

River Dell Soccer Association
3rd through 8th Grade
Coach's Packet
2022

RDSA thanks you for volunteering your time to coach, teach, support, and encourage the kids. This packet will help guide you through the season.

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Contacts

Emails with questions should always be sent to the RDSA President:

rdsasoccer@gmail.com

Individual contact information for Rosters & Registration, Uniforms & Equipment, and Scheduling can be found on the RDSA website:

<https://www.riverdellsoccer.org/>

Important Dates

To have uniforms for the start of the season, complete your drafts and communicate your uniform orders as soon as possible. Deadlines are below.

- 4/1/22 - Registration Opens
- 7/29/22 – Registration Closes
- 8/1/22 – Division Commissioner and Coaches Assigned
- 8/22 – 8/26 Coaches should assign players to teams. Commissioners should submit teams to rdsasoccer@gmail.com
- 9/6/22 – Soccer Begins (*Practices*)
- 10/29 & 10/30 – Championship Weekend

No soccer:

- Rosh Hashanah - Monday September 26th to Tuesday September 27th
- Yom Kippur - Tuesday October 4th to Wednesday October 5th
- Columbus Day Weekend - Saturday October 8th to Monday October 10th

Coaching Requirements

Oradell has the following requirements for coaching:

1. Background check & finger printing
2. Rutgers SAFETY Course
3. Concussion Awareness Certificate
 - a. When clicking through, select Concussion Courses -> Concussions in Sports -> Select your State and click the blue Order Course button

Specific instructions for Oradell can be found here:

<https://www.oradell.org/recreation-department/pages/volunteer-coaching>

River Edge has the following requirements for coaching:

1. Background check & finger printing
2. Rutgers SAFETY Course
3. CDC Heads Up Concussion Training
4. Cardiac Science Powerheart G5 AED Training

Specific instructions for River Edge can be found here:

<https://www.riveredgenj.org/BecomingaVolunteerCoach>

Tip

- The Rutgers SAFETY Course is three hours; look out for town sponsored courses or book directly; virtual options exist
 - This requires the most advanced planning of all the requirements

Being a Coach

The head and assistant coaches should work together to create a fun environment for the kids to learn and develop their soccer skills. There are so many ways to contribute as a coach, and it doesn't matter if you are an experience soccer player yourself or are just starting out.

Of course, it's important to teach the elements of the game like goal kicks & throw-ins, staying in position, passing into space, etc. Equally important, players need someone to check in with them, answer questions, and inspire them to try their best. It could be as simple as a coach asking how they feel about playing today and if they are liking soccer that inspires them to be confident and make a play.

One person can't do it all so work as a team and split up the responsibilities:

- Communicating with parents via TeamSnap
- Distributing the uniforms when the season starts
- Planning and running practice
- Running different drills
- Teaching the goalies
- Planning the lineup and calling substitutes to assure equal playing time
- Coaching the players on the field; assisting them not to bunch up
- Talking to the players on the bench and making sure they know where they are going on the field
- Checking in with players and motivating

When you have multiple coaches, the responsibilities can be split and rotated as the season goes on.

Borough of Oradell Guidelines for Recreation Programs and Facility Usage

Code of Conduct for Coaches

Preamble

My role as a coach puts me in unique position to influence the behavior and attitude of my players. I am a role model to my players and take seriously my role of helping to promote character building and ethics in sports.

I therefore agree:

1. I will place the emotional and physical well being of my players ahead of a personal desire to win.
2. I will treat each player as an individual, remembering the large range of emotional and physical development age group.
3. I will do my best to provide a safe playing situation for my players.
4. I will promise to review and practice basic first aid principles needed to treat injuries of my players.
5. I will do my best to organize practices that are fun and challenging for all my players.
6. I will lead by example in demonstrating fair play and sportsmanship to all my players.
7. I will provide a sports environment for my team that is free of drugs, tobacco and alcohol.
8. I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
9. I will use those coaching techniques appropriate for all of the skills that I teach.
10. I will remember that I am a youth sports coach, and that the game is for children and not adults.
11. I will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
12. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
13. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
14. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
15. I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:
 - Written warning from the league with a copy to the Recreation Committee
 - Game Forfeiture
 - Game suspension
 - Season suspension
 - Loss of future coaching privileges

Coch Signature: _____

Date: _____

Print Name: _____

**RIVER EDGE CENTRAL ATHLETIC COUNCIL
CODE OF CONDUCT**

PREAMBLE-The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship.

1. I will encourage my child to participate in sports but I will not force my child to do so.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and well being of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participants for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well being of the athletes ahead of any personal desire I may have for my child to win.
15. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field and will take time to speak with coaches at an agreed upon time and place.
16. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
17. I will refrain from coaching my child or other players during games and practices unless I am one of the official coaches of the team.
18. I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action.

