



• S O C C E R •

Coaching Manual  
2010 Season



## WELCOME

Dear Land Park Coach,

Congratulations! As a youth soccer coach, you are about to enjoy a rare privilege—becoming a teacher, mentor, and surrogate parent to a group of players who are looking to have fun and learn the game of soccer. You are not alone. Youth soccer is flourishing, and Land Park is one of the largest and most respected clubs in our area. To continue to build our program and ensure that we remain a wonderful place for kids to learn the game, we want all of our coaches to be their best—as leaders, teachers, and positive role models to every player.

Being a coach, especially if it's your first year, can be an intimidating experience. Organizing your team, understanding the rules, running effective and enjoyable practices, and making games a positive experience can seem like daunting tasks. But just as your players will develop soccer skills over time, you can develop effective, age-appropriate coaching techniques over time if you are patient, dedicated, and willing to learn and grow.

The Land Park Soccer board members and long-time coaches who have compiled this manual believe that your educated participation is vital to the overall experience of your players. We offer this manual to our family of coaches with the expectation that you will use it in conjunction with the full complement of coaching clinics available through the club and the league of which we are a part. We hope that together these resources will give you the confidence to be the best for your team and your club, and for the beautiful game of soccer.

**THANK YOU FOR COACHING, AND GOOD LUCK!**

### ***COACHES, WE NEED YOUR HELP***

As you use this manual, please feel free to submit any suggestions that you might have regarding improvements, clarifications, additions, or topics you would like to see expanded so next year's edition can be more comprehensive and useful. Comments can be submitted via e-mail to [landparksoccer@sbcglobal.net](mailto:landparksoccer@sbcglobal.net).

In addition, if you have a favorite game that has worked well for you at practice, please send us a diagram and description, plus a brief statement about the appropriate age group(s), objective(s), and any coaching points. We would like to begin developing a resource page of games and drills on our website.



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## ABOUT LAND PARK SOCCER

Land Park Soccer Club has been providing youth soccer programs in the Land Park area since 1978. Our club serves approximately 1500 players every year in our recreational and Metro (select) programs. The club is run by a dedicated group of volunteer, including 200 coaches, 20 board members, and countless parents who generously donate their time for the benefit of the players. Our emphasis is on teaching the game of soccer the way it should be played—with sportsmanship, skill, teamwork, dedication, commitment, and fun. We are guided by the belief that recreational soccer should be organized so that participants experience soccer in a fun, supportive environment in which equal playing time for everyone is a top priority; players develop the skills necessary to play soccer with confidence; all players, coaches, parents, and spectators demonstrate good sportsmanship; and all eligible youth are accepted as participants.

Land Park Soccer is the largest member club in the Sacramento Youth Soccer League (SYSL), which is affiliated with the California Youth Soccer Association North (CYSA North), which in turn is affiliated with the U.S. Youth Soccer Association (USYSA). USYSA is part of the United States Soccer Federation (USSF), which is a member of Federation Internationale de Football Association (FIFA), soccer's world governing body.

### **CONTACT INFORMATION**

Listed below are the various board members you may need to contact during the season. Your primary point of contact is your age group coordinator. This is the person to whom you need to call in your score after every game and who will be able to answer most of your questions. If your age group coordinator can't answer your question, he or she will find you someone who can. You can also send e-mail to the club's general e-mail box ([landparksoccer@sbcglobal.net](mailto:landparksoccer@sbcglobal.net)) or call the club hotline (743-5088) and your message will be forwarded to the appropriate board member. A full list of board members is posted on the club website.

<b>Coordinator</b>	<b>Name</b>	<b>Phone</b>	<b>E-Mail</b>
U6	Mikell Wood	607-9780	<a href="mailto:mikellw@statenet.com">mikellw@statenet.com</a>
U8	Stephen Williams	320-3565	<a href="mailto:stephenjwilliams1@hotmail.com">stephenjwilliams1@hotmail.com</a>
U10	Linda Alger	471-8515	<a href="mailto:llasoccer@gmail.com">llasoccer@gmail.com</a>
U12	Kim Lederer	806-3335	<a href="mailto:kim_kim491@yahoo.com">kim_kim491@yahoo.com</a>
U14 & Up	Nick Stoltz	531-7919	<a href="mailto:stoltz.nick@gmail.com">stoltz.nick@gmail.com</a>
Uniforms	Heath Dalrymple	704-1807	<a href="mailto:landparkuniforms2010@yahoo.com">landparkuniforms2010@yahoo.com</a>
Fields	Mark Cooper	207-9870	<a href="mailto:coopers4@aol.com">coopers4@aol.com</a>
Equipment	John Blanchard-Saiger	402-3717	<a href="mailto:jbsfive@yahoo.com">jbsfive@yahoo.com</a>
Coaching	Adam Ostrander	207-3346	<a href="mailto:awhap5@comcast.net">awhap5@comcast.net</a>
Referees	Kevin Woodruff	747-1295	<a href="mailto:landparkrefs@sbcglobal.net">landparkrefs@sbcglobal.net</a>
Manager	Bruce Mattos	716-6611	<a href="mailto:bmattos@ix.netcom.com">bmattos@ix.netcom.com</a>

## COACHING DUTIES

There are several responsibilities the coach has to the team and to the club. As a coach you will run at least two practices per week starting at the beginning of August; coach games; submit a uniform order for your team (uniforms are provided by the club); attend uniform pick-up day in August and return day in December; pick up and return practice balls; make sure your team makes it to Picture Day; put up and take down nets and flags when necessary and get them to the coach who will need them next; call in your score after all games; and submit a game card after every home game. You will also need to attend two or three coach meetings during the season to pick up player passes, schedules, etc. You can delegate many of these duties to a parent, although you should attend the coach meetings yourself.

We strongly encourage all of our coaches to get at least an F coaching license. The F clinic is a fun class and helpful regardless of your level of coaching experience. It's also free to you if you take a clinic offered through SYSL (you have to send in a check to register, but it will be returned to you upon completion of the class). You can get information on and register for coach licensing clinics throughout the year at [www.sysl.com](http://www.sysl.com). If you ever plan to move your team to the Metro level, be aware that Metro head coaches must have an E level license (which you can get after you get your F license) and assistant coaches must have an F license.

In addition, we encourage you to attend one of the coaching clinics that the club will be offering during the summer.

### **IMPORTANT DATES**

Ball pick-up	July 31, 9-10:30 am at Freeport Mini-Storage
Uniform orders due	August 6
Uniform pick-up	August 14, 9-10:30 am at Freeport Mini-Storage
Uniform exchange	August 21, 9-10:30 am at Freeport Mini-Storage
Land Park Ten Cup Tournament (for U10 Metro teams)	August 21-22
Land Park Summer Shootout Tournament (for Metro teams)	August 28-29
Coach meeting (to pick up player passes, schedules, etc.)	TBA (likely September 7 or 8)
First game	September 11
Picture day	September 12
Land Park Kick It Event (open to U10-U16 rec teams)	October 16-17
Coach meeting (to pick up second-half schedules, etc.)	TBA (likely October 19 or 20)
Last game	November 20
Make-up day for any rainouts	November 21
Uniform & Equipment return	December 11, 1 pm-3 pm at Freeport Mini Storage
Club annual general meeting	December 11, 4 pm at Giovanni's Pizza

## LAND PARK SOCCER'S PHILOSOPHY

Land Park Soccer strives to provide an enjoyable learning environment for the physical, social, and personal development of our players. Through our program we hope to provide what the best of youth sports has to offer:

- Promote fitness
- Develop new skills
- Instill a desire to succeed
- Teach responsibility and commitment
- Teach cooperation
- Develop good competitors
- Prepare players to deal gracefully with success and failure
- Instill positive attitudes
- Provide a fun and enriching experience
- Encourage a life-long interest in sports participation.

