



COOPER CITY COBRAS SOCCER TRAVEL COACHES MANUAL

Cooper City Cobras Soccer
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Travel Soccer Board Members & Program Staff

Board of Directors		
Commissioner	Mike Russo	ccosoccer@coopercityoptimist.com
Director of Coaching	Chico Moss	mossfam5@aol.com
FYSA League Rep	Ana Buroz	soccercco0102@gmail.com
SFUYSA League Rep	TBD	
Referee Assignor	Don McCans	mccans@bellsouth.net
Registrar	Ana Buroz	soccercco0102@gmail.com

Important Club Information	
CCCS Address	10500 Stirling Road Cooper City, FL 33026
CCCS Web Site	www.cobrassoccer.com This is used extensively to disseminate information such as administration forms and club news.
CCCS voice mail number	954-434-2541
CCCS fax number	954-438-6202
FYSA Florida Youth Soccer Association	www.fysa.com
Boys and Girls League, SFUYSA South Florida United Youth Soccer Assn.	www.dataleague.com

About Cooper City Cobras Travel Soccer Club

Cooper City Cobras Soccer (CCCS) provides competitive soccer programs for the youth of Cooper City. This soccer program is completely run by volunteers, operates as part of the Cooper City Optimist, (CCO), which is a "not for profit" organization and a distinguished member of Optimist International. We also offer a recreational and a 5v5 youth soccer programs.

The **Cobras Travel** soccer program is an approved Florida Youth Soccer Association, F.Y.S.A., affiliate competing in Region A. The boys and girls participate in league play with the South Florida United, SFUYSA. Travel soccer is a full commitment to the game of soccer for 10 months of the year. The cost is higher, the expectations are higher, half of team's games are played at another cities facility, and the competition, training, and dedication is generally expected to be at a higher level.

In any sport, you must look at what is needed to develop the athlete to reach their maximum potential. It is important in the child's development that we introduce the basic physical literacy. These fundamental principles of movement will provide the core skills, which must be in place as the athlete develops.

Our Academy (U9-U12) and Advanced Training Programs (A.T.P.) for U13-U18 offer a higher level of coaching and training for the players. Our coaches are state and/or nationally licensed. The A.T.P. is in place for the player who has the passion, desire for instruction, and the willingness to work at improving their game.

The Cobras Academy and A.T.P are structured to run as a club. Our club has been modeled after successful youth clubs in the area as well as youth academy clubs from Europe. Our Academy and A.T.P. are not individual teams that function on their own but part of a club working together to achieve the same high standard of play and development. Our players and parents are members of our club and not a specific team. Our players are trained by age group and not by team.

CCCS Affiliations

The CCCS is affiliated and complies with the rules of the United States Youth Soccer Association (USYSA), US Club Soccer (SYL) and is a Florida Youth Soccer Association affiliate (FYSA). There are four regions within FYSA, A, B, C, and D.

Region A is South Florida, covering Key West to Port St. Lucie. This region is subdivided into 5 districts. CCCS plays in District A2.

Region B is Northeast Florida, covering Vero Beach to Jacksonville, Gainesville on the West and Orlando on the Southwest. Like Region A, Region B has 5 districts.

Region C is the West Coast of Florida ranging from Naples in the South to Hermosa Beach in the North and Lakeland in the East. This region has 6 districts.

Region D is Northwest Florida, covering the entire Panhandle Area, including Tallahassee to Pensacola

League Play:

The CCCS currently participates in the following leagues

South Florida United Soccer Association

Tri County League

Super Y League

All CCCS teams are eligible to play in Region "A" Cup (festival for U9 & U10 teams) or FYSA State Cup. The Director of Coaches will discuss with each coach and decide which competitive level the team will play.

In order to avoid conflicts of interest and to maintain loyalty and integrity to the CCCS Program, a coach will not be allowed to be affiliated in any form or manner with any other Club or soccer organization without the written approval of the applicable Director of Coaches and Board.

CCCS FACT SHEET

• **Extensive Club Programming** for the technical, tactical, psychological and physical development of players.

Programs Include:

- Tournament Participation Management
- Physical Performance
- Academy
- Street Soccer
- Cross Training
- Camps
- Skills Sessions
- Private/Small Group Training

• **Established in 1982**

• **Player Pool** consisted of approximately 185 players for the 2014-2015 season

- 8 to 16 years of age
- 10 Boys teams
- 7 Girls teams

• **Coaching staff** possess either National or State accredited coaching licenses

CCCS Philosophy

Preface

Coaching, programming and facilities all significantly contribute to a club's success and longevity. These three components interface with and directly affect the one product in the game - the players. The additional elements of organization, planning and leadership provide a solid framework for the club.

Vision Statement

The Cooper City Cobras Soccer Club is committed to becoming a premier soccer club for boys and girls that is dedicated to providing its players and members with experiences which will contribute to maximizing their potential.

Mission Statement

The Cooper City Cobras Soccer Club predominant focus is player and team development. We are a highly competitive program and through programming that challenges each player, a coaching staff that adheres to high standards and a first class facility, the Cooper City Cobras is resolute in dedicating its time and resources to long term technical, tactical, physical and psychological development of its players.

Core Values

Commitment "give in trust"

- To making decisions in the club based on what is in the best interest of the players.
- To creating an organization that reflects a cohesive club environment.
- To the continued development of coaching as a profession through ongoing education.
- To clearly and effectively communicate to players, parents and members.
- To promote the growth as well as the development of the game in the community.

Pride "Respect, personal worth, self esteem"

- That the Cooper City Cobras provides an environment which is as concerned with player development and retention as it is with talent identification and recruitment.
- In the responsibility we assume in each and every player's development.
- In learning the value of teamwork and creating a sense of accountability to each other.

Passion "strong feelings, ardent"

- For training and competition.
- For loyalty to people and organizations

Excellence "superiority, consistently meet or exceed high standards"

- By committing to higher standards for training and performance.
- Through dedicating the sum of all resources in the interest of players, teams and the club attaining success.

CCCS Fundraising Events & Programs

Team are encouraged to engage in fundraising activities to raise funds for such things as first aid supplies, tent, cooler, warm ups, bags, parents T-shirts, training equipment or tournament fees. The money that you raise should be deposited into the CCO with a balance kept for individual teams to be spent at the discretion of the team. **ALL FUNDRAISING ACTIVITIES AND THE USE OF CLUB'S LOGO MUST BE APPROVED BY CCCS** prior to engaging in them. Please contact the Soccer Commissioner for this approval.

Teams may solicit business or corporate sponsors for the team. CCCS also solicits local businesses and corporate sponsors for the benefit of both organizations and their players. Sponsors are offered advertising opportunities for team sponsorship such as banners at the Cooper City Sports Complex.

Team Financial Responsibilities

All Groups/Teams semi-autonomous and generally control the expenditures of funds directly related to their teams. These teams are registered through CCCS, generally utilize CCCS practice and playing facilities, and are a part of CCCS.

All financial activities of CCCS are held accountable to the CCO.

All money collected by and for a team, and all money spent by each team will be properly accounted for by the CCCS Commissioner, just as he/she is responsible for all financial transactions for other CCCS business. **Monies are not to be collected or administered directly by the team manager or coach.**

Fundraising is an acceptable means of generating money for the Club. At times during the year Cobras will conduct fundraising activities, at the direction of the Board, to benefit the overall Club. Any fundraising done by or specifically for a team or teams within CCCS must first be submitted to the Board for approval. No fundraising activity associated with any CCCS team or the Club itself can be undertaken without prior Board approval. NOTE: Fund raising for academy teams will be done by the Age Group and ATP teams by the teams.

