

LUSC Coaches Meeting

Fall 2025 Season

K-2nd Diamond Program

August 27, 2025



Agenda – K-2nd Diamond Program

Time	Topic	Presenter
6:00 – 6:10	Welcome to the Fall 2025 Soccer Season!	Surya Singh, President
6:10 – 6:15	Registrar Update	Diane Pursley, 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 2025 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:

- Night at the Revs (NE Revolution) will be October 18th against the Chicago Fire
 - Free ticket for player if you purchase via the link which will be sent to all LUSC coaches and parents
- Also, please follow us on Instagram @LUSCSOCCER and Facebook @Lexington United Soccer Club for updates and highlights of season
 - If coaches have goals, great plays and or photos they would like to share on our social media accounts, please DM our instagram account !!!



@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	Ben Myers	benmyrs@gmail.com
VP Admin	Serena Hadsell	hadsell22@gmail.com
VP Logistics	Sean Kennedy	vp-logistics@lexingtonunited.org
VP Registration	Hannah Mamuszka	vp-registration@lexingtonunited.org
VP Technology	Chuck Alexander	seegeealex70@gmail.com
Treasurer	Ravi Panchmatia	treasurer@lexingtonunited.org
Clerk	Jen Cunliffe	jencunliffe@gmail.com
General Members	Kathryn Ready	kathrynwil26@hotmail.com
	Phil Porter	philip@porterbuild.com
	Aradhana Kuhn	aradhana.bhargava@gmail.com
	Dave Parsons	dave.parsons@gmail.com
	Sam Ang	samuelang789@gmail.com
	Mihran Yenikomshian	mihran@gmail.com



Your Support Network – Division Directors

K-2 GRADE DIVISION DIRECTORS

Boys Kindergarten	Tom Heimreid	theimreid@lexingtonunited.org
Boys Grade 1	Kelsey Collins	k.c.st.andre@gmail.com
Boys Grade 2	Hannah Mamuszka	hmamuszka@gmail.com
Girls Kindergarten	Tom Heimreid	theimreid@lexingtonunited.org
Girls Grade 1	Ning Yu	ningyu2000@gmail.com
Girls Grade 2	Andra Bennett	andrucu@gmail.com



Your Support Network – Staff / Volunteers

LUSC Staff and Volunteers	
Director of Coaching	Brendan Donahue
Asst Dir. of Coaching	Tom Heimreid
Registrar	Diane Pursley
Schedules: Games	Tara Mathur
Schedules: Practices	Liz Bettencourt
Fields Coordinator	Mona Potter
Equipment – Goals	Justin Whitehead
Equipment – Coaching	Allison Clark
Referee Coordinator	Christianne Mager
Head Referee Mentor	Bob Licht
Coach Mentor	Rick Tyson
BAYS Representative	John Andrews
TOPS Program	Paul Clough
Mentor Program	Phil Porter



Registrar Role Overview

- Point of contact for families with questions about programs, teams, uniforms, and refunds
- Manager of Team Snap registration and rostering
- Data manager for player evaluations and team formation
- BAYS point of contact for rosters, placement and waivers
- Massachusetts Youth Soccer Association (MYSA) point of contact
 - Coaching credentials
 - Affiliation reporting for LUSC general insurance
- Email Registrar@lexingtonunited.org if you have a question



MYSA Registration Information

All Coaches need a MYSA Credential and must wear to all games

- **MA Safe Soccer** is a comprehensive Adult Registration process and training required for all adults working with children, required even if you completed a CORI for another organization.
- [Sports Connect](#) is the system Mass Youth Soccer (MYSA) uses to facilitate the credential process
- Start by [registering with MYSA](#) (required every soccer year- opened July 1)
- Order a CORI through MYSA (NOT US Soccer) if you are a new coach
 - Once accepted through MYSA, Registrar must verify before credentials are final
- Then, use the [US Soccer Learning Link](#) to complete the Concussion & Safesport Training
 - Safesport required annually, Concussion good for two soccer years
- Finally, check on Sports Connect to make sure you are all set. (I am happy to confirm for you too)



