

Chelmsford Youth Soccer

CYSA Travel Coaches Meeting



Chelmsford Youth Soccer

CYSA Philosophy

Why Do Kids Play Sports?



- Because it is fun!
- What makes it fun?
 - 1. Trying your best
 - 2. When the coach treats a player with respect
 - 3. Getting playing time
 - 4. Playing well as a team
 - 5. Getting along with teammates
 - 6. Being active
- Further down the list:
 - 48. Winning
 - 63. Tournaments
 - 66. Training

Coaches



Kids are NOT likely to remember what you said and they are not likely to remember what you did but they will always remember how you made them feel.

Coaches



- Lead by Example:
 - The team will reflect your individual personality traits. If you are calm, the team will be calm. If you are positive, the players will be as well.
 - If you are negative or reactionary, the team will act similarly. Be aware of your influence.

Training & Games



Training

- No Lines, No Laps and No Lectures
- Keep things moving the more touches the better
- Kids should have a ball at their feet for ALL activities (even warm ups)
- Make it fun and competitive

Games

- Equal Playing time (minimum 40%)
- Rotate positions
- Do not have keepers play the entire game
- Player development over winning

Flexibility

- CYSA's Goal ☐ Kids to Love Soccer & to want to play the game for life
- Reality

 Kids play multiple sports & have crazy schedules
- Coaches need to be flexible & understanding
- Desire

 all kids attend every practice
- Reality □ attend at least 1 practice per week
- Work with other coaches to allow and encourage training with other teams when conflicts arise

MYSL Roster



MIDDLESEX SOCCER APPROVED ROSTER Fall Soccer - 2017 Town/Club: Chelmsford Youth Soccer Apprvd: 08/19/2017 Original: Age: GR 3-4 Girls Team Name: G34-1 Shirt Color: League: Team ID#: 122013 Div/Section: 2A Coach Phone 1 john Roark 978-265-5430 johnroark@mac.com 2 Tim Flaherty 978-808-1869 tflaherty24@hotmail.com DOB Assigned Shirt# Last Name First Name Grade Town 13 Barber Eva 12/10/2007 Chelmsford 07/02/2017 Bierwirth Anna 12/22/2008 CHelmsford 07/02/2017 3 25 Caires Hayden 05/08/2008 Chelmsford 07/02/2017 North Cairns Brianna 10/02/2007 07/02/2017 Chelmsford 22 Cannata Brooke 03/16/2008 Chelmsford 07/02/2017 27 07/02/2017 Flaherty Maya 06/30/2008 Chelmsford 45 Kate 01/29/2008 Chelmsford 07/02/2017 Leonard 8 5 martens tyler 02/04/2009 chelmsford 07/02/2017 Olivia 09/07/2007 Chelmsford 07/02/2017 McDonnell 10 20 12/17/2007 chelmsford 07/02/2017 Roark Alvson 11 18 Sienna 04/03/2008 Chelmsford 07/02/2017 Serpone 12 15 Tremblay Sarah 05/02/2008 chelmsford 07/02/2017 Transfers: SIGN I MYSL Registrar Verification Date MYSL Boys/Com Verification Date MYSL Girls/Com Verification Date Coach's Signature Club/Town Certification I Certify that I will comply with Soccer and by as, playing All players and all coaches/managers meet all Soccer & rules, & Coach's Code of Conduct, and know the penalties requirements for affiliation and playing age, and the for non-compliance. town/club is properly affiliated. Coach's Signature Signature Referee: Sched, Date: Actual Date:

Score:

Winner:

Opposing Team:

- Have two SIGNED copies of your roster to give to the ref at the start of each game
 - Suggestion make 25 copies now, fold and put in a gallon Zip-lock bag (waterproof) in your equipment bag

Medical Roster



2021 Fall MYSL T	ravel Soccer		Team:	G56-4				
Player	Parent	Phone #	Emergency Contact	Emergency #	Doctor	Doctor Phone	Medical Condition	Parent Signature

- Will be emailed to you by Travel Director
- Print out and keep with you, no need for parents to sign
- Pay attention to any Medical Conditions

