

Cortland County Youth Soccer Association
Coaches Meeting
Summer 2016, Outdoor Recreational League



Saturday, June 25, 2016, 9:00am
Testa Park (Starr Rd.) Fields, Cortland

Meeting Agenda:

Part I: Introductions 9:00 - 9:05

1. CCYSA Overview
2. Introductions & Contact Information

Part II: League Information 9:05 - 9:20

1. League Overview
2. Equipment
3. Incident & Risk Management
4. Referees
5. Player Development & Field Info
6. Rules of Play Summary

Part III: Coaching Information 9:20 - 9:35

1. General Role of the Coach
2. Specific Responsibilities
3. Reinforce Priorities
4. Player Development
5. Practices
6. Get to Know your Players
7. Age-appropriate Activities for Skill Development
 - a. All players
 - b. Midget (5 & 6 year olds)
 - c. PeeWee (7 & 8 year olds)
 - d. Intermediate (9 & 10 year olds)
 - e. Senior (11 & 12 year olds)

Part IV: Conclusion 9:35 - 9:45

1. Summary
2. Questions & Answers

Part V: Distribute Equipment before or after meeting



Part I: Introductions

Introductions

1. Cortland County Youth Soccer Association (CCYSA)
 - a. Non-profit organization that began 35 years ago (1981) as Greater Homer Youth Soccer Association (GHYSA)
 - b. Committed to offering opportunities for all local youth to participate in a variety of levels of soccer playing and training
 - c. Visit web site www.CCYSAsoccer.org for recreational and competitive opportunities throughout the year
 - d. Affiliations
 - i. New York State West Soccer Association (NYSWSA)
 - ii. American Youth Soccer Association (AYSO)
 - e. All volunteer organization – your help is critical!
 - i. Monthly board meetings – first Tuesday of the month, 7:00pm, at the J.M. McDonald Sports Complex

2. CCYSA Administration & Coach Introductions

Cortland County Youth Soccer Association (CCYSA)			
2015-2016 Officers & Managers			
President / Summer Rec. Director	Dave Bordwell	745-0572	SummerPrograms@CCYSAsoccer.org
Summer Registration & Scheduling	Peter Rogati	749-2309	
Indoor Recreational Program Director	Machell Phelps	756-1864	IndoorPrograms@CCYSAsoccer.org
Registrar	Heidi Effinger	342-8072	Registrar@CCYSAsoccer.org
Treasurer	Chris Hotchkiss	753-9842	chotch1@verizon.net
Secretary/Summer Team Coordinator	Melissa Norman	423-0497	thenormanfamily08@gmail.com
Travel Team Coordinator	Trever Norman	423-0497	thenormanfamily08@gmail.com
Youth Instructional Programs	Nick Kline		NKline@cortlandschools.org
Summer Referee Coordinator	Antonio Triana		Referee@ccyasoccer.org
Equipment Manager	Steve Waligurski	749-2910	swaligur@twcny.rr.com
Field Maintenance	(position vacant)		
Communications Director / Vice Pres.	Rich Wagner	591-6542	Info@CCYSAsoccer.org
Scholastic Director	Carmine Sonnacchio	842-6457	carmine5443@gmail.com
Town Organizers:			
Cincinnatus	(position vacant)		
Cortland	(position vacant)		
DeRuyter	(position vacant)		
Homer	(position vacant)		
Marathon	Jordan Kashuba	423-9054	jordankashuba@hotmail.com
McGraw	Cory Smith	836-4538	smithboys@verizon.net
Shirt & Apparell Manager	(position vacant)		
Team Pictures	(position vacant)		
Fundraising	(position vacant)		