Creating Teams

Drafting teams is never easy. You're challenged to balance requests, grade levels, travel players, and skill. Above all else, rec soccer should **FUN!** Please attempt to draft and create teams that are as fair as possible. Winning or losing every game by a lot is never fun for either team.

To that point, we ask no more than a 5-goal differential in games.

Division commissioners are responsible to set and communicate the exact format for their division. For example, a drafting procedure could be:

1. Discuss and identify all the top players, above average players so all coaches are aware based on the collective knowledge
2. Discuss any special requests
3. Determine a draft order
 - Look at the coaches' kids to see if one team is already assigned top players and other teams should draft first
 - Names out of a hat
4. Begin the draft, coaches likely will pick top players first
5. Pause the draft periodically to make sure teams are balanced in terms of top and above average players and grade levels

Upon completion of the draft, Division Commissioners should send team rosters to the Roster & Registration Coordinator to be loaded into TeamSnap.

Uniform Order

Division commissioners should send the uniform order including team colors, shirt sizes, and short sizes to the Uniform Coordinator in the format that will be provided.

While we will do everything in our power to have uniforms at the start of the season, manufacturing and shipping delays may require teams to coordinate different color shirts. **Please submit your uniform order ASAP so we can place the order.**

Contacting Your Team

Please contact your players as soon as possible. Players will begin to see their assigned team via the TeamSnap app. Use the TeamSnap email feature to welcome everyone to the team!

Here is an example to make your own!

Players and Families,

Welcome to the RDSA Fall 2022 season. My name is (YOUR NAME) and together with coaches (COACH NAME and COACH NAME) we are excited to let you know we will be starting our season on (Date). Our team's name is (TEAM NAME) and our team color is (TEAM COLOR).

You should have received an email invitation to join TeamSnap. Once you accept the invitation you will be able see the full roster of players in TeamSnap.

The schedule will be released on TeamSnap at the end of the month, and we look forward to having fun on the soccer field starting in September.

For now, check those cleats and shin guards. The coaches will have the equipment bags that will have the soccer balls, cones and necessary items for the team.

Thank you,

(Sign your / coaches names)

Division / Game Format

Division commissioners should set the game format as it best serves their division. The format should be established ahead of the season, so everyone is on the same page. This is a good conversation to have during the drafting meeting.

Playing time should be even to give everyone a fair chance to play. Strive for even playing time.

Number of players

Depending on the number of players per team, you will likely play either 9 v 9 or 11 v 11 including the goalie. This should be agreed on before the season starts.

Teams can adjust as needed in the spirit of good sports. This should be agreed between both coaches if there is a need.

Game Duration

While soccer matches are typically played as halves, playing quarters is also acceptable. The benefits of doing so are to give the kids a quick water break and regroup, especially when subs are limited.

When playing quarters, there is typically time for 12-minute quarters.

When playing halves, there is typically time for 25-minute halves.

Championship Weekend

Championship games will be played the final weekend of the season. A playoff type format should be used to determine who plays in the championship. The format should be communicated to the coaches prior to the start.

Past formats

- 4 team divisions played a semi-final the final week of the season
- 3 team divisions played an end of season round robin, each team played each other twice to count for standings

This is all depends how many teams are in each division.

Game / Field Cancellation Procedures

In the event of severe weather, RDSA will cancel soccer for the day and send an email to all players through TeamSnap.

DPAC is a turf field with good drainage, so it is possible to play on a rainy day. Other fields may not hold up as well.

Each division has the authority to cancel their games for the day even if not cancelled across the league. On game days, communicate with your division commissioner and other coaches. Feel free to make the call as early as appropriate for your division.

When cancelling, please inform the Ref Coordinator ASAP so the refs can be made aware.

Don't forget to email parents and cancel the event in TeamSnap.

Practice Approach

There are only a few practices before games. Keep practices fun, spend energy team building, and covering the basics – especially at our younger ages. A quick google search will provide tons of ideas for drills. These are your practices to run, but here are some ideas.

