



Coach's Manual

Coach,

We want to thank you for taking the time and having the patience needed to serve as coach for the children on your team this season! As you know, our program relies on volunteers like you to offer a quality experience to the children involved. Without you, the kids simply wouldn't have the opportunity to play!

With your dedication, hard work, and positive influence, coaching youth sports can be rewarding and fun. The Sylvania Recreation Corporation staff will do what is necessary to assist you in succeeding as you go through the season. By developing this coach's manual we feel that you will have the necessary information about the program to provide the children on your team a productive and positive experience with the program. This manual will also answer many of the questions you may have about the program. We thank you for volunteering and wish you all the best during the season. If you need assistance, please don't hesitate to contact our office at (419) 882-1500

In Good Sports,

Sylvania Recreation
Programs Staff

Sylvania Recreation Youth Soccer PHILOSOPHY

The youth soccer program has been structured to provide a program that focuses on the children, emphasizes learning and fun in a team atmosphere. By aligning our leagues with the U.S. Youth Soccer guidelines and recommendations, we are providing children the opportunity to develop through reasonable roster sizes and suitable field sizes that aid in nurturing proper development.

Sylvania Recreation's program staff will be responsible for organizing leagues, scheduling games, and providing rules and regulations, which will ensure safe, fun, and fair competition at the best facilities in the area.

Sylvania Recreation and Pacesetter Soccer Club have teamed up to create The Sylvania Soccer Academy for Kindergarten-3rd Graders. By joining forces, players and volunteer coaches will now be able to gain valuable training techniques from the professional coaching staff of the Pacesetter Soccer Club coaching staff. Please go to playsylvania.com for the weekly training schedule.

Philosophically, to promote a win at all cost attitude is not the focus of any of the programs that we operate. We strive to provide all children who have the desire to participate an opportunity and in doing so the goal is to create an ultra-positive atmosphere through sound volunteer coaching, organized, supervised leagues and supreme facilities.

Overall, the program will ensure maximum participation with even competition, roster sizes and appropriate field sizes at all levels.

Coach's Points of Emphasis

HAVE FUN – It is extremely important that all coaches make the game of soccer an enjoyable experience for every player on the team. Sylvania Recreation will provide advice and other information to help you get started with your team. However, your creativity, enthusiasm and personality are the major factors that make soccer fun for the kids, parents and the coach. Without a doubt, winning a game is more fun than the alternative, however; far less emphasis should be placed on winning and more focus should be placed on fun, learning and development of each child.

YOUR ROLE AS TEACHER - As a 'soccer teacher', it's the coach's job to teach players the skills and what it means to work together as a team. We also stress that coaches teach the highest level of sportsmanship! Be a role model and lead by example on and off the field.

REQUIRE DEDICATION– As one of our volunteers, remember that all players need to be taught the importance of team dedication. As a coach you will gain the respect of your team members if they understand that they are accountable for their actions. Set guidelines regarding when they need to show up for games / practices, also formulate policy for notification regarding schedule conflicts (missing practices due to other activities, etc.). You will be surprised how organized structure / team policy will help you become more effective as a coach.

COMMUNICATE - Clearly communicate to the parents and players the league philosophy and expectations. Be sure to confirm game/practice times and locations. Although email is more than likely the preferred means of communicating with your parents don't rely on email as the sole means of communication as many do not check email as actively as you may.

ORGANIZE - Spend a few minutes to organize a practice plan for each practice. Keep drills to a ten minute maximum so that you can keep the attention span of the children. Parents and players react better to coaches who appear to be organized and keep the team on tasks during practice. Encourage involvement from other parents to help at practices if they show

interest ... the more the merrier. This helps build relationships and makes the season more fun for all.

UNIFORMS – All players need to wear the Blue/Grey Reversible Jersey. Each league schedule will indicate which color they will wear for each game. Each player is encouraged to have a suitable sized ball for their level (K-2 = size 3, 3rd-5th = size 4, 6,7 &8 = size 5).

Uniform items can be purchased at the following locations. We encourage you to call ahead to be sure items that you need are in stock at these locations.

- Tam-O Shanter Pro Shop (419) 885-1167 (Blue/Grey Reversible)
- Dan Rodgers Sporting Goods (419) 885-4648 (Green/White Reversible)

Coaches are responsible for supplying their own goalie jerseys. Choose any color other than Blue/Grey or Green/White depending on the age group.