Part II: League Information

League Overview

1. Players: 600+ players, 5 to 12 years old
2. 54 Teams: Midget (12), PeeWee (14), Intermediate (12), Senior (6)
3. Practices:
 - a. Can begin June 25. You are encouraged to hold at least 4 practices before the first game (focus on dribbling, passing, shooting, etc.) and continue practicing after games begin. Typically practice or play at least twice per week.
 - b. Fields - Practices should only be held at the fields listed below (insurance reasons)
 - c. Recommended practice times
 - i. Midget - 45minutes, PeeWee & Intermediate - 1 hour, Senior - 1 hour 15 minute, Scholastic - 1 hour 30 minutes
4. Games:
 - a. 8-Game Season beginning Saturday, July 23, 2016
5. Weather Policy
 - a. At the sound of thunder or sight of lightning ALL games at that time are either delayed or ended. The safety rule is a mandatory 30min wait until after the last clap of thunder is heard before resuming play. If there is another game after yours, then your game should be ended so that the following game is not delayed in their start.
 - b. If there is a torrential downpour that requires a stop in play, you may resume play, but not at the expense of delaying the next scheduled game. The games are running time, not stoppage play.
 - c. While there is no official policy related to heat, please make sure you rest all players adequately and they are sufficiently hydrated. If you don't have enough subs, then play a smaller sided game and have both coaches agree to shorter quarters, if necessary.
 - d. It will be the decision of the Summer Director and the Board if the situation warrants a canceled game to be re-scheduled, not individual coaches. We have limited field availability and we must consult with our Director of Fields & Equipment, Referees, and partnering townships so we are not in conflict with other pre-scheduled events. Please notify your Town or Age Group Coordinator when a game has been canceled and work with them to reschedule.

Equipment

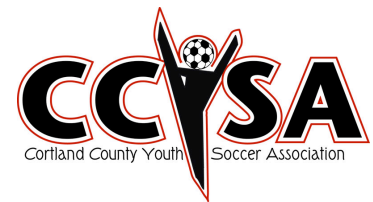
1. Soccer ball - Encourage players to bring their own ball to each practice and game for warmup
 - a. Ball Size 3 (Midgets), Size 4 (PeeWee, Intermed. & Seniors), Size 5 (Scholastic)
2. Goals, balls, cones & pinnies -provided by CCYSA for your use during the season
 - a. Equipment must be returned at the end of the season to help keep costs down
 - b. Midget players are provided a size 3 ball they can keep, but remind them to put their name on it and bring it to every practice and game.
3. Shin guards - required, must be covered with high socks
4. Cleats or sneakers - only molded cleats are allowed (no metal or screw-in style cleats)
5. Water bottle - fresh water, labeled with player's name

Incident & Risk Management

1. Reporting - Immediately notify (by phone) the CCYSA Summer Director (Dave Bordwell) of any incidents as soon as possible and follow-up with an email / form documenting the incident
2. Risk Management - only those with a valid risk management pass are allowed to coach, assist at practices, or work with players

Referees

1. Referees are scheduled for all game days
2. If a referee is not present, please ask a parent to substitute and notify the CCYSA Summer Referee Coordinator Antonio Triana.



Player Development and Field Info (Outdoor)

In order to develop skills and encourage players to have numerous 'touches' on the ball, the field and goal sizes reflect the age and capabilities of the players as shown below.

CCYSA Recreational League	Ages	Ball Size	Field Size (yards) Width x Length	Goal Size (feet) Height x Width	Players on the field (per team) including goalie	Game Length (minutes)	Ideal Team Size
Midget	5 & 6	3	20 x 30	4 x 6	4 v 4	Four 9-min. quarters	7 to 9
PeeWee	7 & 8	4	30 x 45	6 x 12	7 v 7	Four 10-min. quarters	11 to 14
Intermediate	9 & 10	4	40 x 60	6 x 18	8 v 8	Four 12-min. quarters	12 to 15
Senior	11 & 12	4	50 x 80	7 x 21	8 v 8	Two 35-minute halves	12 to 15

1. Have your players arrive a minimum of 15 minutes prior to each game. Referees will be instructed to begin games on time to avoid disrupting subsequent games.
2. Please use the first 10 minutes to stretch and warm-up the kids. This is a great time to teach / reinforce a skill each week, such as dribbling, passing, trapping, etc.
3. Encourage frequent breaks for water and rest
4. Parents should sit on the opposite side as the teams to minimize distractions during the game

Field Locations

One benefit of being a part of CCYSA is that players from your town can play together and play with or against other towns in Cortland County, New York. Below is a list of fields and locations where CCYSA games will be played.