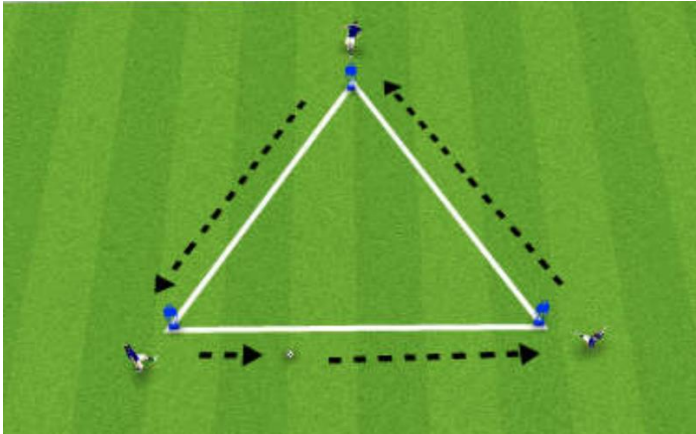
Practice 1

- 5 min - Team intro: introduce yourself, tell us one thing you liked about the summer
- 5 min – Dynamic Warmup: find cones / lines about 10 to 15 yards apart – players spread out or form multiple lines and go back and forth with various leg movements: jog, high knees, side shuffle both directions, karaoke step both directions, back pedal, sprint
- 10 min – Do one passing drill
- Water break
- 10 min – Do one dribbling drill
- 10 min – Do one shooting drill
- 15 min - Small-sided scrimmage; introduce concept of Defense, Midfield, and Forward positions. Try to show the players not to bunch and use teamwork.

Practice 2

- 5 min- Team chat / team building, ask about interest in goalie
 - 5 min – Dynamic Warmup
 - 5 min – Practice Throw-ins: feet remain behind the line and on the ground as the ball is thrown over your head
 - 10 min – Passing Drill
 - Water break
 - 10 min – Dribbling Drill
 - 5 min – ***Review Goal Kicks and Corner Kicks, take few practice***
 - 15 min – Small-sided scrimmage; talk about concept of Defense, Midfield, and Forward Positions
- Zombie Invasion Game**

Passing Drills Ideas



SIMPLE PASSING DRILL

Set-up

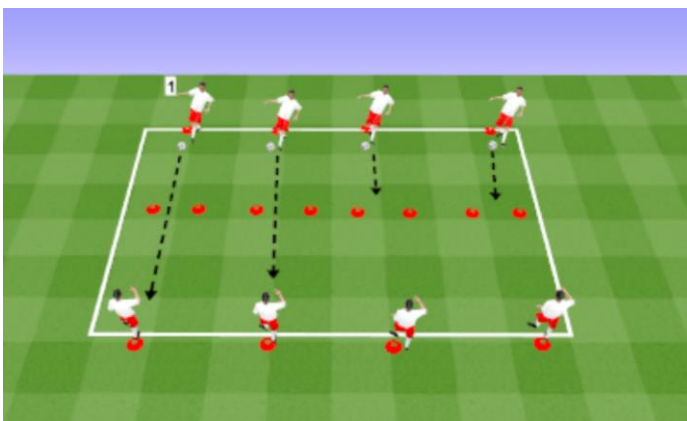
1. Split your players into 2 groups, of roughly even size

2. Create 2 lines of players, facing each other, approx 10-15 yards apart

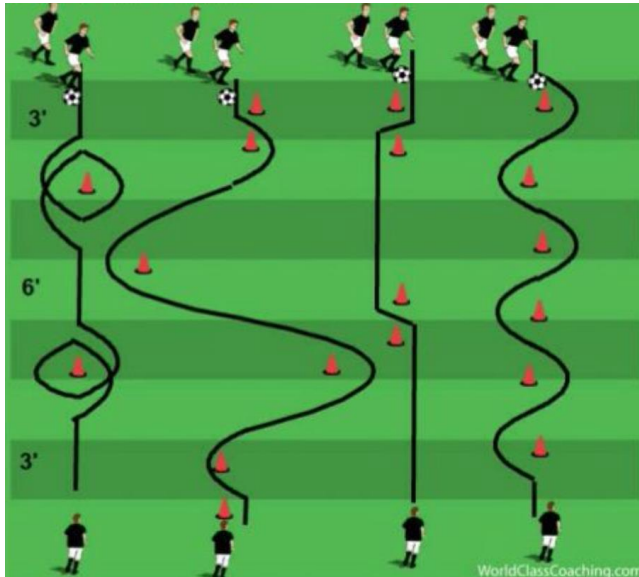
3. Place the soccer ball at the feet of either of one of the front players

10-15 yards approx

Soccer Coach Theory



Dribbling Drill Ideas



Zombie Game

Purpose

Young players learn to dribble around and past defenders.

Drill Setup

- Create a 15 yard wide by 20 yard long grid and then create a 4 yard by 4 yard square in each corner.



How it Works

1. Select two players to be "zombies." They go onto the grid without balls.
2. Assign other players to one of the four squares on the grid. These are safe zones.
3. Coach blows whistle or says "go."
4. Players with a ball attempt to dribble in and out of the other squares or safe zones while the two zombies try to steal their balls and kick them out of the grid.
5. Players who lose their ball become zombies and try to steal other players' balls.
6. Zombies can't go into the safe zones.
7. Game is over when all players have lost their ball.

Shooting Drill Ideas