MYSA/LUSC Resources

- [Adult Registration Process](#)
- [Adult Registration Video](#): 4 minute overview of the process
- [MYSA Registration Portal](#): Start here to register
- [US Soccer Safe Soccer Learning Link](#): Click here to start your training
- [US Soccer Help Guide](#)
- [Sports Connect Log-In](#): Check your credential status here
- [LUSC website page for basic coach credential information](#)
- [LUSC website page for new coach information \(regarding CORI verification\)](#)

Pro tip: Use the same legal name and email address for all accounts



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.



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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



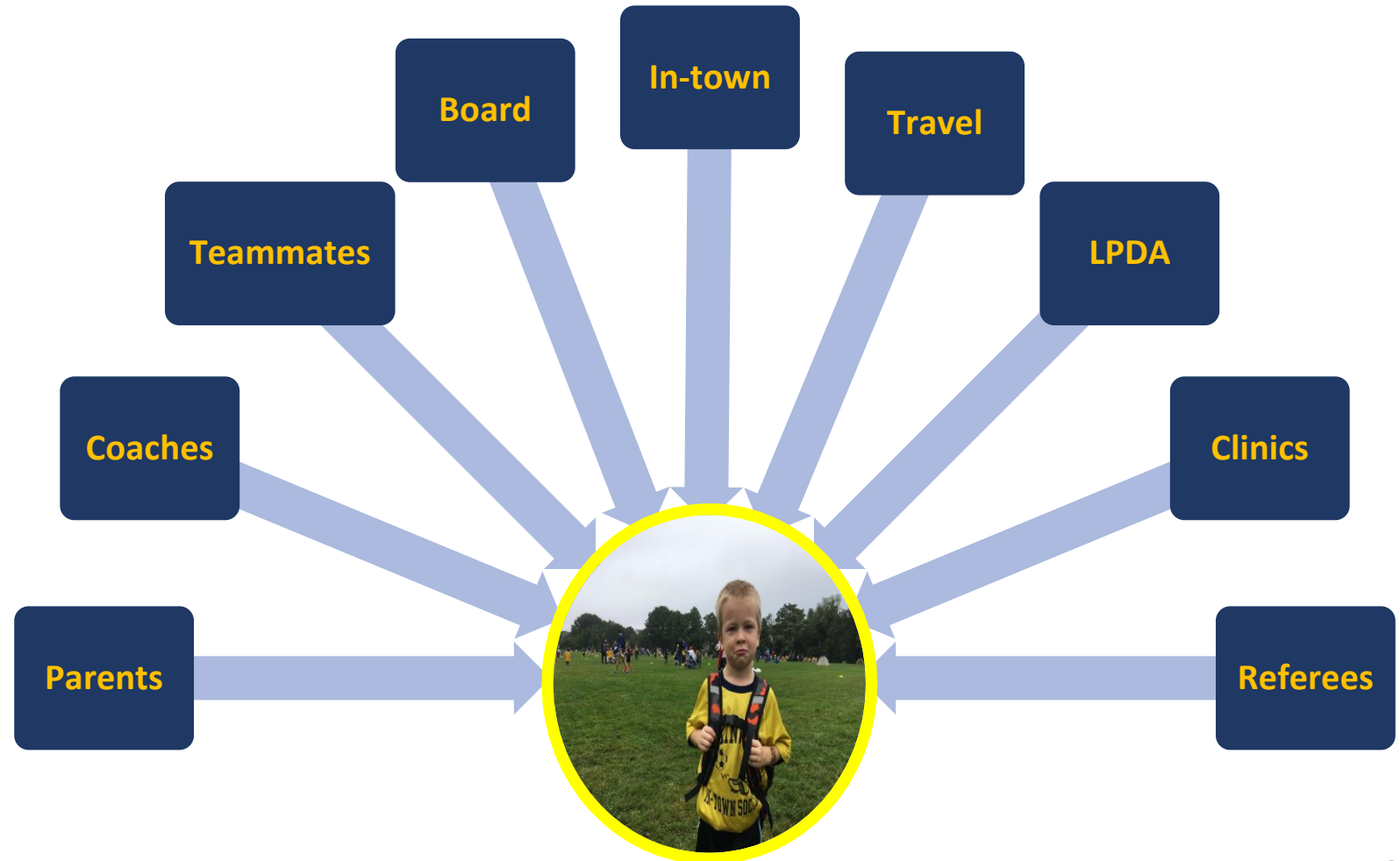
The opportunity to compete is far more important than the result of the competition.



