

FAQ for Coaches:

Rules and Policies

Is there a playing time policy in the Valley United Soccer Club?

Yes, for U9/U10 is equal play time. U11 and up is 50% of each game. This is somewhat flexible with the older age groups.

Are there any exceptions to the club policy on playing time?

Yes, if a player is missing practices frequently without any communication or a valid excuse which you as the coach discussed in your parent meeting, you may adjust that player's playing time. Please let them know that you are adjusting the playing time so the parents and player knows in advance.

What if I have a player who just is not as good as the rest of the team, can I sit them until they improve?

No, it is your job as a coach to help improve everyone on your team. If this is the case, you will need to develop a plan for games in which this player does not hurt the team.

General Administrative

My team has a conflict on the night we have a game scheduled?

Games may only be rescheduled at the Parameters Meeting and during the two-week window after the completed game schedules are received. It is the VUSC policy to not allow rescheduling outside that window, except for weather. All games must be played, otherwise it is a forfeit.

I requested a re-schedule with another team, but we cannot agree on a date to play.

If a rescheduling request is made during the two-week window, the opposing coach must grant the request. Ask the other coach for five dates and you must accommodate the other team, otherwise the game could be ruled a forfeit.

Can I add a player to my roster?

Yes. If your team is the highest level team in your age group, you need to have a supplemental tryout with 3 board members present. They need to agree on the person and agree the team has a need to add the player.

How do I record the scores of the league games with the MYSA?

The MYSA provides a telephone system that you call the games in on. You should call the game in within 24 hours from the completion of the game

What if I have a player who wants to leave my team and go play for another club?

The player may apply for a release to go to any team. Under MYSA rules, VUSC is required to grant a release if the player has an opportunity to play at a higher level. Other than that, VUSC policy is to only allow releases for a move out of the area.

What do I need to do in order for someone to play up on my team from another team in the club?

You should contact the coach of the team you are requesting a player from first. Do not talk with the parents of the player until you have permission to do so. The coach might not agree. Make sure you get the player's pass from the coach and return it to the coach immediately after your game. Do not give the pass to the player, take care of this yourself.

Can I use a player from another club to guest play in a tournament?

Yes, most tournaments allow this, always check the tournament rules.

What if I forget to register my team for district playoffs before the MYSA deadline?

Your team is not eligible to play in districts or state. No exceptions

What if I have a player who is not able to play in district playoffs and I replace them on the roster with a guest player, can the original play in the state tournament?

Maybe, only if you have registered that original player for districts even though they cannot be there to play. Your roster is frozen at districts

Where do I find the forms I need?

The MYSA website has all the forms you need. The website address is:
www.mnyouthsoccer.org

When should I have my tournaments in order?

You should have a team meeting shortly after announcing the team. You should be signed up for tournaments in early March at the latest, the sooner the better.

What should my team manager be responsible for?

That is totally up to you and the team manager and the agreement you can make together.

Some common things the team manager duties include:

1. Pay referees at games
2. Order uniforms
3. Take care of paperwork for applying for tournaments
4. Serve as the main communication person for the team.

Other duties can include:

1. Registering the team at tournaments
2. Reporting the scores after games
3. Handling the paperwork for games

Developing the team practice schedule

Game Administrative

What if the weather is bad and I call my team and tell them not to show up for a game without making contact with the other coach?

You forfeit and will be fined by the MYSA

What if the game is cancelled and I forget to call the referee coordinator?

Your team pays for the game and the make-up game

What if I forget the player passes for a game?

You forfeit the game. No passes, no play, no exceptions

I forgot to bring a roster form to the game?

You forfeit the game. (keep extra forms in your bag!)

I had a home game and the referee was far below the expectations of the coaches?

Call the referee coordinator and report this. Please be as specific as you can with feedback.

Coaching

My team is losing by 1 goal with 20 minutes left in the game and we are even teams?

Drop an outside midfielder and play with another forward in the middle of the field. Or, if you have 4 defenders you could drop one and add an extra mid, if the defenders understand their roles in a 3-person D.

Are there any coaches' organizations that I can join?

Yes, the two most common organizations are the United State Soccer Federation and the National Soccer Coaches Association of America. Both have very good information and good websites to use. The NSCAA is probably the most beneficial.