One of your most important goals as a Land Park coach should be to ensure that your players have such a great time this year that they want to play again next year. Success at any sport is a byproduct of player development. Good players are developed over years, not just in one season. If we can't make it fun and keep them coming back, we're not giving them the opportunity to develop as players.

Don't mistake the emphasis on fun as meaning that you shouldn't put any emphasis on competition. Teach your players to work hard at practice and play hard at games. Teach them that they should always strive to win, but that they honor the game by being equally graceful in victory and defeat. Teach them about the importance of being dedicated to the team. Teach them to set goals—mastering a new skill, for example—and strive to meet them. But do it in a positive way, through positive leadership and encouragement rather than through criticism. Be a role model by treating your players, your opponents, and game officials with respect. Celebrate successes, and keep in mind that winning a game isn't the only way to define success. Effort is a controllable variable, but outcome is not. If you focus on good inputs, in the long run you're more likely to get good outputs.

As you progress through the season, be mindful of the following:

1. Fun is pivotal. If it's not fun, kids won't play.
2. Progressive skill development is a crucial aspect of fun. It is more important than winning, even among elite athletes.
3. The most rewarding challenges of sports are those that lead to self-knowledge.
4. Intrinsic rewards (self-knowledge that grows out of self-competition) are more important in creating lifetime athletes than are extrinsic rewards (victory or attention from others).

## **OUR SOCCER CREDO**

### **The Coach:**

- Treats players, parents, and opponents with respect.
- Teaches and inspires players to love the game and to compete fairly.
- Demonstrates by example the type of person he/she wants the players to be.
- Has control and commands discipline at all times.
- Respects the interpretation of rules and judgment of the officials.
- Realizes that as a coach he/she is a teacher and therefore tries to understand the game and demand proper soccer behavior at all times.

### **The Player:**

- Treats opponents with respect.
- Plays hard and plays within the rules of the game of soccer.
- Demonstrates self control.
- Respects officials and accepts their decisions without gesture or argument.
- Wins without boasting, loses without excuses, and never quits.
- Remembers that it is a privilege to represent his/her soccer club and community.

### **The Official:**

- Knows the rules and understands the game.
- Places the health and welfare of the players above all other considerations.
- Treats players and coaches courteously and demands the same from them.
- Works cooperatively with fellow referees and linesmen.
- Is fair and firm in all decisions on the field.
- Maintains confidence, poise, and self control from start to finish of the game.

### **The Parents:**

- Do not coach the team, including their own children, from the sidelines.
- Respect the judgment of the referee and do not criticize game officials.
- Keep their players focused on mastering soccer skills and strategies.
- Decrease the pressure to win.
- Believe that soccer's primary value is to provide youth an opportunity for self-development.
- Understand the risks.
- Communicate with the coach and create a positive, supportive working relationship.
- Understand and respect the different roles of parents and coaches.
- Control negative emotions and think positively.
- Avoid using fear in an attempt to motivate. Healthy player development is not fostered by fear of the consequences of failure.
- Show empathy for the young developing soccer player.

## RULES AND REGULATIONS

If you're going to coach, you need to be aware of the rules and regulations that govern soccer in general, our league, and our club. It is your responsibility as a coach to know what is expected of you, your players, the officials, and the spectators. You should make every attempt to understand the rules and carefully consider the spirit that underlies them. Key reading materials (all of which are available online, see the "Useful Websites" section for addresses) include:

- **FIFA's Laws of the Game**. The Laws of the Game are the official rules of soccer. Although we play with some modified rules (such as game length at different age groups, number of players on the field, etc.), the vast majority of the Laws of the Game apply.
- **CYSA Team Manual**. This publication from our state association has a wealth of information on a variety of topics, including an excellent summary of the Laws of the Game and how they are modified for youth play. Every coach will receive a copy of the manual when we hand out player passes.
- **SYSL Bylaws and Rules & Regulations**. These are the rules that govern our league.
- **Land Park Soccer Club Bylaws**. Coaches are expected to understand and abide by all club bylaws and standing rules throughout the season.

Listed below are some key rules that are most often misunderstood:

- **Players Adds/Drops**. Coaches may not make changes to their roster. Only the club registrar can do this. If you have a player who wants to drop, the parent must contact the club registrar directly. To add a player, you must select the next player on the waiting list in your age group. Please do not make any promises about adding a player to your team until you have discussed it with the registrar.
- **Player Passes**. Coaches are responsible for presenting a valid player pass for each player before the start of each game. This applies at every age group, including Under 6. If you do not have your player passes, there will be no game. Don't forget that the coach needs to have a pass as well.
- **Jewelry**. Players must remove all jewelry prior to the start of a game. "Jewelry" includes earrings and pretty much anything worn around the wrists and neck. Taping over earrings is not acceptable; they must be removed completely. Hair clips made of metal, plastic, or other hard materials are also prohibited. Ultimately, at games it is the referee's call as to whether or item an item must be removed. We encourage you to enforce the "no jewelry" rule at practice as well. Jewelry is a safety hazard not only for the player wearing it, but also for everyone else on the field.

## WORKING WELL WITH PARENTS

As a coach, you will be dealing with parents and children who have a wide range of backgrounds and ideals. The challenge is to address these differences in a positive manner so that the season will be enjoyable for everyone. Occasionally, you may experience difficulty with parents. Some parents may want their child to play more, others may question your judgment as a coach. Whatever the concern, remember that the parent is usually just looking out for his or her child. Don't be discouraged. There are some things you can do to open up communication and make dealing with parents a positive aspect of your coaching duties:

- Have a parent meeting before the first practice to discuss your plans and expectations for the season. See the "Parent Meeting" section for tips on how to do this well.
- Express appreciation for their interest and concern. This will make them more open and at ease with you.
- Always listen to their ideas and feelings. Remember, they are interested and concerned because it is their child that is involved. Encourage parental involvement, but set clear boundaries between your role as the coach and their role as the parent.
- Know what your objectives are and do what you believe to be of value to the team, not to the parents. No coach can please everyone.
- Know the rules. Be prepared to abide by them and explain them to parents.
- Handle any confrontation one on one and not in a crowd situation. Try not to be defensive. Let the parent talk while you listen. Often parents will vent their frustration just by talking. Listen to their viewpoint, then thank them for it.
- Resist unfair pressure. It is your responsibility as a coach to make the final decision. This does not mean that you still can't listen to the parents.
- Don't discuss individual players with other parents. The grapevine will hang you every time. Show the same respect for each player on the team that you want the parents to show to you.
- Ask the parents not to criticize their children during games or practices. Don't let your players be humiliated by anyone, including their own parents.
- Don't blame the players for their parent's actions.
- Be consistent! If you change a rule during the season, you may be in for trouble. At the very least, inform players and parents of any changes as soon as possible.
- Most importantly, be fair. If you treat all players equally and with respect, you will gain their respect and that of their parents as well.

