

Shrewsbury Youth Soccer

Spring '09

U5 –U8 Coaches'

Kickoff Meeting

March 19, 2009

Agenda

- SYS
- U5 – U8 Details
- Player Development
- Referees
- Cancellation/Rescheduling
- Age Group Coordinators

Introductions

- AGC's
- Equipment
- Uniforms
- Registration
- Player Development
- Referee Coordinator

WEBSITE

- Check out our WEBSITE

www.shrewsburyyouthsoccer.com

- Bylaws, contacts, calendar, fields, FAQ's, Coach's information – rules, training sessions, code of conduct, volunteers

Coach's Responsibilities

- Work through Age Group coordinator
- Set example for SYS
 - Zero tolerance
- Parent Meeting – Day 1
- Fair Competition / Work with Opposing Coach
- Make certain every child is picked up before you go home!

Coach and Player Development

Let's not forget the real lessons learned from sport:

- * Fitness
- * Decision making
- * Commitment
- * Team work
- * Leadership
- * Fair play
- * Dealing with the twin imposters of adversity and success
- * Pushing oneself beyond comfortable bounds/artificial limits

Parents and Players

- Parents

- Codes of Conduct (see website)
 - Distribute Parent's Code of Conduct at Practice
- Keep Parents at end of fields, not between fields

- Players

- 1/2 Game per player
- Be there 15 minutes early

Teams – Spring 2008

U5 – 10 (3v3), U6 – 10 (3v3)

U7 – 8 (4v4), U8 – 8 (4v4)

Rosters, schedules, game schedule online

**Contact Teams by phone AND email
within 2 days of TODAY**

NOTE: No changes will be made to rosters, schedules, or games. Please do not request a change of team, night, time, coach, etc. Because of the complexity of putting schedules and rosters together for over 1,000 children, SYS does not have the ability to make changes.

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Game Fields

- U5&U6 – Municipal - 10 fields
 - From the center of town, go south on 140 approx ¼ mile, turn right on Municipal Drive. Fields down on left.
- U7&U8 – Foundation – 6 fields
 - From the center of town, go west on Maple Ave and pass town hall on your right. Fields are immediately on your right.

PARKING RESTRICTIONS

VOLUNTEERS

SIGN UP FORM

Town – Foundation

Fields

Uniform Night

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Equipment

- Players
 - NO Jewelry, Casts, Hair Beads, or Splints !!!
 - Shin guards are a must!!

SELECTED RULES FOR U5-U6 & U7-U8

	U5-U6	U7 - U8
Field Size	60X90'	75X105'
Ball Size	3	3
Games	2	2
Players	3	4
Goal Keeper	No	No
Length of Game	Four -13 min	Four -13 min
Substitutes	Anytime	Anytime
Out of Bounds	Kick	Throw In
Goal Kicks	Yes	Yes

Coach and Player Development

Website: Coaches, U5 – U8

Pre-made practices – click and print

Coach Clinic:

Monday, 3/23,

Teamworks, 6-8pm

Come dressed to play or just watch

Two mid season 'problem solving' clinics

G-Course – THANK YOU!!!

Coach DVD

MA Youth Soccer U5-U10 Curriculum

- U7 and below
 - Dribble: all sides of feet, out of trouble, past someone
 - Soft first touch
- U8
 - More Dribbling
 - Shielding
 - Introduce Proper Shooting and Passing
- U10
 - Even More Dribbling
 - Passing/Shooting
 - Receiving ball with all body parts
 - Heading
 - Basic 1v1 and 2v1 tactics

Why Focus on Dribbling

- Encourage ball control and creativity
 - U.S. Players, at all levels, lack this skill
 - Passing at young ages is really booting the ball away and not ball control
 - At young ages athleticism 'looks' impressive but this encourages poor ball control

Suggested Practice Format

- Warm up
 - Get them focused, moving with/without the ball
 - No need to stretch at these ages
- Activities (Progression)
 - Individual (1 ball per child)
 - Small groups (1 ball per 2 children)
 - Larger Groups/Mini games (2v2, Multiple goals multiple balls can help not bunching).
- Scrimmage
 - 3v3, 4v4

3v3 Tournaments and Camps

- Shrewsbury ONLY 3v3 Jamboree (no playoffs, 3 games)
 - FREE to all of SYS
 - Memorial Day, Saturday Only, Must Register
- 3v3 Play Soccer Tournament, July 11th, Glavin
- Summer Camps
 - Play Soccer

FIELDS

Move goals for
practice!

Field closing posted
www.shrewsburyyouthsoccer.com
Coaches Corner - Field Status
3pm weekdays
7am Saturday

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TROPHIES

- SYS will provide
 - Trophies
 - Medals
- All other trophies are prohibited unless earned in a tournament and awarded by the tournament

CORI Forms

- WWW.SHREWSBURYOUTHSOCCER.COM
- Coaches Corner
- CORI Checks tab on left
- Online form
 - Verify that you are current

WWW.MASSREF.NET

Information for those interested:

- Sign up for all MSRC (Massachusetts State Referee Committee) courses.
- Sign up for recertifications.
- Obtain Referee Assignor info and leagues to referee.
- Rules & Regulations and a plethora of info

Rescheduling U5 – U6

- Contact opposing coach
- Determine a practice night that works best for both teams
- Reschedule game on your own
- No referee for U5-U6 games

Rescheduling U7-U8 games:

Contact: Rachel Baldino: Game Rescheduler

Ann Carter: Referee Assignor

<http://www.shrewsburyyouthsoccer.com/sys/board.html>

Reschedule Form:

http://www.shrewsburyyouthsoccer.com/coaches/reschedule.html

Rescheduling SYS Games

Step 3 After our Field Coordinator confirms with the home team head coach by email when and where the game will be played, please be sure to contact the opposing coach immediately with this information. Please do NOT contact the opposing coach with the rescheduled game information until AFTER you have received CONFIRMATION.

RESCHEDULING FORM

Contact Information

League: Age Group:

Your Team Name: Head Coach Name:

Head Coach E-Mail:

Original Game Information


Opponent Team Name: Date & Time:
(MM/DD hh:mm am/pm)

Game ID Number: Field Name:

Rescheduled Game Information

Proposed Date & Time
1ST CHOICE:
(MM/DD hh:mm am/pm)

Proposed Date & Time
2ND CHOICE:
(MM/DD hh:mm am/pm)



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Process for Rescheduling Home Games

(Step 3) The Rescheduling Coordinator will obtain a field and verify Referee Availability and reply by e-mail.

Process for Rescheduling Home Games

(Step 4) After our Rescheduling Coordinator emails you back with when and where the game will be played, call the opposing coach with information. **Please do not contact the opposing coach with the rescheduled game information until you have received this confirmation.**

Municipal Snack Shack Volunteers

Shrewsbury Youth Soccer

SYS Supporters

Spring 2009



Teamworks - Northboro



Iron Mountain



KRB Construction Services
1-888-KRB-DIGS



Qdoba Mexican Grill
Shrewsbury



New Balance
Factory Outlet Sotres



Doctor of Fitness
Dr. Lee Mancini

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Equipment

What should you have?

- At least 3 size 3 balls.
- 10 to 20 orange discs.
- Practice vests.
- Medical kits.

Coaches Responsibilities



- Take Advantage of SYS Coaching Development Program
- Have Fun!
- Be an Ambassador for SYS

In Summary

QUESTIONS???
THANK YOU!!!!

U5-U8 Breakout Sessions

Cori Forms

Roster and Medical Information

Equipment

Uniforms

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