



Volunteer Coaching Manual Spring 2023

Fun - Play - Teamwork - Respect

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1. Time Commitment - We are all very busy with life so it is important that you know what you have signed up for. General time commitment is 1-2 days a week on the field. Then additional time for general communication to the team

U5/U6 - Coaching one game a week on Saturday mornings/afternoons

U7 and Older- 1 practice a week on night chosen by the coach. Game on weekends.

A Team coach will also be awarded a refund for a player's registration. 1 per team total. Can be split among coaches if you have assistants. Refund will be awarded at the completion of a background check and Safe sport Training

2. TeamSnap - Teamsnap is a communication tool that will be used by all teams. It can be used as an app on your phone or webpage on your desktop Upon completion of team formation, teamsnap pages will go live for players and coaches to view. If new to teamsnap you will need to accept an invite to the team page via email.

Once invited and the page is live, you will be able to view your roster and communicate to the team. In the team calendar you will need to add your practice schedule. Please review the practices and games portion of the packet.

Registered Team Coaches will have owner or manager access to the team page. You can add more people to the page if there are others on the team that wish to help.

3. Background Check and Safe Sport - Each team coach is required to complete a background check and safe sport training.
 - a. Background checks can be completed [here](#). Click on the registration button next to the facebook icon. Please be sure to choose: Lobos Rush (Collierville Soccer Association) as the club affiliation.
 - b. Safesport can be completed [here](#). If you have not completed it before, you may need to create a US soccer coaches profile then register for the course. Once completed, please send a copy to the director of Recreation.

4. Rosters - Teams will be generated based on the amount of coaches available and player pool size. In the event of low participation, we will look at combining age groups and/or the creation of Co-ed divisions.
 - a. Roster Size
 - i. U5/U6 - 5-8 Players
 - ii. U7/U8 - 8-10 Player

- iii. U9/U10 - 10-14 Players
 - iv. U11/U12 - 12-16 Players
 - v. U13 and Older - Sized depended on format of play.
- b. Late Roster Additions - If your roster is not at max capacity, players may be added during the season. The goal is to keep roster sizes the same across your age group.

5. Playing Format - Below is the current* playing format for teams.

*Playing format may be adapted to improve playing experience based on player pool size for age group.

	U5/U6	U7/U8	U9/U10	U11/U12*	U13-U15*	U16-U19*
# of Players	3v3	4v4	7v7	9v9	9v9	9v9
Size of Ball	3	3	4	4	5	5
Game Duration	8 Minute Rounds	10 Minute Quaters	25 Minute Halves	30 Minute Halves	30 Minute Halves	30 Minute Halves
Offside	No	No	Yes	Yes	Yes	Yes
Penalty Kicks	No	No	Yes	Yes	Yes	Yes
Direct Free Kicks	No	No	Yes	Yes	Yes	Yes
Punting	No	No	No	No	No	No
Heading	No	No	Yes	Yes	Yes	Yes

*Format may change base on play pool siize to provide best playing experience

6. Team Practices -Sessions Plans will be made available in the Recreational Coaching Center. These sessions are designed to follow the play-practice-play format

- a. [What is Play - Practice - Play?](#)
- b. [Activities vs Drills](#)

7. Field Reservation System- U7 and Older coaches will choose a day and time that they would like to practice each week. A field reservation will then be made for the practice day selected throughout the season. You will be given access to the system to make additional reservations to add a practice

or reschedule a practice. This will be through a link sent to you by the director or member services.

