

COACHING
STAFF
INFORMATION

2020 SPRING SEASON



PSYCHOLOGICAL



TECHNICAL



COMPETITION



Dedicated to the Promotion and Development of Soccer



SPRING 2020

COACHING +

SOCCER CLUB OF RIDGEFIELD

General Information for TES Professional Coaches

1) Start of Season:

Spring season practices starts April 1st, 2020. If fields are closed and the weather conditions are permissible then you will still be responsible to have practice. You will have to work out the logistics with your manager, communicate to your players' parents in a timely fashion. Use this time to work on fitness.

NOTE: Hard surface areas such as parking lots, the multi-surface area at ERMS, empty tennis courts can be used but non-competitive activities should be performed, just individual SK balls skills, fitness and/or agility exercises.

2) Tryouts - Player Evaluation Process:

See 'Log Book'. This document is meant to allow the coach to log the team's players performance levels throughout the season so that a more thorough process of assessment can be used to appropriately place players.

3) Worth Noting:

- Future coaching assignments won't be communicated to parents until 2-3 weeks prior to season start. Players join SCOR not a particular team or coach.
- Pro coaches are expected to take attendance and document performance levels at every practice and game. Commitment to Program will officially be part of the evaluation process with influence on final Ranking.
- Coach commitment is expected to be 100% as agreed upon. Every unexcused missed practice and/or game will translate to a \$100 deduction. Overlapping SCOR games are honored as exceptions.
- Players make the Travel Program NOT Travel 'A' or 'B'. Having said that, we do place players on a primary team and that option is available ONLY should a pro

coach identify that a player was misplaced on either 'A' or 'B' team. Either way, should a change be considered the DOC must be informed ahead of time. Absolutely no discussion with players and/or parents should be made until DOC has given approval. Initial discussion will be made by DOC. Intent of option is to communicate to players and parents that change is possible during the season. Keeping kids on their toes is a healthy thing.

4) TES Attire:

All coaches are to wear the provided TES gear ONLY. No exceptions. I will hand out all needed attire before 1st practice session. If we can't provide enough product for you to wear then you will be responsible to get your own in addition.

Payment Schedule:

I have included this fall's payroll date schedule below. The checks will take a few days more to get delivered in the mail. Please don't ask to get paid earlier. Every coach will need to send Team Excel Soccer LLC an invoice ahead of time.

1st Installment: May 12th, 2020

2nd Installment: June 20th, 2020 (after all obligations are met)

5) SCOR Program Promotion

- email to all players and personally promote SCOR's Camp Program
- No solicitation of other Programs at all.
- SCOR Coaches can not run other competing Programs in Ridgefield

6) Mid-Season Travel Team Parent's Meeting ... *Mandatory!*

- Use this opportunity to provide current state of the team.
- Week of May 10th, 2020
- 10-15 minutes before or after a practice
- Pro Coach addresses issues
- Pro Coach communicates all issues to DOC

7) Check off requirements

- Bags in a row
- Tournament(s)
- Topical Progression in session
- Positive reinforcement after tough constructive critique
- Sportsmanship
- No profanity

8) Discussion:

- Vacation week / Coaches are expected to run their sessions as scheduled. Unless DoC can arrange combining and/or providing substitutions, coaches will be charged \$75 for each missed session.

Above not applicable in the fall.

9) Misc Issues

Coach to Parent communications regarding status of player ...

- Keep to a minimum
- NEVER suggest playing up or for another Program

10) Practice Session Objectives:

- Offensive & Defending duo Topics
- Build-up Topics
- See supplemental handouts regarding new practice session layout; SideKick & Fitness Solutions Programs.

11) SCOR's Player Objectives

What is our bottom line objective?

We want players to have fun at playing the game of soccer.

When is playing soccer fun?

When technical skills and game insight allows players to succeed at making decisions in their favor.

What is the most important element of the game?

Technique - individual ball skills / identifying moment / success

How does one improve technique?

A free flowing and competitive environment best caters to the mechanical development of individual physical and ball skills development.

12) Parent Assistant Coach (PAC):

Travel Team Parent Assistant Coaches are critical as support roles to the professional head coach so that a positive and developmentally appropriate soccer experience for players is assured at practice sessions and games.

Parent Assistant Coach candidates with a coaching license or certification are preferred over non-licensed candidates and will play a factor in SCOR Coaching Director's decision when assigning positions.

All Travel team assistant coach candidates are required to attend pre-season coaching clinics offered through SCOR.

Letter to SCOR's Parent Coaches

The role that parent coaches play in the life of a soccer player has a tremendous impact on their experience. With this in mind, SCOR has provided the following reminders for all of us as we approach the upcoming season. If you should have any questions about these thoughts, please feel free to discuss it with SCOR's DOC.