MYSL



- MYSL Home Page
- Divisions and Laws
 - 5 divisions with D1 being the highest
 - Each division has up to 4 sections (A to D)
 - All sections in a division are the SAME
 - Sections created due to QUANTITY of teams ONLY
- MYSL Age Directors
 - Your key contact to the MYSL league
 - Age Director is based on age, gender & division
 - <u>Click here</u> for MYSL names and contact info under Board/Management

Navigating MYSL





MYSL Website

- Schedule and Standings link on left menu
- Schedule Page
 - Use filters to find your team
 - Click View Schedule after filtering
 - Click? To get coach contact info and field directions/address
- Standings Page
 - Use filters to find your teamPosition in Division

 - Head to Head Scores

Navigating MYSL



MYSL – Schedule Page

	Chelmsford Youth	Chelmsford Youth Soccer		Fall Soccer ▼ U12 Girls		U12 Girls Travel ▼ ALL DIVISIONS	•					
	All Teams		▼ 20	014	•	All Areas	•					
	Game Type	▼ All Games		•								
	Display Team Mng./Lo	ecation Info 8/11/2014	III TO	11/8/2014	=	Changed Since 8/1/201	5					
		Print View Coa	ch Schedu	le Game Numbe	er	Time Range Day of Week						
	27 Games View Schedule											
Date/Time	League	Game Ho	ome	Away		Location		Туре				
Sat 9/6/2014 9:00 AM			A GU12-1 - 3	Biller-1A G12	2-1 -	Chelmsf Highland 1 (U12)		Season Game - #922986				
Team Mng. Info: Biller-G12-1 Head Coach - Julie McCarthy jmrocks8@comcast.net (H)9786633066 Chelmsf-GU12-1 Coach - Joseph LoCoco jlococo9@gmail.com jlococo9@gmail.com (H)978-244-0258 Chelmsf-GU12-1 Asst. Coach - Denise Angwin dangwin9508@comcast.net (H)978-290-3257 Chelmsf-GU12-1 Asst. Coach - Jennifer Brown jbrown@waveguidefiber.com (H)978-256-5568 Biller-G12-1 Asst. Coach - Marty McElhinney lauram@stonehamdentist.com Lauraandmarty23@gmail.com (H)978 667-9158 (W)781438*3199 (C)617-921-8920 Biller-G12-1 Asst. Coach - Carol MacLeod carolmac27@verizon.net (H)978-663-5866 (C)508-574-6442												
Chelmsf Highland 1 (U12) Info:	ve cions											
Created on: 08/16/2014 7:11 A	M Last changed on:	08/16/2014 7:11 AM										
Ref Info:	AR1: Assigned-A	ccepted AR2: Assigned	d-Accepted I	Referee: Assigned-	Acce	pted						

Navigating MYSL



MYSL – Standing Page



Travel General Info.



- Grade 3&4 plays 7 v 7
- Grade 5&6 plays 9 v 9
- No heading until you get to Grade 7&8
- Off sides at every level in travel
 - Note: Grade 3&4 will only have Center Refs

Game Cancellations



- How:
 - Fields are closed by CYSA (by 8 AM) check website
 - If fields are declared open in the morning and the weather or fields are an issue later in the day, the Referee is the only authorized person to cancel the game – this is determined at the time of the game – teams must go to the field for a decision.
 - Games CAN NOT be cancelled by an agreement between the two coaches

Resources



- CYSA Website
 - <u>Under Resources / Coaches</u>

TRAVEL COACH INFORMATION

- Travel Coach's Checklist
- Travel Coaches Meeting Presentation (PowerPoint format with full content)
- <u>Travel Coaches Meeting Presentation (PDF format, missing embedded content)</u>
 - Travel Coach's Training Guide
 - MYSL Coaches Handbook and Rules
 - MYSL Rescheduling Process
 - MYSL Game Cancellation Request Process
 - MYSL Town Player Pass Process

TRAINING FOR COACHES

Chelmsford Youth Soccer believes that "the game is the greatest teacher" and that children will get better at soccer by playing, playing and more playing. We also believe that well-trained, resourceful coaches will enhance a child's enjoyment of this beautiful sport. To that end, CYSA encourages coaches to take advantage of coaching courses being offered by Mass Youth Soccer Association (MYSA). Successful completion of these courses earn the coach a certificate or license that emphasizes proper coaching principles. We recommend that coaches at all levels take advantage of these courses. Upon receipt of your license certificate, CYSA will reimburse you the cost of the training course for coaching licenses up to and including D level. For any other courses please contact the CYSA training director prior to taking any courses in order to get reimbursement approvals. Although there are no performance or written tests in the introductory courses (F and E), each involves a few hours of activity. To get the most out of each course, participation in the practical, active sessions is strongly encouraged, but is not required. This activity is not physically rigorous, and lasts approximately one half of each course.