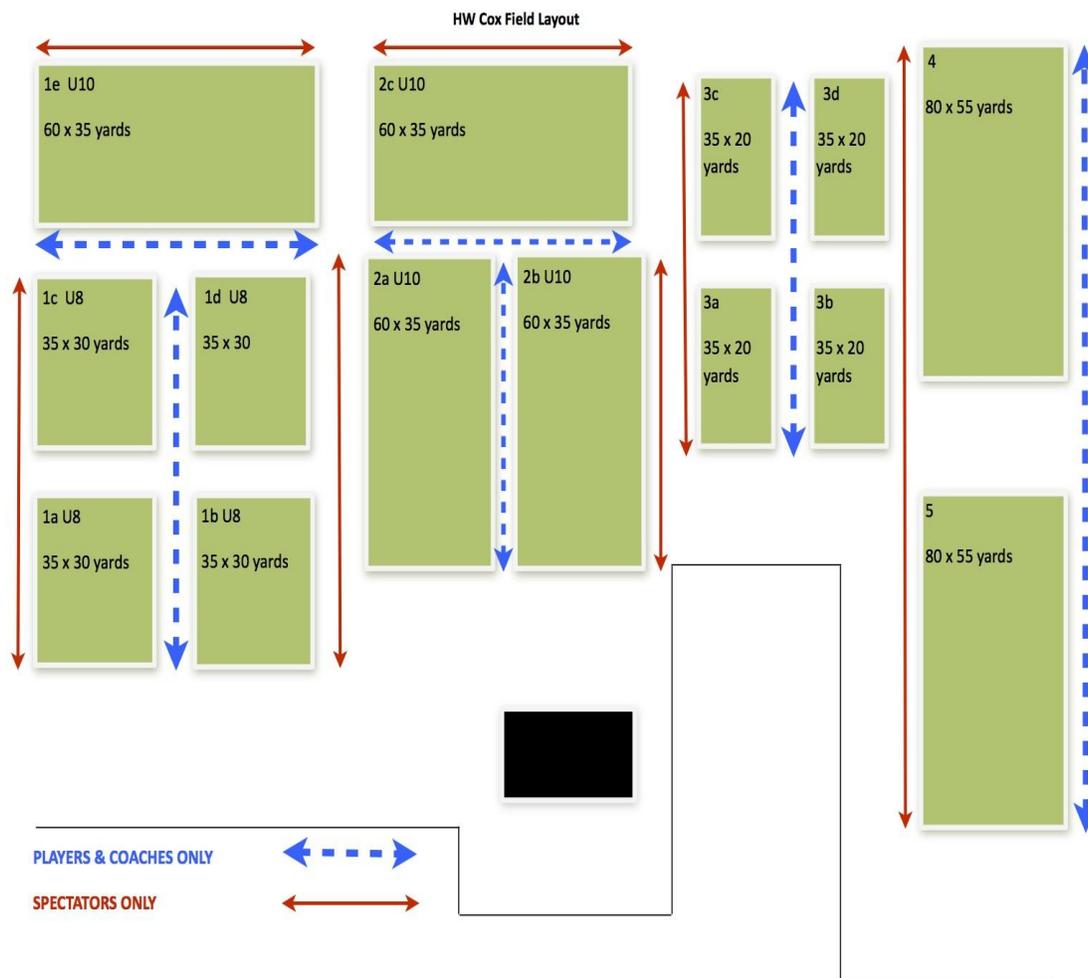
You must make a reservation before scheduling a practice. Note that scheduling a practice in Teamsnap **DOES NOT** reserve the field for you.

Tuesday, 04/12/2022														
Field Name	08:00	09:00	10:00	11:00	12:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00	09:00
Cox 1 A North														
Cox 1 A South														
Cox 1 B North											U8C Thorns			
Cox 1 B South											U8C Comets			
Cox 1 C North											U8B Whitecaps	U8B Wolves		
Cox 1 C South											U8B Thunder			
Cox 1 D North											U8B United	U8B Blizzard		
Cox 1 D South											U8B Avalanche	U8B Dynamos		
Cox 1 E East														
Cox 1 E West														
Cox 2 A North														
Cox 2 A South											U10B Dynamite	U10B Minutemen		
Cox 2 B North											U10B Storm	U10B Rapids		
Cox 2 B South											U10G- Sprint	U10G Force		
Cox 2 C East											2013 lady Lobos White	U14G Courage		
Cox 2 C West											U12B Timbers			
Cox 3 A														
Cox 3 B														

To help keep the system as accurate as possible, please delete any reservation you do not intent to use

8. Field Closures - In the event of fields closing, families will be notified by 3:30 pm during the week and by 8 am on Weekends, as that is around the time we are notified by the city.

