



## Recreation Soccer Coach's Guide

Thank you for considering to be a volunteer coach! This guide has been created to help you better understand what is involved and how to get started.

### PRE-SEASON

1. Register as a coach through the Gotsoccer website and complete Background Check
2. 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.
3. Attend Coaches Meeting where you will:
  - Sign up for practice times (Monday thru Friday: 5:30-6:30 or 6:30-7:30)
  - Receive team roster
  - Receive coaching equipment (balls, cones and practice vests)
  - Receive info on rules and policy for the upcoming season
4. Contact players on the roster by phone immediately after the Coaches Meeting to introduce yourself and inform them of practice days & times.
5. Attend first practice and plan a few extra minutes to share your goals, expectations and what to bring to practice. Identify a 'Team Mom/manager' who can assist you in communicating with the team throughout the season.

### PRACTICE: *KEEP IT FUN!!*

- U6-U8 teams: once/ week for 1 hr.
- U10-U12 teams: twice/week for 1 hr.
- U13 & up teams: twice/week for 1 hr.
- Encourage your team to attend the free Monday Night Clinics which offer instruction on foundational skills.
- 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 Power Center Sports Complex, in Lake Charles.

### GAMES: *KEEP IT POSITIVE!!*

- Each team will play 7-8 games with most games on Saturday. There may be 1-2 games in the week.
- 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.
- Ask players to arrive 30 minutes before game time.
- Try to ensure each player gets equal playing time.
- All games take place at the Power Center Sports Complex, 3200 Power Center Parkway, LC.

### RESCHEDULING GAMES

- RAINOUT POLICY: CSC will inform everyone by email. Coaches/Team mom should also confirm cancelation with the team. CSC will reschedule rainout dates.
- GAME CANCELLATION BY COACH: Coaches contact each other if they have to cancel a game. Advise CSC who will provide options for reschedule date.

***THANK YOU! ENJOY THE SEASON!***