



## **Cooper City Cobras Soccer COACHES COMMITMENTS AND EXPECTATIONS**

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### **THE COACH'S CREED**

**I will always endeavor to instruct you, guide you, inspire you, develop you, and nurture you, as you grow within our program. I commit to always provide you with my utmost dedication, respect, and responsible leadership. I will be most patient, understanding, and sensitive to your needs as you develop within the general and specific framework of the Cooper City Cobras program.**

The examples set by **Cooper City Cobras** soccer coaches are one of the most influential examples our children will encounter in their young lives. Recognizing the critical role that coaches play, it is imperative that we serve as the proper role models for our players.

#### **I Will:**

- Develop my players to the best of their abilities.
- Conduct myself as a responsible adult when dealing with the Players; both legally and ethically.
- Plan and supervise practice sessions that are instructive as well as fun.
- To motivate and teach with positive reinforcement.
- Notify the Board of incidents which may compromise the integrity of the Team or Club.
- Abide by the rules, policies, and procedures of the Team and Club.
- Strive to attract the best caliber of athletes to **Cooper City Cobras**.
- Ensure that players wear their uniforms in a proper and complete fashion. Socks should be pulled up and jerseys tucked in whenever in uniform, not just during the game.
- Display a positive attitude towards all players, parents, and officials.
- To treat players and parents with respect and conduct myself in a professional manner.
- Refrain from making negative comments to any players, coaches, or parents.
- Develop positive "life" qualities (i.e. discipline, teamwork, etc.) in players.
- Respect the game officials and their decisions.
- Take total responsibility for the actions of players on the field.
- When traveling with the team: Remain aware of my players' whereabouts and behavior. · Set schedules and inform players of all activities.
- Provide genuine cooperation to coaches within my team's age group.
- Not discriminate against anyone.
- Refrain from using profane or vulgar language in the presence of players.
- Provide honest and truthful evaluations of the player's skill.
- Be responsible for cleaning up the field or bench area (both home and away) after practices or games, and for returning all equipment to its proper place. All coaches are asked to help in monitoring the activities that take place at the practice fields, and to assist in keeping fields clean, safe and secure.
- **Not forget that I represent the Cooper City Cobras!**

## Travel Expectations

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**Cooper City Cobras** recognizes the value and special significance in participating in Tournaments outside of our immediate area. There are many benefits to this type of travel including:

- Gaining experience in playing higher level of competition
- Playing in a high pressure atmosphere
- Building team camaraderie
- Seeing and playing against different styles of play
- Participating in a professional soccer environment
- Showcase our Teams and Players to the outside soccer community
- In order to present ourselves in the best possible light as players, teams and as **Cooper City Cobras** we have adopted some guidelines that all players and teams should follow.

### Pre-Trip Activities

- It is highly suggested that all Players travel and lodge together in the same hotel. Special accommodations may be made to take advantage things such as Frequent Flier Miles
- The coach should outline the minimum requirement needed for transportation and lodging keeping in mind that cost is an integral factor in the decision making process.

### Team Behavior Rules

- Coach, players, and parents should review and agree on general travel behavior requirements and consequences if violations are committed.
- **At the coach's discretion, players may be sent home at parent's additional expense if they violate serious behavior rules related to drugs, drinking, illegal activities, tobacco products or having members of the opposite sex in rooms at any time.**

### Player Responsibilities

- Because of the importance of tournament play to the development of a team, all players are expected to participate in every event unless injured.
- The Club insists on making player safety the top priority when players are traveling.
- Players are to act like appropriately at all times in any public places.
- Each Player is required to be where the Coach wants you to be at the time the Coach sets.
- No one goes anywhere alone or leaves the hotel without the expressed permission of the Head Coach
- Hotel rooms must be kept neat and organized. Also, players should tip housekeeping at the end of their stay. A player should be designated just prior to check-out to inspect the room for any items (clothes, uniforms, money etc.) left behind.
- We are guests of the hotel. Foot ware and proper attire should be worn in the public areas of the hotel. Our reputation for future stays by Club teams is on the line.
- Players are to be punctual and strictly follow all curfews.
- Any problems must be communicated to the Coach immediately.
- **REMEMBER THAT YOU ARE COOPER CITY COBRAS!!**

### Team Activities

- The Coach will determine all soccer and non-soccer activities during the trip.
- Parents and players should remember that team activities take priority over any personal agendas you may have.
- Soccer trips are not vacations. Obviously having fun is a part of all trips but we must remember that soccer must remain the top priority at all time.

### Travel Dress

- Players should wear a standard outfit such as team shirt, warm up top or some other appropriate team attire (training suits) at any team activity, such as, flights and opening ceremonies.

### Guest Players

- Guest players are invited to play at the discretion of the Team Coach and with the approval of the Boys/Girls Directors. Coaches must contact original team of player's coach and fill out a guest player form.
- They will be expected to pay their share of team expenses unless other arrangements have been directed by the Team Coach.

### Hotels

- If more than one **Cooper City** team is going to a particular event, it is desirable that teams try to arrange to stay at the same hotel to promote camaraderie amongst teams
- Hotels that include continental or full breakfasts are preferred.
- If players are sharing rooms, and someone leaves early, they are still responsible for their share of the total cost of the room.
- Team meetings should be in the common area of the hotel.