DELEGATE - Do not hesitate to delegate some of the organizational responsibilities to interested parents. This includes, but is not limited to, snack and drink schedules and contacting the team regarding practices rain outs for games / practices.

ASSISTANT COACHES - It's always good to have support from others at the coaching level. Welcome their advice and constructive criticism. However, make sure there is always one clear signal being sent to the players, so that all of the players and coaches are on the same page.

PLAY TIME! The minimum playing time requirement for all players is two quarters, not meeting this requirement is subject to forfeiture. To avoid confusion during the game we recommend that you make a line-up prior to each game.

POSITIONS - because this is a recreational program, we encourage coaches to move players around as much as possible throughout the course of the games. Each player should experience as many positions as possible.

DRESSING FOR THE WEATHER - Extra clothing may be worn when the weather is inclement; however, any additional clothing **must be worn under** the team player's uniform (hooded sweatshirts are discouraged). Remember that **jewelry** may not be worn during games.

EQUIPMENT - Sylvania Recreation will provide teams with the following equipment:

- 8 cones
- 1 - game ball
- Team must provide a colored jersey for their goalie to wear during the game.

PRACTICE TIPS FOR COACHES

Practice locations are first-come, first-serve basis. No field permits are required to practice at elementary schools.

Players equipment:

SOCCER BALL
SOCCER SHOES
WATER BOTTLE
SHIN GUARDS

Coach's equipment:

CONES
WHISTLE
Practice jerseys for scrimmages
Practice Plan (make copies for assistant coaches to have as well)

Points of emphasis during practice:

BALL CONTROL (TRAPPING)
DRIBBLING – right foot / left foot
PASSING
ATTACKING / DEFENDING
PROPER FUNDAMENTALS OF KICKING
POSITIONS
GOALIE FUNDAMENTALS

SPECIAL SCENARIOS (goal kicks, throw-ins, etc.)
SCRIMMAGES

SIMPLICITY - Keep practice simple. Simple drills will maintain attention longer than complex drills. Incorporate small sided games as much as possible focusing on learned fundamentals from previous drills. Focus on one or two skills per practice.

KEEP THINGS MOVING - A fast paced practice will keep the interest level of your players.

KEEP PLAYERS INVOLVED - Avoid drills that involve only a few players. Don't let kids stand around waiting for their turn. If necessary have multiple stations to keep as many involved as possible. Station work will require more assistant coaches.

PRACTICES - If you are relatively new to coaching soccer we encourage that you take some time to review the information that is available on the web. Being prepared for your practices will more than likely provide a more positive experience for your players.

GAME TIPS FOR COACHES

- Team to be there no less than 15 minutes prior to the start of the game.
- Establish a line up for the game the evening prior to the game.
- Keep in mind that these are children and not professional players.
- Be sure that the players on your team are playing in half of the game.
- Positive coaching only.
- Positive cheering from spectators.
- Remember that this is a recreational league and that officials are learning with every game that they do.

- ***Always Display good sportsmanship and be a positive role model.***
- Do not run up the score. Place players that need work in certain positions so that they can gain experience. Take this opportunity to sit the better players on the team.
- Encourage your team to make an extra pass before taking a shot on goal if up by more than four goals. Encourage using the non-dominant foot.

General Rules

Team Formation

- Teams are formed based on the registrant's elementary school district (K-5).
- Teams are formed based on the registrant's junior high district (6-8).

Substitutions & Playing Time

- Both teams may substitute any number of players:
 - (1) On a goal-kick
 - (2) After a goal
 - (3) During an extended time out (as for an injury)
 - (4) Between quarters
- ***The team in possession of the ball on a throw-in may substitute any numbers of players***
- A substitution is complete as soon as the substitute enters the field, with the permission of the referee.
- All Players must play half of the game.
- We encourage coaches to rotate players as much as possible.

Handball

It is not a foul if the ball inadvertently hits a player. If player make a concerted effort to knock the ball down with their arm/hands it is considered a handball.

