

LUSC Coaches Meeting

Fall 2024 Season

K-2nd Diamond Program

August 28, 2024



Agenda – K-2nd Diamond Program

Time	Topic	Presenter
6:00 – 6:10	Welcome to the Fall 2024 Soccer Season!	Surya Singh, 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 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 – 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



Your Support Network – Division Directors

K-2 DIVISION DIRECTORS		
Boys Kindergarten	Tom Heimreid	tom.heimreid@gmail.com
Boys Grade 1	Hannah Mamuszka	hmamuszka@gmail.com
Boys Grade 2	OPEN	
Girls Kindergarten	Tom Heimreid	tom.heimreid@gmail.com
Girls Grade 1	Andra Bennett	andrucu@gmail.com
Girls Grade 2	Christine DeRosa	derosa08@gmail.com



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 when you are registering your child 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 Volunteer Modify Registration
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 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!



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- 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.
 - [U.S. Soccer Learning Center Link](#)
- MYSA has some great resources (next slide).
- **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 by clicking the link below:

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



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=tsVWe36Xa6PS3b5NzOug>

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



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](#) (USFF 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 (USFF 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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Equipment Update

General

- Access to the Diamond trailer is limited to LUSC staff.
- Players are expected to bring their #3 ball to each session
- All coaches expected to wear the LUSC Coach T-shirt

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

Diamond Trailer (please ask LUSC staff to get any needed items):

- Extra Coaches T-shirts (size S , M, L, XL, 2XL, 3XL)
- Medical kits and ice packs
- Ball pump for use
- Lost and Found
- Extra used balls (for players who need a ball), extra cones, extra new K balls
- Collapsible goals are for LUSC staff use only



LUSC Coaches Meeting

Fall 2024 Season

August 28, 2024



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



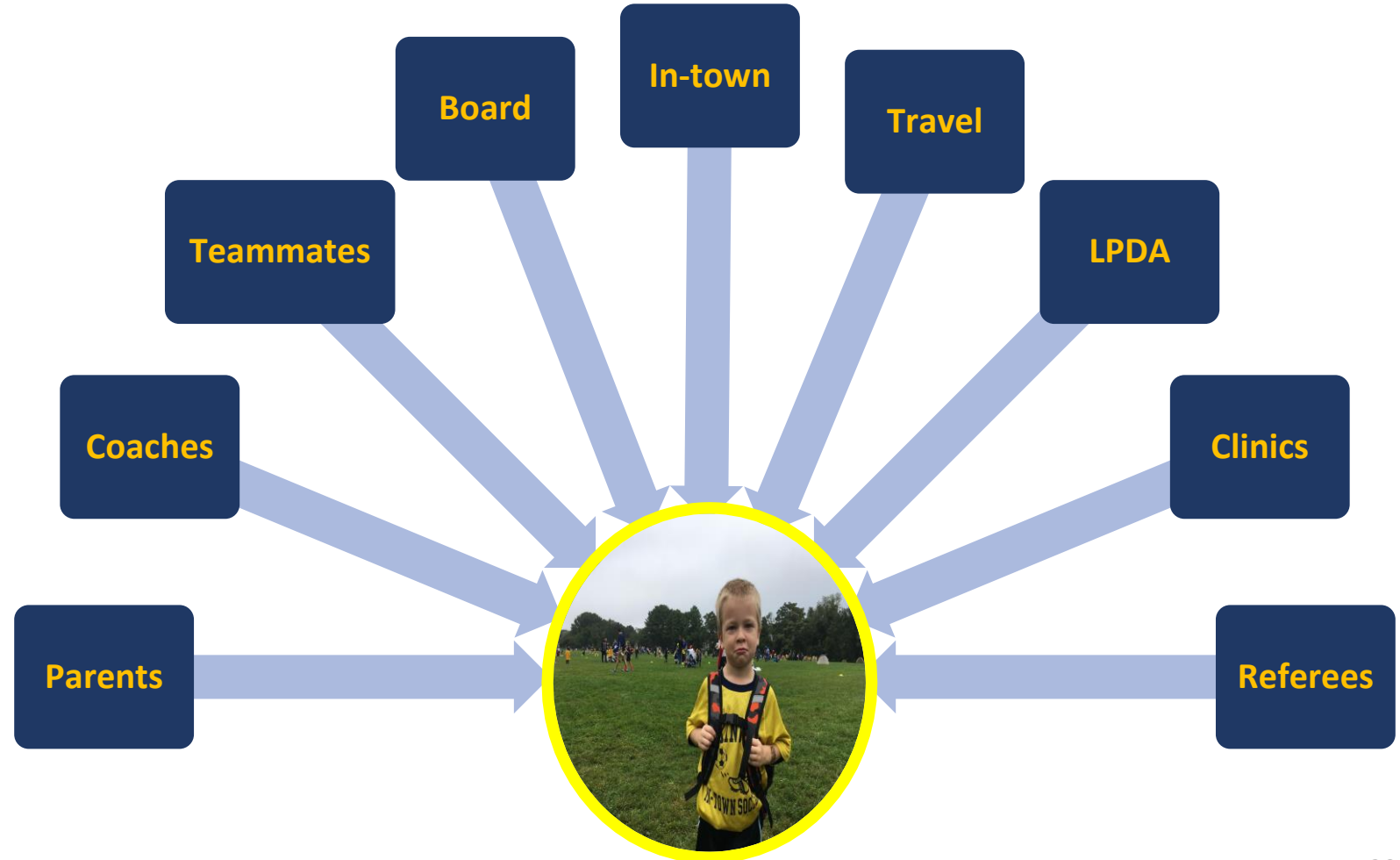
The opportunity to compete is far more important than the result of the competition.