Town	Game Field	Leagues	Location	Map
Cortland / Homer	McEvoy Center (BOCES) Fields	Midget, PeeWee	Address: 1710 NYS Route 13, Cortland, NY <u>Directions:</u> From Route I-81, take exit 11. Head north on Route 13 for 0.3 miles. Entrance on the right.	Map
	Testa Park / Starr Road Fields	Intermediate, Senior Scholastic	Address: 1390 Starr Road Ext., Cortland, NY <u>Directions:</u> From Route I-81, take exit 11. Head south on Clinton Ave. Take first right to stay on Clinton for 0.8 miles. Turn left on Main St. Travel 1.3 mi. Turn right on Starr Rd. The fields will be on the left in 0.3 miles.	Map
Marathon	Lovell Fields	All games	<u>Directions:</u> Take I-81 south to exit 9. Travel route 11 south into Marathon. Go through the traffic light and take your first right onto Brink St. The fields are at the end of the street.	Map
McGraw	Elm St. / Bennett Street Fields	All games	<u>Directions:</u> Take I-81 to exit 10. Head east on Route 41 for 1.4 miles. Turn right onto Elm St. Parking lot is on the left just before Bennett St.	Map
Truxton	John J. McGraw Fields	All games	<u>Directions:</u> From Route I-81, take exit 11. Head north on Route 13 for 10.4 miles into Truxton. Turn right on Chenango Rd. The fields are on the right.	Map



Rules of Play Summary

CCYSA Recreational Outdoor Soccer

Guidelines for all Leagues

1. As a recreational league, the emphasis should be on developing skills, working as a team, and modeling sportsmanship in all aspects of the game. If one team is winning by 5 goals, that team should remove a player or have the other team add a player on the field to keep the game fun and enjoyable for all players. If a team is not touching the ball, they are not learning.
2. If a referee makes a poor decision, please respect the call and continue play. Demonstrate respect for others. Encourage your parents and spectators to do the same.
3. Players and coaches should stand on the far side of the field. Parents and other spectators should stand or sit on the bleachers on the opposite side. Only coaches may instruct players on the field and from the bench. Coaches should remain off the field during game play.
4. No slide tackles. Players should remain on their feet.
5. Throw-ins take place from the spot in which the ball runs over the sideline.
6. Encourage players to try new positions. A player may not play Goalie for more than ½ of the game to encourage them to develop their skills in the field.
7. Do not keep score or standings. Focus on recreational learning.
8. Let them play and instruct only if necessary!
9. **Retreat line (new for 2016).** On goal kicks or when the goalie has the ball, all opposing players must retreat to behind this line to promote playing the ball to feet out of the backfield rather than 'booting' the ball down the field.

Midget (5 & 6 year olds)

1. Game length: Four 9-minute quarters
2. 4 players on the field including the goal keeper
3. All throw-ins are indirect kicks from the touchline where the ball went out of play.
4. No off-sides, however encourage players to follow the concept.
5. No direct kicks (not even penalty kicks)
6. No restrictions on substitutions. (Changes on the fly are allowed)

PeeWee (7 & 8 year olds)

1. Game length: Four 10-minute quarters
2. 7 players on the field including the goal keeper
3. Throw-ins take place from the spot in which the ball runs over the sideline.
4. No off-sides, however encourage players to follow the concept.
5. Direct kicks are awarded for handballs, tripping and dangerous play.
6. Substitutions are unlimited and can take place ONLY after a goal is scored or the ball goes out of bounds.

Intermediate (9 & 10 year olds)

1. Game length: Four 12-minute quarters
2. 8 players on the field including the goalkeeper.
3. Throw-ins take place from the spot in which the ball runs over the sideline.
4. Off-sides will be called
5. Direct kicks are awarded for handballs, tripping and dangerous play.
6. Substitutions are unlimited and can take place ONLY after a goal is scored or the ball goes out of bounds.

Senior (11 & 12 year olds)

1. Same as Intermediate except the game length: Two 35-minute halves



Part IV: Coaching

General Role of the Coach

1. The primary objective of the Cortland County Youth Soccer Association (CCYSA) is to provide every player with the opportunity to reach their maximum potential in terms of skill, development and enjoyment of soccer. Players should have FUN! The coach will also teach good sportsmanship, self-reliance and teamwork. The emphasis is not on winning, but on playing and self-improvement.
2. For more information on becoming a teacher of the game visit the New York State West Youth Soccer Association www.nyswysa.org.

Specific Responsibilities

1. Hold regular team practices & instruct players, upholding and promoting the objectives of CCYSA. Two or Three team meetings per week is good (e.g. 2 practices & 1 game)
2. Call parents on your roster ASAP with your practice schedule. Hand out to each player at the first meeting a list of all players on your team with your practice and game schedules.
3. Make sure each player plays at least 50% of each game.
4. Maintain equipment and return all items belonging to CCYSA at the end of the season.
5. Refer problems to the respective CCYSA official.
6. Please encourage parents to be involved.
7. DO NOT ALLOW games to be routs. Don't stifle good play; just make it harder to accomplish same feats. Pulling off one player, moving your stronger players to defense and encouraging passing can control this. If the other team is short-handed offer them your best player.
8. For liability, safety and fairness, only players on your roster are allowed to play on your team. Only the League Coordinator can switch players for legitimate reasons.
9. Coaches are responsible for the actions of the parents.
10. Make sure Trash is picked up from the field and sidelines.