Offside (PK, Kind-2nd Grade Divisions, no offside)

To be considered offside, an attacking player:

- Is involved in a play that gains an advantage by being in the play
- In opponent's half of the field
- Has involvement in the play
- Determined by the attacker's position when the ball is played not when the ball is received
- Is closer to the opponent's goal line than the ball and the second to last opponent
- A deflection by the defending team is not playing the ball; playing equals gaining possession and control
- If the attacker is in an "offside" position and a defender deflects the ball, the ball has not been played and so the attacker shall be considered "offside".
- The player cannot be offside on a throw in, corner kick or goal kick
- Play equals possession and control

Injury/Stoppage of Play

- Play shall not stop until the whistle is blown.
- In the event of injury and in the judgment of the official(s) the injured player is out of harms way, play may not be stopped immediately.

Dangerous Play

- A player can make a play on the ball while on the ground when no one is around and no one is in danger. □ A player may be called for dangerous play if close enough to another player and the ball is at shoulder level and attempts to use their head.
- Dangerous play is considered playing in a fashion that could result in injury to themselves or any other player on the field.
- Danger play is a call that is made at the discretion of the official(s).

High Kick

- Raising the foot in an attempt to play the ball to the level of another player's chest or higher when the opponent is in the normal position
- High Kick – If your foot is high enough to put someone in danger.
- It is not illegal if it is not dangerous to another player
- It is illegal to put your foot in someone's face

Throw In

- Both hands should be straight over the head and both hands move forward together.
- Both feet can be either on the touch line or fully behind the touch line "out of bounds".
- During the throw in, both feet must be on the ground
- The throw in shall come from behind and over the head
- Goals may not be scored directly from a throw in.
- Must occur from where the ball crossed the touch line
- At the younger age groups (K-2) referees will coach player through the throw in process.
- In the event of an illegal throw in, referees will grant players in K-2 another try.

Corner Kicks

- Occurs when the ball crosses the goal line to the left or right of the goal after being touched by the defending team.
- The offensive team will put the ball in play from the suitable corner.

Goal Kicks

- Occurs when the offensive team kicks the ball over the goal line.
- The defending team will put the ball in play from the left or right of the goal box.
- Defenders may take the goal kick.

Goalkeepers Can:

- Use their hands and arms
- Must put the ball in play within a reasonable amount of time after making a play on the ball.
- Play the ball outside of the goal box, however may not use hands.
- When playing outside the box, any contact between a goalkeeper and an opponent shall be treated no differently than other players on the field.

Goalkeepers Can't:

- Push another player with the ball
- After making a play on the ball cannot make another play until it has been touched/played by another player on the field.
- Can't handle the ball OUTSIDE of the box

Division / Game Information

<u>Grade Divisions</u>	Players	Ball Size	Field Size (feet)	Time (Qtrs)
Pre- Kindergarten (entering Kindergarten in Fall of 2012)	5 V 5 (no goalie)	3	75X90	8 min
Kindergarten	5V5 (goalie)	3	75X90	10 min
First Grade	6 V 6 (goalie)	3	90X135	10 min
Second Grade	6 V 6 (goalie)	3	90X135	10 min
Third, Fourth & Fifth Grade	6 V 6 (goalie)	4	135X180	12 min
Sixth, Seventh, & Eighth Grade	8 V 8 (goalie)	5	165X240	12 min

**** Due to registration numbers, there are cases in which we need to combine grades together for a league. If there is a combined league, the teams will follow the rules of the higher grade.**

PACESETTER PARK – Policies

Sylvania Recreation Corporation by its Sylvania Recreation Corporation Board of Directors has established these rules for all persons and groups that use the facility and requires them to be followed by all Pacesetter Park users. Sylvania Recreation Corporation Board of Directors may alter, change and add any rules they deem necessary to provide the public and all citizens of the Sylvania area a high quality facility and to protect the public. Failure to follow these rules or any rule a Sylvania Recreation Corporation Officer or its Board of Directors deem appropriate for a particular situation of which the user had prior knowledge could result in:

- Revoking of permit for that group
- The host/user group will be held financially responsible for damages
- The host/user group may lose the use of Sylvania Recreation facilities

General Policies

- Facility may be used only by SRC affiliated groups or organizations for scheduled activities and practices.
- The Facility will be open from dawn to ½ hour past sunset unless events are scheduled through Sylvania Recreation.
- **Coolers** are not permitted inside the facility.
- **Moving/modifying any sports equipment** is strictly prohibited
- **Camping** is not permitted
- **Off-Road Vehicles** are not permitted
- **Alcohol** is not permitted
- **Grills or cookers** are not permitted on the premises.
- **Pop up tents** are not permitted unless approval has been received by Sylvania Recreation.
- **Pets** are not allowed on the playing areas.
- **Golfing** is not allowed on any areas at Pacesetter Park.
- **Smoking** is not permitted in any game areas. Smoking is allowed in the parking lot areas only.
- **Soliciting** is not permitted.
- **Foul Language** is not permitted by players or spectators. If you are found breaking this policy you may be asked to leave the facility and or league temporarily or permanently.