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 of 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





Be Tosh Farrell not Will Ferrell





Fall 2024 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 9/2 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



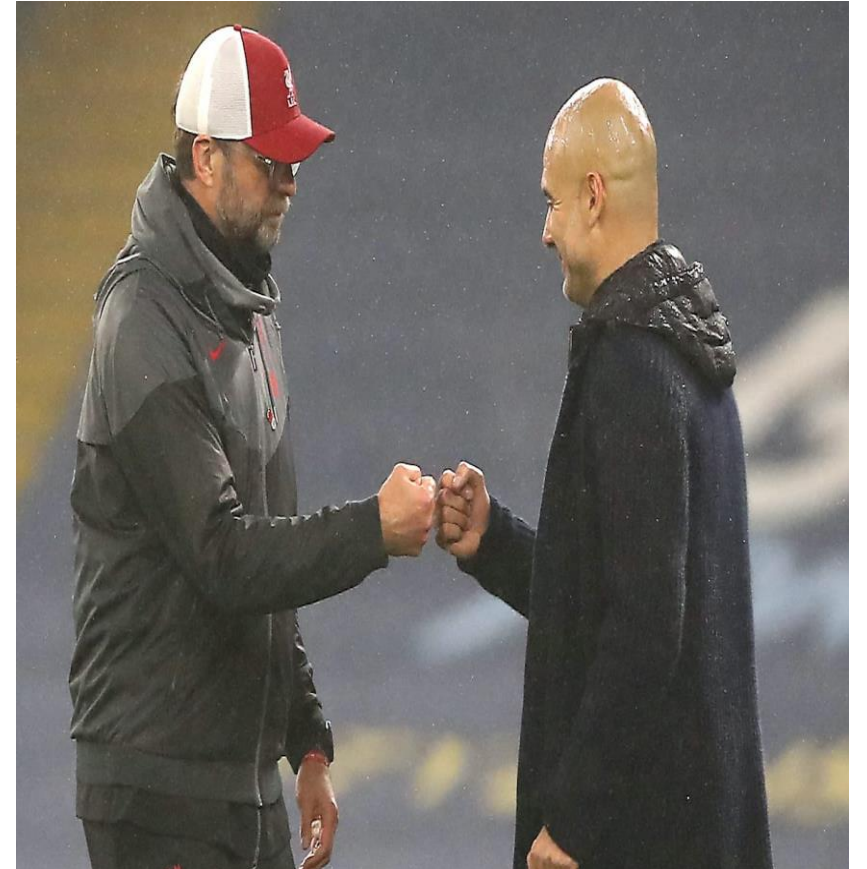
100 ft



Dual Field

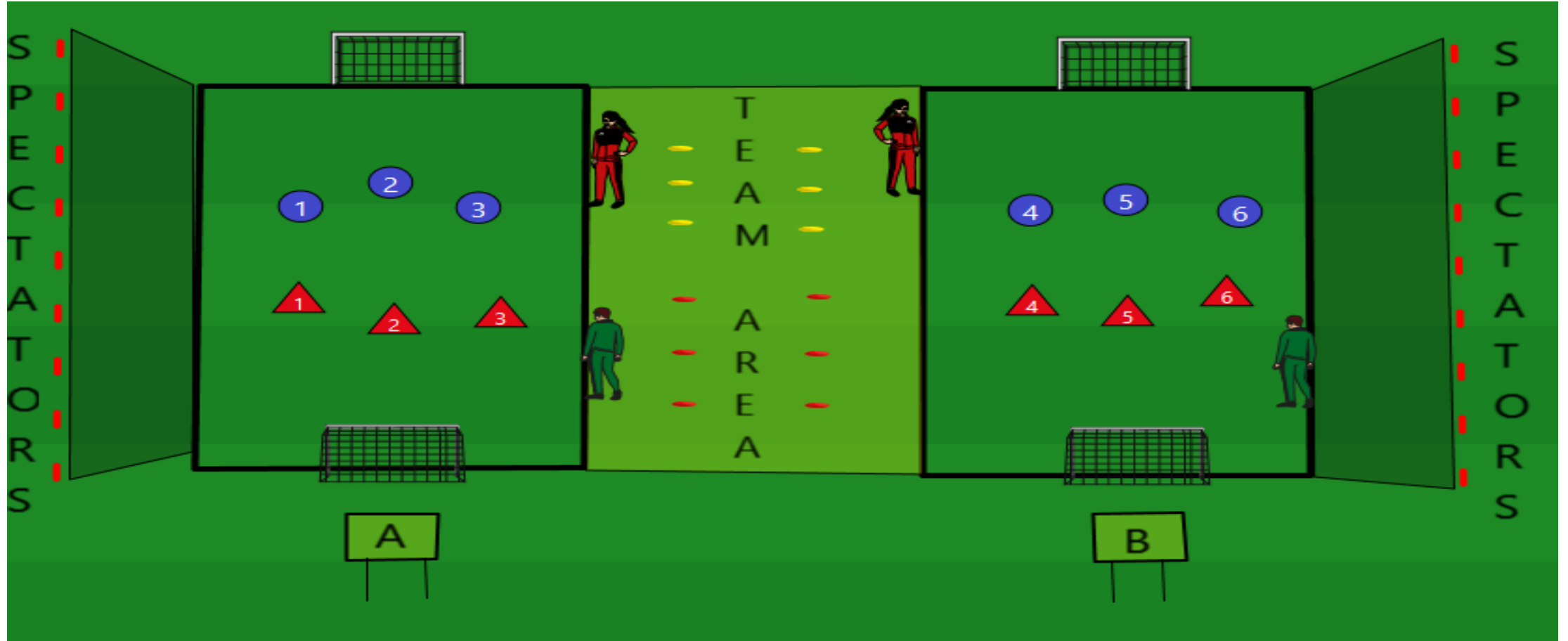
- If team A is scheduled to play team B, they will do so on both fields.
- **The area between the two fields is the designated coaching area** with the opposite side of the field being reserved for spectators.
- The coaching area allows the coach & players their own space and helps the players separate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