My players do not understand the system I want to play; they are struggling to achieve what I want them to. What should I do?

You have two choices, breakdown the system even more for the players and give them more time, or find a new system. You should choose a system of play based on the players you have. Don't try to "shoe-horn" your players into a system. It can take time and experimentation to find a good system for a team.

Should practice only have 1 topic area?

This is up to you. Recent data suggests that you do not need to have a 1-topic practice only, but have a multi-topic practice to peak the players' interest, especially at the younger age groups of U13 and below.

When should I begin to stress tactical practices?

It depends on the level of your team in conjunction with their age. Most people say that at U12 you can introduce some tactical information and continue from there with additional information each year.

What is the difference between technical and tactical?

Technical is the proper fundamentals to achieve a task such as dribbling, passing, etc.

Tactical is simply how you want to play. It brings in such topics as early balls, target play, etc.

My players want to go to summer soccer camps, should I be offended that they want different coaching?

No, it is good for players to receive information from many different coaches. It gives them different perspectives and ideas.

What is a typical practice progression?

1. Warm-up - (Start by having the players move with the ball rather than just a run)
2. Basic fundamental ball skills - This could start with 5v2 or some other basic skills drill. Do not have players stand in lines. They all should be involved.
3. Some form of game – for example, possession without going to goals.
4. Move to going to goals.

5. Warm-down activity.

When should I condition my team?

At the younger age levels it is not necessary to do conditioning. These players are so active in their daily lives; they are always on the move. At the age groups of U13 and above it may be necessary to condition. If you design practice correctly, you really do not need to do much or any running as this would have been done in practice. Running should be done with a purpose, not just to run. Do not run your team as a punishment.

Soccer, what is it?

Is the game a contest, seeing how far a player can kick the ball down the field or how hard they can slide tackle someone?

The answer is No!

Soccer is a tactical, sometimes almost methodical game of skill and technique. The game requires a player to be thinking at all times and physically in the best shape of their life.

The game of soccer is played with precise passing, intricate dribbling, and accurate shooting. The game is a thing of beauty to watch, as a team builds up play and then with the blink of an eye sends the ball rippling into the opposition's net.

The game of soccer is an object of passion throughout the World. In the United States, this passion is still growing, but to the countries of Brazil, Germany, and Italy the game is a national pastime. The World Cup is the crowning of the World Champion of soccer. This single event is bigger than that of all other American Championships combined; soccer is truly the sport of the World.

As an individual who is coaching Soccer, you have become one of the millions, who are making the United States a step closer to the passion of Brazil, Germany, and Italy.

NOTES TO COACHES FOR TRAINING SESSIONS

This information is for you to use when preparing your training sessions.

ELEMENTS OF ALL TRAINING SESSIONS:

- Ball
- Field
- Rules
- Objectives
- Teammates
- Opponents
- Direction
- Decision Making

Demands of the game that players need to encounter during practice:

- Moving the ball
- Movement of body with or without ball (body/ball control)
- Opposition
- Stress

To play the game all teams need to have the following:

- Ability
- Passion for the game
- Teamwork (including communication)

GENERAL NOTES:

- Make the game simple for your team
- The game is the great teacher
- Know the principles of play
- Small sided games are the foundation of soccer
- A team must get along off the field
- Players must play for each other

A TEAM IS LIKE AN AMEBA MOVING UP AND DOWN THE FIELD, THE SHAPE CHANGES AS YOU MOVE UP AND DOWN THE FIELD, YOU NEED TO ADJUST AS A TEAM

POINTS TO EMPHASIZE IN TRAINING SESSIONS

TECHNICAL <ul style="list-style-type: none">• 1st Touch/Body Shape• Heading• Individual Defending• Long Ball Service• Final Pass• 1v1 Mentality• Flank Service	TACTICAL <ul style="list-style-type: none">• Possession• Sophistication in final third• Change point of attack• Speed of Play• Enjoyment
PSYCHOLOGICAL <ul style="list-style-type: none">• Competitiveness• Combativeness• Enjoyment• Confidence	PHYSICAL <ul style="list-style-type: none">• Self-training• Recovery rate• Power• Nutrition