UTAH SOCCER ALLIANCE SOCCER CLUB

USA CLUB MANUAL FOR COACHES

UTAH SOCCER ALLIANCE SOCCER CLUB

MISSION STATEMENT

Our purpose is to provide every player that desires to play soccer, an appropriate place to play; to help make the soccer experience fun and enjoyable; to instill the principles of fair play and sportsmanship; and to offer the best and most committed players a challenging and rewarding environment where they can achieve their full potential. In doing this, we remember that the game is for the kids.

Goals:

- **To provide Recreational Soccer Programs for Community Members.**
- **To provide educational development in team play and fair play for Community Members.**
- **To provide a challenging, rewarding learning environment and soccer travel opportunities for the best and the most committed players.**
- **To provide a framework in all programs for individual growth and responsibility.**
- **To provide all necessary equipment and facilities to meet the needs of our participants.**

UTAH SOCCER ALLIANCE SOCCER CLUB

Duties and Responsibilities

Club Coaching Committee:

1. Monitor the Club Technical Director's work and conduct his evaluation and performance review. Recommend to the Club Executive Committee renewal or termination of the contract.
2. Review and approve the short and long-term seasonal objectives for the club.
3. Review and approve all the coaching selections in the club.
4. Design and administer the team tryouts.
5. Design a set of coaches' selection criteria, conduct interviews for new coaches in the club and hire all the team coaches.
6. Create a process for conflict resolution between parents and team coaches.
7. Conduct hearings and adjudicate grievances by team coaches or parents against the Club Technical Director.
8. The Club Coaching Committee meets once a month.

Technical Director:

1. Assist Coaching Committee to design a set of coaches' selection criteria and hire all the team coaches.
2. Train and monitor the team coaches and help them plan and implement practice sessions.
3. Design and administer a continuing education program for the team coaches.
4. Conduct coaches' clinics.
5. Design manuals for the team coaches.
6. Design the training priorities for each age group and level.
7. Design a Player Development Manual for the club.
8. Design and administer the team tryouts.
9. Design a player evaluation/feedback process that guides the team coaches in how and when to provide feedback to the players.
10. Create a college recruiting information program and educate the players and parents on college playing opportunities.
11. Assist in the design and implementation of a parent education program that would include parent meetings, parent handbooks, handouts and occasional seminars.
12. Design and conduct clinics for recreational coaches and players and work closely with the Club Recreational Board to support the club recreational program in general.
13. Report to the Coaching Committee and assist the committee in all its duties.
14. Report to the Club Executive Committee and the Club Board of Directors.

Age Groups Directors of Coaching:

1. Perform all duties and responsibilities in the section on the Club Coaching Committee.
2. Work closely with all club team coaches and players in assigned age group.
3. Monitor and evaluate quality of team coaches training sessions and the team's level of play in the game, and provide suggestions for further improvement.
4. Conduct frequent training sessions for club teams in assigned age group.
5. Hold team coaches accountable to perform regular team meetings, individual player evaluations and the team plan for the season.

Club USA Team Coaches:

1. Team coaches understand that players in youth soccer always come first. Coaches will give their best to meet player's needs and help them reach their highest potentials.
2. Team coaches will obey club playing time and position policy, and use the club coaching manual as a guideline for designing team practice sessions.
3. Team coaches will hold at least three team meetings in a season.
4. Team coaches will follow twice a year written player evaluation policy.
5. Team coaches will have every parent and player on the team sign code of conduct at the beginning of each season.
6. Team coaches will wear appropriate club attire to every practice and game.
7. Team coaches will become lifelong students of the soccer game, and look for every opportunity to improve soccer knowledge (taking soccer coaching courses, reading books, internet, watching games, observing other coaches training sessions…).
8. Team coaches will be present at every club meeting and session run by club trainer or the club Technical Director.
9. Team coaches will be responsible for parents and players behavior in every practice and game.
10. Team coaches will inform the age group coordinator about possible problems or concerns regarding their own team or club immediately.

Utah Soccer Alliance Youth Soccer Club
Players/Parents Code of Conduct

Please Note: all signatures are required, a player and the parent(s)

Players:

1. Players will arrive at practice and games on time and will make every attempt to notify the coach prior missing games or practice.
2. Players will refrain from using profanity during games and practices.
3. Players will treat coaches, teammates, officials, spectators and opponents with respect.
4. Players are prohibited from the use of alcohol, illegal drugs, or tobacco products while on the active roster of a club team.
5. Players will always put the team's interest before personal interest.
6. Players will find time to practice on their own to improve soccer skills.
7. Players falling behind in the school work or displaying any type of disrespect toward parents will not be allowed to practice and play for the team until they show desirable improvement.

