Recreation Soccer Coach’s Guide

Thank you for being a volunteer coach!

You have the opportunity to make a lasting impact on the life of a young person. There are several useful resources available at our CSC Coaching webpage but this guide has been created to help you better understand what is involved and how to get started.

PRE-SEASON

1. **Inform the CSC Coaching Director** of your desire to coach and your preferred age group and the name of your child if you are coaching their team.
2. **Register as a coach** through the Got Soccer website and complete Background Check and online Concussion training. A CSC Director can provide the online link to register.
3. **Decide on your practice** day/s and time and sign up using the online google doc provided by CSC. Available days are Monday through Friday. Available timeslots are 5:30 – 6:30 or 6:30 to 7:30. You may change your practice day and time at a later date if necessary.
   - 5U – 8U teams: once/ week for 1 hr.
   - 9U- 12U teams: twice/week for 1 hr.
   - 13U & older teams: twice/week for 1 hr.
4. **Attend the Recreation Soccer Coaches Meeting** to get information and updates on rules and policies, receive coaching equipment (balls, cones, practice vests) and guidance on any other coach related matters.
5. **Contact the players.** Team information will be available through the Got Soccer system provided by CSC. Contact players on the roster by email immediately after the Coaches Meeting to introduce yourself and inform them of practice days & times. Ask parents to reply that they have received the email and PLEASE FOLLOW UP WITH THOSE WHO DO NOT RESPOND. Check roster regularly for player additions or roster changes.
6. **Attend any coach training** and review resources provided by CSC.
PRACTICE

- At the first practice plan a few extra minutes to share your goals, expectations and what to bring to practice.
- Identify an Assistant Coach to help coach and a Team Mom who can assist you in communicating with the team throughout the season.
- Instruct players to wear appropriate athletic shirt & shorts, shin guards, cleats/sneakers and always bring water to drink. If possible every player should bring a ball.
- All practices & clinics take place at the Ward 3 Power Center Sports Complex, in Lake Charles. However the Ward 3 Enos Derbonne Complex, Lake Street in Lake Charles will also be available and have additional lighted fields.
- CSC can provide resources on how to conduct an effective practice session. Please review our coaching webpage http://cscsoccerclub.org/coaches-corner/ or ask any of our Directors for any guidance. We would be delighted to help.
- Free Goalkeeper clinics for player 9U and older will be offered throughout the season. Look out for information and encourage your players to attend.

GAMES:

- All games take place at the Power Center Sports Complex, 3200 Power Center Parkway, LC.
- Each team will play 7-8 games with most games on Saturday. There may be 1-2 games in the week.
- The schedule will be available online two weeks before season kickoff. You will also be able to login to your team account then click View in the Schedule column.
- Provide each player with a game schedule.
- Ask the team mom to send game time, field number & uniform reminders to the team each week.
- **Home Team wears Yellow** & **Away Team wears Black**. Black shorts and socks should be worn with each uniform. Teams 9U and older should also wear Yellow socks.
- Ask players to arrive 30 minutes before game time.
- Try to ensure each player gets equal playing time.

GAME FORMATS:

5U-6U play 4v4
7U-8U play 4v4
9U-10U play 7v7
11U-12U play 9v9
13U-16U play 11v11

**Game Day Rules** are available at our coaching webpage http://cscsoccerclub.org/coaches-corner/
CANCELING OR RESCHEDULING ACTIVITIES

- **RAINOUT POLICY:** If fields are closed due to in-climate weather CSC will inform everyone in the program by email. If you have to cancel practice for any other reason please inform your team asap.
- **GAME CANCELATION BY COACH:** Every effort should be made to play games as scheduled by CSC. Coaches should contact each other if they have to cancel a game. Reschedule requests should be sent to the CSC Executive Director for approval based on referee and field availability.

CONDUCT

- Cooperate and be respectful of other coaches. Help one another for the good of ALL players.
- Avoid running up the score if your team if obviously stronger than your opponents
- Respect the referees. Many are young and inexperienced and we must do our best to help them rather than scare them away.
- Be the example for kids and parents. Ask parents to positively encourage and respect ALL players.
- Eliminate screaming and hollering. Be positive and provide simple instruction. Allow players to discover the game and learn from mistakes.
- Praise effort over results and do not overlook the younger or less advanced children. Every child has the opportunity to contribute in some way.
- Coach the child not just the sport and impact their whole life!

SAFETY

Be an optimist in every aspect of your coaching EXCEPT with safety. Don’t take chances with a child’s well-being and be vigilant at all times. Please review the CSC Risk Management webpage and the Safesport.com website. Here’s a few important points:

- Do not practice near any soccer goal that is unanchored or broken
- Do not allow anyone to swing or climb on a soccer goal.
- Seek shelter if lightening is seen or detected within 10 miles
- Heading is NOT allowed in age groups 12U and younger
- Shin guards must be worn for all soccer activities
- Do not leave any child unattended at the soccer field.
- Use a buddy system if any child wishes to attend the bathroom.

GOT SOCCER SUPPORT PAGES

- *How to complete or update a background check*
  https://gotsoccer.zendesk.com/hc/en-us/articles/115002073588-How-to-Submit-a-Background-Check
- *How to complete the CDC Heads Concussion course*
- *How to Login in to your team account to view your roster*
- *How to email your team*

**KEEP IT SAFE!!  KEEP IT POSITIVE!!  KEEP IT FUN!!**