Team Balances

Each Group/Team will have a balance established for it by the Soccer Commissioner and all team funds must flow through the CCO. No team shall be permitted to maintain a non-club account for any activities related to the Cobras or its own club-related activities.

CCCS COACHING STAFF

All coaches must be approved by the Board of Directors annually and are subject to periodic review.

All interested current coaches must submit their desire to coach to the Director of Coaches of Coaches or the Commissioner prior to the end of the season. While their current coaching status will be considered in the selection of coaches for specific teams, it does not guarantee they will be asked to coach that same team for the coming season. New Coaches must submit their desire to coach through the Director of Coaches or Commissioner. Applicants will be reviewed and approved by a selection committee comprised of the Board of Directors and the Director of Coaches chaired by the Soccer Commissioner. Selection committee members will not be present or have a vote in review of their own application/resume.

Selection Criteria:

- License held - A new or first year coach must obtain by the beginning of the following seasonal year a FYSA "E" coaches' license. Within two seasons after obtaining an "E" license, a coach is strongly recommended to obtain a "D" license thereby demonstrating his/her commitment to improving his/her skills as a coach.
- Experience as a head coach in CCCS Recreational Soccer Program
- Total coaching experience.
- Other experience in soccer (refereeing, playing).
- Good conduct record in CCCS -- attitude towards players, officials, parents. All of the above criteria will be considered equally so that selection of a Division I or II coach shall be based on sound judgment.
- Coaches are subject to a CCO Background Check.

Qualities that CCCS coaches are selected for include; knowledge of the game, ability to relate to and motivate players, willingness to commit the necessary time and energy to running a competitive team, willingness to learn and improve, and willingness to follow and comply with the philosophy of the CCCS Program. A winning record is not always the best indication of a good coach. More important is how well the coach is able to develop the players.

Coaching duties include but are not limited to the following:

- Management of the individual team.
- Supporting the decisions made by the CCCS Director of Coaches of Coaches and Board.
- Attending coaches' meetings
- Setting and enforcing a standard of behavior for players, coaches, and parents/spectators in accordance with the FYSA code of ethics.
- Coordinating with and identifying a team parent or manager to administer the day-to-day paperwork and team needs, including player passes, notarized medical waivers, confirmation of game times and locations and score reporting on a timely basis.

- Coordinate and plan practices each week, in addition to coaching league games and tournaments.
- Monitoring the well being of players (hydration, heat, and lightning risks).
- Holding team meetings as needed or requested by Director of Coaches of Coaches.
- Participating in club tryouts. Coaches may be asked to attend tryouts that are directly related to the team they are coaching as well as assisting with other team's tryouts at the request of the Director of Coaches of Coaches.
- Loving soccer and working with children.

Coach Responsibility

- The Coach is responsible for the actions of the players, substitutes, parents and spectators of his/her team.
- Coaching from the sidelines, giving instructions to one's own team on points of strategy and position is permitted providing no mechanical devices are used and the tone of voice is informative.
- Coach should keep his/her composure and should not scream to players or officials from sideline.
- No Coach, substitute or player is to be away from his bench area during the game. The bench area is defined as that area equal to the diameter of the center circle on either side of the center line and outside the field of play.
- No Coach, player or substitute is to make derogatory remarks or gestures to the referees, linesmen, other players or spectators.
- No Coach, substitute or player is to use profanity.
- No Coach, substitute or player is to incite, in any manner, disruptive behavior.
- Coach must inform Director of Coaches (DoC) and league rep of any red cards issued during game.
- Coach first line of communication is with the Director of Coaches (DoC).
- Use of any tobacco and/or alcohol products at a game by officials, coaches, assistant coaches or players is strictly prohibited.

Note: There will be a monthly meeting during the season on the 3rd Tuesday of the month at 9:00pm. It is an excellent source of information for all. If a team representative (coach, asst coach, team manager) misses the meeting, your team will be out of the loop and your team will be fined \$25 (from the team balance) for not having a representative at the meeting. A team representative needs to sign in for your team, take notes and relate the information the staff after the meeting. If there is no agenda for a particular month, you will be notified by e mail of cancellation.

CCSC PROGRAMS

Academy and Advance Training Program (ATP)

The CCCS Academy is for U8-U12 players and the ATP program is for U13-U18 players. Our priority in this age group is first and foremost to foster a love for the game. From this we have a platform to build technical skills because children are engaged and want to learn more. We encourage players to express themselves on the field and to be both individual and team players.

Tournament Participation

Tournament participation is seen as part of the club's overall developmental strategy especially in regards to showcase events. All tournament play has to be approved by the Directors of Coaching prior to applications being submitted. At team meetings shortly after tryouts we aim to provide a detailed overview of the season's plan for each team, including tournament play. Some tournaments are subject to qualification and teams develop at different rates so we always remain flexible in our programming agenda.

Physical Performance Training

Certified training staff will work with teams, small group and individuals to aid their physical performance and health. Of age teams will be provided with a schedule for their team sessions. Small group and individual training are available at an additional cost. For more details please visit www.coopercityoptimist.com and go to "Trainers".

Cross Training

Cross training opportunities are created when the coach or Director of Coaches feels that a player needs to be stretched in order to continue their growth. Players will also occasionally be asked to attend additional practices with other teams, train up an age group or level within their age group or cross gender train so their horizons can be stretched. This type of programming provides the framework for ongoing player development that is specific to a player's individual needs.

Street Soccer

From time to time our programming will allow players opportunities for "free play" in a safe and supervised environment. Kids need opportunities that are in essence what we know as pick up games. They need to make the fields, pick the teams, decide the rules etc, we believe this promotes many life skills such as leadership and allows their personalities to develop in ways which a more rigid and structured environment does not facilitate.

Play Days

During the fall and spring period we occasionally organize age group and cross gender play. This may include U9s playing with U10's, U10's, U11 with U12's, boys with girls in a structure - free format. Teams are picked by the coaches and the kids then go play mini games and the day then ends with a Championship game with all nonparticipating teams cheering for their team of choice. This environment fosters a love for the game, provides leadership opportunities as we have captains, allows younger players to play against older players and girls to play versus boys with no coaching or parental influence.

Skills Sessions

During the course of the soccer year the club will provide extra training opportunities for players. These sessions are optional, set up for age groups, skill/technically based, run for 6-10 weeks on Fridays and are available at an additional cost to the participant. Please look for e-mail notifications and check the web site for details throughout the season.

Camps

Players and teams will be allowed to participate in Summer Camps.

CCCS Try Outs

Yearly tryouts are held for FYSA. FYSA tryouts are typically held immediately after the State Cup Final Four; however different age groups may be subject to different rules on when tryouts can be held. CCCS will notify its members of the tryout schedules for its program.

Cobras Try Out Policy and Placement.

CCCS Try Outs are open to all.

Although all players currently registered to and playing with the CCCS Club have been evaluated throughout the year, it is still mandatory to attend tryouts. No player is guaranteed a place on a team or within the Club. This means that a currently registered player could find himself or herself not being offered a place on a team, age group or within the Club. The Director of Coaches ultimately make decisions on player placement. Player placement is based upon individual development, performance, age group/team needs, ability to focus and approach competition positively for the benefit of the individual and team, team chemistry, attitude, attendance, potential to improve throughout the year and demonstration of love for the game.

