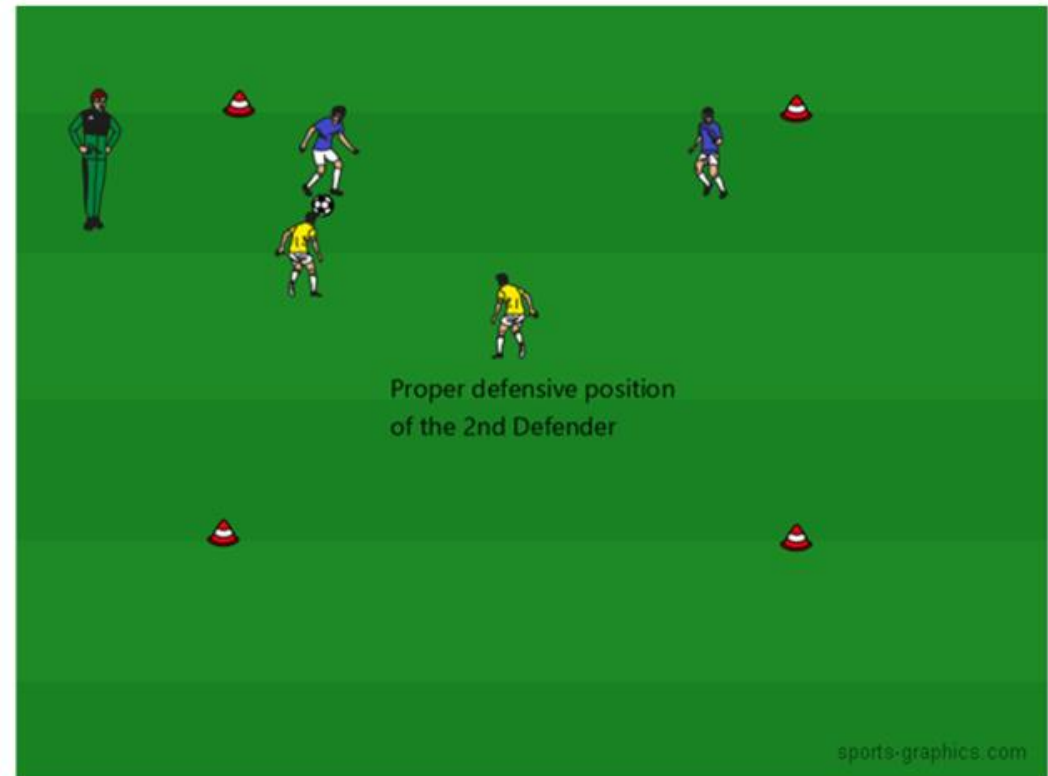


2v2 Pressure Cover

Incorrect Positioning



Correct Positioning



7v7 Team Shape Considerations

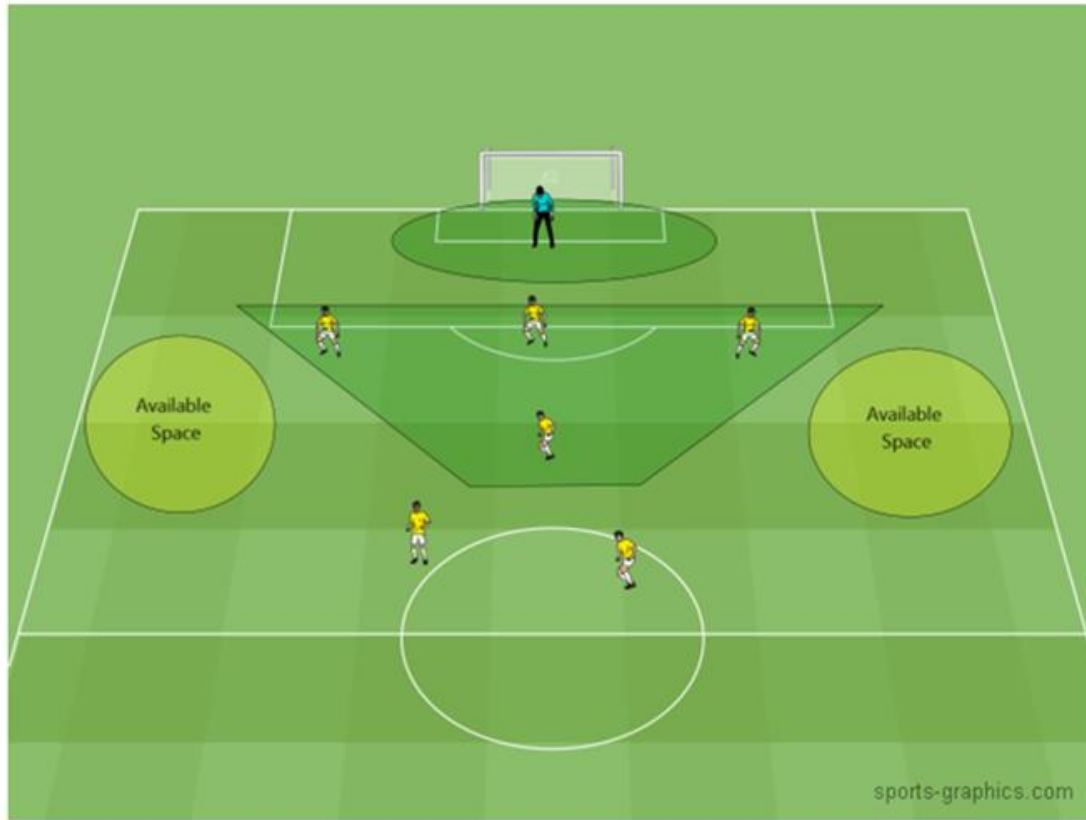


2 at the Back? K-3-1-2 Preferred System





K-3-1-2



Positional Play Presentation



Numbering System





CF/Striker #9



- Ability to score with all surfaces
- Ability to play the way you're facing
- Ability to hold the ball up (shield)
- Excellent movement off the ball
- Unflappable confidence
- Tough
- Good in the air
- Improvisational skills
- **Take-half chances**
- **Keep space open and be comfortable not being directly involved in the play**
- Ability to serve as the first line of defense
- Ability to press the ball
- Generally fast players