### Transportation

- Once at the tournament, all players will travel to and from games in the transportation mode provided for the Team.

### Meals

- Teams should strive to eat together at team meals if possible.
- Obviously, all players should be strictly following their own team's prescribed nutrition and hydration policies.
- The team should purchase healthy snack type foods and drink for in between meal eating and the cost will be shared equally.

## The COOPER CITY COBRAS Uniform

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Whenever a player is in uniform, she/he is representing the Club and should wear their uniform properly and with pride. Each team must have a red jersey and black short or white jersey and red short, as dictated by Club colors. Please read and abide by the following guidelines:

- Bring all uniform equipment to every game including all uniform shirts, shorts, socks, shoes (cleats and turf depending on conditions), warm-up shirts, warm-up suits and tape.
- Jerseys must always be tucked into shorts whenever you are wearing the uniform (not just during the game). Sliding pants should be the same color as the shorts, not extend below the uniform shorts and not be visible.
- Uniforms will not be altered in anyway. (ie. Players names or sponsors, etc.)
- Players should be dressed alike during team warm-ups before games.
- Uniform socks will be pulled up whenever you have them on. Shin guards must always be covered by socks.
- Arrive at games looking professional (i.e. Team Warm-Up Suit, Team Warm-Up Shirt).
- Have your equipment bag with you at all practices and games. Put bags carefully in a row on the sidelines at all games. Keep bags in a proper team location at practice.
- Players on bench during game should wear a pinnie.
- Bring your water bottle with you to all practices and games. At games, place your water bottle behind your bag when not in use. **To prevent passing on illnesses to teammates, do not share water bottles!!!**
- Bring your properly inflated soccer ball to every practice and game.
- Leave your rings, watches, necklaces, bracelets, earrings, other jewelry and hairpins (except for rubber bands or other elastic bands) at home or in your equipment bags.

**REMEMBER, YOU ARE COOPER CITY COBRAS! TAKE PRIDE, ACT THE PART!!!**

## Training Routines

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Without regular and proper practice, soccer skills and tactics cannot be mastered. It is impossible to expect that players master their skills only during their prescribed training sessions. Therefore, it is imperative that players set aside time at home to work on their individual technique and conditioning. We demand a tremendous time commitment from the coaches, and we expect our players to be willing to make the same commitment. We know that many of our players have other interests and demands on their time, but we believe it very important that you make every effort to have them attend each practice session and allot time at home to further refine their skills. They will need those refined skills if their team is to be competitive and if they are to continue their individual development. So please make every effort to arrange their schedules to allow time for soccer practice.

Practice schedules will vary according to the age group, season and upcoming events (**i.e. FYSA Soccer Regional Tournaments, and other FYSA sanctioned tournaments etc.**). The times and days of your team's practice will be set by the Soccer Board upon these factors. Generally, team training sessions will incorporate both individual technique and team tactics based upon the age group.

## **Important Training Session Tips**

- It is imperative to come to practice sessions regularly. You cannot miss training sessions or practice poorly and expect to improve. If you have a problem attending a practice, give your coach a call, in advance, if possible.
- Pay attention to the coaches in practice.
- Do not distract others at practice (e.g., conversing with teammates while attempting a drill is distracting to others).
- Practice at game speed (learning to do a skill in slow motion will not help in a game).
- Bring water or sports drinks to replace lost fluids during the training session.
- Every player should bring a fully inflated ball to each training session.
- Shin guards are mandatory at all training sessions.

## **Game Day Preparation - Preparing to do Your Best !!**

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Soccer is a very demanding sport. You must be prepared to do your best at every game. Here are a few simple basic guidelines:

- Come to each game mentally and physically prepared to do your best.
- Be sure to arrive prior to the prescribed time to allow for all warm-up activities.
- Arrive at the game well rested. Avoid late nights or spend-the-night parties on the night before a game. More than a few soccer games have been knowingly "forfeited" the night before the soccer match. Fatigue, as a result of too little sleep, raises the risk of injury.
- Build up body fluids before the game. Start drinking water and or sports drinks as much as one week before the game, and try to take in as much proper fluid as possible right up to game time (one hour prior to game start).
- Eat sensibly, especially on the day of a game. For instance, milk, peanuts or carbonated drinks before a game will shorten a player's wind. Complex carbohydrates are most recommended (pastas, wheat breads).
- A pre-game warm-up to get an abundant flow of blood to the muscles, followed by sensible, slow stretching activities designed to increase flexibility and minimize the possibility of muscle pulls or injury, are of vital importance. Post game / practice activities will be followed by cool down, in order to absorb lactic acid build up in the muscles. This will aid in more rapid recovery of muscle groups, and ameliorate soreness.
- Bring a properly inflated ball to each game and practice!
- Make certain that you have proper equipment, and bring them to each practice and game.
- Proper fitting shoes and regulation shin guards are essential.
- Watches and jewelry should be left at home!
- Treat minor injuries promptly and properly. For muscle strains and bruises, remember the principle of "R-I-C-E" -- Rest, Ice, Compression and Elevation. Your team should arrange to have ice available at every game for quick application to twisted ankles or knees.
- Let your coach know before practice or a game of any condition that might affect your ability to play. Seek early medical help for physical problems that persist.
- **Call in advance to tell your Coach if you will miss a practice or game.**