All players will tryout in their respective age group unless otherwise approved by a Director of Coaches. All players to be registered with a CCCS team must have attended these scheduled tryouts or have been viewed by coaches within that age group, or have been waived by the Red, and if appropriate, White coach(es).

Upon being selected for the CCCS, all players will be asked to pay full player registration fee by the assigned date.

Tryout Format:

Tryouts will follow the same format as that used for the State, Regional and National ODP tryouts. The format is as follows:

1. Ball skills in the first half hour (to see the player's technique and ball control).
2. 4V4 games (to see how quickly they can get out of tight spaces and how fast they think under pressure).
3. 4V4+4 possession games (it is a must that players don't give the ball away, this game helps us see that in the players).
4. 8V8 or 11V11 (this will help us see if the players can now transfer their technical and tactical skills into the big game "The Real Thing").
5. Goalkeepers will work with the goalkeeper coach and will be integrated with the rest of the participants once we get started in the 4V4 games (that way our goalkeeper coach can see the technical capabilities of the keeper on a one on one situation).

There will not be any drills or "stations" that are not soccer specific or realistic to the game.

COMPETITION LEVELS, TRAINING & PLAY

While many parents and coaches dream of their players going on to play college level soccer or higher, the fact is that only about 15% to 20% of youth soccer players will go on to play in college and even fewer will obtain full-ride scholarships. What college recruiters look for in players is; SAT scores, GPA, and then they look for players who have presence on the field, can play with both feet, and who play the ball well on the ground and in the air. How many games they won, the number of goals they scored and what trophies they won are not paramount? Travel sports programs are the main avenue toward these scholarship. This is another reason why the CCCS Program philosophy adamantly focuses on developing players in the following areas:

- Strong technical skill base.
- Understanding of both individual and team tactics.
- Develop a love for the game which helps players find the desire to become the best they can be.
- Develop commitment to the importance of being part of a team.
- Exposure to different levels of competition.

Training Sessions: Typically each team trains twice a week with games on the weekend. It is possible that a coach may ask players to attend additional practice sessions. We ask all players to make their best efforts to attend extra sessions when offered.

Tentative Training Schedule:

U-13 and older early season teams -- Start training the week beginning August 18th

U-12 & U11 -- Start training the week of August 18th

U10 & U9 Academy -- Start training the week beginning August 18th

The above schedule is a guide only. Please contact the Director of Coaches for specific start dates.

Teams will not be allowed to enter any tournament or competition before that time, unless they are involved in a round robin play to establish which division they will play in or are involved in the Super Y League. The reason for this is that, if we start too soon, young players not only burn out, but the season drags on and they'll peak at the wrong time. Sometimes the burnout is not evident until a year or two later, but it does happen. This is why many soccer players drop out at 13 or 14 years old.

For your teams specific training schedule please visit www.cobrassoccer.com

Playing Time: No player is guaranteed play time. Coaches are encouraged to ensure players receive an adequate amount of playing time to ensure development over the course of the season. Coaches should provide each player the opportunity to play in every game provided the player has met the attendance and practice effort criteria. A player's playing time may be reduced if they do not follow the team rules, attended all of the practices and games, or notify the coaching staff of any upcoming absences. Likewise, coaches are expected to avoid the over-playing of players; keeping a player on the field so much that it becomes hazardous to player's health and well-being.

Middle School: We encourage our coaches to excuse middle school soccer player from attending practice on days when they have played games for their middle school team. Players should always inform the coach of their absence at least 48 hours ahead of time. Just remember that the risk of injury, fatigue and burn out will increase.

Post Season: Once teams finish competing in Region Cup or State Cup the head coach will work with the Director of Coaches of Coaches to establish the next steps for that particular team. These decisions will be based on player availability. It is possible that the staff will give the team time off or advise them that their season is over.

Decisions regarding tournament entry will be made by the Director of Coaches. It is important that we always manage our players and parents time in and around the game and the environments we place them in. The reason for this is not to burn out the players and parents. Sometimes coaches and parents feel a void at the end of the Season, but that's not a good reason to continue to play. The players need time off in order to progress and stay hungry for the game.

Season Calendar

The Age Group calendar will be determined by the team coaches and submitted to the Director of Coaches for final review and approval. On the calendar there will be assigned tournaments, league associations, meetings and other relevant information.

The parents and players should be advised of all team activities, tournaments and events prior to TRYOUTS or no later than end of August. This will allow each member of the team to plan non soccer activities, such as religious, school and family vacations. Developing and implementing a calendar for the entire organization will allow CCCS to become more professional and improve the overall planning process, which will intimately make our players better. Any or all changes to the calendar, tournaments, leagues, and events must be pre approved by the Director of Coaches.

Travel team commitment encompasses any or all of the following activities:

Timeframe	Event	Age Eligibility	Comments
Aug – Oct	Early Season / Jamboree	U13 & up / U9-U12	Girls teams do jamborees
Nov – Feb	Regular Season	U9 – U14	U15 & up typically play high school soccer
Feb Ending	League Jamborees	U9 – U10	
Feb Ending	League Playoffs	U11 – U18	
March	Region Cup	U11 – U18	
March	Region Cup Festival Comp	U9 – U10	
Mar Ending	President's Cup	U11 – U18	Region Cup Division I teams only
May Ending	CCCS Club Tryouts	U9 – U18	

TRAINING PRIORITIES BY AGE GROUP

IMPORTANT NOTE: It is mandatory that players should not wear jewelry and wear their practice training gear to all practices. Any player wearing jewelry and not wearing the proper protective gear (shin guard) will be asked to sit the practice or sent home.

When putting on a training session we must keep in mind the age of the team. We can't spend time with tactics with U-9 for example, since they have yet to develop technique and all control. Without it, everything else will be very difficult to do later, not to mention that after a few years, if a player's technique is not refined, it will never be. There's a time for every aspect of soccer, just like in school. We don't teach algebra in the 1st grade nor do we teach the alphabet in 12th grade - the same applies in soccer.

Sometimes parents have the misconception that because "other teams do this and we don't" we're missing out, when in reality the other team's coach is possibly not as well qualified and is doing things out of turn that will hurt the player's development in the long run.

Here are some of the training priorities that we must observe with different age groups:

U-8/9 6v6 Format (5 field players and a goalkeeper)

At this age training should be geared to learning technique, not only with training activities, but also with small-sided games such as 3v3 or 4v4. There's no better teacher than the game itself. They should be encouraged to solve their own soccer problems. The training should be organized, creative, and enthusiastic. There shouldn't be any tactics taught at this age. All activities should be geared to mastering their individual ball skills and every activity should be done with the ball. Set plays, team plays, positional play and fitness without the ball have no place in this age group. There should be no pressure put on them whatsoever when it comes to winning or losing.

U-10

Basically the same as U-9s, but more attention should be paid to the passing, both in the technique and accuracy. This is in preparation for U-11.

U-11 8v8 Format (7 field players and a goalkeeper)

At this age they will be playing on a larger field with 8 players on the field. It is imperative that they keep the ball and don't just kick it away without sense or purpose. When we lose the ball the spaces to recover are big, therefore the player who is bigger and faster prevails in this age group. In time it won't matter, but now it is an advantage. Unfortunately, some coaches don't realize that the big player, without ball skills, in a year or two will struggle tremendously. They now begin to comprehend the team concept; therefore we introduce combination plays such as wall passing and takeovers. The bulk of training should still be geared to teaching technique.