Let The Head Coaches Coach:

Leave the coaching to the Head coaches. This includes motivating, psyching the players for practice, after game critiquing, setting goals, requiring additional training, etc. Parents including Parent Assistant coaches have entrusted the care of all players to the professional coaches and they need to be free to do their job. If a player has too many coaches, it is confusing for the players.

Be Your Team's Best Fan:

Support your team unconditionally. Do not withdraw support from players or Head Coach when your team performs poorly.

Encourage Team Players To Talk With The Coaches:

If player(s) is having difficulties in practice or games, or can't make a practice, etc., encourage player to speak directly to the coaches.

Understand And Display Appropriate Game Behavior:

Remember, players' self esteem and game performance is at stake. Be supportive, cheer, and be appropriate. To perform to the best of their abilities, players need to focus on the parts of the game that they can control (fitness, positioning, decision making, skill, aggressiveness, what the game is presenting her). If players start focusing on what they can not control (the condition of the field, the referee, the weather, the opponent, even the outcome of the game at times), players will not play up to their abilities. If players hear a lot of people telling them what to do, or yelling at the referee, it diverts their attention away from the task at hand.

Reality Test:

When your player has come off the field when the team has lost, but he/she has played their best, help them to see this as a 'win'. Remind player that he/she is to focus on 'process' and not 'results'. Fun and satisfaction should be derived from 'striving to win'. Conversely, player should not be as satisfied from the success that occurs despite inadequate preparation and performance.

Keep Soccer In Its Proper Perspective:

Soccer should not be larger than life for you. If your child's performance or that of his/her peers produces strong emotions in you, suppress them. Keep your goals and needs separate from your child's or that of his/her teammates experience.

Have Fun:

That is what we will be trying to do! We will try to challenge the players to reach past their 'comfort level' and improve themselves as a player, and thus, a person. We will attempt to do this in environments that are fun, yet challenging. We look forward to this process. We hope you do too!

The Assistant Parent Coach is to abide by SCOR's Code of Conduct and support SCOR's general player development philosophy as documented on the website, and the direct instructions of the professional Head Coach. When assisting professional Head Coach at practice or games the priority of the Assistant Coach is to encourage players, help with setting up activities and supporting Head Coach's intentions. Communication between Head and Assistant Coach must be deliberate, coordinated and consistent. Assistant Coach will be asked to evaluate Head Coach at the end of the season.

PARENTS MEETING



Coach's Team Parent Meeting Agenda

1. Coach Introduction
2. Set Expectations of Players
 - a. Attendance & punctuality
 - b. Behavior
 - c. Individual training between practices
 - d. Best Practices off the field
3. Set Expectations for Parents
 - a. Fan behavior
4. Explanation of Coach's Potential Schedule conflicts with other team and how this schedule conflict is handled
5. Best way to Communicate with Coach
 - a. Method (Text, Email or Phone)
 - b. Please respect practice time and may have tight schedule after game
6. Concussion Protocol
7. Questions/concerns
8. Explain new adjustments made to Travel Practice schedule relative to SideKick & Fitness preparation and testing.

PLAY LEARN SUCCEED

Why are the Technical and Physical components, not the Tactical component, a priority for players to Play, Learn and Succeed at?

The moment by moment decisions players make are **tactical decisions** that can suffer when players don't have adequate game related **technical skills** and/or lack soccer related **fitness**. More often than not, when a player lacks skills and fitness and doesn't have the ball, the player is worrying about what will happen when he/she gets the ball, and when the player gets the ball, he/she isn't prepared to make quick and good decisions because too much attention was given to the ball.

In short, building one's technical skills and level of fitness allows players to gain the much needed confidence to compete.

Based on my observations this last season in particular, I have made the general assumption that players whose individual ball skills, agility, explosiveness and strength levels (Fitness) are lacking, will not necessarily be able to compete at the next level or beyond.

We needed to do something about it?

