



Ashland Soccer Club Coaches Conduct & Guidelines

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Ashland Soccer Club Coach Responsibilities

- **Contact all players and inform them of when & where practices will start.** Please contact new players ASAP as they are anxious to know what team they will play on.
- **Please plan your practices:** “If you don’t have time to plan, you don’t have time to coach.” This doesn’t mean you have to write a detailed lesson plan, but arriving with a list of activities is important. Establish a routine. Make sure you have time to scrimmage each session. Players play to play. Successful coaches usually work on a theme for a week or two. There are a number of experienced coaches with the club who can help you.
- **Establish team rules and communicate rules to players/parents:** Your team rules should cover behavior issues, attendance at practice/games and playing time.
- **Recreational players should generally be given equal playing time. PLEASE**
- **NO BENCH WARMERS IN RECREATIONAL SOCCER!** All players of all ages generally should play equally regardless of the outcome of the game.
- **Practice Participation:** Only registered players can participate in practices or games. A player on a roster on another Ashland team could be a guest at your practice, but players not registered with the club cannot participate. Only players on a Club roster can participate in games. Referees will check rosters and player cards at games.
- **Player Safety:** ASC requires all players wear shin guards whenever they practice. Check players before each practice: No earrings, necklaces, objects in pockets, or pants with metal attachments. Please encourage players to “dress out” in soccer gear---Wear shorts or sport pants they can run in and dress in layers for weather as needed in both practices as well as game situations.
- **Schedule and complete a parent meeting preferably before your first game:** Establish team rules and communicate rules to players/parents: Your team rules should cover behavior issues, attendance at practice/games and playing time. Please incorporate into this meeting, your coaching technique plan for the season (Academy) so that the parents understand the direction of their children. Include a roster of teammates as well as the Team Manger’s contact information.
- **A day or so before each game please contact the opposing coach if at all Possible:** It’s a nice thing to do-- but also can help avoid problems with finding fields, etc.
- **Bring your corner flags to each game and take down when finished.**

- **Keep track of your equipment--balls, pennies, cones:** If you need equipment, contact the Equipment Coordinator.
- **Maintain a Safe Environment and Positive Atmosphere:** Make sure the field appears safe before games and practices. No practice/games if there is thunder. Keep practices under your control--Establish firm rules; No climbing, hanging on the goals, no foul language--players should show respect to the coach, fellow players and the overall environment at all times. Players can be dropped from the program for disciplinary reasons.
- **Please use Positive Reinforcement in your coaching as much as possible.** Players learn more in a positive environment. Please correct mistakes, but don't punish players for poor performance.
- **Ashland Soccer Club Coaches Conduct**
- Arrive at practice on time.
- Remain at the field until players are picked up and or accounted for.
- Treat players, parents, opposing coaches & players and referees with respect.
- Will not excessively reprimand, yell, scream or use an excessive harsh tone or verbiage towards a player.
- Present coaching points with a positive attitude.
- Place high value on good sportsmanship and teach the players respect of one another, opposing teams/coaches and the referees.
- Emphasize the "generous game" of un-selfish play and teamwork.
- Do your best to provide our players with the technical and tactical skill they need to broaden their understanding and enjoyment of the game.
- **Ashland Soccer Club Safety Guidelines for Coaches**
- **Two adults should be present at every practice:** If you do not have an assistant, please ask a parent or Team Manager to take turns being the second adult at practice.
- **Never physically contact players of either sex between their shoulders and their knees:** unless a player needs first aid or is physically endangering another player.
- **Never contact players in chat rooms.** If you email players, send cover copies to parents or all players as a team.
- **Do NOT post pictures of players identified with their first and last names anywhere on the internet:** Do NOT "tag" players in photos on Facebook. Any team information posted on the internet should be password protected.
- **Always assist players directly when they are moving goals.**
- **Do NOT allow players to hang on goals or pull at the net.**

- **Concussions:** If you suspect a head injury, do NOT allow a player to continue to play during a game or scrimmage. Players with possible concussions should sit out at least one week in most cases. Remember: players can have a concussion without loss of consciousness. Please err on the side of caution. **The greatest risk is in repeated head injuries or concussions.**
- **Dress Code:** Players should keep their shirts on. Players should not be practicing in only sports bras or shirtless. This rule has been requested repeatedly by parents. Soccer cleats and shin guards covered by soccer socks are required at ALL practices, games and scrimmages. Players should remove all jewelry.
- **Lightening/Thunderstorms:** Do not practice when there is lightening or thunder nearby. Move players to a safe location.
- **Public Restrooms:** Send young players in pairs when they go to use a public restroom or portable restrooms out of your immediate vicinity.
- **Participation:** Only registered players should participate in club activities. Guest players from other teams and clubs are welcome to participate--but they must be registered with a club. Players interested in joining can observe, but should not participate until their parent has completed a signed registration form.
- **Background Checks:** All adults responsible for working with our players must register as a coach and complete a background check.

Thank you for keeping our kids safe!

Recreational Coaching Guidelines (By Thierry Chouard)

As coaches, we are first and foremost **guides and role models**. Our technical and tactical knowledge is not as important as our ability to instill trust.