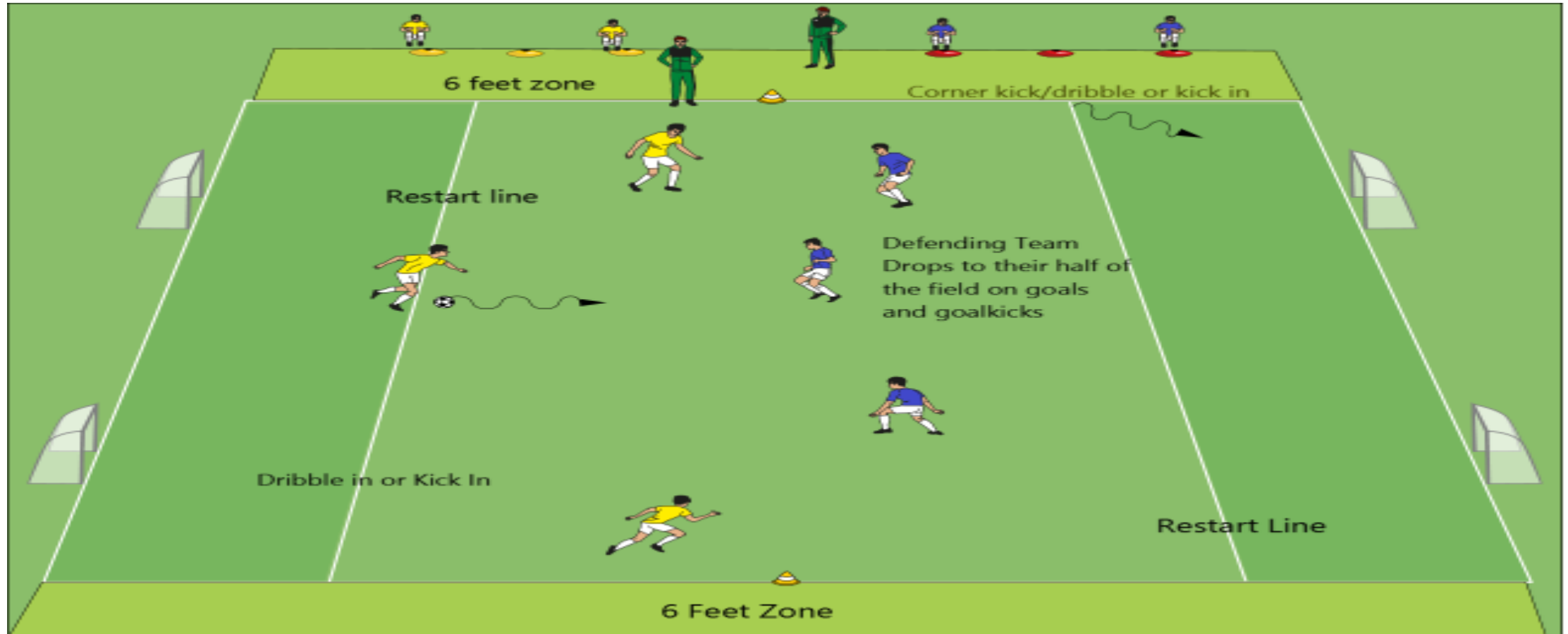


Kindergarten Rules

- **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!



