



# Pomperaug Soccer Club

## Coaching Guidelines and Information

This document is intended to provide PSC coaches with the details in various areas to be a successful coach, know the approach, process and information to address all aspects.

### **I. COACHING PRINCIPLES / DEVELOPMENT PHILOSOPHY**

**Safety:** Your first responsibility is the health and safety of all participants. Be prepared to handle first aid situations as well as medical emergencies at all practices and games, both home and away:

- Have and know how to use a properly supplied first aid kit and ice pack.
- Know 911 emergency procedures and telephone location.
- Know the address of the field where you are playing.
- For any player who gets injured during a game/practice – make sure you follow up with the parents/guardians.
- Know and understand the Laws of the Game. (see Links page).
- Always inspect field conditions for safety reasons. (the field itself, are the goals secured, etc...)
- Utilize proper teaching and instruction of players regarding safe techniques and methods of play.
- Implement appropriate training programs to make sure players are fit for practice and competition.
- Supervise and control your players so as to avoid injury situations.

### **II. PLAYER DEVELOPMENT:**

**Another focus of our club is player development. We want everyone to learn and grow, continue to play and enjoy their soccer experience.**

- Develop the child's appreciation of the game.
- Keep winning and losing in proper perspective.
- Be sensitive to each child's development needs.
- Educate the players to the technical, tactical, physical and psychological demands of the game for their age level.
- Allow players to experience all positions.
- Players need to have fun and receive positive feedback.
- Practice should be conducted in the spirit of enjoyment and learning.



- Provide the appropriate number of training sessions and games according to the player's stage of development
- Strive to help each player reach his or her full potential and be prepared to move to the next stage of development.

**Some of the important skills that coaches should focus on include the following:**

- Ball Control: Can they help keep the ball in possession for our team?
- Dribbling: Can they take on players in 1v1 situations and escape? Are they willing to do so?
- Passing and Movement off the ball: Are they supporting their teammates with the ball?
- Defending: Can they defend to gain possession for our teammates?

### **III. COACHING RESPONSIBILITIES & ROLES**

**Head Coach Role:** It is important that the kids and parents understand who the head coach is as they will be providing direction for the team. This is particularly important for games and other administrative decision making. Head coaches should liaison with the Everson trainer and provide a safe environment for learning for all the kids.

**Assistant Coach Role:** Helps head coach and fills in when head coach is not available. It is important that the assistant coach and head coach are on the same page with the club philosophy and training guidelines. The league policy only allows for 2 assistants during games; determine which coaches will be on the sidelines if you have more than 2 assistants.

**Additional Roles:** Sometimes it is easier for a coach to have a dedicated team manager to handle some tasks. This decision is up to the coach to assess if he/she wants or is able to assign the various tasks. Some additional tasks include:

- Coordinates day-to-day communication with the team and the coach
- Collects fees and extra \$\$ for tournaments, off-season practices, or special events
- Year-End Activities for the team as suggested by the coaches – team party, cookout
- Coordinating possible Tournament for the team: Registration, directions, etc.

**Initial Parent's Meeting and Introduction:** Each coach should have a parent's meeting prior to start of each season. This is a great way to introduce yourself to both new and returning parents/guardians and set expectations and answer questions around the following areas:

- PSC Coaching philosophy (see above)
- Team / Individual objectives



- Logistical information – Game Time arrival, Location of games/practices, utilize the websites RSVP feature
- Ground rules for parent behavior during practice and games. The coaches are responsible for the behavior of our town’s fans.
- Expectations of parents and players – attendance for practice/games, paying attention and being respectful of coaches/trainers.

### **Coaching Approach for Practices and Games for each age group:**

#### Travel U9-U10:

- 1 paid Everson trainer run session
- 1 Parent Head Coach run session
- Depending on the number of players in the age group, the Red/Gray/Black teams may be combined for the professional sessions.
- Games are managed by the Parent Head Coach. If there is not a suitable parent option, paid Everson trainers can be offered for both practices, but this will result in an additional fee per family.

#### Travel U11-U12:

- 2 paid Everson trainer run session
- Depending on the number of players in the age group, the Red/Gray/Black teams may be combined for 1 of the professional sessions.
- Games are managed by the Parent Head Coach. If there is no suitable parent option, paid Everson coaches can be offered for an additional fee per family.

#### Travel U13-U14:

- 2 paid Everson trainer run session
- Games managed by paid Everson coaches while parents can still be Head Coach/Assistant Coach as needed.

## **IV. COACHING ACTIVITIES IN-SEASON**

#### Key Contacts:

- All contacts can be found on the PSC Website – (TBD).
- Contact Equipment coordinator each season for what is needed (see Appendix below)
- Contact Uniform coordinator for questions regarding uniforms
- Referee Coordinator: Travel/Training/Development – Brian Wolf; In-House Coordinator – Carlos Almeida
- If you have questions you can reach out to your Travel Coordinator.



Practice schedule will be provided at coaches meeting (fall and spring) by the Field Coordinator.

It is the responsibility of the Head Coach (or whomever they delegate) to do the following:

- Communicate weekly with your team around games, verify attendance so you have enough players for each game, make sure players arrive 30 minutes prior to the start of the game, provide parents an estimate of the drive time for away games
- Verify the PSC website and schedule is up to date with the proper game information, time, location.
- Register for 1 Tournament per season (see details below)
- Register for CT Cup (U11 and older – see details below)

### **Scheduling Games:**

You will receive a preliminary schedule for the season at the Northwest District Coaches meeting or whichever district you are participating in.