Reinforce Priorities to your Players

1. Be Safe
2. Have Fun
3. Make New Friends
4. Work on your Skills
5. Focus on the Objective (e.g. make 3 good passes, shoot low)

Player Development

1. Players should try all positions. A player should not play more than ½ the game in the goal—encourage development of foot skills.
2. Design activities to maximize the number of ball touches
3. Modify rules for players according to their age
4. Design activities to promote thinking, not doing, drills.

Coaching Certification Courses

1. Visit http://www.nyswysa.org/coaching/index_E.html for a variety of coaching courses
 - a. Coaching 101
 - b. Youth Module
 - c. F, E, D Licenses
 - d. Goalkeeping
 - e. National Youth License

Did you know?

By age 13, 75% of players have dropped out of all sports, not just soccer.

Focus more on developing the player and having fun. Focus less on winning and losing.

Encourage your players to enjoy the game of soccer for a lifetime!



Practices & Warm-ups

1. Have a plan

- a. Focus on developing one skill for the day (Dribbling, Passing, Shooting, Trapping)
- b. Typical components of a skills-focused practice:
 - i. Warm-up (10 min.) stretching, lots of ball touches
 - ii. Individual Activities (10-15min.) – skill development, every player has a ball
 - iii. Small Group Activities (10-20min.) – one ball for every 2 to 4 players
 - iv. Large Group Activities (10-15min.)
 - v. Cool Down (5 min.) and review learning objectives

2. Soccer Coaching Sandwich

- a. Compliment
 - b. Correct
 - c. Compliment
- e.g. “Nice pass Billy. Next time use the inside of your foot. Great hustle, keep it up.”

3. Things to Avoid

- a. Lines - time spent waiting could be spent moving, encourages behavior problems
 - b. Laps - soccer is a game of starting, stopping, changing directions.
 - c. Lectures - keep instructions brief (10 to 30 seconds) and demonstrate your point
- e.g. Comparison of dribbling through a set of cones vs. activity with 8 kids in an 8 minute drill.

Get to Know your Players

1. All Players

- a. Activities should be appropriate for the age level (too difficult = frustration, too easy = boredom)
- b. Activities should include all skill levels
- c. Ball to Player ratio
 - i. Midget (5&6 year olds) – 1 ball per player
 - ii. PeeWee (7&8 year olds) – 1 ball per 2 players
 - iii. Intermediate (9&10 year olds) – 1 ball per 4 players
 - iv. Senior (11&12 year olds) – 1 ball per 8 players

2. Midget – 5 & 6 year olds

- a. Like to run, jump, roll, climb, skip, fall down and shout - include these in your soccer activities!
- b. Substitute frequently – every 3 to 5 minutes
- c. Ready to imitate - visually demonstrate each activity
- d. Things to teach at this age level:
 - i. Get comfortable touching the ball with both feet
 - ii. Moving (dribbling) the ball with the inside and outside of the foot, work on looking up
 - iii. Ball movement – starting and stopping
 - iv. Moving to open space – staying spread out and becoming aware of surroundings
 - v. Stopping (trapping) the ball with both feet

3. PeeWee – 7 & 8 year olds

- a. Include lots of movement in each activity
- b. Longer attention spans
- c. Social nature: use small group activities
- d. Things to teach at this age level:
 - i. Dribbling, passing (instep), kicking (laces) and receiving the ball with both feet
 - ii. Working with a partner (passing, trapping, etc.)