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





Be Tosh Farrell not Will Ferrell





Fall 2025 Diamond Schedule

75 Minute Program

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



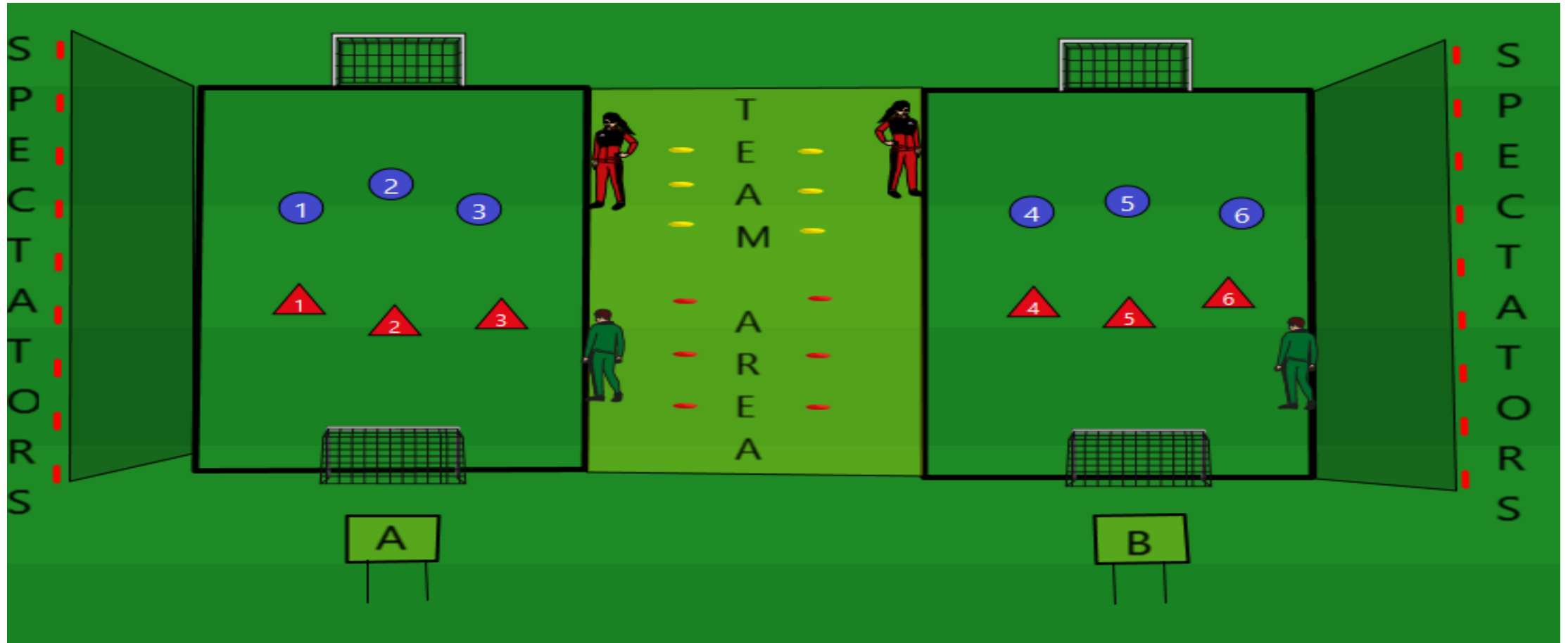
Dual Field

- 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.





