

Chelmsford Youth Soccer

NEW CYSA Travel Coaches

MYSL Roster



MIDDLESEX SOCCER APPROVED ROSTER Fall Soccer - 2017 Town/Club: Chelmsford Youth Soccer Apprvd: 08/19/2017 Original: Change: 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 ohnroark@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 Havden 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 6 27 07/02/2017 Flaherty Maya 06/30/2008 Chelmsford 45 Kate 01/29/2008 Chelmsford 07/02/2017 Leonard 5 martens tyler 02/04/2009 chelmsford 07/02/2017 Olivia 09/07/2007 Chelmsford 07/02/2017 McDonnell 10 12/17/2007 chelmsford 07/02/2017 20 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 Ziplock bag (water proof) in your equipment bag

Medical Roster

CHELMSFORD

- Medical Release Forms (Medical Roster)
 - Have parents sign at the first practice and keep it with you at all times

2017 Fall MYSL Travel So	2005		Chelmsford Youth Soccer Association - Medical Release											
MYSL Travel G3/4-1	iccei													
Player Player Last First Name Name	Parent First Name	Parent Last Name	Phone #	Emergency First Name	Emergency Last Name	Emergency#	Doctor	Doctor Phone #	Medical Condition	Parent Signature				
									1					
Volunteer Role First Name	Last Name	Phone	Email											
					FC	OR EAC	H PLA	YER						

As parent/guardian, I understand that there is a risk of injury to my child as the result of participation in CYSA activities. In the event of such injury, this authorizes the CYSA team representative to obtain the necessary medical or hospital treatment for my child. I further waive any claims that may arise and release and hold harmless

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
 - Click here for MYSL names and contact info

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 team
 - Position in Division
 - Head to Head Scores

Navigating MYSL



MYSL – Schedule Page

	Chelmsford Youth Soccer	▼ Fall Socce	er ▼ U12 Girls	Travel ▼ ALL DIVISIONS	v				
	All Teams	▼ 2014	▼ All Areas		▼				
	Game Type ▼ All Games	•							
•	Display Team Mng./Location Info 8/11/2014	TO 11/8	/2014	Changed Since 8/1/201	5				
Print View Coach Schedule Game Number Time Range Day of Week 27 Games View Schedule									
Date/Time	League Game H	ome	Away	Location	Туре				
Sat 9/6/2014 9:00 AM	U12G-1A Chelmsf-1	IA GU12-1 - 3	Biller-1A G12-1 - 0	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:	Address - Fiske Ave Directions - Directions								
Created on: 08/16/2014 7:11 AM Last changed on: 08/16/2014 7:11 AM									
Ref Info:	AR1: Assigned-Accepted AR2: Assigne	d-Accepted Referee	: Assigned-Accepted						

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 web site
 - 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
 - Under Resources / Coaches

TRAVEL COACH INFORMATION

- Travel Coach's Checklist
- Travel Coaches Meeting Presentation (PowerPoint format with full content)
- Travel Coaches Meeting Presentation (PDF format, missing embedded content)
- Travel Coach's Training Guide
- MYSL Coaches Handbook and Rules 2017-2018
- MYSL Coaches Meeting Presentation Spring 2018
- MYSL Game Cancellation Request Process
- · MYSL Rescheduling Process
- · MYSL Town Player Pass Process



Resources



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

TRAINING LINKS

- · 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



- New Style Travel Coach Shirts
- Visit Center Sports to be sized
- Provide Drew your Name
- Pick up when Drew specifies
- Paid for by CYSA



Chelmsford Youth Soccer

ALL CYSA Travel Coaches

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.

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



- Spring 2019 Field Use:
 - Grade 7&8: CHS Stadium (games only) & Murphy
 - Grade 5&6: South Row and Harrington
 - Grade 3&4: South Row and Highland

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 Keep our fields great
 - 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 will start once fields are opened TBD
- MYSL Game Schedule (Game 1 4/6/2019)
 - Schedules are released 1 week before the 1st game (March 30th)
 - 9 Game Season
- Makeup Games
 - Weeknights ONLY for all age groups
 - 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.

- CYSA Flexibility
- CYSA's Goal → Kids to Love Soccer & to want to play the game for life
- Coaches need to be flexible & understanding
- Desire → all kids attend every practice
- Work with other coaches to allow and encourage training with other teams when conflicts arise

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

MYSL Player Pass Process



Please read – <u>MYSL player pass process</u>

- 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)

See Appendix for more details

MYSL Rescheduling Process



- Managed by the Home Team Coach.
- Agree on a date/time with the away coach
- MUST have a field & referee with CYSA before starting the MYSL process
- CYSA Field Assignor
 - Patti Goodwin (field assignor@chelmsfordyouthsoccer.com)
- CYSA Referee Director
 - Chris Milona (<u>referees@chelmsfordyouthsoccer.com</u>)
- Games have field priority over practice sessions
- See Appendix for ALL details

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

Sportsmanship



- Keep Game scoring under Control (Good Sportsmanship)
 - If you are winning by 6 goals make changes to prevent a blow out
 - 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:

- 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





CHallenger-ACADEMY

Arron Marshall

Coaching Background:

(2012) I started coaching my adults team and qualified for my FA Level 1 (2015 to present) I joined as manager of Leighbridge U10s and passed my FA Level 2. I also started working for a company called Skills and Drills teaching a variety of different ages. (2016) I visited Everton F.Cs training ground at Finch Farm to study new drills. I also passed my FA Youth Module 1&2.