- Complete your schedule online in [www.pomperaugsoccerclub.com](http://www.pomperaugsoccerclub.com) League Athletic website of all home games on a correct field for your age group and time slot. (See below)
- Add your away games for the correct date and time TBD until you confirm with the opposing coach.
- Brian Wolf (referee coordinator) will advise if game times need to be changed due to conflicts.
- **\*\* You CANNOT change home games with less than 8 days' notice. Referee assignments are booked the Sunday before game weekend \*\***

PSC Home games should be scheduled at the time slots and fields found in the '**PSC Field Overview**' document. The latest copy is found on the website under the 'Hey Coach' section [here](#):

### **Game Day Checklist:**

- Player passes
- Print 2 copies of the CJSA roster (From PSC website – Select Team - Roster - Options Drop Down – CJSA roster)
- Game Ball
- Goalie Jersey/Gloves
- Med kit/Ice Packs
- Corner Flags (If Home Game)
- Opposing coach contact information
- Parent contact information
- Exact address of the field in case of a Medical Emergency
- Exact Cash for Referee's if a Home Game (pay ref's at half-time)



## **V. COACHING RESOURCES**

There are numerous resources available for coaches and PSC has a dedicated Director of Coaching to provide guidance for all Parent Coaches.

- CJSA.org website
- US Soccer Grassroots initiative [here](#).
- Register at the DCC [here](#).
- Everson Session Plans [here](#).
- Champions Coaches Clinic Session videos on Vimeo [here](#).

### **Coaching License**

Pomperaug Soccer Club encourages all coaches to improve their soccer coaching knowledge. Coaching licenses are offered throughout the year through CJSA. Go to the [Hey Coach](#) section of the website to find out more information or contact your Director of Coaching or Travel Director:

## **VI. TOURNAMENTS AND CT CUP OVERVIEW**

### **Tournaments:**

All Travel teams (U9 and above) are encouraged to participate in at least one tournament per season.

- Coaches can go to the CJSA website to get a listing of the tournaments in CT at any time (<http://www.cjsa.org/events/tournaments>)
- A reminder will be posted each season in the 'Hey Coach' area of the website.
- It is the coaches (or team manager) to coordinate, sign-up, and collect the money from the team.
- The PSC will pay up to \$100 per team, per season, for tournament play.
- Once you register for the tournament, send a copy of the invoice to the Treasurer (Craig Perry; [cperry8434@gmail.com](mailto:cperry8434@gmail.com)) to get the \$100 reimbursement.
- The PSC will also provide patches for tournaments where required, contact Craig Perry ([cperry8434@gmail.com](mailto:cperry8434@gmail.com))
- If you have any questions or need additional guidance around tournaments, you can contact Colin MacDonald ([colin.m.macdonald@unilever.com](mailto:colin.m.macdonald@unilever.com)).

### **CT Cup:**



CT Cup play is for U11 and older travel teams. The PSC would like to see all Red teams participate. The Gray/Black teams are also encouraged to participate if they would like to. If you have questions you can contact Colin MacDonald.

- A reminder will be posted each season in the '**Hey Coach**' area of the website with the current seasons details & important dates.
- Connecticut Cup is a bracket tournament with a minimum of 32 teams and no more than 64 teams. It's a knock out tournament so once a team loses they are out.
- Pomperaug Soccer Club covers the cost but each team is responsible to register and pay the registration up front.
- Email Craig Perry a copy of the entry fee payment confirmation for reimbursement.
- Once registered:
  - Contact Tara Coelho regarding CT Cup roster procedure
  - Email Brian Wolf - '[bwolf9386@sbcglobal.net](mailto:bwolf9386@sbcglobal.net)' and cc: Carlos regarding the request for referees if the team is playing at home. Referee fees are the responsibility of the home team.
  - The Pomperaug Soccer club will reimburse the team. Please email Craig Perry the amount after the game is played.

## **VII. OFFSEASON ACTIVITIES & APPROACH**

### **Summer**

- For those who are interested, look to coordinate summer scrimmages with other age groups or towns if possible around summer vacations. Do not make this mandatory but for those who can, it keeps the kids playing and tends to be very beneficial for teams leading into the fall season.
- Everson/Brazil CT offers a great summer program that trains evenings in Southbury, as well as has tournament options.
- Summer Camps – see the PSC website:
  - Everson Soccer Academy offers 2 summer camps for field players in late July and early August
  - CT Keeper for Goalkeeper camps offers same weeks as Everson, as well as a specialized preseason camp in late August.

### **Winter Indoor Soccer**

There are many options for indoor soccer in the Winter Months:

- There is training thru Everson Soccer Academy at the WAC just for the PSC. This is only for PSC players.
- Everson Soccer Academy also provides general training sessions at their facilities (WAC, Woodbridge, etc.) for all age groups and open to anyone. Similar programs are available at other facilities below



- Coaches can also pursue training & other league options at any number of locations in the area.
- Facilities in the area for league play, training, turf rental: (You can get more information/guidance from the Director of Travel or Director of Coaching)
  - WAC (Waterbury Athletic Center)
  - Trumbull (The Sports Zone )
  - New Milford (CT Sports Arena)
  - Woodbridge (Everson Soccer Academy)

## **VIII. USING THE PSC & NWD WEBSITE**

<Coming Soon>

### **Appendix:**

#### **Equipment Checklist:**

- 4 Corner Flags
- Equipment Bag
- 2 different colored pennies for scrimmages
- 1-2 pinnies of a color different from above for drills
- Disc Cones (set of 25)
- Medicine/First Aid Kit
- 8 Ice packs
- 2 Game balls
- Ball pump
- Clip board and dry erase marker
- 1-2 pairs goalie gloves
- 1 goalie shirt