## **THE PRE-SEASON PARENT MEETING**

Coaches are encouraged to establish effective lines of communication with parents early in the season by holding a parent orientation meeting. This may take the form of a casual discussion in your living room, or could be combined with a practice. Whatever the format, the time you invest will pay benefits for all concerned throughout the season. If a meeting is impossible, you could also put the information in a letter, but face-to-face communication is definitely preferable.

### **Purposes of a parent meeting:**

- Enable parents to understand the objectives and goals of Land Park Soccer's program
- Enable parents to become acquainted with you and introduce your coaching philosophy and your goals for the season.
- Inform parents about the nature and inherent risks of soccer.
- Inform parents of your expectations of them and of their children.
- Answer any questions.
- Discuss what you consider to be the value of the sport.
- State the importance you assign to having fun and developing skills.
- State the importance you assign to winning and losing.
- Discuss any team rules (these rules must be fair and enforceable) and guidelines, as well as disciplinary procedures.
- Discuss your philosophy regarding player rotation, substitution, playing time, etc.
- Let them know that you are happy to discuss any concerns they have at the appropriate time, just not before or during practice or games when you need to be focused on the players.

### **Important points to cover:**

#### Coach introduction

- Introduce yourself and any assistant coaches.
- Give some background information about yourself (why you are coaching, what is your experience).
- Game/practice schedule (how many? when do they begin?).
- Equipment required of players (shin guards, water bottle, no jewelry, etc.).
- Inherent risks (soccer is a contact sport, albeit a relatively safe one).

#### Team management

- Ask for volunteers to help at practice if needed.
- Ask for volunteer(s) to serve as team parents (picking up and returning uniforms, snack schedule, help with nets, etc.).
- Discuss preferred method for communication with parents (team website, phone calls, e-mail)

#### Discuss coach responsibilities, such as:

- Demonstrate leadership and good sportsmanship.
- Treat each player fairly.
- Have organized practices and teach soccer fundamentals appropriate to the age group.

- Provide a safe environment (arrive at practice on time and remain after practice until every child is picked up by an authorized adult, ensure that the field is safe, etc.).
- Contribute positively to the development of each player's self-esteem.
- Help each player set individual and team goals that are attainable.
- Respect the referees, know the rules, and conduct yourself in a controlled manner on the field.

Discuss player responsibilities, such as:

- Attend practices and games regularly and arrive on time.
- Bring proper equipment to each practice and game (water bottle, shin guards, appropriate shoes).
- Inform the coach in advance if it is necessary to miss a practice or game.
- Make each practice a challenge to improve.
- Embrace good sportsmanship and teamwork.
- Respect the referees and opponents.
- Be supportive of teammates at all times.

Discuss parent responsibilities, such as:

- Transport your child to and from practice and games on time.
- Be supportive of all the players (criticism does not improve performance).
- Help your child understand that he/she is contributing to a team effort.
- Emphasize mastering skills and having fun, not winning.
- Attend games and cheer the team.
- Refrain from criticizing opponents; be positive with all players.
- Respect the referees. They will make mistakes, but they are doing their best. (If a parent feels they are better qualified, see the referee coordinator—we can always use more refs!).
- Refrain from coaching your child during games (try to understand and respect the differences between the roles of the coach and parent).

## REFEREES

Referees are to be treated with professionalism and respect at all times by our coaches, players, parents, and other spectators. These are people who love the game enough to give up their weekends to support youth soccer in our community. They are not perfect, but they are doing their best in an often-difficult job. Referees must evaluate multiple possibilities before making every call. Was it a foul? Was there an advantage? Should the foul be called or should players be allowed to play on? In such a fast-paced sport as soccer, disagreements in interpretation are bound to occur. Sometimes the referees will even miss calls or make mistakes. When these things happen, take a deep breath and let it go. Arguing with the referee is not only counter-productive, it is against the rules.

One thing that is generally true of all referees is that they don't care who wins. This means they see the game differently than players and coaches. The referee's point of view is centered on identifying any infringement of the Laws of the Game and determining whether or not it was significant enough to affect play, and then whether to stop play or apply advantage. One of the most important phrases in the Laws of the Game is "If, in the opinion of the referee..." Yes, this gives the referee a huge amount of authority over the match; it is intended to. They call what they see and the game moves on.

Introduce yourself to the center referee and any other officials at the beginning of each game and note their names. Establish a relationship. It goes a long way towards ensuring a smooth game. Ask any questions you may have about game duration, allowable substitution times, etc. Make sure to thank them at the end and encourage your players to do the same, regardless of the outcome of the game

If you have a question about a call, the time to discuss it with the referee is after the game, out of earshot from players. Do not attempt to have a discussion with the referees if you cannot remain calm. Explain your concerns and listen to what they have to say in response. Accept that sometimes you may disagree and that there may be no resolution. Try to learn something from their take on the call. Thank them for their time.

At the younger age groups, many of the referees are young and are just getting started with their referee careers. These youths have taken the time to get certified as referees and are helping out the club. They are not going to be expert referees immediately; they need experience. Please support and encourage them. We lose youth referees every year because of abusive coaches and parents. This is not acceptable and will not be tolerated.

We do value your feedback about our referees. We want good referees as much as you do, and the referee community is very interested in maintaining a good reputation. If you have comments about a particular referee, positive or negative, please direct them to the referee coordinator. If you truly believe a referee is engaging in misconduct (e.g., swearing, physical or verbal abuse), please report this in writing to the club. Such reports will be taken seriously.

## RUNNING EFFECTIVE PRACTICES

The bulk of your coaching time will be spent running practices. Designing effective practice sessions throughout the season can be a daunting challenge, even for experienced coaches. The tips here should help get you on the right track. We also have included a list of websites that you may find helpful. We encourage you to take advantage of the various coach training opportunities (licensing clinics, club-sponsored clinics, etc.) to learn more about how to structure practices and get age-appropriate ideas.

Basic tips for a good practice include:

- Prepare a plan ahead of time, but be flexible. You never know when you're going to have a "full moon day" where your players just can't seem to focus on what you had planned and you'll need to completely shift gears.
- Have all of your equipment (cones, practice vests, and balls) staged and ready to go to keep a flow to the practice.
- Be aware of the age and skill level of your players, and plan practices accordingly. Don't move to more complicated activities until your players have mastered the basic skills. (And remember, mastering the basics takes more than one season.)
- Have a specific theme for each practice and focus all of your activities around that theme. For example, you may want to focus on dribbling one day, one-on-one defense another day, and short passes another day.
- If it's not related to the theme of the day, let it go. Players can quickly suffer information overload, so keep it simple. If you're stressing dribbling, stick with that. If their passing is awful that day, let it go and make a mental note to work on passing another day.

### PRACTICE FIELDS

Please treat our practice fields well so that we get to use them again next year. Pick up trash even if it's not yours and leave the fields as clean as possible.

If you are practicing at a school, keep in mind that our permits are for the fields only. We do not have the use of any inside facilities, nor do we have any right to park on school grounds. If the parking area is open, you may use it. If the gate is locked, please leave it that way and park on the street. If you are asked to move cars off school properly, please comply immediately.