Kindergarten 3v3 Dual Field



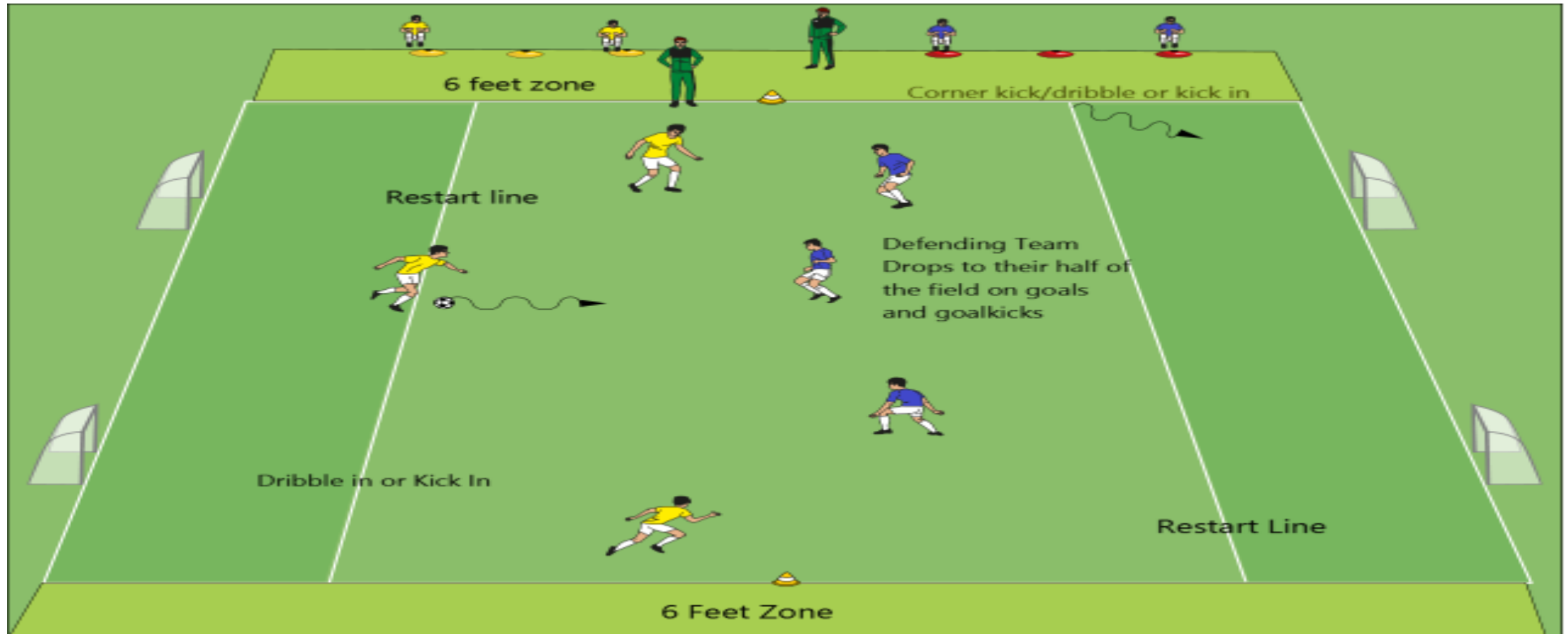


Kindergarten Rules

- **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!