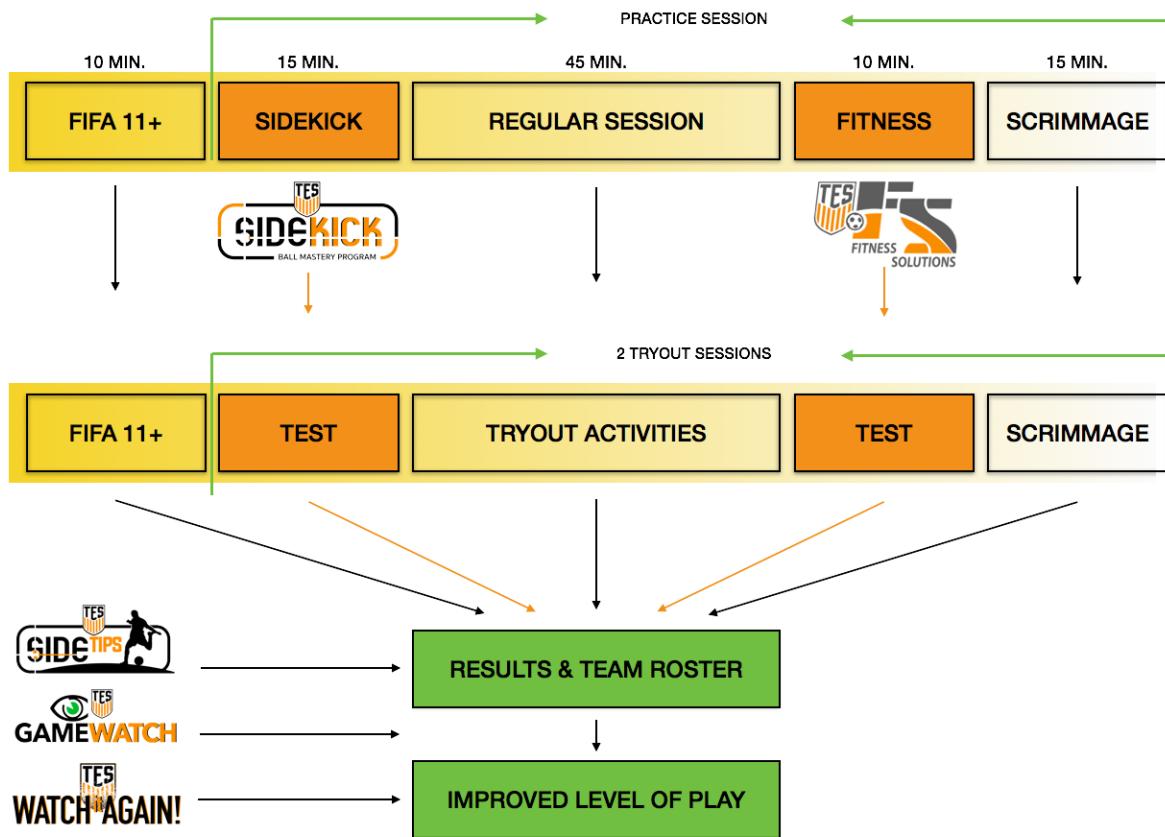


TRAVEL/PREMIER

TEAM **TES** EXCEL



PLAYER IMPROVEMENT & EVALUATION PROCESS OUTLINE



Travel Team Practice Schedule:

- 4:30-4:45 FIFA 11+ Warmup
- 4:45-5:00 SideKick Exercises
- 5:00-5:45 Activity #1
Activity #2
Activity #3
- 5:45-6:00 FS Exercises
- 6:00-6:15 Small-sided Scrimmage
-
- 6:00-6:15 FIFA 11+ Warmup
- 6:15-6:30 SideKick Exercises
- 6:30-7:15 Activity #1
Activity #2
Activity #3
- 7:15-7:30 FS Exercises
- 7:30-7:45 Small-sided Scrimmage



TRAVEL/PREMIER

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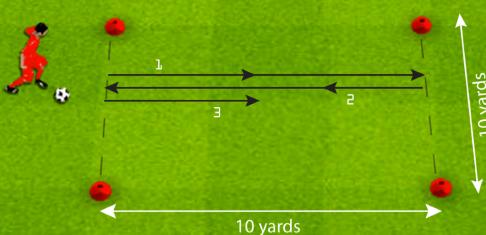
TEAM TES EXCEL



skills test LEVEL I

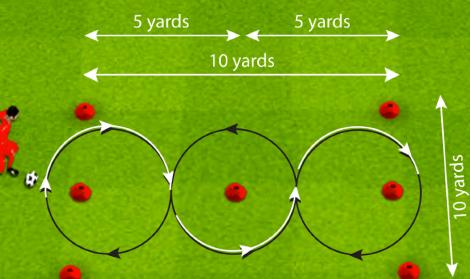
TURNING

- 30 seconds
- 1pt for each turn



The TES SideKick Skills Test is comprised of four simply structured activities that measure technical ability in the following areas:

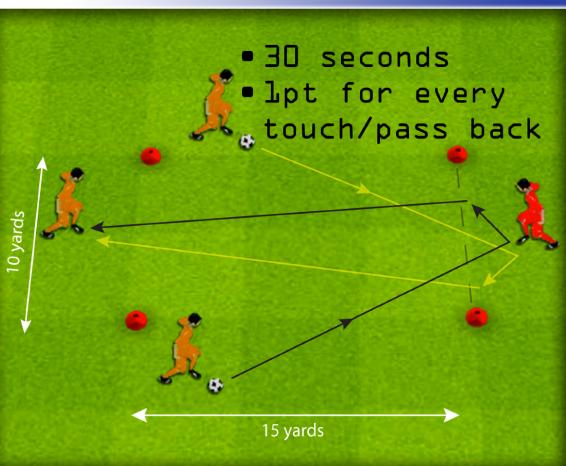
Dribbling



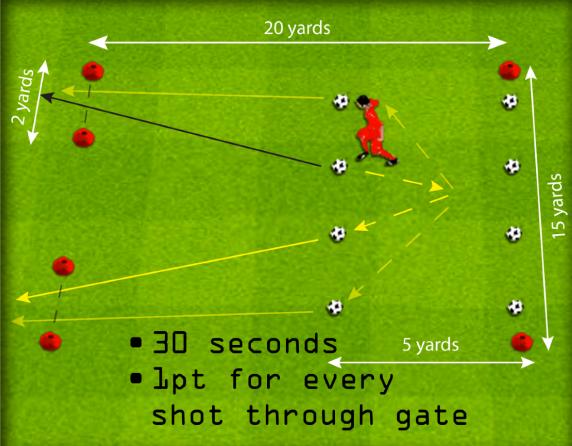
- 30 seconds
- 1pt for every cone player dribbles past

PASSING & RECEIVING

- 30 seconds
- 1pt for every touch/pass back



SHOOTING



- 30 seconds
- 1pt for every shot through gate

These specific activities will be implemented at the end of each U10-U14 season to document the technical level of players.



TRAVEL/PREMIER

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TEAM **TES** EXCEL



skills test LEVEL II



(1) SHIELDING BALL

- Players A and B stand on end lines across from each other.
- Ball is placed in the middle of grid.
- On command players attempt to secure, shield the ball without interruption for 30 sec.
- 6 attempts.



(2) PASSING W/PACE

- Player A and Player B pass, take a touch and pass with pace.
- Both players stand at end lines of grid.
- Player A needs to successfully take a touch and pass for 30 seconds.
- Switch roles after 6 attempts.



(3) HEADING TO DEFEND

- Player A lofts ball from 30 yards to head of Player B.
- Player B heads the ball past 15 yard markings.
- Switch roles after 6 attempts.



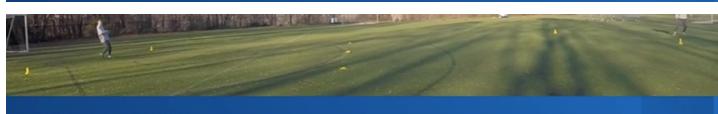
(4) TRAP / DRIVE

- Player A lofts ball to Player B.
- Player B traps once and returns a low drives ball back to Player A.
- Switch roles after 6 attempts.



(5) TRAP / LOFT

- Player A lofts ball to Player B.
- Player B traps once and returns loft to Player A.
- Switch roles after 6 attempts.



(6) TRAP/TURN

- Player A lofts to Player B.
- Players A and B stand on end lines across from each other.
- Player B traps once with chest or thigh and turns 180 degrees to settle ball.
- 6 attempts.



(7) SHOOTING ON THE RUN

- Player travels with ball towards goal and takes a low shot at 30 yard markings.
- Ball must be driven into a corner.
- Take turns shooting until each have had 6 attempts.



(8) SHOOTING FROM CROSS

- Player A lofts ball 5 times from corner to Player B.
- Player B strikes ball into goal.
- Switch roles after 3 crosses from left and right sides.



(9) JUGGLING ON THE MOVE

- Player A juggles ball without dropping as he moves from one end to the other.
- Take turns until 6 attempts have been made.



(10) JUGGLING WITH PARTNER

- Players A and B keep the ball up in the air across 10 yards for 20 seconds.
- Take turns, 6 attempts each, 1-3 touch limit.



(11) DISTANCE JUGGLING W/PARTNER

- Player A and B loft the ball back and forth without having ball touch the ground.
- Ball needs to stay in the air for 15 seconds for a point.
- Maximum 3 touch.
- Take turns, 6 attempts each.



(12) PENETRATING WITH BALL

- Players A and B stand on end lines across from each other.
- Ball is placed in the middle of grid.
- On command players attempt to secure ball and penetrate over opponents line.
- 6 attempts.

