



# ACADEMY PROGRAM

## VOLUNTEER PARENT COACH

### GUIDELINES FOR ACADEMY 9, 10 & 11

#### “A PROCESS DRIVEN, RESULT PROVEN WAY!”

#### Thank you ...

for volunteering to be a Parent Assistant Coach within SCOR's Academy 9, 10, 11 Programs. We are sure you will find your efforts rewarding. The professional head coaches and players you will work with, and the community at large will benefit from your unselfish gift of time, energy and knowledge. THANK YOU!!

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. Please make sure to build a good relationship between yourselves and your head coach. It is so important that the players sense that the coaching staff, professional and volunteers alike, are of the same mindset.

We have provided a few reminders that should be helpful towards the common objective of giving our players the experience they deserve to have.

#### Let The Head Coaches Coach:

Leave the coaching to the head coaches. This includes 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 players have too many coaches, it is confusing for the players and their performances usually decline.

#### Be Your Team's Best Fan:

Support your team unconditionally. Do not withdraw support from players or professional head coach when your team performs poorly.

#### Encourage Team Players To Talk With The Coach:

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

#### Display Appropriate Game Behavior:

Remember, players' self esteem and game performance is at stake. Be supportive, cheer, and behave appropriately. To perform to the best of their abilities,

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players need to focus on the parts of the game that they can control (fitness, positioning, decision making, skill, aggressiveness). 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 or have the fun they deserve to experience. 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'.

### **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 to!

### **Limit the Amount of Instruction at Games:**

The game of soccer is a free flowing game where players need to learn to solve their own problems, without the forceful and perhaps even constant

instructions from the coach. It is not always easy to let them make their own mistakes but it is essential because the sport of soccer, unlike any other sport demands that players learn to make their own decisions, good or bad.

### **Risk Management:**

- First Aid kit.
- Ice and plastic bags for emergency use.
- Team safety and information cards.
- In case of a situation that demands attention, please stay calm and reassure the player that all will be fine.
- If necessary send someone to call 911.

### **Team Management:**

- Coaching-Your-Own-Child Meeting. Meet with your child as soon as possible before any practices or games have occurred. Explain that when you both step out of the car onto the field, that you change into a coach and your child changes into a soccer player. Explain to your child that you will treat them like every other player. Explain to your child that they must treat you like one of their teachers.
  - Proper fitting shoes, proper type of shoe for surface, shin pads, no jewelry.
  - Monitoring of playing surfaces before players start to warm up.
  - Record all injuries and note all actions you took and how the injury occurred.
  - Make sure to let pro coach know so that he/she can follow up with a phone call to check on the player.
  - Never leave a player alone after training or games.
  - Be certain that players depart with their parents or designated individual.
  - Avoid being left alone with players who are not your children.
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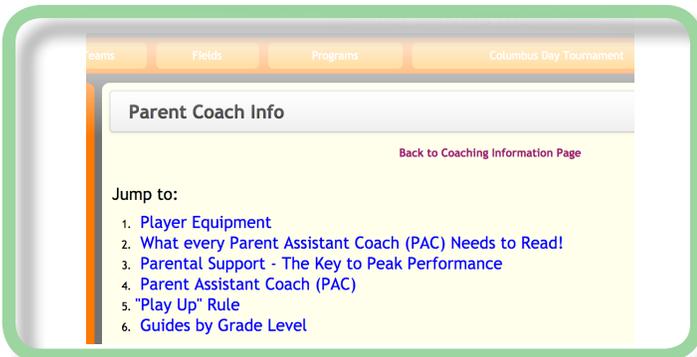
## Supporting SCOR's General Player Development Program:

The Assistant Parent Coach is asked to support SCOR's general player development philosophy as documented in detail on the website (see below), and the direct instructions of the professional head coach. When

assisting the professional head coach at practice or games the priority of the Parent Assistant Coach is to encourage players, help with setting up activities and supporting head coach's intentions.

## SCOR's General Player Development Philosophy

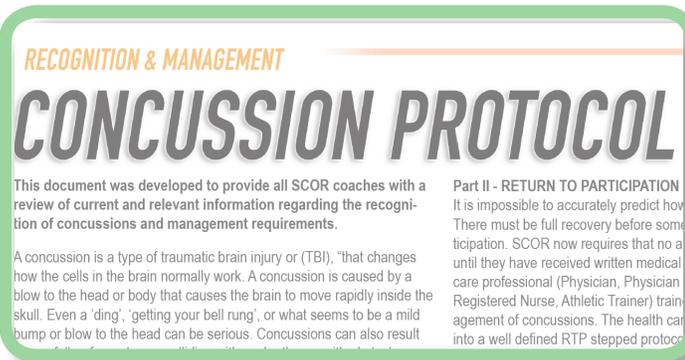
<http://scor.org/Page.asp?n=39339&org=SCOR.ORG>



We have provided several links below for you to use so that we can all be on the same page:

## Introduction to Foundational Tactics

<https://www.teamexcelsoccer.com/scor-resources.html>



## SCOR's Concussion Recognition & Management Protocol

<http://scor.org/Documents.asp?n=39776&org=HTP.SCOR.ORG>

If you should have any questions, please feel free to contact and discuss them with Phil Bergen, the Director of Coaching and/or with our VP's of Academy Matt Art and Chris Lefferts. We are always approachable and willing to discuss any issues in person or via

phone and/or email. If there is a problem then we would like to be made aware of the problem immediately so that we can attempt to help rectify the situation in a timely manner.