(2019) I joined Challenger Sports to be based in New

England. Playing Background:

sussex Coast College 2009-2011 And Rve United 2010-2011 Sidley Athletic 2011-2012 Crowhurst 2013-2015

Personal Information:

Age: 25

Hometown: Southampton. **England**

Education:

FA Level 1 and 2 Sport Fitness Diploma FA Youth Module 1 and

FA Talent I.D Level 1 Hobbies:

I like to go the gym and I love watching or playing football. Its my life! Food Likes and Dislikes:

I love all meat, not a fan of tomatoes.

Cell: 07867431467

E-mail: arronmarshall7@me.com

then on I aimed to grow and adapt my skills. In (2015) I ioined Challenger Sports New England, in the role of Camp Coach, my first time in the states coaching young talent of all ages. Progressing with challenger sports Seattle in (2016) and New England (2017) I came camp

Coaching Background:

director and Acadmey Trainer.

My coaching experience in England began with array of recreational soccer teams of different ages as well as young academy and futsal academy prospects, including many one-to-one sessions, Goalkeeper sessions and other sports such as table tennis and

badminton. Playing Background:

I started my brief playing career as a forward for my local team Westend juniors 2003 to 2013 I then played for Huddersfield town Futsal Academy in 2014 to 2016.

CHallenger-**®CCER**

ACADEMY Sam Woodward

Personal Information:

Age:

I started coaching at the age of 16 among my peers at the Huddersfield futsal program, this was my first taste Hometown: of leadership in a competitive soccer environment. From Huddersfield. **England** Education:

University of South Wales

Hobbies:

I enjoy playing most sports and love to be active. I'm a terrible golfer but love it more I should

Food Likes/Food Dislikes:

I'm a very simple eater. I like to describe my diet as carbs and protein and I'm happy. I'll always try

E-mail: sam.woodward.17@gmail.com

WWW.CHALLENGERSPORTS.COM

800.878.2167

In Season – CYSA Requests



- Player Evaluations
 - Process starts half way 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



- Commissioner's Cup (CC)
 - June 22 & 23
 - 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 29 & 30
 - 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 6th through May 17th @ 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

Dick's Team Manager 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, but once in there, it is great, because they can RSVP to specific practices or games)

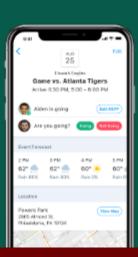
What's NOT Good

 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 in the web app, you have to know to refresh it in the TM app.



Rosters
Scheduling
Messaging
Photo Sharing
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Learn More



Questions / Comments ?



Thank you!!! &

Thank you for coaching!!!

CYSA – Key Take Away







Chelmsford Youth Soccer

Appendix

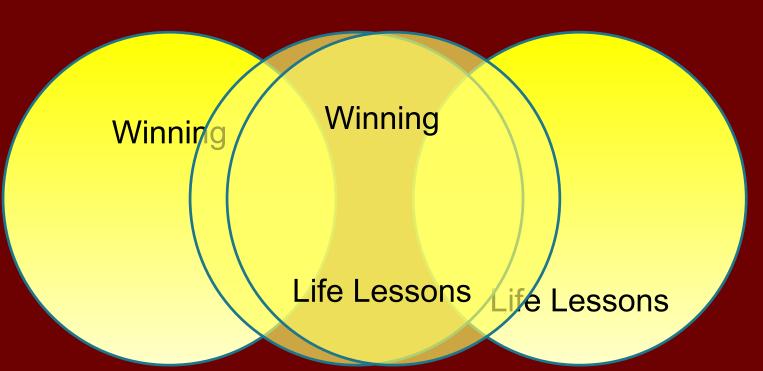


Chelmsford Youth Soccer

CYSA Philosophy

Double Coach Goal





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



- 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.

MYSL Player Pass Process



- Please read the complete <u>MYSL player pass process</u>
- 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



- 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 Rescheduling Process



- Managed by the Home Team Coach.
- 2. Email the away coach using 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
- Email CYSA Field Assignor, Brian Kobrenski (<u>field_assignor@chelmsfordyouthsoccer.com</u>)
 and CYSA Referee Director, <u>Mike Matthews</u> (<u>referees@chelmsfordyouthsoccer.com</u>) with
 the requested date/time.
 - They both must approve the request (field and referee availability)
- 5. Once approved by the CYSA Field Assignor and the Referee 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.

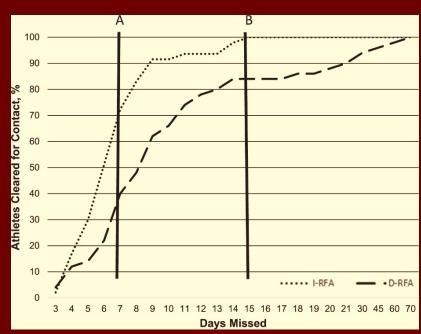




Concussions



- 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 Remova From Athletic Activity After Concussion Predicts Prolonged Recovery. Journal of Athletic Training: April 2016, Vol. 51, No. 4, pp. 329-335.

NEW - Gamechanger



New GameChanger App





- Not 100% ready yet
- Previous Dick's App is no longer supported
- Should get better over time
- https://home.gc.com/gamechanger-team-manager-blue-sombrero-coaching-dicks-sporting-goods/
- https://teammanager.zendesk.com/hc/en-us/articles/360006893592

Parent Videos – what not to do



- Parent Behavior
- Criticizing Referees (4 minute mark)

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

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