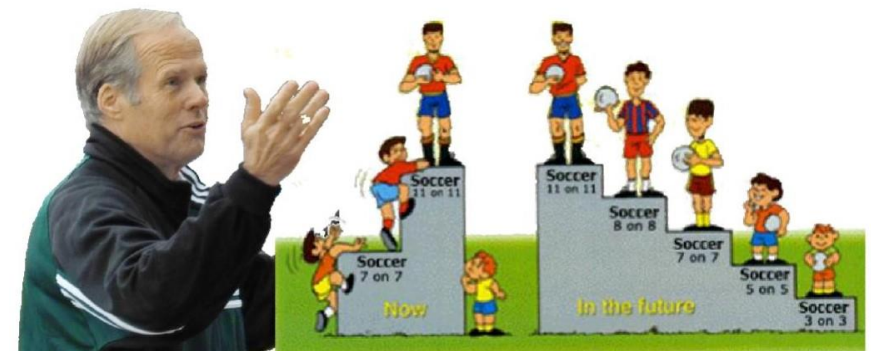
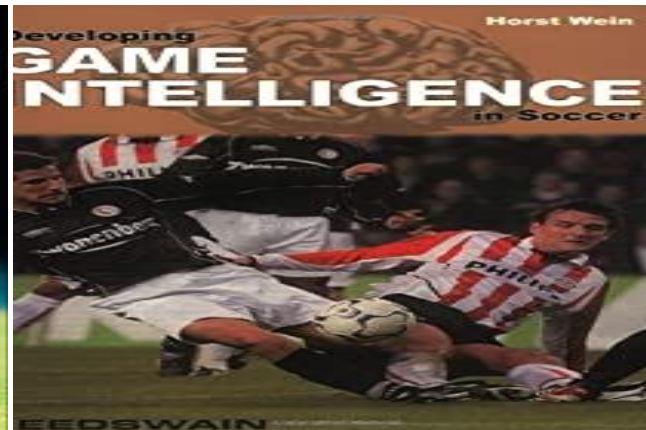
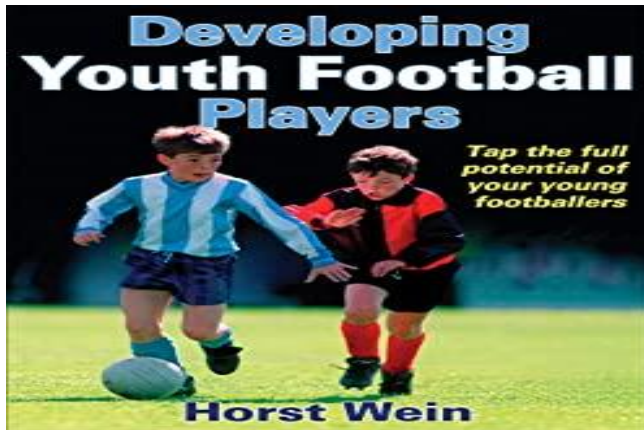
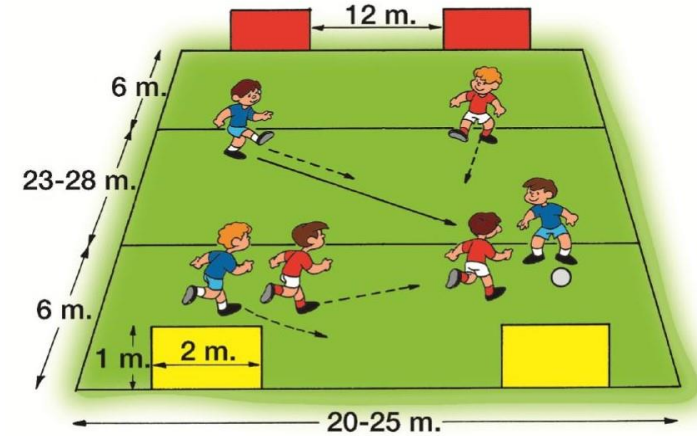
1st Grade Format