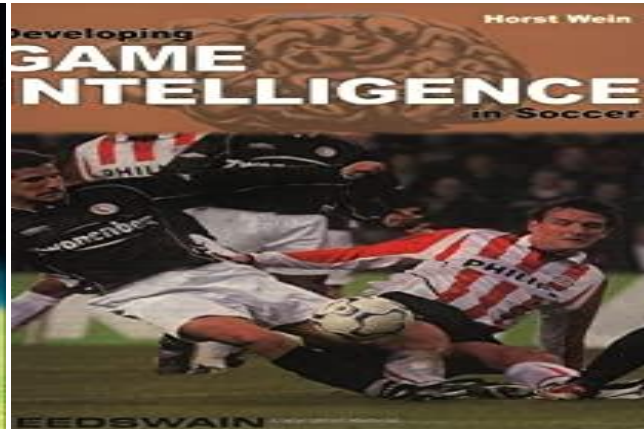
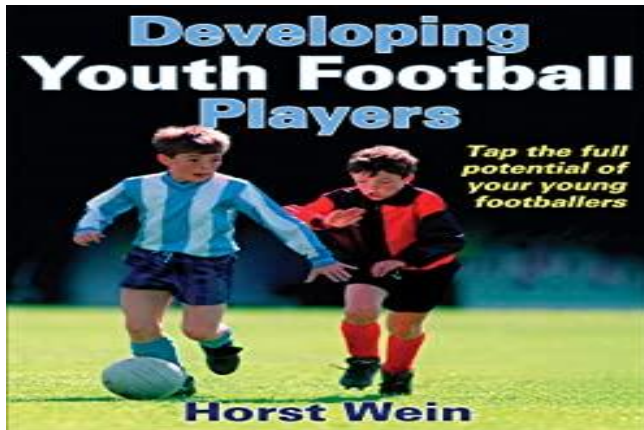
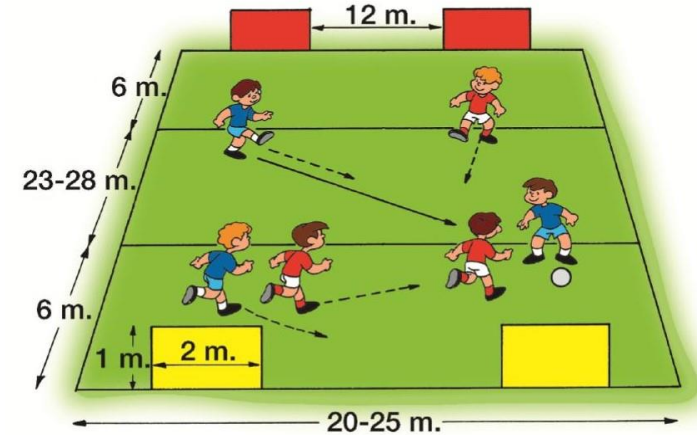
1st Grade Format