At Cal Middle, never drive through the back gate (off of 17<sup>th</sup> Street). At Brannan, never drive out onto the blacktop. These are things that will cause us to lose our permits. Make sure your parents understand this.

Only practice on the field to which you have been assigned. These are the fields for which we have permits. If you need to change your assignment, contact the field coordinator. We are a very large club with limited field space, so although we would like to, we can't always give everyone their ideal practice time and/or field.

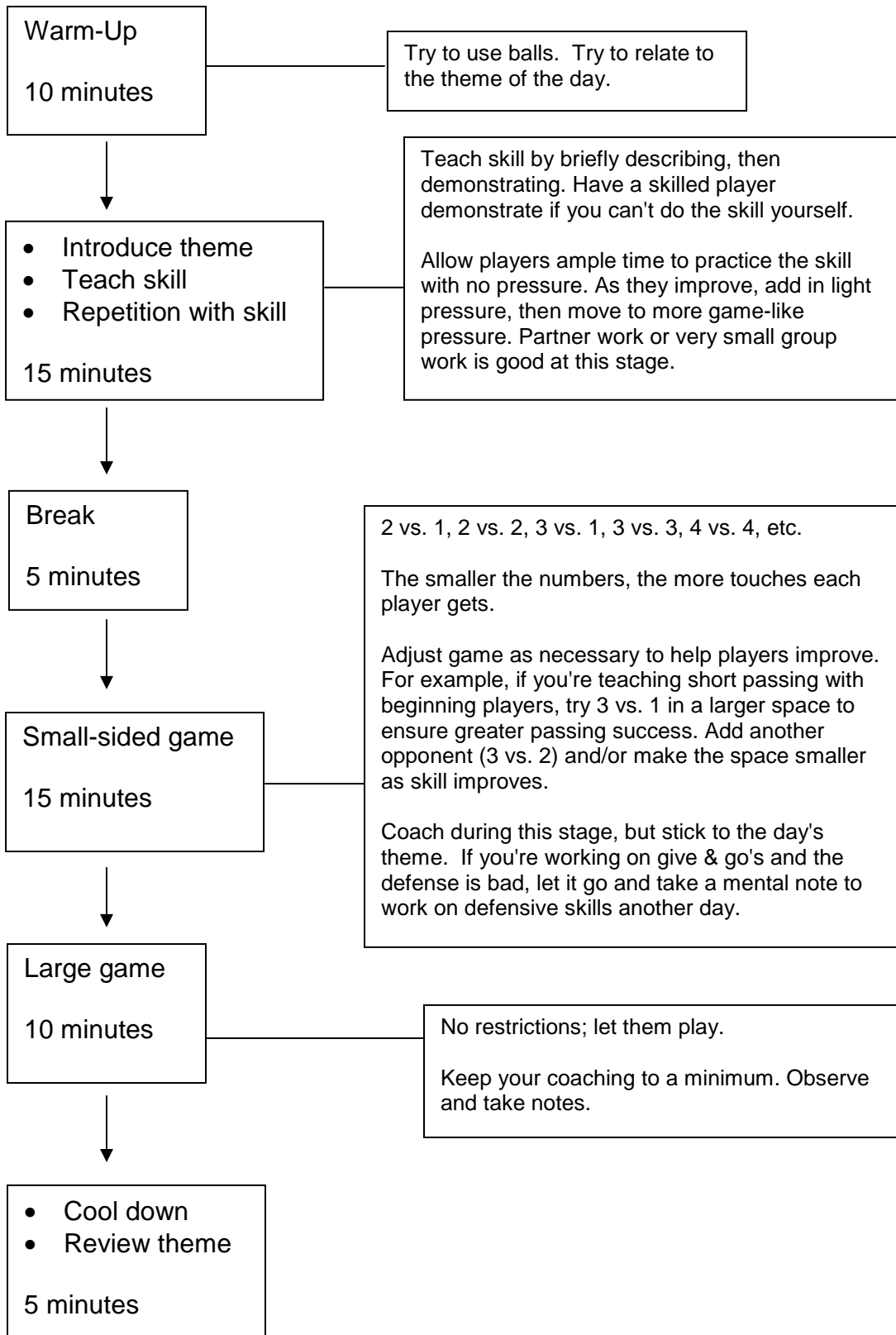
Finally, please have respect for the neighbors who live around our practice fields. They put up with a lot of traffic during soccer season and we need to do our best to minimize the impact we have on them.

If you have trouble accessing a field or get questioned about our permits, please contact the field coordinator.

- Choose activities that actually relate to soccer. For example, rather than running laps, choose games that involve a lot of running so you get the same outcome (fitness and stamina) but you also build soccer-related skills.
- Players need to be in motion during activities and games. Avoid lines as much as possible.
- Choose activities that maximize touches on the ball. The more players touch the ball, the more comfortable they will become with it. A player will get hundreds of touches in a well-designed practice.
- Gear activities towards developing successful players rather than towards developing a winning team.
- Choose activities that encourage players to make their own decisions. When they're in a match, they will need to be able to think for themselves.
- Avoid "knock-out" activities where players get eliminated throughout the game. These activities tend to punish the very players who most need more touches on the ball.
- Design your practices with a logical progression of activities. Start with a warm-up then move to an activity designed to teach the day's theme without pressure. As players develop mastery, add pressure of an opponent (light pressure, then game-like pressure if they're ready) to allow them to hone their skills. Then move to small-sided games (3 vs. 3, 3 vs. 1, 4 vs. 2, etc.) that provide more match-like situations but that allow players lots of touches on the ball. Change the focus of the game and the level of difficulty by adjusting the size of the space, the number of players involved, touch restrictions (one touch, two touch, etc.), the number of balls, and the point system.
- End the training session with a scrimmage where the players just get to play with no coaching. Sit back, watch, and take mental notes. Keep in mind that scrimmages that involve your entire team, much like "knock-out" games, tend to be dominated by the better players and minimize the amount that weaker players touch the ball. Players love to scrimmage and should get frequent chances to do so, but don't devote too much of your practice time to full-team scrimmages.
- Don't forget a cool-down activity at the end.
- Make sure to end with smiles. If they're not having fun, ask yourself why and adjust your practice plans to make sure that they are.

## Stages of Practice

The following flow-chart is based on a one-hour practice session. Adjust suggested times based on your actual practice time and the age & skill level of your players.



## UNDERSTANDING YOUR PLAYERS

Listed below are some general developmental characteristics of U6-U12 players that can be helpful in planning and conducting your practices and in developing a game plan for the season. What works at a U12 practice largely doesn't work for U6 players and vice versa, although there are certainly some games that are fun at practically any age (and your players will remember them and bug you about them every single year).

### **Under 6**

- Short attention span.
- Can only focus on one task at a time, need simple instructions.
- Most are individually oriented—me, my, mine (5 v. 5 is really 1 v. 9).
- Constantly in motion.
- Limited understanding of time, spatial relationships, and boundaries.
- Psychologically bruise very easily.
- Little or no concern for team activities.
- Physical and psychological development of boys and girls is similar.
- Physical coordination is immature—limited eye/hand and eye/foot coordination.
- Love to run, jump, roll, and climb.
- No sense of pace—they'll go all out until they drop, so you need to know when to give them breaks.