U-12

At this age, we must make sure that we still pay a lot of attention to teaching technique. They are now a little bigger, stronger and more coordinated than at U-11, but since they are getting into different stages of growth, they can be also clumsy. We now can have them play with fewer touches on the ball and we can physically challenge them (always with the ball). All activities should involve transitions (regaining position of the ball as soon as they lose it and quickly attacking once they win the ball back). We introduce small group defending, developing an understanding of delay and tracking back, depth and balance. Diamond and triangular patterns will now begin to take place.

U-13 & U-14 11v11 Format (10 Field players and a goalkeeper)

The importance of working with their ball skills is still needed in order to perfect them. Emphasis is placed on keeping the ball, so we introduce a lot of possession games. Every activity is aimed to challenge, motivate and involve transition. We now can go further with a player's tactical development and introduce them to pressure, cover and balance defensively, width, depth, mobility and penetration offensively.

U-15 & U-16

Now the technical training learned in their younger age groups will be a factor. The big, fast player who lacks good technique and ball control, but that dominated in the younger age groups will no longer be a factor. More than likely the player will be a burden since the quickness and accuracy in which a player executes a pass or a shot will be the determining factor in a game. Size will matter little and size without ball skills will be not be an asset. Now we must use the technical training in our warm up in order to maintain it and polish it up. The bulk of the training becomes more tactical, such as comprehending the use of third man runs, the role of weak side and strong side defenders, set plays and pressing. We can now introduce them to weight training although we don't want them to get too big up top since it will take some of the quickness away which is needed in soccer. We should do a lot of defense vs. offense type of exercises and all training should incorporate transition and possession.

U-17 & U-18

At this age group most players are still playing because they love the game and may have aspirations of playing college, Project 40, semi-pro or professional. Keeping track of their grades in school has always been important, but now more than ever. As coaches we must know their SAT scores as well as their GPA. Individual technique should be done only during the warm up. Tactically our focus should be defensive and offensive roles, functional training, angles and timing of runs, offensive and defensive responsibilities in set plays (both in our favor and against), being able to maintain possession in our throw ins, understanding safety and risk factor through the third of the fields. Have game condition type of activities and all the players should now be familiar with the principles of play. As always incorporate transition and possession in all activities.

PLAYERS

It is important to know that:

- a) Children are not defined by chronological age only
- b) Each child matures and develops at their own pace
- c) Not all children participate for the same reasons
- d) They're not miniature adults, but young children
- e) Although it is a team sport, treat each child as an individual

Please read below and educate yourself in regards to some of the most common psychological and physical characteristics of a child in the different age groups. These are critical when assessing the training that is to be provided.

U-6 to U-9

- Short attention span
- Inclined more towards individual activities
- Constantly in motion
- Very sensitive (dislikes personal failure in front of others)
- Beginning to develop physical coordination (improved sense of balancing skills)
- Like to run, jump, climb and roll
- Acquisition of sport heroes (imitation)
- No sense of pace (full speed at all times)

U-10 to U-12

- Lengthened attention span
- Still in motion, but not as busy
- Psychologically becoming more firm
- Boys and girls begin to develop separately
- Motor skills becoming more refined
- Pace factor becoming developed (think ahead)

U-13 to U-14

- Enjoys competition
- Psychological development has progressed
- Team work has improved
- Coordination has improved
- Technical competency has improved
- Development of speed and strength
- Problem solving can take place with teammates
- Self appearance and peer pressure are a concern
- Varying stages of puberty for both boys and girls (through age 10 coed age groups can exist without disadvantage, thereafter single gender teams are more suitable)
- Sense of belonging, achievement, and accomplishment
- Displays independence and is self critical
- Aware of praise, status, and recognition

U-15 and up

- Transition from childhood to adulthood
- Biological, cultural, and psychological transition
- Strive for personal identity and self definition
- Time of wanting to be independent and making their own decisions
- Conflicting influences at times between parents and peers

- Age of accepting responsibility and being held accountable
- High expectations of themselves
- Need to belong, to be accepted
- Have idea of being invincible; take chances because they believe nothing can happen to them
- What is their role at times, child or adult?
- Development of values that will govern their lives
- Occupational orientation for the future
- Decrease in the number of extra curricular activities that they participate in, but increase involvement in those activities.

Team Designations

When registering teams with FYSA, the first team at each age bracket will be designated the Red team. The second team at each age bracket will be designated as the White team. If there is a third team in an age group, it will be designated as the Black team. Each team will play at the appropriate Division I or II level.

Uniforms

Player Uniforms will be ordered through the club. You will need to complete a uniform order form (this can be found in the travel form section of the CCCS website). The form needs to include player jersey number, jersey size, shorts size and any additional items they are planning to order. Do not contact vendor for any uniforms and accessories. Additional items include team bags/Backpacks, warm-up suits, extra practice shirts, socks etc. If bags or other accessories are used for a team, please ensure that all players in the team use the same style. Uniforms cannot be picked up until full payment is deposited with the club.

Note: Player's name should not be published on the uniform jersey.

All Groups/Teams will only wear the uniform approved and selected by the Board of Directors. The colors of the uniforms will be the representative colors of the organization. At no time will a team be permitted to substitute a uniform for tournament or league play that was not selected by the Club, unless previously requested to and approved by the Board in writing. At no time will a team or player be permitted to alter their uniform.

Internal Transfers

Moving players between teams:

1. Subject to the approval of the Director of Coaches.
2. Receiving team must pay the FYSA transfer fee.

Releasing Players from the Club

Release – procedure:

1. All financial obligations need to be fulfilled as per club/player contract
2. Contact the Club Registrar and obtain Release form
3. Parent/Guardian needs to complete and sign form and turn into Director of Coaches
4. Board Approves Registrar to release
5. Registrar needs to collect the completed form and player pass to return to FYSA
6. Payment of \$1,000 must be collected from parent prior to player being release

If a player has not fulfilled his/her financial obligation (i.e. team and club fees) and/or in good standing with the Club, he or she may not be released from CCCS unless approved by the Director of Coaches and the Board.

FOULS, MISCONDUCTS, AND DISCIPLINARY ACTIONS

A. DEFINITIONS:

1. Fouls and misconducts shall be defined and determined as per the "Laws of the Game".
2. The phrase "during the course of a game" shall be defined as that period of time before, during or after the playing of a game. This shall include that period of time under jurisdiction of the Referee as granted to the Referee under Law V of the "Laws of the Game".
3. A "caution" shall be defined as an instance in which a player is officially cautioned or yellow-carded by the Referee.
4. An "ejection" shall be defined as an instance in which a player, coach or assistant coach has been officially ejected, sent off the field of play or red-carded by the Referee.

NOTE: Normally, a referee shall show either the yellow or red card when issuing a caution or ejection to a player. However, if the referee believes that by showing a card to a player that action may result in a personal attack, he may elect not to show that card. He must inform the coaches of both teams that a player has been ejected if a red card is not shown. If a head coach or assistant coach is cautioned or ejected, he/she shall only be informed by the referee that they have been cautioned or ejected (i.e., no yellow or red card needs to be shown) and the reason for it.

5. An "offense" shall be defined as an instance in which a player, coach or assistant coach, team official or official of CCCS is found to be guilty of one or more of the items stated in the above subsections. An individual shall be declared guilty of multiple offenses (more than one) whether these offenses took place during the course of one event or over the course of several events.