For more information on courses, follow the links to MYSA.



Coach's Checklis

Resources



- CYSA Website
 - <u>Under Resources / Training</u>

• NEW Training Method - Play- Practice-Play • MA Youth Soccer Session Plans • US Youth Soccer • Expert Football - Soccer Techniques • Jeff Pill's Drills • Fine Soccer

Unique Rules – Grade 3&4



Goal Kicks

Opposition players to retreat into their own half of the playing field on goal kicks. US Youth Soccer recommends that opponents should remain in their own half until the ball is in play. The team taking the goal kick does not have to wait for the opposition to retreat and has the option to restart the game beforehand should they so choose. The ball is in play when it is kicked directly out of the penalty area.

Punts

 Keeper distributions (punts, drop kicks and throws) may not travel in the air over the halfway line. An Indirect free kick from midfield is awarded to the other team if this happens.

Travel Coach Shirts



Coaches new to Travel get a shirt

- Visit Center Sports to be sized
- Provide Drew your Name
- Pick up when Drew specifies
- Paid for by CYSA

Referee Notes

CHELMSFORD

- Subbing from centerline only
- Coaches and players must be at least 10 yards from the midline, other than players being subbed
- Keep coaches, players & parents a minimum of 3ft from the touch line (opposite sideline of players)
- Tell players to ALWAYS bring both shirts
 - Coaches bring pinnies just in case players forget to bring both shirts
 - Home team is responsible for resolving uniform color issues

Referees & Parents



- Referees:
 - Coaches should not be addressing the referee during a game
 - If there is an issue, discuss it at halftime (calmly it should only be about safety or clarification on a rule)
 - There is a zero tolerance policy with respect to any referee abuse (verbal or otherwise)
 - The referee is given the benefit of the doubt not the coach
- Parents:
 - Encourage parents to cheer, but not coach from the side line
 - Address any issues right away

CYSA Fields



- Fall 2022 Field Use:
 - Grade 7&8: CHS Stadium (games only), Murphy & Harrington for training and overflow games
 - Grade 5&6: South Row and Harrington
 - Grade 3&4: South Row and Highland
- Check <u>CYSA Web Site</u>>Fields for field layouts and numbering to make sure you are on the correct field for practices and games.

CYSA Fields – PLEASE NOTE



- Highland Field
 - Home games at Highland
 - Reach out to the visiting coach & advise them of the limited parking
 & ask their parents to not block driveways or park on people's lawns
- ALL Fields General Use <u>Keep our fields great</u>
 - Warm up off the main field areas
 - Change field locations used for training
 - Limit use in goal and central field areas
 - Use empty off field grass spaces when possible

Schedule



- CYSA Training Schedule
 - Training schedule provided by Patti Goodwin
 - All coaches should have their training schedule now
 - Training once fields are open Sept 6th
- MYSL Game Schedule (Game 1 9/10/2022)
 - Schedules should be release Sept 4th or 5th
 - 9 Game Season
- Makeup Games
 - Weeknights and Sundays for all age groups since it is all managed by CYSA
 - See Appendix for details on ODD # of Teams in your Bracket

Equipment Notes



- Ice Packs in all containers combo 1225
- Check your equipment as soon as possible
- Any issues or requests throughout the season email the equipment manager at: <u>equipment@chelmsfordyouthsoccer.com</u>
- If you notice anything needed with equipment containers at fields (broken lock, missing/broken corner flags, no ice packs, etc.) please notify CYSA.