### **Under 8**

- Attention span is longer than U6, but still not at the “team at all costs” intensity.
- Inclined more toward group activities.
- Still in constant motion—twitching, jerking, scratching, and blinking are all second-nature physical movements.
- Developing primitive understanding of time, spatial relationships, and boundaries.
- Still very emotionally sensitive (dislike personal failures in front of peers)—ridicule from the coach in front of the group is very destructive.
- Limited experience with personal evaluation—effort is synonymous with performance (“If I tried hard, I did well”).
- Boys and girl are still quite similar in physical and psychological development.
- Beginning to develop some physical confidence.
- Still into running, jumping, climbing and rolling.
- More into imitation of the “big guys” (sports heroes are becoming important).
- Still lack a sense of pace and will chase a ball until they collapse.

### **Under 10**

- Lengthened attention span.
- Still in motion but not so busy—will hold still long enough for a brief explanation.
- Psychologically becoming more firm and confident.
- More team-oriented.
- More inclined toward wanting to play rather than being told to play.
- Starting to understand fundamental tactical concepts, but spatial thinking is still not well developed.

- Boys and girls beginning to develop separately.
- Gross and small motor skills becoming more refined.
- Starting to understand pace and developing an ability to think ahead.

### **Under 12**

- Enjoys competition.
- Teamwork has improved.
- Coordination has improved.
- Begin to develop ability to sustain complex skill sequences.
- Begin to think in abstract terms and can address hypothetical situations.
- Technical competency has improved.
- Development of speed and strength.
- Problem-solving can take place with teammates.
- Spatial thinking skills improve (better understanding of positioning, etc.).
- Self-appearance and peer pressure is a concern.

# GAME DAY

## PREPARING FOR A GAME

### **The day before:**

- Prepare your lineup and your substitution schedule. Remember that over the course of the season, all players should have the chance to: 1) play different positions; 2) be captain; 3) start and finish games. These things are important to your players; they will notice.
- Check team equipment (balls, pump, first aid kit, etc.)
- Make sure you have everything you need if you have net duty (a net duty schedule will be provided along with the game schedule)
- Double check the field location
- If you are the home team, prepare the game card.

### **Game day:**

- Make sure you have your player passes.
- Remember your equipment bag and balls
- Have your team arrive at least 30 minutes before kick-off to allow an adequate warm-up period. It is important to stress this message to parents as well as players.
- If you are the home team, give the game card to the opposing coach to add his or her roster.
- If you are the away team, get the game card from the opposing team so you can add your roster (it helps to have your roster listed on a sticker that you can just stick on every game card), then give it to the referee.

### **Field preparation:**

- If you have net set-up duty, arrive early enough to get the job done before warming up your team. You may want to designate a parent to handle this for you.
- Check the field for holes or other hazards and report them to the referee.

### **Team warm-up:**

- Simple passing, dribbling, and shooting activities maximize touches. Have an assistant work with the goalkeepers.
- Stretch.
- Develop some kind of pre-game ritual (such as a team cheer) to get your players pumped up to play.

### NET DUTY

If you are playing a home game and have either the first game or the last game of the day, then you have net duty. If you have the last game, you must take down both nets and all of the corner flags and contact the coach who has the first game the next week.

If you have the first game, you need to get the nets from the coach who took them down the previous week and put them up prior to your game. Make sure to get to the field extra early if you have to put up the nets.

If you have take-down duty at the last game of the season, remember to bring the nets and flags with you when you return your uniforms and equipment on December 12.

### **Referees:**

- Introduce yourself to the referees and note their names.
- Ask any questions you may have about game time, substitution rules, etc.

## **COACHING DURING THE GAME**

Although coaches are permitted to provide positive instruction from the sideline, this is not a license to take over the game from the players. Coaching is best done at practice, not during the game. Remember that as a coach you are in a supporting role. Games are the players' show. Let them play!

Some things to keep in mind during a game include:

- Limit your sideline coaching. Prepare your players to think for themselves. Take notes of situations and skills that your team has problems with and work on them during practice.
- The less time spent shouting and the more time observing, the better understanding you will have of your team and the more information you will have to help them during your next practice. Shouted instructions are rarely useful to your players. They often reach them too late (the action has moved to a new situation) and they may prove more distracting than anything.
- Stay within the coaching area, which is the area 10 yards on either side of the center line. Keep your parents outside of the coaching area and all or your subs inside of it.
- Watch how the opposition plays and point out to your subs anything that can be to your team's advantage (e.g., all their goal kicks go to a certain area, their defense plays far back or far forward, etc.).
- Remind your subs what position they are going in at and what their duties are at that position. The younger your players, the more often you will have to remind them.
- You are responsible for not only your own behavior, but also for that of your players and spectators. You must do your best to keep everyone under control. Coaches can be cautioned or even ejected for having unruly spectators.

### **GAME TIMES & TEAM SIZES**

**U6**—10-minute quarters, 1-minute quarter breaks, 5-minute halftime, 5 players on the field (4 plus keeper)

**U8**—20-minute halves, 5-minute halftime, 7 players on the field

**U10**—25-minute halves, 5-minute halftime, 9 players on the field

**U12**—30-minute halves, 5-minute halftime, 11 players on the field

**U14**—35-minute halves, 5-minute halftime, 11 players on the field

**U16**—40-minute halves, 5-minute halftime, 11 players on the field

**U19**—45-minute halves, 5-minute halftime, 11 players on the field

### **Substitutions & Positions**

Your main duty during the game besides observing and watching out for the welfare of your players is to keep track of playing time and to substitute players in and out. To keep your subs interested and engaged in the game, ask them to observe the position where they will be playing next.

Rotate your players through the different positions on the field, particularly at the younger age groups. Everyone should have a chance to play at fullback, midfield, and forward even through U12s. Players who gain experience playing everywhere on the field when they are young will have a much better understanding of the game as they get older. Don't short-change your players' development by pigeon-holing them into a particular position too young.

Every player should be encouraged to try goal-keeping, but any player with a valid apprehension should not be forced to play this position. If you give each player some goal-keeping experience during practice or scrimmages, it will increase their confidence to try it during a game. As you reach U10 and U12, you will probably have a few players who enjoy goal and want to learn more about the position and play there at least part of the time.

Teaching positions in soccer can be a difficult thing. Although your players need to understand that there are different positions on the field, you don't want to emphasize positions too much, especially with very young players, because you could inadvertently teach them inflexibility instead. Sometimes players will ask you if a particular position (such as a fullback) is allowed to score, or if a fullback is ever allowed to cross mid-field, not as a matter of tactics but as a matter of rules. Be careful in fielding these kinds of questions. If you give younger players a "rule," they will stick to it. They can easily get the erroneous belief that they are assigned to a particular place on the field and can't leave it, no matter what.

Be very careful that you don't mistakenly teach your players that some players play offense and some play defense. Everyone on a team plays offense and defense depending on which team has possession. When your team has the ball, your entire team is on offense. When your opponent has the ball, your entire team is on defense.