B. CONDUCT:

1. It is the responsibility of each player, coach and assistant coach to conduct themselves in a proper manner at all times, on or off the field. There may be times, however, when a player, coach or assistant coach may be guilty of a foul or misconduct and will be penalized according to the seriousness of the infraction.
2. **CCCS Policies on Fouls, Misconducts and Disciplinary Actions** are set forth in tabular form as "Exhibit A", at the end of this section and are incorporated herein by reference. Outlined below are some specific misconduct and the associated disciplinary actions. In the case of any discrepancy between the items below and the tabular form, the tabular form shall govern:
 - a. Coaches and assistant coaches who accumulate a total of two **cautions** during the course of a seasonal year shall receive a **one-game suspension**. If an additional caution(s) is issued, the penalty shall be an additional one-game suspension for each additional caution.
 - i. If during the course of a game a caution is issued and subsequently an ejection issued, then the caution shall not be counted in the accumulation.

- ii. If a coach or assistant coach is cautioned once during the course of the seasonal year and is later ejected during the course of a game not associated with the prior cautions, the caution(s) accumulated shall remain on record and will be counted toward the maximum accumulation.
- b. Misconduct: Players, coaches and assistant coaches who are ejected during the course of the game because of **persistent misconduct after having received a caution**, shall receive at least **one-game suspension**.
- c. Foul and/or abusive language: Players, coaches and assistant coaches who are found guilty of or are ejected during the course of a game for **use of foul and/or abusive language**, either by word or sign against other players, coaches, referees, spectators or any club official, shall receive a **one-game suspension**.
- d. Violent Conduct or Serious Foul Play:
 - i. Players who are ejected during the course of a game (and are found guilty by the Soccer Board after reviewing the game reports) for **making threatening remarks and/or gestures** against other players, coaches, spectators or any club official shall receive a **two-game suspension**.
 - ii. Players who are ejected during the course of a game (and are found guilty by the Soccer Board after reviewing the game reports) for **violent conduct or serious foul play** against a player or coach shall receive a **two-game suspension**.
 - iii. Players who are ejected during the course of a game (and are found guilty by the Soccer Board after reviewing the game reports) for **fighting** shall receive a **four-game suspension**.
 - iv. Players who are ejected during the course of a game (and are found guilty by the Soccer Board after reviewing the game reports) for **violent conduct and/or serious foul play in retaliation**, shall receive a minimum of a **two-game suspension**.
 - v. Players who are found guilty of **pushing or striking** any coach referee or CCCS Official shall receive a **two-year suspension and two-year probation**.
 - vi. Coaches or assistant coaches who are found guilty of, or who are ejected during the course of a game for **fighting** shall be suspended for a number of seasons as determined by the Soccer Board. The Board may elect to make the suspension **permanent**.
 - vii. Coaches or assistant coaches who are found guilty of **violent conduct or pushing or striking** any opposing coach, player, spectator, referee or CCCS Official shall be suspended for a number of seasons as determined by the Soccer Board. The Board may elect to make the suspension **permanent**.
 - viii. Coaches or assistant coaches who are found guilty of **making threatening remarks and/or gestures** shall receive a **one-season or-greater suspension**.

NOTE: ALL seasonal suspensions are subject to carry over into the next seasonal year, if not fulfilled in the current seasonal year, subject to review by the Soccer Board.

C. FURTHER DISCIPLINARY RULINGS

1. The Soccer Commissioner shall have the authority to take further disciplinary measures against any player or coach including and not limited to suspension for the remainder of the season.
2. Written notification shall be sent to the appropriate head coach when any player, coach or assistant coach is found guilty of any offense warranting a suspension.
3. Any offender guilty of a previous offense(s) culminating in a season's suspension and who has re-established membership in CCCS under the terms of probation and is subsequently found guilty of an offense(s) punishable by a term of suspension of not less than a season, shall be recommended for **permanent suspension**, subject to review by the Soccer Board prior to enforcement. In this instance, written notification shall be made to the appropriate parties

D. PROBATION

In such cases where it is determined that the degree of the offense is such that a suspension is not appropriate, the offender may be placed on probation, under the conditions specified by the Soccer Board. Probation shall be defined as that period of time during which any player, coach, assistant coach, team official or official of CCCS program is no longer a member in good standing.

"EXHIBIT A"

CCCS POLICIES ON FOULS, MISCONDUCTS AND DISCIPLINARY ACTIONS

FOUL OR MISCONDUCT	PENALTY (Minimum)
ENTER OR LEAVE FIELD WITHOUT PERMISSION	CAUTIONED & SHOWN YELLOW CARD
PERSISTENT INFRINGEMENT OF LAWS OF THE GAME	CAUTIONED & SHOWN YELLOW CARD
DISSENT BY WORD OR GESTURE	CAUTIONED & SHOWN YELLOW CARD
UNGENTLEMANLY CONDUCT	CAUTIONED & SHOWN YELLOW CARD
FOUL AND/OR ABUSIVE LANGUAGE	SENT OFF & SHOWN RED CARD + 1 GAME SUSPENSION
CONTINUED MISCONDUCT AFTER CAUTION	SENT OFF & SHOWN SECOND YELLOW CARD THEN RED CARD + 1 GAME SUSPENSION
VIOLENT CONDUCT	SENT OFF & SHOWN RED CARD + 2 GAME SUSPENSION
SERIOUS FOUL PLAY	SENT OFF & SHOWN RED CARD + 2 GAME SUSPENSION
HANDBALL IN PENALTY AREA TO PREVENT A GOAL SCORING OPPORTUNITY	SENT OFF & SHOWN RED CARD + 1 GAME SUSPENSION

If a player receives a yellow card, we recommend the player to immediately leave the field and be substituted for. The player may return to the field at the next regular substitution.

A red card will result in immediate ejection from game with no replacement permitted.

Two red cards during a season may result in suspension for the remainder of the current season. The decision of the Soccer Commissioner and appointed arbitrator is final.

In addition to the above game-related disciplines, certain incidents of unacceptable conduct and behavior by coaches and/or players will carry the following more severe penalties:

OFFENSE	MINIMUM DISCIPLINE+
THREATENING REMARKS AND/OR GESTURES TO ANOTHER PLAYER, COACH OR SPECTATOR	2 GAMES SUSPENSION
VIOLENT CONDUCT AND/OR SERIOUS FOUL PLAY by a PLAYER	2 GAMES SUSPENSION
FIGHTING by a PLAYER	4 GAMES SUSPENSION
PUSHING/STRIKING COACH OR CSYS OFFICIAL by a PLAYER	Up to PERMANENT SUSPENSION as determined by the Soccer Board.
THREATENING REMARKS AND/OR GESTURES TO A PLAYER, COACH OR SPECTATOR by a COACH	1 YEAR SUSPENSION + 1 YEAR PROBATION
VIOLENT CONDUCT by a COACH	2 YEARS SUSPENSION + 2 YEARS PROBATION
FIGHTING by a COACH	Up to PERMANENT SUSPENSION as determined by the Soccer Board.
PUSHING/STRIKING COACH OR CSYS OFFICIAL by a COACH	Up to PERMANENT SUSPENSION as determined by the Soccer Board.
ASSAULT AGAINST REFEREE by PLAYER OR COACH	PERMANENT SUSPENSION
BATTERY AGAINST REFEREE by PLAYER OR COACH	PERMANENT SUSPENSION
ASSAULT AGAINST A REFEREE by a SPECTATOR***	BARRED FROM CCCS, and COACH GET 2 GAME SUSPENSION

** ALL PENALTIES APPLY IF THE SPECTATOR IS A PARENT, RELATIVE, GUARDIAN, AND SIBLING TO ANY PLAYER OR COACH.

**Cooper City Cobras Soccer
2014 - 2015 Season
Player/Club Agreement**

Congratulations on being selected to join the Cooper City Cobras Soccer (CCCS) for the Seasonal Year! Your skills and hard work have earned you a spot in our program. Our coaches and Soccer Board hope that this will be an enjoyable year for you and your family. As part of the process, we want to ensure that you are fully aware and understand the commitments the CCCS is making to you at this time, and our expectations and the obligations incurred by you as a result of accepting the position offered to you. Every player and parent will be asked to acknowledge your understanding of the mutual expectations between you and CCCS. Accepting the position offered obligates each player to pay the full fee of \$400.00 for a resident of Cooper City and an additional \$25.00 if you are not a resident of Cooper City at the registration date.