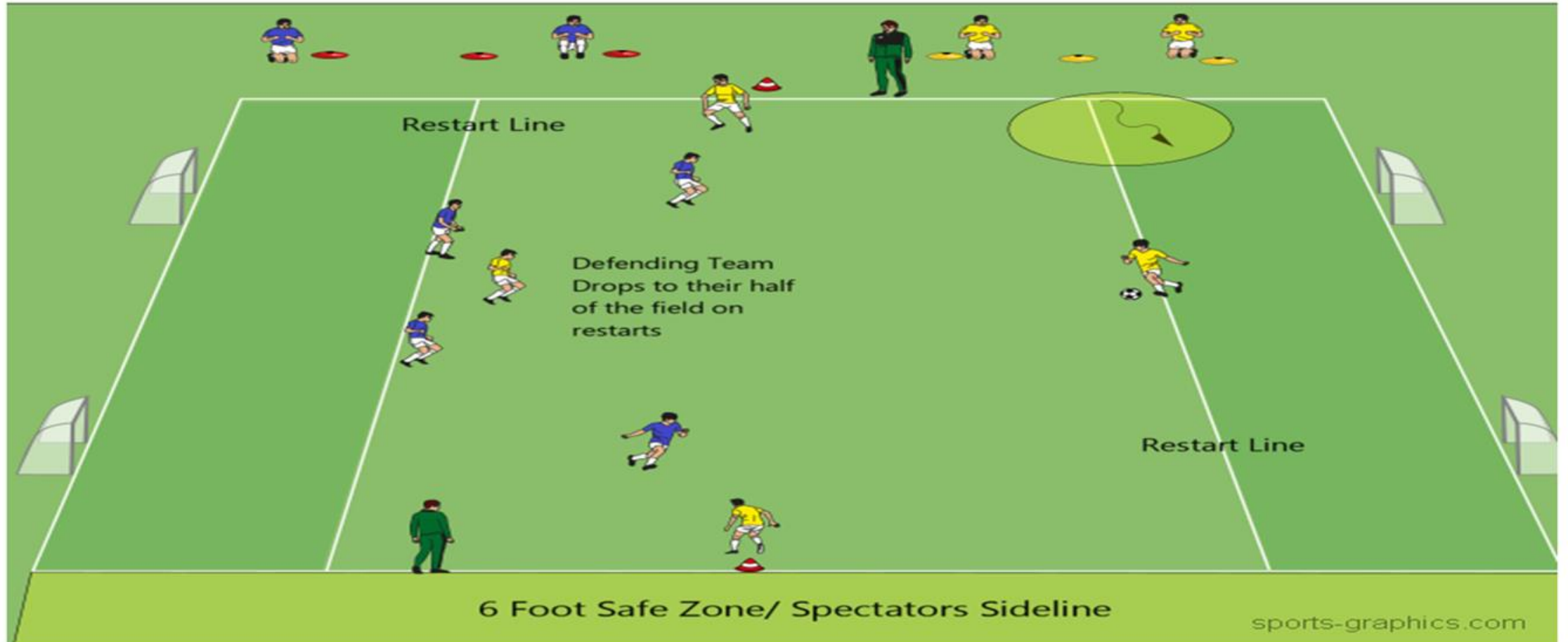
Why 3v3 to 4 Goals

- 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.