MYSL Player Pass Process



- Please read MYSL player pass process, pages 20 to 23
- Please see Appendix page 40 & 41 with more details and steps on how to create and account and to use the online process
- Highlights & Key Points Start process early in week
 - Player's own team takes priority
 - Player MUST play both games (both coach and player say OK)
 - Why Play Up? □ not enough players or reward and opportunity
 - ONLY PLAY FOR 1 OTHER TEAM (2 GAMES MAX ON SATURDAY)

MYSL Rescheduling Process



- Managed by the Home Team Coach.
- 2. Email the away coach and suggest three dates/times. Use your practice nights.
 - Makeup games take priority over all practices for field use
- 3. Agree on a date/time with the away coach
- 4. For all age groups:
 - Email CYSA Field Assignor, Patti Goodwin (<u>field_assignor@chelmsfordyouthsoccer.com</u>)
 - Email CYSA Referee Director, Kayode Michael Arimoro (<u>referees@chelmsfordyouthsoccer.com</u>)
 - They both must approve the request (field and referee availability)
 - Email correct Age Director from MYSL about the rescheduling of the game. Contact info for your particular Age Director found on MYSL page and under Board/Management
- 5. Once approved by the CYSA Field Assignor and the Referee Assignor/Director use the MYSL process email with link (sent only to the home team head coach)



CORI



CORI Requirements

- Did you take your CORI Lanyard?
- Lanyards MUST be worn at ALL games
 - No Lanyard □ No Sideline
 - No Coaches with Lanyards □ No Game (forfeit by violators)
- Coaches notify referee of any situation
- Referees will record situation as part of their report
- For training, lanyards must be with you and available
- Any questions contact the Cori Administrator:
 CoriAdmin@chelmsfordyouthsoccer.com
- Pickup for CORI ID/Lanyard will be scheduled by Cori Admin

Passcards - Coach



Required for every game

- Coaches need them for all age groups
- Ref may check passcard for each coach
- Travel Director will distribute prior to season start

Sportsmanship

- CHELMSFORD
- Keep Game scoring under Control (Good Sportsmanship)
 - If you are winning by 6 goals make changes to prevent a blowout
 - Remove a player play one down (or 2 if needed)
 - Play ball control/keep away. Great opportunity to move the ball from side to side and back versus just forward. (including using the keeper)
 - ❖ Tell players to only shoot with their weak foot.
 - Play kids in positions that they normally do not play, development opportunity.
 - Winning by double digits risks the league calling for disciplinary action

Challenger Coaching - Training



- Training Plans: (Dylan will support travel)
 - Focus will be on newer coaches and younger age groups
 - Schedules provided shortly
 - Experienced coaches who want a session email a request ASAP
- CYSA Coach Expectations for Training:
 - A few days before your training session reach out to the coach about your training needs
 - During the Training stay engaged coach with the coach
 - Treat this as an opportunity for both you and your team

Challenger Coaches





Coaching Background:

- · 2007- Started coaching career at age 16
- · 2012- Started coaching in recreational division. This included soccer, baseball. basketball, football, and track and field.
- · 2021- Applied for academy coach position through Challenger Sports and was placed in New England region, where I worked for Chelmsford, MA.

Playing Background:

- Started playing soccer in junior high.
- Played 3 years in high school as forward and goalkeeper.
- · Plaved for CVSA.
- Supporter of Arsenal.

E-mail: charlessallay@yahoo.com

Personal Information:

Age: 30

Hometown: Chicago, IL

Education:

BA- Human Services-Iowa Wesleyan College.

Hobbies:

Playing sports, writing, and singing (in the shower)

Food Likes: French fries, Italian beefs, apple pie, and chicken wings.

Food Dislikes: Vegetables, yogurt, and casseroles.

Cell: 319-504-9841

WWW.CHALLENGERSPORTS.COM

800.878.2167



Name: Dylan Birks

Coaching Background:

The iCue Academy (2019-present) A local business on the Isle of Man which offers sessions and camps to children aged from 3-16. I coach after school sessions 4 nights a week as well as a toddler session twice a week, I also coach on various camps with the company with all ages running sessions on different topics each day.

Douglas Athletic FC Juniors (2020-present) Originally I was the support coach of an U7 group but became a lead coach of the new U6 group.