CCCS WILL PROVIDE THE FOLLOWING:

1. CCCS will provide a comprehensive soccer program, which is designed to maximize each player's fullest potential. Each player will be assigned to a team that will have a Head Coach, who is overseen the Director of Coaches. All of the Head Coaches are required to have a coaching license. There may be additional "training fees" at the discretion of the coach. From time to time, optional fee based camps and programming will be offered to CCCS members, which is not part of the base fee.
2. In an effort to develop every player, teams will train and play games. Each team will be entered into a league that meets their ability, including but not limited to SFUYSA. CCCS will pay for one league entry, including referee fees for the approved league. At times, a Head Coach, with the Director of Coaches' approval, may enter in a second league. The costs associated with the second league will be the team's responsibility.
3. Where appropriate, CCCS will enter teams in the applicable FYSA Regional Cup. CCCS will pay all entry and referee fees.
4. CCCS will provide a uniform package for every player in the Club as part of the registration fee. The uniform package will include; three jerseys, two shorts, two pair of socks; two practice jerseys, two shorts, two pairs of socks and a team bag. Game uniforms must be worn only during games and practice uniforms during practice sessions. Other items, such as sweats or warm up suits, will be the responsibility of the player or team.

PLAYER'S & PARENTS RESPONSIBILITIES

1. CCCS is a competitive soccer club; there is **NO** guarantee of minimum playing time. The respective coach and the Director of Coaches and Soccer Board will handle all unresolved disputes between coaches and players. In the interest of player development, players will occasionally cross-train or guest play between gender, guest play within age groups, and/or guest play outside the Club (e.g. college showcase opportunities). Such guest playing opportunities will only be with the express pre-approval of the Director of Coaches.
2. From time to time there will be team expenses above and beyond the club registration fee noted above, referred to as Team expenses. Team expenses may include tournament fees, extra soccer gear; coaches travel reimbursement, referees fees for tournaments and other non-league games, and travel costs associating with attending these events. The team may seek and receive donations or, with Club pre-approval, fundraise to defray these expenses. To

the extent such donations and/or fundraising amounts are deposited and credited to a team's balance; they may be used to pay for such expenses. These funds will remain with the CCCS should the player decide to leave the Club, with any unused amount moving with the team balance as it progresses year-to-year in age group. In the event a player requests to be released from CCCS prior to the completion of the Age Group's soccer seasonal year, the player agrees to pay CCCS any outstanding amounts, including a one thousand (\$1,000.00) dollar withdrawal fee prior to any release being processed. Sponsorship donations will not be returned.

3. Notwithstanding a player's position with the Club in a preceding year, CCCS teams are decided by the coaching staff and no guarantees are made as to a player's selection by the Club or, if selected, which place on a team or age group within the Club a player will be assigned. Players may be transferred between teams during the year based on a variety of factors, including the coaching staff's determination of the best development opportunity for the player as well as commitment demonstrated by the player. All team events (practices, games, tournaments, region, etc,) are mandatory. Additional practices may be called through the season at the coach's discretion. Participation levels will be monitored by the coaching staff and playing time and player placement on a team may be affected during the current or future seasons.
3. The Director of Coaches will work with each Head Coach to determine the tournaments and programming that will be appropriate for each team and player. All tournament entries and other soccer related activities will be pre-approved by the Director of Coaches
5. Each player and parent has received and read the FYSA Code of Ethics and CCCS Agreement and agrees to abide by those requirements. By signing below, each player and parent accepts a position with the CCCS and agrees to act in a respectful manner at all practices, games, travel, etc, and serve as role models to others to maintain the integrity of ourselves, our team, and all of CCCS. CCCS is a FYSA affiliated organization and its players and parents will conduct themselves in accordance with and be governed by CCCS, FYSA policies and rules at all times.
6. Privacy notice and distribution of electronic mail and postal mailing addresses. For both internal and external use, it is acknowledged that CCCS may compile and distribute email and postal mailing addresses and/or lists, and may utilize soccer photographs and video of the named individual. I consent to such uses and waive all rights to compensation.

Acknowledged and agreed to this _____ day of _____, 2014.

Player Signature

Print Player's Name

Gender/ Age Group

Parent Signature

Print Parent's Name

CCCS – By: _____

CCCS Travel & Tournament Expectations Agreement

Pre-Trip Activities

- All players will be responsible to pay their respective travel expenses in a timely manner whether to the Team Manager or the Club. Teams are encouraged to establish a budget at the start of the year to allow for financial planning for families. Teams are further encouraged to fund raise and seek sponsorship.
- There are no club issued travel expense scholarships.
- It is assumed that all players on a team will pay for tournament entry fee, regardless of a player's participation.
- Every effort will be made by the coach and team manager to allow the Players and families to lodge together in the same hotel.
- The coach will outline certain requirements, including but not limited to: team schedule outside of games, rooming arrangements where applicable, curfews and transportation and lodging needs keeping in mind that cost is an integral factor in the decision making process.

Team Behavior Rules

- In the event of a serious breach of behavior CCCS coach's are expected to consult the Director of Coaches before taking action.
- A player's playing time may be affected in the event of a breach of rules and may be sent home at the parent's additional expense if they violate serious behavior rules related to curfew, drugs, drinking, illegal activities, tobacco products or having members of the opposite sex in rooms at any time. CCCS reserves the right to review any serious behavior rule violation and decide, in conformity with CCCS's governing documents, if additional consequence(s) should be imposed as a result of any serious behavior rule violation.

Player Responsibilities

- Because of the importance of tournament play to the development of a team, all CCCS players are expected to participate in every event unless injured or otherwise excused by the Director of Coaches.
- Players are to act like young ladies and gentlemen at all times in any public places.
- Each Player is required to be where the Coach wants them to be at the time the Coach or Director of Coaches sets.
- No one goes anywhere alone or leaves the hotel without the expressed permission of the Head Coach or Director of Coaches.
- Hotel rooms must be kept neat and organized. Also, players are welcome to 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. Footwear and proper attire should be worn in the public areas of the hotel. Please be mindful that our reputation and ability to book accommodations in the future can be effected by your actions.
- Players are to be punctual and strictly follow all curfews.
- Any problems must be communicated to the Head Coach immediately.
- **REMEMBER THAT YOU ARE The Cooper City Cobras Soccer Club!!**

Team Activities

- The Head 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.

