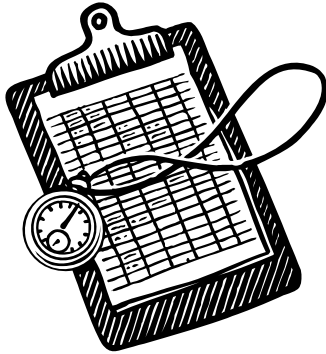




# S.A.Y. Soccer Coaches Tips

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## S.A.Y Soccer is about:

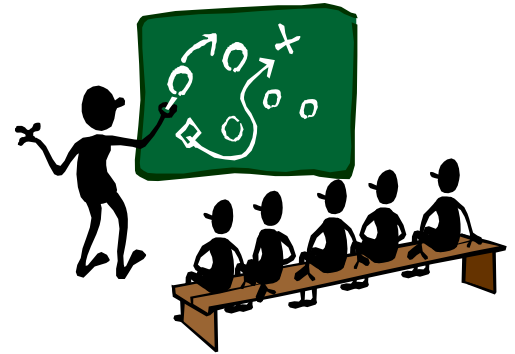
- \* Kids having fun
- \* Safe Environment
- \* Teach Soccer fundamentals & teamwork Soccer
- \* Our success will be measured by the above & by our improvement, not by wins & losses.

## Introduction

S.A.Y. of Chicago soccer is a coed recreational soccer league. We usually play a Summer and a Fall season (This year we play Summer Season only).

During the season there is usually two games per week with a little practice before the game.

Fun & good sportsmanship are stressed & each player plays at least 50% of each game. Coaches are usually parent volunteers, and for some games so are the referees.



## Before the Season

When you have received your team roster, you should call all the parents on the list and introduce yourself. Remind the parents of the functions for the year and when the season starts.

Summer Season starts with first game on June 7, 2011.

All parents are encouraged to bring their kids to the following functions:

- *Coaches Clinic* - (5/26/11)
- *Uniform Distribution Day* (6/2/11)
- *Games Start* (6/7/11)
- *Kickoff Fun Fair* (6/11/11)
- *Picture Day* (7/21/11)
- *Last Summer Season Game* (8/25/11, 8/26/11)
- *Banquet* (TBD-Check website)

The **Kickoff Fun Fair** is a festivity where the kids get to play, kids and parents eat and get to know other players and parents before the season starts.

The **Skills Session** allows the kids to learn soccer skills from coaches and older players. They will be split by age groups and the trainers will perform skills training. At the end of the session they typically will have time to play a scrimmage.

For **Uniform Distribution Day**, the parents should arrive to pick up the uniforms for their kids. The uniform consists of a numbered jersey, shorts and a pair of socks. Each parent should sign for the uniform. Uniforms are purchased in advance of them being ordered. If a uniform does not fit, parents are encouraged to ask another parent to see if they would be willing to exchange.

On **Picture Day** the players get their picture taken individually and as a Team with their Coach(s). There are no games on Picture Day.

The **Banquet** is the finale of the season. The kids and parents get together for fun and food at the UIC Physical Education Building. There will be music, dancing, food, and the kids will receive a trophy.

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### Kids having fun

Find us on the net:  
<http://www.SAYofChicago.com/>

S.A.Y. USA  
<http://saysoccer.us/>

**Written by Board Director:**  
**Gaute Grindheim**

## Coaching Considerations

Here are some considerations for all coaches:

- A Coach may not walk on the field during the game, without the permission of the referee. Usually the only time the Coach will enter the field during the game is if a player is injured. Even then the Coach has to wait for the referee to stop the game first.
- The coach should not yell at any player, parent, referee, the opponent's coach or any spectator.
- Do not cheer if the other team made a mistake. Cheering when the other team makes a good play is encouraged.
- The coach should not use profanity



or obscenity.

- Unless you are the referee, do not use a whistle during the game, it confuses the players and the referee.
- The coach must stand along the sideline during the game, and not behind the end line.
- The coach should respect the parents and other spectators, and not walk or stand in front of them during the game. unless it is absolutely necessary.

## Good Coaching Practices

Here are some good coaching practices:

- Ask the kids/parents to show up a little before each game. Spend that time to warm up and practice some soccer moves.
- Make sure the kids are wearing the correct/appropriate equipment. No kid should be allowed to play with jewelry or without shin guards. If a kid is missing shin guards, see if they could borrow some. Safety first.
- Encourage the kids/parents to bring a drink for during the game. It will get hot in the summer. Snacks and drinks will be distributed after the game by parents on a rotating schedule.
- Before each game (and after), do a team cheer. This enforces positive thinking and team spirit.
- Substitution in U5, U7 and U9 can happen at any time. In U12 and Premiere League, the ball must be out of play to substitute, and the referee must be notified. SAY practice unlimited substitution in all leagues.
- U9, U12 and Premiere League play with a goal keeper (goalie). The goalie must rotate in each game for U9, and any one kid should not be goalie for more than one half of the game. However, do not force anyone to be a goalie. The goalie many times get blamed by the other players for when the other team scores even though most of the time it isn't their fault (if the other defenders are doing a great job there won't be any shots on goal). You should tell your goalkeeper before the game that the other team is expected to score goals & that it isn't his fault if they score.
- If your team is learning & trying new things, they will make a lot of mistakes. Encourage the kids to try new things & encourage the effort even if it doesn't work. Examples: "Great try. Keep it up." or "Good idea; try it again."
- Be encouraging and positive. Never punish or scold a child for lack of ability, including your own child. All you can expect them to do is their best. Tell everyone, including any not so athletic players, that you are proud of them if they are trying hard.
- If your team is ahead with multiple scores and the game is a mismatch, consider changing your players around to make the game closer.
- Rewards and tangible incentives aren't required, but kids love them. It may be as simple as an incentive for showing up at each game or a certificate for attendance at the end of the season.
- To a large degree, your players & parents will follow your lead. Be a good sport & after the game, seek out the referees and shake their hand and thank them, even if they made some bad calls. Make the team line up and shake hands with the other team before receiving their snacks.
- Be a coach and an authority figure, but not a "buddy". Do not tolerate rude or disrespectful behavior from players or parents.
- Identify to the parents what the expectations are of them and their playing kids before the games start. Give them a handout.