Challenger Sports (summer 2022) Originally placed in the Atlanta region working on summer camps with kids ranging from 3-14. After 8 weeks I was transferred to the Baltimore region and have done 3 camps, including 1 as the only coach.

Personal Information: Age:

Hometown: Onchan. Isle of Man

Education:

6 GCSE's Level 3 diploma in sport Level 3 sports leaders English FA level one

Hobbies:

cheese

I enjoy the gym and try go 4-5 times per week, playing soccer, listening to music, pro wrestling Food Likes/Dislikes:Like most foods. Don't

like pickles and cold

Cell: +1 (540) 514 9207 +447624253357 E-mail: dbirks@ymail.com

WWW.CHALLENGERSPORTS.COM 800.878.2167

In Season – CYSA Requests



- Player Evaluations
 - Process starts halfway through season
 - Template, instructions and sample provided
 - Submit before the end of season
 - Critical part of coaching helps with placement
 - Group effort all coach's contribute to a single team evaluation

Playoffs – Spring Only

CHELMSFORD

- Commissioner's Cup (CC)
 - June
 - Top 4 teams from each division(not section) make playoffs
 - Location Lancaster
 - Grade 5&6 and older □ D1 and D2 single game elimination
 - All Grade 3&4 round robin 3 games
 - Grade 5&6 and older D3, D4 and D5 round robin 3 games
- Massachusetts Tournament of Champions (MTOC)
 - June
 - ONLY D1 and D2 winners from all leagues in Massachusetts
 - Location Lancaster
 - Round Robin then semi-finals and finals (like World Cup)

Travel Assessments



- May @ Harrington
 - Do Not schedule or accept makeup games this week
 - Team training will be limited since players will be doing assessments
 - Your team can be impacted by the current age assessment dates and the next grade up dates
 - Assessments take priority over all other team activities

GameChanger App



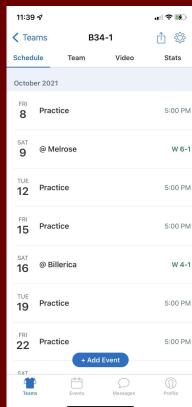


What's Good

- Messaging
- RSVPs (are your kids making it to practice and/to making it to the game)
- Schedule (kind of a pain to load manually, but once in there, it is great, because they can RSVP to specific practices or games)

What's NOT Good

 Integration to the web page. So for example if someone changes their email address or contact info, etc. it won't end up in the app. If the schedule changes with MYSL, you have to change it manually.



Questions / Comments ?



Thank you!!! &

Thank you for coaching!!!

CYSA – Key Take Away







Chelmsford Youth Soccer

Appendix

MYSL Player Pass Process: 1

- CHELMSFORD
- Please read the complete <u>MYSL player pass process</u>, Pages 20-23
- Highlights & Key Points Start process early in week
 - Player's own team takes priority
 - Player MUST play both games (both coach and player say OK)
 - Why Play Up? □ not enough players or reward and opportunity
 - ONLY PLAY FOR 1 OTHER TEAM (2 GAMES MAX ON SATURDAY)
 - Up to 4 players playing up to 1 team for each week
 - A player can play up a maximum of 3 times per season for a specific team
 - Playing up Rules
 - Playing in same age group same division or any lower division
 - Playing in an older age group 1 division higher or below
 - Need 2 copies of MYSL roster and passcards(SPRING ONLY) for Grade 5&6 & older
 - Highlight player(s) playing up on the roster
 - Notify MYSL Registrar, MYSL Age Director & CYSA Travel Director- email use form see attached

MYSL Player Pass Process: 2

CHELMSFORD

- Create MYSL SportsManager Account
 - Go to https://www.sportsmanager.us/teamapp
 - If do not already have an account:
 - Choose login.
 - Enter your email address used for your coaching account.
 - Then choose forgot password. An email will be sent with a password.
- Log in using your password.
- Choose "Club Passes" on left side of screen.
- Find correct game where you are using Club/Player Pass.
- Choose Add Player
- Select player from correct team and add them.
- Select Game Date Roster and print it out to bring to game.
- You will need the physical Player Passcard as well, so make sure to get it from coach/player and keep track of it to be able to return to player after the game.