9. Field Map - HW Cox Park



10. Game Days

a. Playing Time - All Players are expected to play at least 50% of the game.

b. Pre-Game

- i. Team Arrival - Set an arrival time to the field. This will give you time for a warm up and prepare a team talk to start. *You can do this in teamsnap.
- ii. Team Talk - Set starting lineup and subs, give players 1-3 items of importance to focus on for the

half. Amount based on age of players. If given too many, players will forget.

c. In-Game

- i. Substitutions - I would encourage you to write down the line up and your subs. It will help track your rotation of players.
- ii. Coaching in Game- It is easy to only focus on the player with the ball, try to let them make their own decisions then discuss and correct after the play. Try to take a wider view and help those that are off the ball and not completely engage.
Example: Reminder plays to move into space or create an angle to get a pass. Remind players to recover behind the ball to help defend as a team.

d. Post-Game

- i. Help encourage good sportsmanship by having players clap or shake hands with other teams.
- ii. Team talk - Review the good moments, give one or two points for improvement for next week. Try to keep the talk brief or you may lose the attention of players.

e. Referees

- i. It is expected as coaches that we set a good example for our players and other parents on the sideline in showing respect to the referee. Even though we may not agree with every call, they are an important part of the game that allows us to play.

- ii. For any issue with Referees (no shows, safety concerns, etc) please reach out to the director.

11. Uniforms

- a. Home - White Jersey
- b. Away - Blue Jersey

12. Severe Weather - In the event of severe weather, we will notify all families of any adjustments or cancellations by 3:30 pm on weeknights and 8 am on weekends. Once confirmed, you will be able to adjust event status in teamsnap.

Weather can be unpredictable, so at times a coach or referee may need to determine if it is safe for players to practice or play a game.

- a. Lightning and Thunder - If there is lightning within 6 miles (Thunder heard within 30 seconds of visible lighting), practice or game should be suspended and shelter sought.
- b. High winds - In the event of winds strong enough to blow dirt and debris up into the air, practice or game should be suspended
- c. Heavy Rain - In the event of heavy rain, practice or games may be suspended.
- d. Excessive Heat

- i. In the event Heat index hits dangerous conditions action will be taken to increase breaks, shorten play, or suspend all play.
- e. Extreme Cold -
 - i. For colder temperatures, action will be taken to shorten or suspend all play.

13. Rescheduling

- a. Rescheduling Practice - Rainout will happen and you do not need to reschedule every practice missed. In the event there are multiple rainouts. I would encourage you to check the field reservation system and look to add additional practice when possible.
- b. Rescheduling Games - In the event a game is canceled due to weather or other certain circumstances, we will look to reschedule for a different date. This may be rescheduled for a night during the week. While we will make an effort to reschedule every game, there may be circumstances that a game may not be made up. 8 games is considered a complete season.

14. Coaches Coverage - Life gets busy and things come up all the time. In the event you are unavailable to coach a game please use the following process:

- a. Reach to parent on the team to see if they would be willing to fill in
- b. Reach out to the director in event no one is available

15. Equipment

- a. Each team will be provided a stack of cones and practice jerseys at the beginning of the season.
- b. Please maintain equipment and return at the end of the season. The more equipment returned will allow us to provide additional items in the future and replace damaged or lost equipment.

16. Rec+

A free training opportunity for those registered with our recreational program. It is designed for those who are looking to get more out of their soccer experience and serve as a bridge between recreational and competitive programs. These sessions will be ran weekly by our qualified coaching staff to help players gain confidence and comfort on the ball through small sided games.

Separate teamsnap will be made for those that are registered for Rec+

17. Jamboree -

The jamboree is a weekend event for teams to play multiple games and enjoy a community filled atmosphere. Along with games, the goal is to have other activities for the players and families to enjoy. (Jump house, Team Pictures, etc.)

Thank you for committing your time to coach! Please reach out with any questions or concerns that you may have!

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