Weather Related Policies

Lightning Detection System -This system is designed for park patron's safety. When the siren sounds at a solid continuous tone, all activities must be suspended and patrons need to seek shelter immediately. When the danger clears the area, an all-clear siren will sound a Hi-Lo tone and activities can resume.

Lightning Light – A yellow warning light, located on top of the maintenance building will remain flashing while there is a danger of lightning in the area.

Red & Green Flag – Located at the entrance to the park, a flagpole will have either a red or green flag flying. The GREEN flag means the park is open and the Red flag signifies the park is closed. No activities can take place in the park when it is closed.

Closure signage – A closure sign will be posted along the entrance to the park notifying park patrons of closures or cancellations. This information can also be found on the electronic sign located on the main entrance from Sylvania-Metamora Rd.

Weather Line -Sylvania Recreation has set up a weather line in which patron's can call in order to find out if the field closures or cancellations. That number is 419-882-1500 x 506. Messages will be updated on a regular basis when severe weather conditions exist.

Tornado Siren - If the tornado siren sounds, all games and practices MUST be suspended and you must seek shelter or leave the park. NO ONE is allowed to remain out in the park. Shelter area at the park is limited.

Website – All field closures and game cancellations can be found on our websites home page at: www.playsylvania.com

Soccer Field Policies

- Moving goals or other sports equipment is strictly prohibited.
- Practicing on painted game field is prohibited without permit obtained from Sylvania Recreation
- All personal sports equipment brought to this facility for practices must be removed after each use.
- Only Sylvania Recreation can maintain painted lines on soccer fields at the Pacesetter Park. Painting of lines for any purpose by users is strictly prohibited
- Camps and try-outs must alternate areas of use daily as to not cause excessive wear to the turf areas.
- Only Sylvania Recreation vehicles are permitted on the fields at any time unless approval has been received from Sylvania Recreation.
- If frost exists on the fields, Games or events will be delayed until a Sylvania Recreation representative approves the start of the event.
- User groups or hosts are responsible for picking up loose trash on the fields or areas adjacent to the fields.
- Sylvania Recreation will make all decisions on field playability due to inclement weather or unsafe field conditions

Coaches - Laws to live by

We thank you for volunteering to coach the team this season! We want to remind you that your behavior as a coach is under watchful eye of the children who are on your team ... you are their role model! Please keep the following list of things in mind during the season, at practices, games and off the field.

The following **list of 'Coach's Laws'** have been put in place to help you succeed as a coach/role model within our program.

1. Know the rules of the game. Make every attempt to further your education as a coach by attending the clinics that are offered throughout the season. Utilize online materials to help you develop as a coach.
2. Abide by the rules of the game and lead your players 'by example'.
3. Respect the official(s) with respect even if you don't agree with a call.
4. Exhibit exemplary conduct at both practices and games. A team's demeanor is a reflection of the coach's attitude.
5. Coach clean, honest, and sportsmanlike soccer by stressing playing hard.
6. Preach good sportsmanship.
7. Always coach and cheer in a positive manner toward your team.
8. Have Fun!
9. Practice as hard as you play in games!
10. There will be NO TOLERANCE to vulgarity.
11. Make every effort to provide the players on your team more than their required minimum playing time.
12. Minimize coaching from the sidelines during games.
13. Pre-plan all practice sessions in detail down to the minute and keep on task.
14. Maintain an 'open door' policy for players and parents regarding any questions or concerns that they have.

Coaches Signature / Date

Printed Name

Pacesetter Park Field Map

Can be found at www.playsylvania.com
by selecting Pacesetter Park under the
Facilities “tab” and then clicking on “Park Map”



Have a GREAT season!