Link to document with screenshots: Player Pass Instructions

MYSL Rescheduling Process



- Managed by the Home Team Coach.
- 2. Email the away coach and suggest three dates/times. Use your practice nights.
 - Makeup games take priority over all practices for field use
- 3. Agree on a date/time with the away coach
- 4. For all age groups:
 - Email CYSA Field Assignor, Patti Goodwin (<u>field_assignor@chelmsfordyouthsoccer.com</u>)
 - Email CYSA Referee Director, Kayode Michael Arimoro (<u>referees@chelmsfordyouthsoccer.com</u>)
 - They both must approve the request (field and referee availability)
 - Email correct Age Director from MYSL about the rescheduling of the game. Contact info for your particular Age Director found on MYSL page and under Board/Management
- 5. Once approved by the CYSA Field Assignor and the Referee Assignor/Director use the MYSL process email with link (sent only to the home team head coach)



Concussions





CONCUSSION RESPONSE - 3 THINGS TO DO

- Remove the athlete from play *immediately*.

 How we react in the minutes after an injury plays a big role in what recovery will look like.
- Gradually return the athlete to activity.

 Rushing recovery, especially in the early stages, will make things worse and prolong ultimate recovery.
- Make sure we're setting the right tone.
 All of our strategies for prevention and management work better if athletes report their symptoms. Unfortunately, most don't.

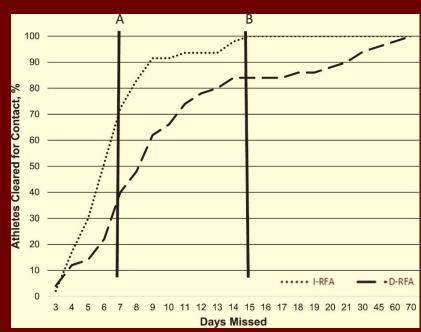




Concussions



- Athletes removed <u>immediately</u> from play recover significantly faster than those that stay in
- Immediately means immediately
- Minutes make a difference
- If you think you saw something, you saw something – do not take a "wait and see" approach



Breton M. Asken, MS, ATC; "Playing Through It": Delayed Reporting and Removal From Athletic Activity After Concussion Predicts Prolonged Recovery. Journal of Athletic Training: April 2016, Vol. 51, No. 4, pp. 329-335.

Parent Videos – what not to do



- Parent Behavior
- Criticizing Referees (4 minute mark)

CYSA Playing Philosophy



- Grades 3 through 6
 - All players Should have equal playing
 - All players Must play at least 40%
 - All players **Should** play all positions
 - Player Must not play keeper all game (1 half only)
 - All players Should play keeper
 - Unless player is afraid or coach concerned about injury
- Why?

 Player development over Winning

CYSA Playing Philosophy

CHELMSFORD

- Grades 7 and older
 - All players Should have equal playing
 - All players Must play at least 40%
 - Players start to focus on playing a specific position, but playing different positions is still best for their development
 - Keepers
 - Not typically all players small group who want to play
 - Player Should only play Keeper for 1 half per game, but at this
 age there can be times when they play the full game

Games – Odd # of Teams

- CHELMSFORD
- Brackets with Odd Teams (Mid week games)
 - No Saturday game for one of the weeks
 - Home team must use reschedule process scheduled game shown is just a placeholder
 - Limited impact for the upcoming season
 - If impacted start the rescheduling process ASAP
 - Gr 5 and above cannot be made up on Sundays, meaning they must be night games
 - Gr 3&4 can be on Sundays

Coach Education



- Better coaches make better players
- Coach training will help ensure that the kids enjoy their time on the pitch while advancing their knowledge of the game
- Learning pathways
 - United States Soccer Federation (USSF)
 - · Licenses: F, E, D, etc.
 - United Soccer Coaches (USC) [formerly NSCAA]
 - Diplomas: 7v7/9v9, 11v11, National, Advanced National, Goalkeeping
- Conferences: MYSA Workshop; Soccer Champions Coaches' Clinics; USC Convention
- CYSA will reimburse you for USSF and USC courses
- Contact: training@chelmsfordyouthsoccer.com for additional advice