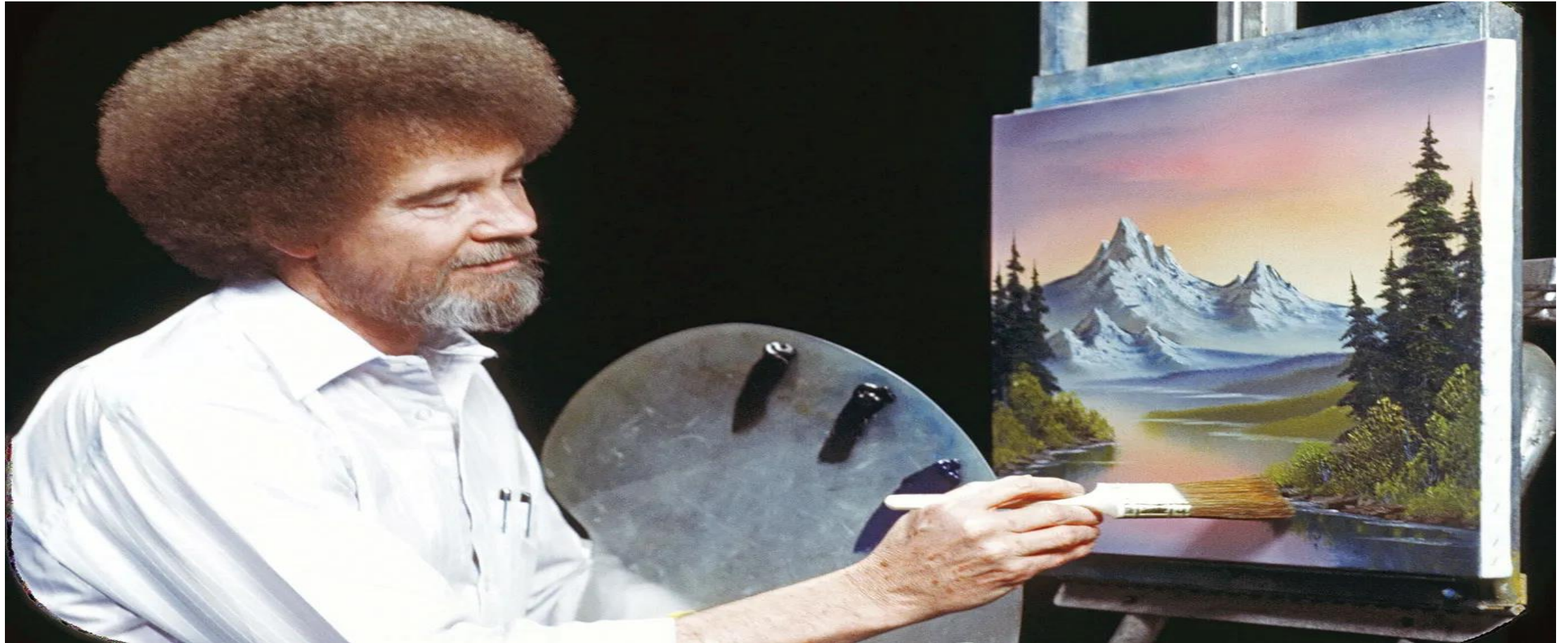


2nd Grade Format



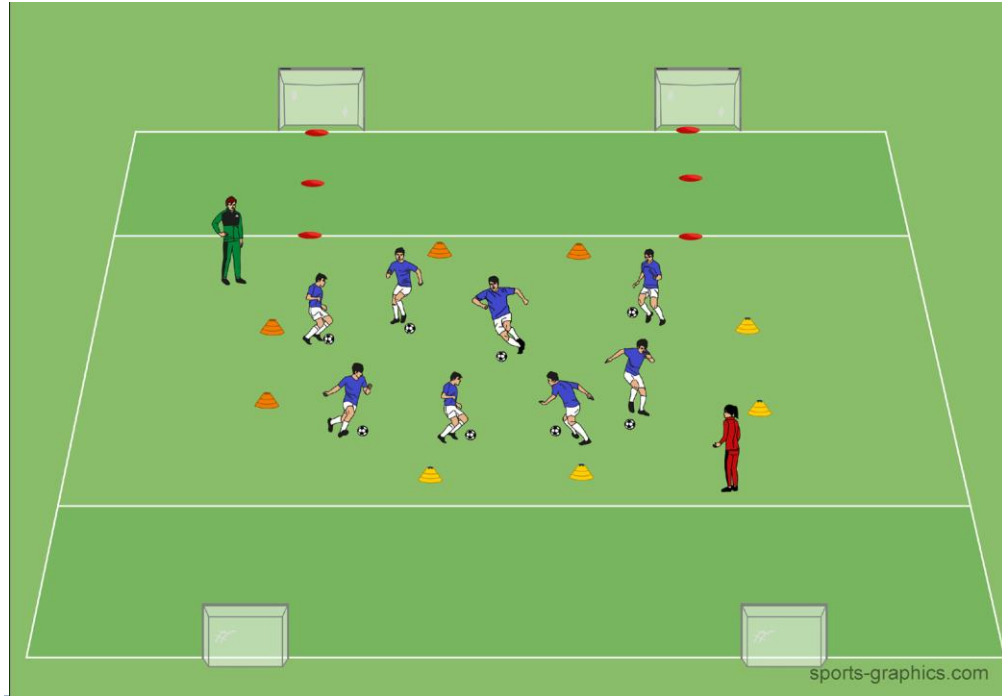


Demo- Paint the Picture





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:

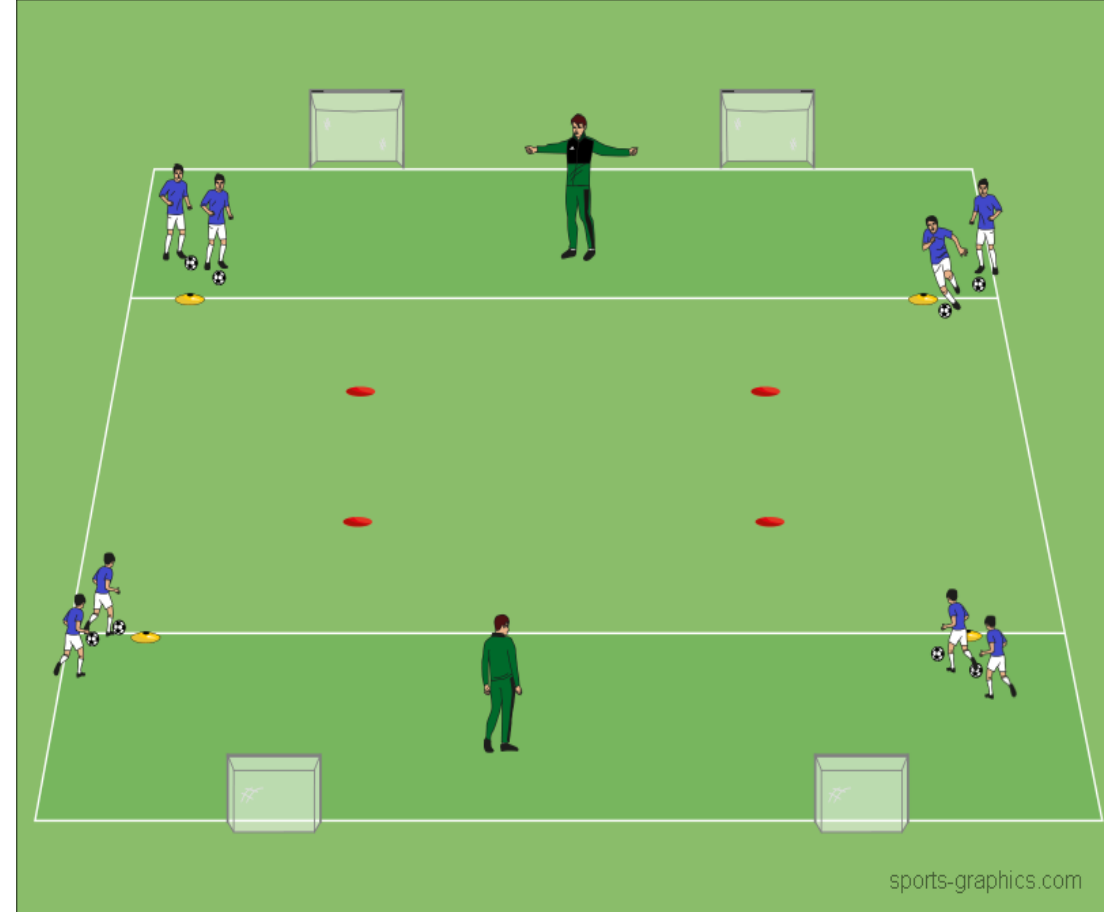
- **Turn-** players must change direction
- **Ball Taps-** players must perform toe taps on the ball
- **Foundation-** the players must pass the ball back and forth between their legs
- **Change-** step on your ball, move quickly to another ball and continue to dribble

*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



Meet them where they are at, not where we want them to be!



Q&A

Thank You



Developing lifelong soccer players among Lexington youth