**Thank you so much for making yourselves available and contributing towards developing our players appropriately during their most formidable years.**

# SCOR Game Rules - House & Academy 9, 10, 11 Programs

Subject	PreK/K/1	2nd	Academy 9 (2nd & 3rd)	Academy 10 3rd/4th	Academy 11 5th/6th	7th/8th	9th - 12th
# of Players on Field (Format)	4vs4	5vs5	6vs6 / 7vs7	7vs7	9vs9	11vs11	11vs11
Field Dimensions in Yards (approximate)	15 x 25	20 x 30	40 x 50	50 x 65		65 x 100	
Coaches Permitted on Field	1	No coaches allowed on the field unless referee or linesman permits it.					
Player Equipment	Players must wear shinguards with socks pulled up over them; shirts tucked in to start the game; NO JEWELRY OF ANY KIND, except medic alert (taped)						
Coin Toss	N/A	N/A	N/A	Winner chooses goal to defend, loser kicks off			
Substitutions	Any Time	Any Time	Any Time	Permission from the referee is required. Can be made at any stoppage of play.			
Length of Game	45 min.	50 min.	60 min.	60 min.	70 min.	80 min.	80 min.
Length of Half Time Period	5 min. (x2)	5 min.	5 min.	10 min.	10 min.	10 min.	10 min.
Ball Size	3	4	4	4	4	5	5
Goalies	No	No	Yes	Yes	Yes	Yes	Yes
Ball out of Play	Flexible Play On!	The ball is out of play when it crosses completely over any of the perimeter lines or when the referee stops play.					
Throw-ins	Ball can be kicked or thrown in.	Ball can be kicked or thrown in.	Throw ins are awarded to the opponents of the player who last touched the ball before it crossed over the sideline. Player taking throw in must face the field of play with both feet on the ground, feet need to be off the field, use both hands to deliver the ball from behind player's head. Opponent may not interfere.				
Corner Kicks	Ball can be kicked or thrown in.	When the defensive team kicks the ball over the goal line. Kicks taken from corner are on same side as out-of-bounds. Opponents must be approximately 5, 7 or 10 yards away from the ball depending on division. Kick is initiated at the referee's signal.					
Goal Kicks	Coach throws ball into play.	No punting. Kick from any point in front of their goal; taken by any player.	Kick from any point inside the goal area; taken by any player.		Any player can kick from any point inside the small box.		
Defender Distance on Free-Kick	N/A	5	5	5	7	10	10
Fouls Resulting in a Direct Free-Kick	N/A Coaches maintain safety.	Referees & Coaches maintain safety.	Kicking, tripping, holding, pushing, violent charging (or from behind), handling the ball; a goal can be scored on a direct kick. If the foul occurs in the penalty area a penalty kick will be awarded.				
Fouls Resulting in an Indirect Free-Kick	N/A Coaches maintain safety.	Offsides, impeding, dangerous play, a player kicking the ball to his own goalie who then plays it with his hands, a throw in to his own goalie who then plays it with his hands, unnecessary delay, any fouls resulting in a caution (yellow).					
Cautionable Offenses (Yellow)	N/A	Unsportsmanlike behavior, dissent, persistent fouls, delay of restart, failure to maintain distance from a free kick, intentionally leaving/entering the field without permission.					
Send-Off Offenses (Red)	N/A	Serious foul play, violent conduct, spitting, any foul which denies an obvious goal scoring opportunity, offensive language, receiving a second caution (yellow).					
Offsides	Not Called	Not Called	Spring	Called	Called	Called	Called
Penalty Kicks	Not Called	Not Called	Penalty kicks can be taken only by players on the field at the time of the foul. Referee determines penalty spot.				
Referee / Linesmen	No/No	Yes/No	No/No	Yes/No	Yes/No	Yes/Yes	Yes/Yes
Players Playing Time	Equal	Equal	Equal	Equal	Equal	Equal	Equal

(1) With coach's agreement, the length of halves may be shortened equally.

(2) Field size may be adjusted and format modified consistent with the next closest recommendation suggested above.

(3) Referees must confirm game rules with coaches prior to the start of the game. Academy 9 games are officiated by pro coaches.