



PELHAM REC SOCCER

COACHES MANUAL

Fall 2018

Co-Commissioners

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Important information for coaches

Thank you for agreeing to serve as coach or assistant coach this year! For veterans, we are pleased you are returning. For novices, we think you will find coaching to be an enjoyable experience. Here's some nuts and bolts information as we start the season:

General stuff

- Communicate with your team: please re-check your roster before Picture/Clinic Day and, if you haven't done so already, email parents to introduce yourself and remind them of the schedule for the day. In general, it is good practice to email parents late in the week to remind them of the practice and game schedule for the weekend.
- You should receive a weekly email with an age-appropriate practice plan from www.youthsoccer101.com. We defer to you as to whether and how to use them. Let us know if you have any questions or comments.
- No earrings! This is a firm rule in the interests of safety. Tell parents not to give kids new ear piercings during soccer season.
- Equipment
 - Your equipment bag contains balls, markers, a pump, a first aid kit and, where applicable, goalie gloves. There are also incident report forms and information about head injuries. If you have questions about equipment, or need anything additional, please be in touch with us.
 - Incident report forms are a formal mechanism for communicating information about serious incidents to the Town. If something happens and you need assistance in considering whether and how to use the form, please be in touch with us as soon as possible.
 - Please instruct players to bring a ball and to write their name on it; mark yours as well.
 - Please cooperate in making sure we collect all equipment at the end of the season.
- Parking; traffic
 - Expect some congestion, especially for age levels with high rates of participation
 - Parking may be tight Ingalls Field. We suggest parking in the main High School lot.
 - If you end up playing at Spring Road, you must park in the parking lot.
- We don't keep scores but ... for coaches of teams at the 1/2 and 3/4 age levels, please email game scores to your grade level commissioner each week. We use this information for the sole purpose of seeding teams appropriately for the Pelham Cup (more on which, below). If you forget who your grade level commissioner is, contact rec@pelhamsoccer.com.
- Sharing goals: There may be more teams practicing on a field than there are goals. Please share.
- Moving goals: Coaches who play the last game of the day at Franklin Field are responsible for moving the goals to one side.
- Keep it clean: Coaches are responsible for collecting papers and bottles after practices and games. We get complaints if trash is left behind.

- Preserving the fields: In the interests of saving the grass, minimize practice time in goal areas, except when using the goal.
- No smoking, no dogs: Under state law, there is no smoking on school property. Similarly, no dogs are allowed. We get complaints if these rules aren't followed.
- Rainouts: If the weather looks iffy, call the Pelham Rec hotline (914-738-6644). Please remind parent of this, too. We will try to post rainout information to the website. We will also try to get an email out. (More on this, below).
- Heads up, we may need to amend the schedule if a high school game gets moved to a Saturday.
- Pelham Cup: On November 3rd, age levels 1/2 and above will play a round robin style tournament. The schedule will be distributed in advance. (Other age levels have practice as usual).
- Player ratings: We ask coaches to rate players (using a 1-5 scale, best to weakest) at year end. This aids team formation in subsequent years. Coaches must turn in ratings before team pictures are distributed.
- Team end-of-season celebration: Consider holding an end-of-season event, such as a pizza party, visit to an ice cream parlor, etc. Consider a family v. kids game for the last practice.

Game management (age levels 1/2 and higher)

- Playing time and substitution policy
 - Prepare a written lineup for every game, especially for large rosters. It's easier – and more fair to players – to decide who's playing where and when before the game rather than during breaks.
 - Determine playing time equitably. Every player must play at least half a game – no exceptions. We strongly encourage you to play each player for three quarters before anyone plays four.
 - Punctuality: Please start and end games on time to keep the schedule moving. Please try to transition from practice to games quickly, i.e. conclude practice 5-10 minutes before game time.
- Absences: Ask parents to let you know if their child is not coming to practice or a game. Don't assume that they will do so.
- Sideline conduct: Head coaches are responsible for the conduct of team parents during game.
- Referees: Respect the referees -- one day your child may be out there as a referee.
- Don't run up scores: Take steps to ensure against blow-outs, e.g. instruct players that no one can shoot until five passes have been completed.

Game rules

- No heading is permitted. In all age levels, an indirect free-kick will be awarded.
- Only a goalkeeper in his/her penalty area may handle the ball.
 - For grade levels 1/2, a handball in the penalty area results in a throw-in for the other team (there are no penalty kicks).

- For grades levels 3/4 and above, a handball in the penalty area is penalty kick.
- Center kick-off: All quarters and halves start with a center kick-off.
- On-field injuries: Parents are sometimes confused about whether and when play should stop for an apparent injury. Referees only stop play when an injury appears serious. Otherwise, referees will wait until there is a stop in play (e.g. the ball goes out of bounds).

Rainouts and field changes

- The high school athletic director and the Town of Pelham control access to the fields and make decisions about field availability. The best source of information about closures is the Pelham Rec hotline (914-738-6644).
- Decisions about field availability are generally made first thing Saturday morning in the case of inclement weather. In the event of field closures, we will endeavor to notify you as soon as possible as to whether practice and games are canceled entirely, whether we can proceed with an adjusted schedule, or whether can move to the Underdome for the day.

Age specific info

- Kindergarten & Pre K (Pre K starts Sept 29th)
 - Kindergarten & Pre K soccer is purely about having fun, so play lots of fun games.
 - Later in the season, we may play small games for second half of session; consider using multiple balls so every child scores; no goalies.
 - Kindergarten parents should clear the field and parking lot to make room for afternoon games.
- Age levels 1/2
 - No goalies! Please do not position a player in front of the goal as a surrogate goalie.
 - Play 6 v 6 but be flexible based on attendance
 - No penalty kicks for handballs in the box; throw-ins instead.
 - Each quarter (10 minutes) and half start with a center kick-off
 - One coach per team is permitted on the field during the first two games; please do not interfere with play after week two
 - Coaches should treat clinics as a learning experience for themselves as well as the kids
- Age levels 3/4
 - We recommend playing 7 v. 7 (including goalie) but coaches should be flexible based on attendance
 - Standard penalty kick for penalties in the box
 - Each quarter (12 minutes) and half start with a center kick-off
- Age levels 5/6/7
 - We recommend playing 9 v. 9 (including goalie) but coaches should be flexible based on attendance
 - 15 minute quarters

Last word: remember that the measure of coaching success is how many players return next year.