CF/Striker #9



Van Basten

Kelly Cross's Three Rules

- **Arrive on time.** Not too early, not too late! KC- *"if you have to slow down, you've gone too early"*.
- **The last portion of the run should be the fastest!** This will help ensure separation from the defender. How many times do the great strikers' score goals in the penalty box with a defender just a half step away? All the time!
- **See the ball, see the goal!** The best strikers are always taking up positions where they can score goals. They should be constantly asking themselves, Can I score from here? If not, they should be taking up a new position.



16 Videos





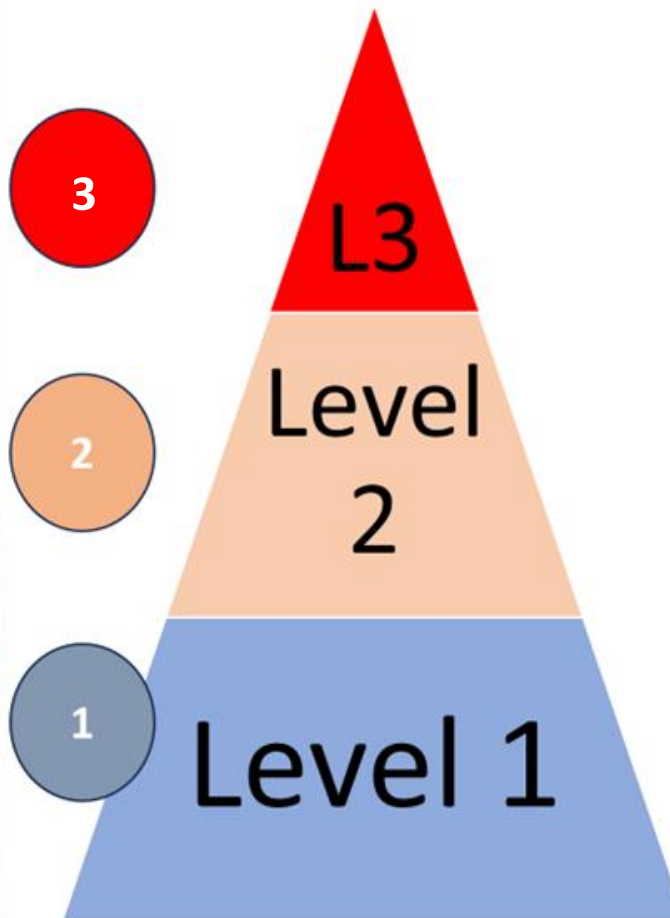
Blog Pieces

- How I Build a Practice Plan
- Why Do You Coach?
- Support
- Control What You Can Control
- Halftime
- Pass it!
- Teach Them to Read the Book
- Praise Effort or Praise Talent?
- Perspective What are We Trying to Accomplish Here?
- A Case For Repetition
- Enjoy the Journey
- Serious Fun
- Fail Better
- Can the Lessons of Blues Clues Make you a Better Coach?



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

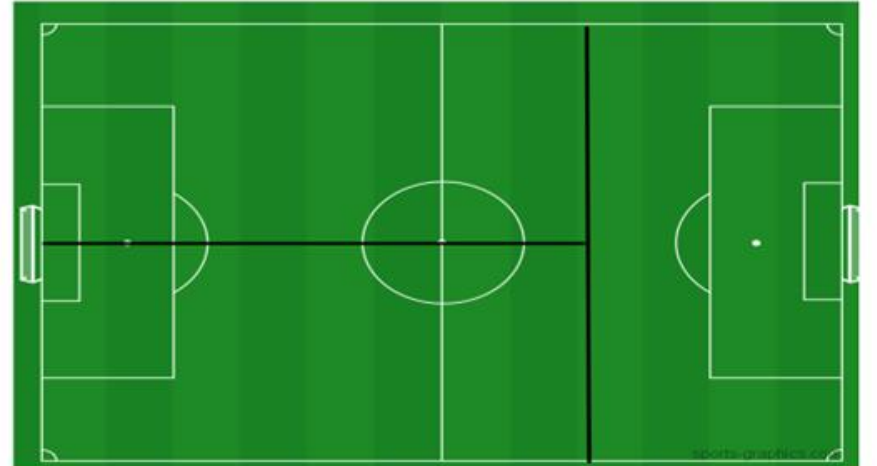
Rule to live by:
Don't embarrass your opponent!

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



E + R = O

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



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?**



Closing Thought

“There are two games in football: one is reflected on the scoreboard; the second is your way- your identity. The first one you can lose, but the second one never, ever. It’s the identity that counts.”

- Jurgen Klopp

Thank You



Developing lifelong soccer players among Lexington youth