

COACHING FOR RIVER VALLEY SOCCER CLUB

Thank you for volunteering your time for the River Valley Soccer Club. Safety, sportsmanship, player development and having fun are the goals of the Club. To help achieve those goals, here is some information that may be helpful. Also, our website www.ncwsoccer.com contains additional information.

SAFETY

- The coach's first responsibility is the health and safety of all participants.
- Be prepared to handle first-aid situations as well as medical emergencies at all practices and games, both home and away.
- Always carry individual player registration forms/emergency medical release forms with you. Review each for any medical conditions or allergies.
- Follow up all injuries with parents/guardians.
- Inspect player's equipment and field conditions for safety concerns.
- Utilize proper teaching and instructing of players regarding safe techniques and methods of play.
- Supervise and control your players so as to avoid injury situations.
- Ensure all coaches, assistants and any else interacting with the players during games or practices have completed the online Risk Management Form and received proper clearance. This is done when registering online as a coach/volunteer and clearance can be verified by the Registrar.
- First aid kits are located in the sheds at Eastside Park. In addition, a small kit will be provided to each coach. You may also wish to take along a bag of ice to each game, in case of injuries.
- Please ensure all passengers have seat belts fastened when traveling with any soccer players.
- As a role model and to protect players from second hand smoke, coaches and assistants should not smoke or use tobacco products during games or practices.
- Ensure any coach or person working with children does not consume alcoholic beverages, drugs or tobacco products at any time during practices or games or come to any practice or game under the influence of alcohol or drugs.
- Remind parents to pick up their children promptly. Players should not be left alone at any field.
- Players should be off the field during any lightning and for at least one (1) hour after.

PLAYER DEVELOPMENT/FAIR PLAY

- Develop the child's overall appreciation of the game.
- Keep winning and losing in proper perspective.
- Be sensitive to each child's developmental needs.
- Educate the players to the technical, tactical, physical and psychological demands of the game for their level.
- Allow players to experience all positions.
- Players need to have fun and receive positive feedback.
- Practices should be conducted in the spirit of enjoyment and learning.
- Provide the appropriate number of training sessions and games according to the player's stage of development.

- Strive to help each player reach his/her full potential and be prepared to move onto the next stage of development.
- The following are some key points from the book *Fair Play: Making Organized Sports a Great Experience for Your Kids* by Scott B. Lancaster:
 - Principle 1: Make it Fun – Every moment of the experience, from practices to games should be fun.
 - Principle 2: Limit Standing Around – Have a plan and be well organized every time you step on the field.
 - Principle 3: Everyone Plays – Everyone should play equally and receive playing time. RVSC rules require that each child play at least one half of the game.
 - Principle 4: Teach Every Position to Every Participant – Don't pigeonhole kids into a particular position because of their size or ability. To provide each player a full experience and appreciation for the game that lasts a lifetime, teach each player every position. If kids are taught the fundamentals of each position, over time they will find the position where they belong naturally.
 - Principle 5: Emphasize the Fundamentals – Teach the basics properly. Learning the fundamentals and perfecting the basics at every level are essential to future success.
 - Principle 6: Incorporate a Progression of Skill Development for Every Participant – When kids experience improvement, no matter their athletic ability, they will continue to participate and return to learn more in order to build on their progress.
 - Principle 7: Yell Encouragement, Whisper Constructive Criticism – Keep it positive. Negative comments from anyone should not be tolerated. Kids know when they make a mistake. They need instruction on how to correct mistakes that is supported by positive encouragement.
 - Principle 8: Stop Measuring Success in Goals – Instead, measure success when everyone on your team and in your league experiences improvement, regardless of their athletic ability.

PRACTICES

- Set a consistent practice schedule and remind parents.
- High school games and games on the schedule have priority for the soccer fields.
- Be on time (or arrange help from another parent) for practices so players are not left alone at the field.
- Arrange scrimmages with other coaches as you wish.
- Balls and cones are in the sheds at Eastside Park. Coaches should use the balls for practice and then return them to the shed. Balls should not be taken home. Coaches may take, and then return, a few balls if traveling to an out-of-town game.

GAMES

- Your Age Representative will provide a game schedule. Once the game schedule is made, it is nearly impossible to make changes, for fields and referees are very limited and changes create conflicts and misunderstandings. Please ask a parent or assistant to cover for you if you cannot make a game. Please check the schedule, for game times are different every week.

- Games must be played even if you don't have a full complement of players. Games are played even if it's raining.
- Coaches may schedule any scrimmages they wish to supplement the games shown on the schedule.
- The day before the game, the home coach should call to confirm game time and location with the referee. For any out of town games, traveling coaches should call the home team to confirm game details.
- Home team should set up the field with corner flags and goals.
- Be sure players are ready to start on time (games are stacked back-to-back and referees have other games they are trying to get to).
- Players should be warmed up and ready to go at game time – safe shoes (soccer cleats are not required, tennis shoes are okay), socks covering their shin guards, jewelry off, shirts tucked in and goalies in a shirt of a different color than the opposing team.
- Know the rules. Ask for clarification before the game or during half time.
- Each team should contribute a parent to help the referee line the game. For U12 and above, helpers need to understand offsides.
- Be kind and professional with the referee. If coaches have concerns, they can say something at half time or talk with the Referee/Rules Coordinator after the game.
- After the game, take down and put away the corner flags and any other applicable equipment. Be sure the shed is locked.
- Be sure sidelines and fields are clear of any garbage after games (and practices too). Remind players to clean up.

FALL SEASON

- The football teams have priority to use the soccer field near the shed (under the lights) at Eastside Park on Wednesdays.

SPRING SEASON

- Coaches and players usually stay together through Spring season. The registration fee covers both Fall and Spring.
- The Club awards the McDonald Sportsmanship Award in the spring. Nominations are accepted through April 30th.
- Pictures are scheduled for April. Coaches are to hand out picture envelopes to each player and the team should come at least 5-10 minutes before their scheduled time. All pictures are taken at Eastside Park in Omak by the flagpole near the highway. This is our only way of thanking the sponsors, so please encourage all players to come even if they are not buying pictures.
- British Soccer Mini Camp, a free promotional, is a great way to hold practice for the day and is usually held one day in early May. Contact the Club's Special Events Coordinator for information.
- British Soccer Camp is held during the summer, usually the last week of June. Look for registration forms or register online at www.challengersports.com.

OTHER

- The Age Representatives are here to answer your questions and help resolve any problems or concerns. They should be called first and their contact information is on the “Contact Info” spreadsheet given to coaches and/or on the website.
- Any questions or concerns about referees, conduct during games or rules interpretation should be addressed to the Referee/Rules Coordinator.
- It is highly recommended you have an assistant or other adult as backup so practices and games do not have to be re-scheduled.
- Coaches will be provided team t-shirts at the beginning of the Fall season. Extras are provided to ensure additional players added in the Spring also have shirts. Printing just a few more in the Spring is be cost prohibitive. Coaches should collect the team shirts at the end of the Fall season to ensure all returning players will have a t-shirt.

Your RVSC Board of Directors is here to help with any question, problem or concern. An updated contact information spreadsheet is available online. Please feel free to contact your Board members. Communication and cooperation are essential to making our community soccer program a success. Thank you for coaching and have a fantastic season!