Guest Players

- Internal guest playing between teams is subject to the approval of the Director of Coaches.
- CCCS player may be guest players for tournament with other teams subject to the approval of the Director of Coaches.
- Guest players from other clubs may be invited to play at the discretion of the Director of Coaches.
- Guests will be expected to pay their share of team expenses unless other arrangements have been directed by the Director of Coaches.

Hotels

- If more than one CCCS 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.

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.

CCCS PARENTS

Parental Guidelines

Parents have an obligation to assist in CCCS activities and abide by the Bylaws, Constitution and Rules & Regulations of the Cobras and its affiliates. During games, practices and official CCCS activities:

- Coaching from the sideline is not permitted; positive cheering and encouragement are not only accepted but are encouraged.
- No parent or spectator is to make derogatory comments or gestures to or about coaches, referees, linesmen, club officials, players, or other spectators.
- No parent or spectator is to use profanity.
- No parent or spectator is to incite or participate in any disruptive behavior.
- The use of illegal drugs, tobacco and/or alcohol products by any parent or spectator is strictly prohibited.

Appropriate disciplinary action can and will be taken by the CCCS for violations, including suspension or expulsion from the field or CCCS events, or any other action deemed appropriate. Parents must sign, return and adhere to the code of ethics and conduct document(s) that the Cobras require each year.

Support Guide

The role that parents play in the life of a soccer player has a tremendous impact on their experience. With this in mind, we have taken some time to write down some parental guidelines and helpful reminders for all of us as we approach the upcoming season. If you should have any questions about these thoughts, please feel free to discuss it with us, the coaches.

1. **Let the coach's coach:** Leave the coaching to the coaches. This includes motivating, psyching your child for practice, after game critiquing, setting goals, requiring additional training, etc. You have entrusted the care of your player to these coaches and they need to be free to do their job. If a player has too many coaches, it is confusing for him/her and his/her performance usually declines.
2. **Support the program:** Get involved. Volunteer. Help out with fundraisers, car-pool; anything to support the program.
3. **Be your child's best fan:** Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should never have to perform to win your love.
4. **Let the children play:** Please do not pass out any technical or tactical information while in the run of play. Instead, positive affirmations and comments such as "well done" is encouraged
5. **Support and root for all players on the team:** Foster teamwork. Your child's teammates are not the enemy. When they are playing better than your child, your child now has a wonderful opportunity to learn.
6. **Do not bribe or offer incentives:** Your job is not to motivate. Leave this to the coaching staff. Bribes will distract your child from properly concentrating in practice and game situations.
7. **Encourage your child to talk with the coaches:** If your child is having difficulties in practice or games, or can't make a practice, etc., encourage them to speak directly to the coaches. This "responsibility taking" is a big part of becoming a big-time player. By handling the off-field tasks, your child is claiming ownership of all aspects of the game - preparation for as well as playing the game.

8. **Understand and display appropriate game behavior:** Remember, your child's self esteem and game performance is at stake. Be supportive, cheer, and be appropriate. To perform to the best of his/her abilities, a player needs to focus on the parts of the game that they can control (fitness, positioning, decision making, skill, and aggressiveness, what the game is presenting them). If the player starts focusing on what he/she can not control (the condition of the field, the referee, the weather, the opponent, even the outcome of the game at times), he/she will not play up to his/her ability. If your child hears a lot of people telling him/her what to do, or yelling at the referee, it diverts attention away from the task at hand.
9. **Monitor your child's stress level at home:** Keep an eye on the player to make sure that they are handling stress effectively from the various activities in his life.
10. **Monitor eating and sleeping habits:** Be sure your child is eating the proper foods and getting adequate rest.
11. **Help your child keep his priorities straight:** Help your child maintain a focus on schoolwork, relationships and the other things in life beside soccer. Also, if your child has made a commitment to soccer, help your child fulfill this obligation to the team.
12. **Reality test:** If your child has come off the field when the team has lost, but he/she has played his/her best, help your child to see this as a "win". Remind him/her that the focus should be on "process" and not "results". Your child's fun and satisfaction should be derived from "striving to win". Conversely, he/she should not be as satisfied from success that occurs despite inadequate preparation and performance.
13. **Keep soccer in its proper perspective:** Soccer should not be larger than life for you. If your child's performance produces strong emotions in you, suppress them. Remember your relationship will continue with your children long after their competitive soccer days are over. Keep your goals and needs separate from your child's experience.
14. **Have fun:** That is what we will be trying to do! We will try to challenge your child to reach past their "comfort level" and improve themselves as a player, and thus, a person. We will attempt to do this in environments that are fun, yet challenging. We look forward to this process. We hope you do to!

CHANNELS OF COMMUNICATION

Our web site www.cobrassoccer.com is a great source of information we encourage our members to visit it regularly. All teams except academy teams have team pages which can be used to communicate schedules, team reports etc. We strongly encourage the use of email as a form of communication but also recommend picking up the phone or meeting in person with involved parties if required.

Here are some answers to repeatedly asked questions

Q. My child has to miss practice, a scrimmage, or a game?

A. It is crucial that you let the coach know if you are going to miss an event. Our staff is asked to plan their practice session and if we have players missing it can affect the goals of the session. We encourage players to call the coach directly especially U13 and older. Parents can always e-mail the coach or team managers so long as it is ahead of time.

Q. I have general team informational questions (e.g., snacks, schedules, pictures, etc.)?

A. Teams have a team manager that is in charge of basic team information.

Q. I think my child is having problems with the coach?

A. Initially you should ask to speak to the head coach at the appropriate time which will be best the day after. If you are uncomfortable speaking with the head coach it would be appropriate to ask another person (someone you are comfortable with and who is involved with the team) to be present at the meeting (e.g., the assistant coach, team manager or team parent, and/or the Director of Coaches).

Q. I think my child should be playing up within his/her age group or up in the next age group?

A. The Director of Coaches makes the decisions regarding a player "playing up" whether this is within his or her age group or up an age group. You will need to contact the respective Director of Coaches

Q. My child is asked to be a guest player for another club?

A. CCCS discourages guest playing with other clubs. Permission from the player's current club/team must be granted in writing by use of the proper FYSA guest player form (please contact the Registrar to get this form). This form shall specify the dates and competition to which permission is granted. Permission is also required if the request is intra-club.

Players who guest play shall not be allowed to transfer to the team or club with whom he/she has been a guest player for the remainder of the seasonal year unless written permission is granted by the original club. (Intra-club transfers are accepted with permission of the club) Permission to guest play may be denied by the club at its discretion.

Coaches desiring a player to guest play must obtain permission from the registering club's Registrar or Director of Coaches, prior to contacting the player. Failure to obtain permission prior to contact shall be evidence of **poaching** as defined under FYSA rules.

Playing a "guest player" without proper permission may result in a charge of playing an ineligible player and/or falsification of a roster as defined under FYSA rules.

Q. I have a problem within my team?

A. Initially any team problem should be addressed within that team by the head coach. If a reasonable or acceptable solution cannot be reached, the head coach should contact the CCCS Director of Coaches. Whenever there is uncertainty as to the correct procedure the CCCS Director of Coaches should be contacted.

Event of Inclement Weather

Lightning

The welfare and safety of all members of our soccer family is the first concern of all of us. There can be no exception to this. As many of you may be aware Florida is known as the lightning capital of the world. Severe weather can happen throughout the year. In order to improve the safety of our children, practices will be cancelled if severe weather is present.