Parent(s):

1. Parent(s) agree to support the club in requiring players to abide by the Players Code of Conduct.
2. Parent(s) will refrain from verbal abuse of players, coaches, referees, opponents and spectators.
3. Parent(s) will understand that coaches, managers and directors are dedicated to quality soccer and will conduct themselves in a manner with the club policies and objectives.
4. Parent(s) will refrain from coaching own child or other players during games or practices.
5. Parent(s) will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches after team practices.
6. Parent(s) will make sure that players arrive at practice and games on time.

Players & Parents

Players and parents agree that if they fail to abide the aforementioned rules and guidelines, they will be subject to disciplinary action that include, but is not limited to the following:

1. Verbal warning by team coach, head coach, technical director.
2. Written warning.
3. Parental/player season suspension (parent will be responsible for all costs associated with the suspension).

Player Signature: x_____ Date: x_____

Parent Signature: x_____ Date: x_____

Parent Signature: x_____ Date: x_____

Club USA Team Head Coaches:

- Team coaches understand that players in youth soccer always come first. Coaches will give their best to meet player's needs and help them reach their highest potentials.
- Team coaches will obey club playing time and position policy, and use the club coaching manual as a guideline for designing team practice sessions.
- Team coaches will hold at least three team meetings in a season.
- Team coaches will follow twice a year written player evaluation policy.
- Team coaches will have every parent and player on the team sign code of conduct at the beginning of each season.
- Team coaches will wear appropriate club attire to every practice and game.
- Team coaches will become lifelong students of the soccer game, and look for every opportunity to improve soccer knowledge (taking soccer coaching courses, reading books, internet, watching games, observing other coaches training sessions…).
- Team coaches will be present at every club meeting and session run by club trainer or the club Technical Director.
- Team coaches will be responsible for parents and players behavior in every practice and game.
- Team coaches will inform the age group coordinator about possible problems or concerns regarding their own team or club immediately.
- Serve as primary coach at all matches (league and tournament) for this team unless prior arrangements have been made.
- Participate in Club-sponsored events, such as coaching clinics, player clinics/camps as reasonably requested by the Director of Coaching.
- Encourage and support fair play, a healthy lifestyle, athletic excellence, and academic excellence among team members.
- Communicate and report directly to the Technical Director/Director of Coaching regarding team, individual player, and coach development.
- Work under the direction of the Executive Board, Director of Coaching, and follow the player and team developmental philosophies established by the Club.
- Participate in the annual Club player tryout process.
- Follow the Vision, Mission and Coaching curriculum provided by Utah Soccer Alliance.
- Sign and adhere to UYSA's Coach's Code of Conduct

Club Responsibilities to the Head Coach

The Club agrees to:

- Provide equipment such as cones, game balls, nets, corner flags and coaches shirts for the head coach.
- Provide timely information to the head coach concerning Club policies, League policies, goals, and objectives.
- The Board of USA will provide all administrative support requested by the Head Coach involving any and all soccer programs in the club, soccer camps and programs and team related aspects.
- Provide a job performance evaluation at least once each contract year.
- Payments will be made according to the signed contract on or by the end of the month.

Utah Soccer Alliance (USA)

Player, Parent & Team Expectations

Premier Level Expectations

- Player is committed to attending a minimum of 90% of training/practice sessions and will notify the coach prior to any absence
- Parent(s) committed to 10 hours of volunteer service each year per household (registration help, USA Adidas Cup, Fundraising, Sponsorships, etc.)
- Team will travel and play in at least 1-2 out of state tournaments each year
- Team will play in at least 3 in state tournaments and State Cup
- Team will play in at least 1 session of futsal or indoor soccer
- Players are encouraged to play other sports, but soccer must be 1st priority
- Players committed to working on their own to improve their individual skills
- Team will acquire club approved warm-ups and back packs for each player from donations, sponsorships, fund raisers, etc.