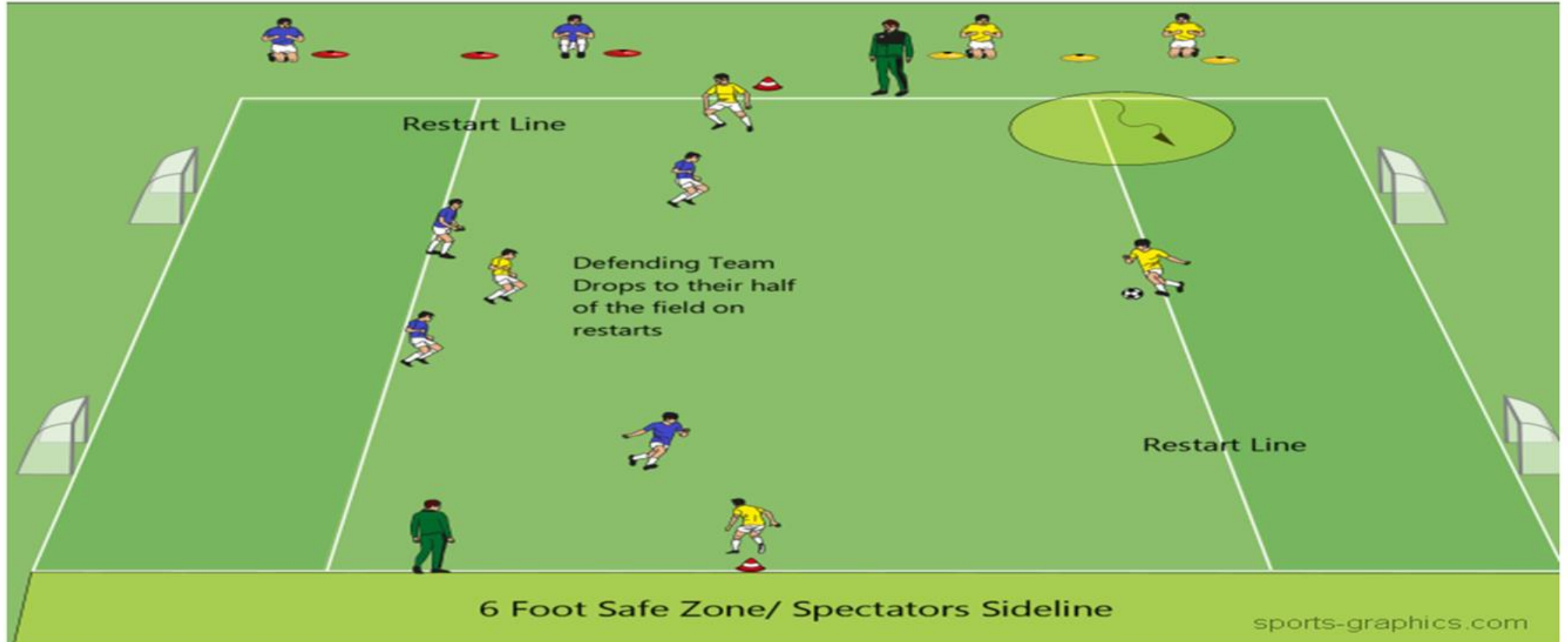
Why 3v3 to 4 Goals

- 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.