### **Half-Time**

Half-time gives the players a chance to regroup, recharge, and get some water and a quick snack (orange slices, grapes, etc.). Although you'll want to use this time for coaching, try to limit your talk to two or three coaching points—one positive, then a negative, and finish with a positive comment about the way the team is playing. Your assistant can help by talking to the players on an individual basis. After your brief talk, give them the line-up, do a quick team cheer, and get them back out onto the field.

### **AFTER THE GAME**

After the referee blows the final whistle, gather your team together to give a cheer for your opponent. Then line them up to shake hands and thank the other team for a good game. Make sure your team understands that negative verbal exchanges with the other team will not be tolerated. Do not permit anything that remotely resembles teasing of a defeated team, and do not belittle another team's victory by attributing it to luck or a biased referee.

After you've thanked the opposing team, remember to thank the referees as well. Get the game card from them if you are the home team. If you are the away team, check the game card to make sure the score is correct. Make sure to get your players passes back.

If you want, gather your team together for a team talk, but keep it to a minimum. Congratulate them for a good job and send them on their way. Leave the real talk about the game for your next practice. Players really do not want to re-hash everything that happened in the game immediately after it ends.

Once your players are all safely on their way home, **CALL IN YOUR SCORE** to your age group coordinator. You can delegate this duty to a parent, but make sure it is somebody responsible who will not forget. Scores must be called in by 3 p.m. every Saturday, unless for some reason your game ends later than that. Call in even if you game was cancelled or you had a bye so that we know and do not have to track you down for the information.

If you were the home team, after you have called in your score don't forget to put the game card in the mail to the address listed on the card. Make sure it is filled out completely. Game cards need to be mailed no later than the Monday following the game. You do not need to submit a game card if you did not play.

## COACH & PLAYER EQUIPMENT

### **COACH EQUIPMENT**

#### **Balls**

The club will provide you with enough practice balls for your entire team. Be sure to keep one ball in good condition to be used as your game ball. Label all balls with your team name and age group so they don't get lost.

#### **Bag**

You'll need a dedicated coaching bag to keep all of your equipment handy.

#### **Medical Release Forms (your players' registration forms)**

Make sure to keep these in your coaching bag at all times!

#### **Player Passes and Coach Pass**

Don't leave home without them, and make sure to get them back from the ref after the game. Punch a hole in the corner and keep them on a ring so you don't lose any of them.

#### **Pump**

Buy a decent ball pump and a good supply of needles to get you through the season.

#### **Practice Vests (also called bibs or pinnies)**

Vests are a must for practice so that you can divide players into teams for practice games. They also come in handy if you are playing another Land Park team and need to come up with an alternate jersey color (home team is responsible for switching colors in the event two teams are playing that have the same jersey color). They can be purchased at just about any soccer store or other sporting good store.

#### **Cones**

You'll need a good supply of cones to get through practices. It's a good idea to have a good supply of the flat disc-type cones (which can be stepped on without risking injury) and a few of the taller cones as well.

#### **Goalie Gloves**

You can purchase an inexpensive pair at any soccer store or sporting goods store. Make sure to get a size that will fit the majority of your players.

#### **First Aid Kit**

A basic first aid kit is a critical component of your coaching bag. Good things to have in your kit include a variety of band-aids, Vaseline, sterile pads, adhesive tape, elastic wraps, antibiotic ointment, bee sting relief ointment, and instant ice packs or ziplock bags to make ice packs if you'll have ice on hand. You can build your own kit or purchase a pre-packaged kit. If you have over-the-counter medication in your kit such as Tylenol, never, ever give it to one of your players without direct permission from the parent.

### **Miscellaneous Stuff**

Other good things to toss into your bag include stickers with your roster on them (cut to fit on a game card), nail clippers, hair bands, spare pens, spare shoelaces, spare uniform socks, spare shin guards, and a spare keeper shirt (an old t-shirt will do—you just want to make sure you have an alternate-colored keeper shirt just in case there's a color issue with the opposing team or with the referees).

## **PLAYER EQUIPMENT**

### **Ball**

Although the club provides enough practice balls for your team, you should also encourage each player to have his or her own ball and to use it often at home. To prevent loss, we would encourage you not to send club balls home with players, except in circumstances where the player might not otherwise have access to a ball. Soccer balls come in a variety of sizes, each designated by a number:

- Size #3—smallest standard size, used at U6 and U8
- Size #4—intermediate size, used at U10 and U12
- Size #5—largest standard size, used at U14 and up

### **Shin Guards**

Shin guards are an absolute requirement for practice and for games. Do not allow a player to practice without shin guards. It's a good idea to carry a spare pair in your equipment bag just in case. Shin guards must be completely covered by socks at games. Uniform socks should be put on over the shin guards, not under and then folded over the top of the shin guards.

### **Soccer Shoes**

Recommended, but not absolutely required. Soccer cleats must be rubber or molded plastic (no metal cleats), and no less than 3/8 inch in diameter. Baseball or football-type shoes with square or rectangular cleats are not legal for soccer. Be sure to check your players' shoes for illegal cleats or sharp edges and rectify any problems before a referee discovers a violation and one of your players is forced to sit out a game.

### **Water Bottle**

Fresh water should be available to your players during practices and games. Ask them to bring their own water bottle with their name written on it. Bring extra water in case a player forgets his or hers at home. Allow for plenty of water breaks, especially during the heat of summer.

### **Uniforms (Jersey, Shorts, Socks)**

The club provides uniforms for all of its players. Jerseys and shorts are the property of the club and must be returned at the end of the season. Players may keep their socks. It is up to you to place your team's uniform order, pick it up on the designated day, and return the uniforms at the end of the season. Uniforms are for use at games only and are not to be worn at practice or anywhere else. They are also not to be used for indoor soccer in the off-season. Sometimes the club has old uniforms available for teams playing indoor soccer; check with the uniform coordinator if you're interested.

## RISK MANAGEMENT AND PLAYER SAFETY

Accepting a coaching position means accepting responsibilities. As a volunteer coach you will have the care, custody, and control of someone else's children for many hours every season. In this capacity, you have both a legal and moral obligation to make the safety of your players your top priority. You should be aware of your legal responsibilities as a coach. Attention to these responsibilities will help minimize your personal risk and the risk to your players, prevent sports-related injuries, and avoid claims of coach negligence. Your responsibilities include:

- **Provide adequate supervision (general and specific to the game)**—The health and safety of your team members is entrusted to your care. You must provide adequate supervision to avoid foreseeable accidents and injuries. NEVER leave players unattended. NEVER leave after a game or practice until all of your players are safely picked up by parents or guardians. Have knowledge of family situations and make sure you know who is authorized to pick up each of your players.
- **Warn players and parents of inherent risks**—Players and parents must know, understand, and appreciate the risks they are likely to encounter in soccer. It is a contact sport that has some risk of injury. YOU MUST TELL THEM THIS! Warn your players about potentially dangerous techniques. Teach correct techniques. Make it clear that dangerous play is unacceptable.
- **Provide a safe playing environment**—Be certain that practice and playing fields are free of hazards (holes, rocks, broken glass, or other debris) and that equipment (such as goal posts) are in proper condition. Make sure your players understand that it is NEVER okay to climb on or hang from the goal crossbars. Sadly, children die every year in the U.S. due to goal post-related accident. Usually the accidents involve children hanging from improperly anchored posts, causing the posts to tip over.
- **Plan well**—Carefully plan your practices and drills so players can progress and learn new skills at a safe pace. Don't move too rapidly by forcing improvement. Make written practice plans and keep them so you have a record.
- **Evaluate players and determine any limitations for required participation**—Be certain players are physically and mentally capable of performing the required skills. Be aware of any medical conditions or serious allergies that your players may have (these should be listed on their registration forms, but you may also want to check with the parents as well). Evaluate old injuries as carefully as you can before letting players return to action. Require a doctor's note for a player to return from a serious injury. Never play an injured player.
- **Provide proper first aid**—Have a first aid kit available along with a plan that outlines emergency procedures. Know where to find emergency help and have a cell phone on hand (or keep a couple of quarters in your first aid kit and know where the nearest pay phone is). Don't attempt to provide aid beyond your qualifications. ALWAYS have your players' medical release forms with you (their registration forms). These provide emergency phone numbers as well as permission for you to

obtain emergency medical aid in the event a parent/guardian cannot be reached. Keep good records in the case of an injury. Always inform parents of any injury, even if it was minor and the player was able to continue practicing or playing in the game.

- **Safety in numbers**—It is to your advantage to have another adult in attendance at all practices, games, and other team events. This reduces the risk that you could be accused of inappropriate behavior. Keep another adult around until every player has been picked up. This way, you will never be alone with a child who is not your own.

### **SAFETY CHECKLIST**

Get into the habit of performing a safety check prior to each practice, game, or other organized activity. The check should include, but not be limited, to the following:

#### **Field Conditions:**

- Goal posts properly anchored: do not play if posts are not anchored and stable
- Goal posts in good condition: edges rounded, properly welded, etc.
- Glass/foreign objects removed from field
- Sprinkler heads seated properly
- Playing area free of ruts, hills, holes, etc.

#### **Weather:**

- High winds, approaching rain or thunderstorm: evaluate whether play is appropriate
- Lightning: game/practice ends immediately
- Heat: light clothing, plenty of water
- Cold: proper dress
- Air quality: consider less strenuous activities when conditions are poor

#### **Equipment:**

- Covered shin guards on each player
- Jewelry removed (taping over earrings is not acceptable, they must be removed)
- Shoes adequate for conditions

#### **Medical Information:**

- Medical release forms on hand at all times (the players' registration forms)
- Know about any medical problems, special needs, allergies, and medications

#### **Emergency Conditions:**

- Have cell phone on hand and/or locate nearest telephone
- Know location of health care facility

#### **Schedule:**

- Arrive early enough to check field conditions and be there as players arrive
- Don't leave until all players are safely headed home with a parent or guardian

#### **Team Conditions:**

- Train and warm up properly
- Prohibit unacceptable activities or behaviors

## **FIRST AID**

The information below was adapted from the *ASA/VIP Softball Safety Manual* and the American Red Cross *First Aid Reference Guide* (1990). It is designed to help you better care for your players; it is not meant as a substitute for a first aid course. If you don't already have first aid certification, we encourage you to enroll in both CPR and first aid classes to help prepare yourself to handle accidents that may happen while you are coaching.

Although your players share in the responsibility for their own protection and safety, their ability to understand what they can do, how they can do it, and whether they are doing it correctly may be limited. It is your job to help them practice and play as safely as possible. If an injury occurs, your role is to stabilize the injury as best you can and summon medical assistance if necessary. *You need to understand the limitations of your training and knowledge.* If you are not a trained medical professional, then it is your responsibility to call one immediately whenever you have any doubt as to what to do next. *For emergencies that require immediate attention by a trained professional, call 9-1-1.*

### **PLANNING FOR EMERGENCIES**

It is important to have a well thought-out plan for dealing with injuries. Keep your plan in your coaching bag where you can pull it out and refer to it if necessary. Some points to consider in your plan:

- Is a first aid kit available?
- Do I have all of my players' medical consent forms and emergency contacts with me at all times?
- Where is the nearest phone?
- Are any of my assistant coaches or parent volunteers certified in first aid?
- Who will go for help if I need to attend to an injured player?
- Who will supervise other players if I need to summon help?
- Do my assistant coaches and players know the emergency plan?

### **INJURY PREVENTION**

An ounce of prevention is worth a pound of cure. Prevent injuries in every way possible. Some important steps that can help you in your injury prevention plan include the following:

- Emphasize proper skill development
- Inspect practice and game fields for things like holes, sprinkler heads, other hazardous objects. Use cones to mark hazards if they cannot be removed.
- Teach your players sound conditioning habit, including proper warm-up, stretching, cool-down, and access to plenty of fresh water. Use age-appropriate conditioning.

### **COMMON SOCCER INJURIES AND THEIR CARE**

Any time a player is injured, be certain to inform the parents or guardians of the injury, even if it seems minor and the athlete is able to continue with the practice or game.

### **PREVENTING DISEASE TRANSMISSION**

Place an effective barrier between you and the victim's blood when you give first aid. Examples of such barriers are: the victim's hand, a piece of plastic wrap, a clean folded cloth, or rubber or latex gloves (but be aware if any of your players have a latex allergy). Wash your hands thoroughly with soap and water immediately after providing care.

### **HEAT EMERGENCIES**

#### **Preventing Heat Emergencies:**

- Avoid being outdoors during the hottest part of the day, if possible.
- Change the activity level according to the temperature.
- Take frequent breaks.
- Drink large amounts of fluid.
- Wear light-colored clothing, if possible.

#### **Heat Cramps:**

- Have athlete rest in a cool place.
- Give cool water.
- Stretch muscle and massage area.

#### **Heat Exhaustion:**

Player's skin will appear pale and clammy, perspiration is profuse, may experience nausea, weakness, dizziness, headache, cramps

- Have athlete lie down in a cool place with feet elevated 8 to 12 inches.
- Give cool water.
- Loosen tight clothing.
- Remove clothing soaked with perspiration.
- Apply cool wet cloths (such as towels) or ice packs (wrapped) to the skin.
- Call 911 if player refuses water, vomits, or if level of consciousness changes.

#### **Heat Stroke:**

Player will appear hot, red, will not be sweating (although skin may be wet from previous sweating), pulse will be rapid and strong, body temperature will be high (105°F or more). This is an immediate and life-threatening emergency.

- Have someone call 911 immediately.
- Get the athlete out of the heat and into a cooler place.
- Cool the player fast—immerse in a cool bath or wrap with wet towels and fan him/her.
- Give nothing by mouth.

### **ANKLE INJURIES**

An injury to an ankle can take the form of a sprain or a break and may have different degrees of severity. Sprains are stretched or torn tendons, ligaments, and blood vessels around joints.

#### **First Aid:**

Assume the injury could be severe. Immobilize the player (avoid any movement that causes pain). Begin the RICE routine (Rest, Ice, Compression, Elevation. Elevation helps slow the

flow of blood, thus reducing swelling). Have the player see a physician and get medical approval before returning to practice.

**Don't:**

- Remove athlete's shoe and sock until ice is available.
- Have the player try to "walk it off."

**KNEE INJURIES**

The knee is the most complicated joint in the body, as well as the joint most frequently injured. It requires a specialist to treat serious knee injuries properly. Your job is to limit further injury and to get the player to the hospital.

