



Recreation Soccer Coach's Guide

Thank you for your interest in 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 Sport 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 Sport 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. GroupMe is a recommended app to use for keeping in touch with everyone.
- 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.
- 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 want to help.
- Look out for CSC Goalkeeper clinics for player 9U and older which may be offered throughout the season.



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 & RULES OF THE GAME

Game format and rules can be found on the CSC Coaching webpage. **Due to a shallow referee pool we may only have game officials at the 11U-12U and older divisions.** Below is how we will plan to play but please review the rules for your team's age group for more details:

- 5U, 6U, 7U, 8U Divisions: Play 4 v 4
- 9U-10U Division: Play 7 v 7
- 11U-12U Division: Play 9 v 9
- 13U-14U Division: Play 9 v 9 or 8 v 8.
- High School Division: will play a variety of formats depending on the number of sign-ups. 11 v 11, 6 v 6 and consider playing in a tournament.

GAME DAY RULES: <http://cscsoccerclub.org/wp-content/uploads/2013/02/RECREATION-GAME-DAY-RULES-U6-U16-2.pdf>

RESCHEDULES & RAINOUTS

Rainouts – CSC will inform you via EMAIL or the REMIND app if the fields are closed. Please look out for invite to the Remind app. **If the fields are NOT closed but it's raining the coach can make the decision.**

Reschedules - Every effort should be made to play games as scheduled by CSC. Reschedule requests should be sent to the Executive Director paul@cscsoccerclub.org Reschedules are subject to referee and field availability. A game will only be considered for reschedule under the follow circumstances:

- **If the team requesting the reschedule would not have the minimum number of players available to field a team due to a conflict.** *Acceptable conflicts are community, school or church related functions.*
- **The opposing coach has been contacted and agrees to the reschedule.**

Teams are encouraged to work with one another to find a mutually agreeable reschedule date. If a date cannot be agreed upon CSC will consider the game forfeited by the team requesting the reschedule. Only one reschedule request per team will be considered per season.

In the 5U-8U age groups. There is no need to contact the Executive Director for game reschedule. Coaches are free to work out a mutually agreeable date and time with each other that does not conflict with other games or practices scheduled on the mini fields.

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 is 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.



More info and resources can be found at <http://cscsoccerclub.org/coaches-corner/>