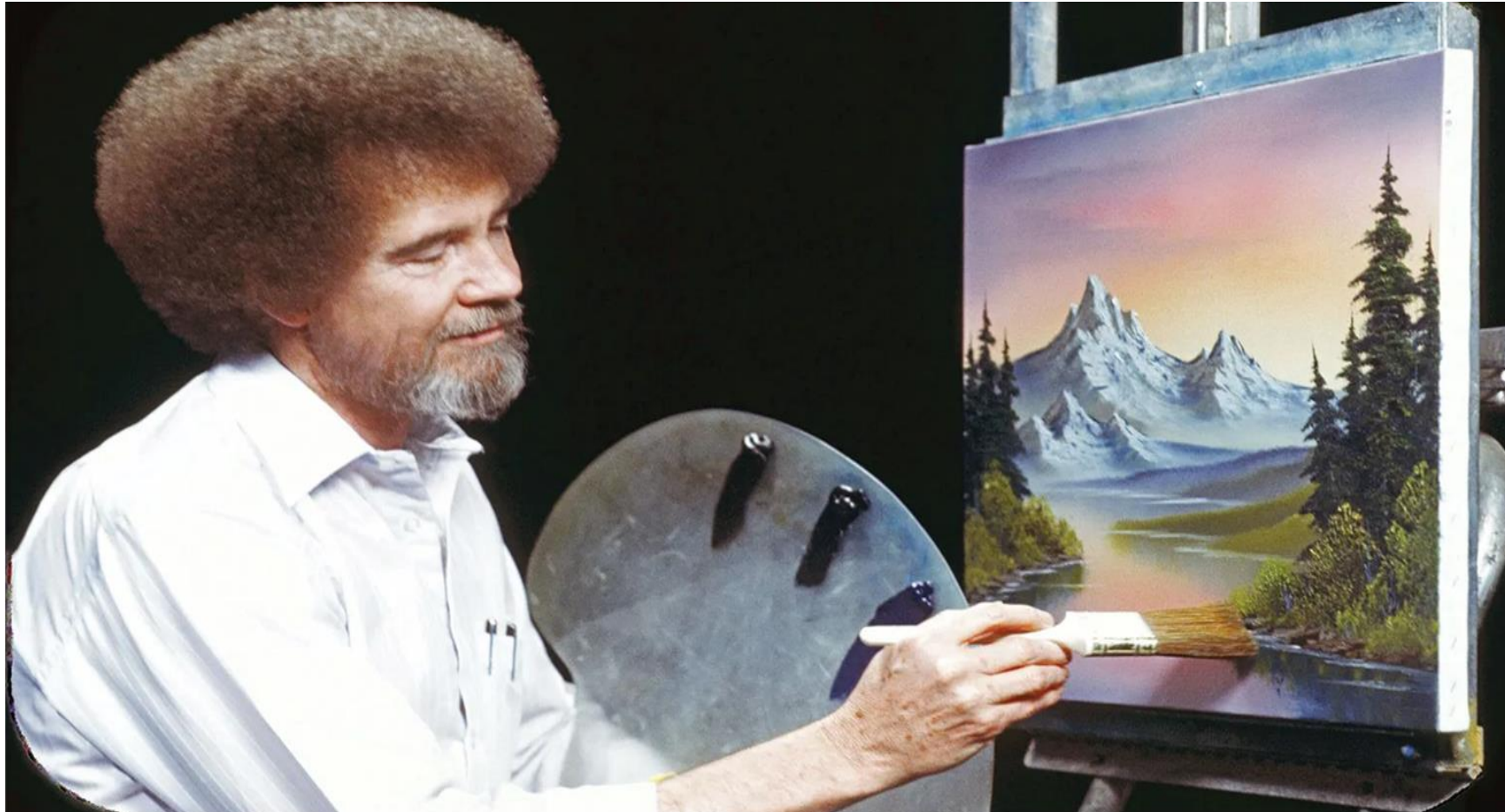


2nd Grade Format



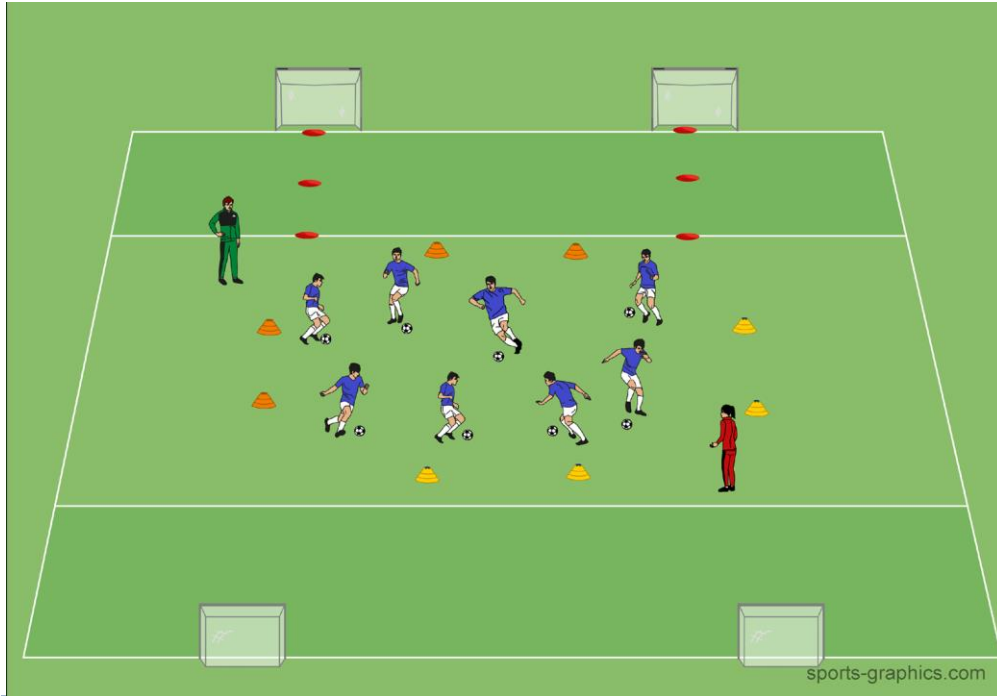


Demo- Paint the Picture





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:

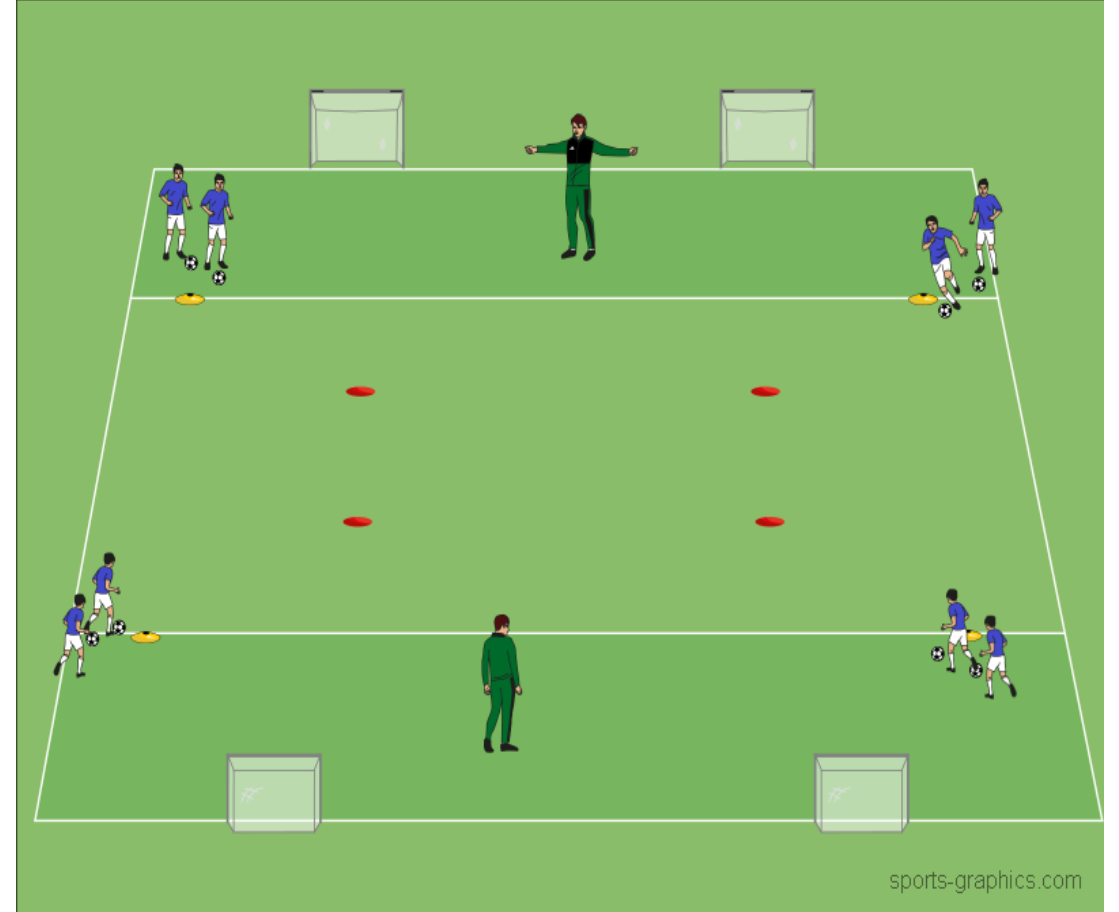
- **Turn-** players must change direction
- **Ball Taps-** players must perform toe taps on the ball
- **Foundation-** the players must pass the ball back and forth between their legs
- **Change-** step on your ball, move quickly to another ball and continue to dribble

*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





A Case For Repetition

“I fear not the man that has practiced 10,000 kicks once, but the man who has practiced one kick 10,000 times.”





Final Thought



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

Coach Like Steve- Pose Question
Guided Discovery



Q&A

Thank You



Developing lifelong soccer players among Lexington youth