**First Aid:**

- Help the player off the field.
- Apply ice to the injured area.
- Elevate the leg without moving the knee, if possible.
- Take the player to the hospital immediately.

**Don't:**

- Move the knee to examine the injury.
- Allow the player to get up and "walk it off."
- Allow the knee to move freely.
- Allow the athlete to continue participating until he/she has seen a physician.

**DISLOCATIONS**

Dislocations and broken bones (fractures) are treated similarly. A dislocation is a displacement of a bone end from the joint. Dislocated joints will have pain, swelling, irregularity, or deformity over the injured area.

**First Aid:**

- Leave dislocated joint in the position found.
- Immobilize joint in the exact position it was in at the time of injury.
- Apply ice and elevate to minimize swelling.
- Have the player see a doctor immediately.

**Don't:**

- Attempt to relocate a dislocation or correct any deformity near a joint (movement may cause further injury).
- Assume the injury is minor.
- Assume there is no broken bone.

**BLISTERS**

Blisters typically appear as a raised bubble of skin with fluid beneath; the fluid may be clear or bloody. The blister may be torn with new skin exposed. Generally painful.

**First Aid:**

- Rub ice over the area.
- Place small moleskin doughnut over the outside edges of the blister and tape to prevent further friction.
- If the blister is torn, wash area with soap and water; put ointment over the blister and cover with a protective dressing.

**Don't:**

- Treat a blister lightly; infection can result, causing serious problems.
- Puncture blister. Let a physician do so.

**Preventative Steps:**

- Properly fitting shoes and socks are essential.
- Proper conditioning is necessary to allow the skin to become accustomed to the activity load.
- Wear two pairs of socks if friction is extremely bad.

**BLEEDING**

In most cases, bleeding can be controlled by placing direct pressure over the wound. **To reduce risk of infection, whenever possible wear latex gloves (but be aware of any latex allergies) and wash hands before and after treating an open wound.**

**First Aid:**

- Apply DIRECT PRESSURE to the wound with a clean compress (use clothing if a clean compress is not available).
- Elevate the wound above the level of the heart.
- Keep the player lying down.
- If bleeding is sufficient to soak through the compress, apply additional as necessary directly over the others.
- Call for emergency help if bleeding is severe or persistent.

**Don't:**

- Remove old compresses; this may cause more bleeding.
- Treat any bleeding lightly.
- Let dirt get into the wound.
- Panic. Call for help if you are unsure.

**NOSE BLEEDS**

A bloody nose is a common occurrence following a blow to the face, or in association with high blood pressure, infection, strenuous activity, or dry nasal passages. Although usually more annoying than serious, any bloody nose resulting from an injury to the face should be considered as a potential fracture. If you suspect a head, neck, or back injury, do not try to control a nosebleed; instead, keep the player from moving and stabilize the head and neck.

**First Aid:**

- Place the player in a sitting position leaning slightly forward.

- Apply a cold compress to the athlete's nose and face.
- Apply direct pressure by having the player pinch the nostrils with the fingers.
- Take the athlete to the doctor if bleeding persists.

**Don't:**

- Allow the player to blow his/her nose for several hours.
- Stick anything up the nose to stop the bleeding without the assistance of a medical professional or emergency personnel.
- Lean head backwards (player may choke on blood running down the throat).

**HEAD AND NECK INJURIES**

These injuries can be the most devastating of all injuries. Permanent paralysis may result from any neck injury, so these injuries **MUST** be handled with extreme care.

**Signs and Symptoms:**

- Headache, dizziness.
- Unconsciousness (immediate or delayed).
- Unequal pupils.
- Tingling sensation or numbness in arms and/or legs.
- Inability to move fingers, toes, or extremities.
- Difficulty breathing.
- Athlete not alert.

**First Aid:**

- Call for help (911) immediately.
- Make sure the athlete is able to breathe.
- Keep the player still (stabilize head and neck as you found them).
- Maintain body temperature.
- Call parents or guardian immediately.
- Pass all important information on to doctors.

**Don't:**

- Move the athlete.
- Leave the player unattended.
- Overstep the limits of your knowledge. **GET HELP IMMEDIATELY!**

**BROKEN BONES**

Fractures come in a variety of forms and may occur any place in the body where there is a bone. Remember, you are not a trained medical professional qualified to handle these many different situations. Your job is to recognize the injury (or possible injury) and to limit further injury.

**Signs and Symptoms:**

- May have heard a pop or snap, or received a direct blow to the area.
- A closed fracture will have pain, swelling, irregularity, or deformity over the injured area.

- An open fracture will have bone protruding.

**First Aid:**

- Leave fractured bone in the position found.
- Immobilize the joints above and below the suspected injury.
- Cover an open fracture wound with a large clean dressing; control bleeding.
- Apply ice to a closed fracture (but never to an open fracture).
- Transport the player to the hospital or call for an ambulance if you are unsure about moving the player.

**Don't:**

- Attempt to straighten injured limb or push back protruding bones.
- Allow player to move the injured area.
- Allow dirt into any injured area with protruding bones.

## USEFUL WEBSITES

### **Soccer Organizations**

Land Park Soccer—[www.landparksoccer.com](http://www.landparksoccer.com)

Sacramento Youth Soccer League—[www.sysl.org](http://www.sysl.org)

California Youth Soccer Association North, District 6—[www.d6soccer.org](http://www.d6soccer.org)

California Youth Soccer Association North—[www.cysanorth.org](http://www.cysanorth.org)

US Youth Soccer—[www.usyouthsoccer.org](http://www.usyouthsoccer.org)

United States Soccer Federation—[www.ussoccer.com](http://www.ussoccer.com)

FIFA—[www.fifa.com](http://www.fifa.com)

### **Coaching Organizations**

National Soccer Coaches Association of America—[www.nscaa.com](http://www.nscaa.com)

Positive Coaching Alliance—[www.positivecoach.org](http://www.positivecoach.org)

### **Coaching/Practice Resources**

There are hundreds of websites with coaching advice and practice ideas. Here are a few to start with that offer good ideas for practice games free of charge. As you come upon other good web resources, please let us know so we can expand our list.

[www.usyouthsoccer.org](http://www.usyouthsoccer.org)

[www.nscaa.com](http://www.nscaa.com)

[www.mayouthsoccer.org/pages/2302\\_practice\\_sessions.cfm](http://www.mayouthsoccer.org/pages/2302_practice_sessions.cfm)

[www.footy4kids.co.uk](http://www.footy4kids.co.uk)

[www.coachingsoccer101.com](http://www.coachingsoccer101.com)

[www.eteamz.com/soccer/pills/jpill.htm](http://www.eteamz.com/soccer/pills/jpill.htm)

[www.soccerxpert.com](http://www.soccerxpert.com)

[www.fundamentalsoccer.com](http://www.fundamentalsoccer.com)

### **Free Team Websites**

These sites will help you set up your own team website for free. There are many other similar sites available. If you have a team website and would like us to link to it from the Land Park Soccer website, let us know by e-mailing [landparksoccer@sbcglobal.net](mailto:landparksoccer@sbcglobal.net).

[www.eteamz.com](http://www.eteamz.com)

[www.leaguelineup.com](http://www.leaguelineup.com)

[www.teamsnap.com](http://www.teamsnap.com)