We must provide an environment which fosters **self-esteem, safety and fun**. Our job is to ensure that children develop their talents through **positive encouragement**.

What matters most is not what we have taught children, but what they have **learned!** We need to always ask ourselves: "Am I having a **positive influence** on the children in my charge?"

In that regard, we develop team spirit as well as individual qualities, we make a point that everyone participates equally and that everyone experiences all facets of the game.

Results and scores should be our last priority. We congratulate for good performances, but also point out the things well done and the lessons learned after a loss or hard experience, so **the net result is always positive**.

Children will forget scores, wins and losses, but not the emotional experiences, good or bad, so let's do our best to **create good memories**.

At the end of the day our students, not our years of experience and level of education, will decide if we are worthy of our responsibilities.

PRACTICES:

- ✓ Make sure the field is safe and all equipment needed is available. **One ball per player!!!**
- ✓ Have a set of rules (player's equipment, behavior, etc...) which is **fair, firm and consistent**. Those rules apply to team life, including games.
- ✓ Develop a routine so players know what to expect.
- ✓ Each practice should cover **one topic only** and students shouldn't be overloaded with information. The more we try to teach at once and the more our students will forget.
- ✓ Go from simple to complex, large area to small, low pressure to high, etc... Children must experience success in order to keep interest, but at the same time too easy a task creates boredom. **Lessons need to be adjusted to the students' abilities.**
- ✓ **Practices should always end with a scrimmage.** It is the players' reward, and also the time when the coaches assess what was learned on that day. Keep in mind that it sometimes takes a few days for the brain and muscles to "digest" new data or skills, and each person learns at a different pace.

GAME TIME:

- ✓ Arriving 30 min. early works out well to allow adequate preparation. Do ball work, a bit of stretching and a little game to get the blood flowing (about 15 min. of warm-up time is enough), then do the lineup.
- ✓ Your most important responsibility is to make sure **all players get equal playing time** as much as possible. The purpose of recreational soccer is: All players are given an opportunity to develop NOT to develop stars or win games. **Think TEAM!**
- ✓ Have a game goal and judge the game in relation to that goal, **instead of the scoreboard**, especially if you lost.
- ✓ Talk as little as possible during the game. Offer only positive and constructive comments. Instruct parents to do the same.
- ✓ **Allow players to make mistakes.** It is the only way they will really learn, given that they understand why they made a mistake and how to correct it. Ask questions instead of feeding information, so they go through an intelligent learning process, which is not based on rote skills.
- ✓ **Parents are not allowed on the player's side of the field**--unless they are called over by the coach if their child is injured. Player's area is only for players and coaches.
- ✓ Players should receive playing time at different positions so they receive an understanding of multiple positions and that they realize that those who play in the back in the first half will then play in front and vice versa.
- ✓ Rotate goal keepers at a minimum each half for recreational team formation.
- ✓ **Be respectful to the referee.** Instruct your parents to do the same.
- ✓ During half-time, ask the kids how they feel about their game before offering your assessment. Give only one or two (one is better) main suggestion(s) regarding needed corrections for the next half.
- ✓ At the end of the game, after the handshake, move away from the game area for your last little chat. Let the players assess their performance and ask if they feel they reached the game goal. Avoid a game report at that time (save this for next practice). Instead congratulate them and go on to the best part: **Snacks!!!**

Ashland Soccer Club Parent Meeting Guideline

(Brief Outline for a Successful Parent Meeting)

1. Introductions & How to Contact You: Phone? Cell phone? Email?
2. Coaching Philosophies, Goals, Expectations--Please be clear about how you plan to handle playing time and any team rules established.
3. Provide all parents with and have them sign the ASC Parent Code of Conduct form and return to the Ashland Soccer Club Registrar.
4. Ask parents to facilitate player's responsibilities; Arriving on time, Mandatory equipment and supplies, proper playing attire, Shin guards, cleats, shorts, water bottle and clothing for weather, attitude.
5. Select a Team Manager with the intent to have that member of your Club Team establish parent volunteer roles to help the team.

Suggestions: Snack Coordinator, Carpool Coordinator, **Practice Supervisor** (Making sure there is one parent at each practice).

The **Practice Supervisor** is: Available during the practice to help the coach(es) in an emergency or stays with players until everyone has left the field. This parent wouldn't have to participate in practice--just be there so the coach is not left alone with players.

5. Game Day Parent Guidelines: Discourage coaching from the sidelines by parents--If you want to coach, volunteer as an assistant. Hearing directions from parents at sidelines is confusing to kids. Parents should not yell out comments about referee's calls. Ask parents to introduce themselves to the opposing team's parents. For home games, thank the opposing teams for coming and welcome them to our town. If an opposing team parent is loud and obnoxious, try engaging them in conversation. After the game, encourage parents to emphasize progress on team goals rather than results. Give parents examples of what your team goals might be.

In accepting the position of head coach for Ashland Soccer Club, I acknowledge that I read, understood and intend to adhere to this Coaching and Code of Conduct Agreement.

Name: _____

Address: _____

Date of Birth: _____ Phone No: _____

Signed: _____ Date: _____