- iii. Out of bounds: throw-ins, goal & corner kicks
- iv. Goalkeeping: coming out of the goal, distributing the ball to teammates
- v. Positions on the field, staying spread out, keeping diamonds & triangle relationships with teammates

4. Intermediate – 9 & 10 year olds

- a. Begin to anticipate the ball, positioning, attack & defensive roles, team play.
- b. Greater strength and endurance, will vary by player
- c. Things to teach at this age level:
 - i. Reinforce basic dribbling, passing, shooting, ball control and goal keeping.
 - ii. Reinforce throw-ins, goal & corner kicks
 - iii. Trapping and heading the ball
 - iv. Understanding off sides rule
 - v. Cooperative team play – support the player with the ball, move to open space
 - vi. Positions on the field, keeping triangles and increased width and depth of play

5. Senior – 11 & 12 year olds

- a. Demonstrate greater analytical thought, creativity, complex moves, and an awareness of other players.
- b. Give the players an objective: 3 passes, score a goal, etc.
- c. Ask players how they believe they can improve
- d. Things to teach at this age level:
 - i. Combination of basic skills – pass, control, shoot
 - ii. Moving the ball up the field as a team
 - iii. Offense - move/fake a defender to advance the ball
 - iv. Defense – staying between the ball & the goal
 - v. Transition between Offense and Defense

Age-appropriate Activities for Skill Development

1. Checklist (from The Official U.S. Youth Soccer Coaching Manual)
 - a. Is the activity fun?
 - b. Is the activity organized? (rules & objectives)
 - c. Are the players involved in the activity?
 - d. Is creativity and decision making being used by players? (problem solving)
 - e. Is the space appropriately used?
 - f. Is the coach's feedback appropriate? (encouraging)
 - g. Are there implications for the game?

Download the following coaching handbook for a great summary of all aspects of coaching, including, what to expect for kids at different ages. It includes several great training activities for practice times and for warm-ups prior to games. www.washingtonyouthsoccer.org/coaches

Below are several other links for great soccer information and activities:

www.nyswysa.org

www.usyouthsoccer.org

www.ussoccer.com

www.coachingsoccer101.com

www.footy4kids.co.uk

www.worldclasscoaching.com

www.betersoccermorefun.com

U6 Activities: http://www.usyouthsoccer.org/coaches_connection/u6training.asp

U8 Activities: http://www.usyouthsoccer.org/coaches_connection/u8training.asp

U10 Activities: http://www.usyouthsoccer.org/coaches_connection/u10training.asp

U12 Activities: http://www.usyouthsoccer.org/coaches_connection/u12training.asp

Injury Prevention / Dynamic Stretching

Use prior to practices and games.

5 Dynamic Stretching exercise
 By Taylor Tollison
www.elitesoccerconditioning.com



Take a large step forward. Descend down after stepping forward reaching with the elbow. Use the same side elbow as the leg that stepped. If you have the flexibility try to touch the elbow to the inside of the foot. After touching the foot come up to the start and repeat on the opposite leg.

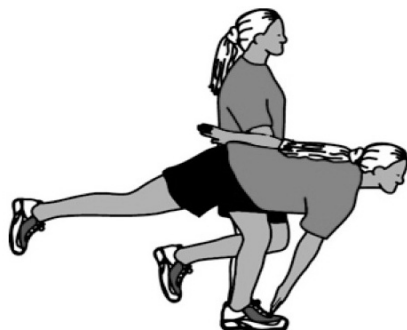
While stepping forward grab the leg behind the body and pull it up. Put your leg back down so you can take the next step. Then lift the next leg up and pull. Do not walk fast. Walk slowly. You should go up on the toe of the foot that is on the ground for each step.



Do this drill while stepping slowly. Go up on the toe while stepping and lifting the opposite leg as seen in the image. Pull the leg up with two arms.



Same as above. Do the drill walking, go up on the toe, and pull the knee to your chest. Put the leg back on the ground, take a step and pull the opposite leg up to the chest.



While stepping forward go down and touch your toe. Try to keep a straight line from head through the ankle. Do not compensate by twisting the body. This will take the stress off the hamstring AND glutes, which is where we want it.

Static stretching: Static stretching involves reaching forward to a point of tension and holding the stretch. Static stretching has been used through out the years for two main reasons: injury prevention and performance enhancement. Research has shown that static stretching can be detrimental to performance and doesn't necessarily lead to decreases in injury.

Dynamic Stretching: Dynamic stretching consists of functional based exercises which use sport specific movements to prepare the body for movement. "Dynamic stretching, according to Kurz, "involves moving parts of your body and gradually increasing reach, speed of movement, or both." Dynamic stretching consists of controlled leg and arm swings that take you (gently!) to the limits of your range of motion. In dynamic stretches, there are no bounces or "jerky" movements. Several professional coaches, authors and studies have supported or shown the effectiveness of dynamic stretching.