Select Level Expectations

- Player is committed to attending a minimum of 80% of the training/practice sessions and will notify the coach prior to any absence
- Parent(s) committed to 5 hours of volunteer service each year per household (registration help, USA Adidas Cup, Fundraising, Sponsorships, etc.)
- Team will travel and play in at least 1 out of state tournament each year
- Team will play in at least 3 in state tournaments
- Team will play in 1 session of futsal or indoor soccer
- Players committed to working on their own to improve their individual skills

Expectations for all USA Players & Parents

- Respect the coaches and trainers
- Always demonstrate good sportsmanship
- Players will always wear the practice uniform to training sessions
- Players arrive to games 45 minutes prior to game time
- Respect and support the referee
- Parents will cheer and support the kids but not coach

CLUB USA PLAYING TIME POLICY

Playing Time Policy – Competitive

Two established goals of the Utah Soccer Alliance are to develop youth soccer players and to field competitive soccer teams. These two goals are sometimes conflicting. Developing soccer players require that all players be given adequate practice time and match experience. Fielding competitive teams often requires that more skilled and experienced players will receive more playing time, especially in competitive situations. USA expects all players to attend training, to work hard during training, and to spend time on their own to improve their skills. For those players who have shown that commitment, the following is the playing time policy for players in this club:

U9-U10 – All players play a minimum of 50% of the match, tournaments included. This does not suggest equal playing time. The coach will give opportunities to every player to play at least three different positions during the regular season.

U11-U18 - All players play a minimum of 1/3 of the match, including club tournaments. This rule does not apply for the State Cup tournament. Winning State Cup is the ultimate goal for any competition team in our club. Playing time for State Cup is at the discretion of the team coach and it is based on a player's direct contribution to the game, fitness level, opposition the team is facing, overall game development and tactical adjustment, or as a simple motivational tool. Some players may have extremely reduced playing time in a State Cup match. The coach has the discretion in certain competitive matches to reduce playing time if that time is made up in previous or subsequent matches. Certain competitive matches are defined as: tournament semi-final or final, a must win to avoid relegation or a must win to win the division. The coach will give opportunities to every player to play at least two different positions during the regular season.

If you feel that this policy is being violated, talk to the coach first. If you have a concern about playing time, the best and only time to speak to the coach is after team practice. If the problem continues after speaking in detail with the coach, please contact USA's Technical Director, Nermin Sasivarevic, at nermin@utahsocceralliance.com.

CLUB USA COACHING PLAN

TEAM_____

1. VISION OF THE TEAM (Team organization)

    Offense:

    Defense:

2. TEAM TECHNICAL OBJECTIVES

3. TEAM TACTICAL OBJECTIVES

4. TEAM PHYSICAL OBJECTIVES

5. TEAM PSYCHOLOGICAL OBJECTIVES

6. PLAN FOR INDIVIDUAL PLAYERS

7. TEAM GOAL FOR THIS SEASON

TEAM COACH (PRINT)

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2007-2008 COACHING PLAN FOR USA 95 RED
Eric Blommer's coaching plan example

Vision of Team

Offense: Short, quick passing. Long passes only when they make sense. Work forward under control until we can isolate a defender 1v1. Then take-on to shoot or layoff/cross for a first time shot. Team moves as a unit.

Defense: 4-4-2 zone with 3 distinct lines. Team compacts and moves with the ball. Force the play into a trap where we can double up and win the ball.

Technical Objectives:

Review of the basics: striking the ball, receiving, dribbling, heading, tackling.
1 v 1 attacking and defending (fakes and feints).
Striking long balls / crosses.
Offensive and defensive heading.
Receiving on the run.

Tactical Objectives:

Review of 1v1, 2v1 and 3v2.
Study 4v3 and 6v4 (creating and using space).
6v6 plus keepers is the primary tactical teaching tool.
Combination play within the lines of the team.
Combination play between the lines of the team.
Set plays.

Physical Objectives:

ACL injury prevention program.
Fast Footwork.
Agility ladder work.
Speed endurance.

Psychological Objectives:

Leadership / Accountability.
Will to win.
Work ethic.
Full game focus.

Plan for Individual Players:

Abigail – maintaining focus, checking runs, combination plays.
Amy – switching the field, long shots, vision.
Karli – cleaning up inside of foot technique, fitness, speed of play.
Lisa C. – leadership, vision.
Pume – cleaning up goalkeeping technique and instep drives.
Ashlee – fitness.
Lisa J. – fitness, basic technique.
Katie – leadership, vision.
Tatum – confidence, mental toughness.
Cecilia – focus.
Audrie – long passing.
Sam – leadership, speed of play.
Tanesha – 1v1 defending.
Randi – combination play.
Tiffany – combination play.