The city has a couple of HARD and fast rules that we all have to understand. When the lightening alarms go off, the fields have to be vacated immediately. You can go to the concession area or your vehicle and wait for the all clear to sound. It will take at least 20 minutes if there are no more lightening strikes in the area. Who ever are on duty for the city has no control over this device and has **NO** option but to enforce the city's rule for clearing the fields. It is a city rule. No exceptions.

CCCS does not have a Weather Hot line. All players are required to show up to the field unless notified by their coach.

Please note that the City of Cooper City makes this decision and often they delay that decision in the hope that they can open the fields. Fields may be closed due to lightning or simply because they are under water.

During Practice or Games

1. Lightning Alarm Sounds
2. Staff clears players off field
3. Staff manages players under pavilion or vehicle; each staff member is responsible for their team.
4. Staff is still responsible for their field they were on; e.g.; if a player/adult wanders onto the field they were coaching on they have to manage that field.
5. Upon session ending staff need to make sure all their players are accounted for.
6. Incoming sessions are responsible for making sure their players are under the pavilion and managed. Prior protocol with regard to field management comes into force. Coach X is due to work on field 4, therefore he is responsible for field 4 and his players.
7. Coaches have to stay until the last player from their team leaves.

POACHING

Recruitment and Poaching

FYSA and CCCS have strict rules and regulations regarding coaches, players, parents or other individuals affiliated with a team or club contacting or recruiting players to change clubs or teams during the seasonal year. These rules cover outright recruiting (poaching) or more discreet means, which could be construed as recruiting (poaching). If a coach gains knowledge that anyone affiliated with the team has approached a player, either within CCCS or with another club, at any time other than at the conclusion of the spring season, it is their responsibility to immediately notify the Director of Coaches of this contact. The same holds true if a coach or parent becomes aware of any solicitation of a current CCCS player by a coach from another team from within CCCS or from another club. Failure to provide this information could result in disciplinary action from CCCS and FYSA, including possible suspension from both organizations.

It is illegal to contact any FYSA registered player directly or indirectly for the purpose of encouraging or enticing them to transfer from one team to another during that team's seasonal year. If a player or parent initiates contact with a CCCS coach, parent or team representative about changing teams in mid-season, written permission from that player's current coach and the Director of Coaches is required before even talking to the player or parent. Further, it is illegal to invite a guest player to participate in any tournament without first contacting the player's current coach and receiving written approval to invite them to play as a guest.

F.Y.S.A. - Minimum disciplinary actions/sanctions to be taken against any coach found guilty of a poaching charge will be as follows:

1st Offense – Six (6) months suspension for the coach; club to be fined \$100.00 plus any cost associated with the holding of the hearing including copying charges, postage, etc.

2nd Offense – Minimum three (3) year suspension of the coach; club to be fined \$500.00 plus any cost associated with the holding of the hearing including copying charges, postage, etc.

Within CCCS - Minimum disciplinary actions/sanctions to be taken against any coach found guilty of a poaching charge will be as follows:

1st Offense – Three (3) months suspension for the coach.

2nd Offense – Minimum one (1) year suspension of the coach.

All individuals involved with the program are expected to conduct themselves professionally and in good taste when discussing our club with a player, parent or coach currently involved with another team. Each team and its players, parents and leadership are to abide by the state and club guidelines at all times in regards to recruiting players for the CCCS. It is the desire of the CCCS to allow our process, philosophy and performance to speak for itself and to have players seek participation in our club based on the quality of our program, not unsanctioned solicitation.

FYSA CODE OF ETHICS

Players

- I will encourage good sportsmanship from fellow players, coaches, officials and parents at all times.
- I will remember that soccer is an opportunity to learn and have fun.
- I deserve to play in an environment that is free of drugs, tobacco, and alcohol; and expect everyone to refrain from their use at all soccer games.
- I will do the best I can each day, remembering that all players have talents and weaknesses the same as I do.
- I will treat my coaches, other players and coaches, game officials, other administrators, and fans with respect at all times; regardless of race, sex, creed, or abilities, and I will expect to be treated accordingly.
- I will concentrate on playing soccer. Always giving my best effort.
- I will play by the rules at all times.
- I will at all times control my temper, resisting the temptation to retaliate.
- I will always exercise self-control.
- Conduct during competition towards play of the game and all officials shall be in accordance with appropriate behavior and in accordance with FIFA's "Laws of the Game", and in adherence to FYSA rules.
- While traveling, shall conduct themselves so as to bring credit to themselves and their team.
- Alcohol, illegal drugs and unauthorized prescription drugs shall not be possessed, consumed or distributed before, during or after any game or at any other time at the field and/or game complex.

Coaches/Volunteers

- I will never place the value of winning before the safety and welfare of all players.
- I will always show respect for players, other coaches, and game officials.
- I will lead by example, demonstrating fair play and sportsmanship at all times.
- I will be demonstrate knowledgeable of the rules of the game, and teach these rules to my players.
- I will never use abusive or insulting language. I will treat everyone with dignity.
- I will not tolerate inappropriate behavior, regardless of the situation.
- I will not allow the use of anabolic agents or stimulants, drugs, tobacco, or alcohol by any of my players.
- I will never knowingly jeopardize the eligibility and participation of a student athlete.
- Youth have a greater need for example than criticism. I will be the primary soccer role model.
- I will at all times conduct myself in a positive manner.
- Coaching is motivating players to produce their best effort, inspiring players to learn, and encouraging players to be winners.
- Coach's actions on sidelines during games shall be in the spirit of "good sportsmanship" at all times. Profanity, profane gestures, arguing, inciting disruptive behavior by spectators and/or players, or any conduct not in the spirit of good sportsmanship, shall require disciplinary action from the affiliate.
- Alcohol, illegal drugs and unauthorized prescription drugs shall not be possessed, consumed or distributed before, during or after any game or at any other time at the field and/or game complex.

Parents/Spectators

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, game officials, and administrators at all times.
- I will place the emotional and physical well being of all players ahead of any personal desire to win.
- I will support the coaches, officials, and administrators working with my child, in order to encourage a positive and enjoyable experience for all.
- I will remember that the game is for the players, not for the adults.
- I will ask my child to treat other players, coaches, game officials, administrators, and fans with respect.
- I will always be positive.
- I will always allow the coach to be the only coach.
- I will not get into arguments with the opposing team's parents, players, or coaches.
- I will not come onto the field for any reason during the game.
- I will not criticize game officials.
- Alcohol, illegal drugs and unauthorized prescription drugs shall not be possessed, consumed or distributed before, during or after any game or at any other time at the field and/or game complex.

Failure to comply may result in the suspension of your privilege to participate in FYSA sanctioned events, for the following periods:

1st offense suspension minimum thirty (30) days to a maximum of five (5) years

2nd offense suspension for a minimum of one (1) year to a maximum of Ten (10) years

3rd offense suspension for a minimum of five (5) years to a maximum of fifty (50) years.

NOTE: Any individual charged with a violation of this Code of Ethics shall be afforded due process as defined in FYSA's rule section 600 before the implementation of any suspension.

CCCS Training Curriculum

I. U9 Boys and Girls

- a. Technical
 - i. Ball Mastery (Footwork)
 - ii. Dribble to change direction
 - iii. Dribble to attack space
 - iv. Dribble to beat opponent
 - v. Dribble to shield
 - vi. Finishing
 - vii. Short Passing
- b. Tactical
 - i. Transition : Everybody attacks, everybody defends
 - ii. 3v3 model
- c. Physical
 - i. Coordination
- d. Rules of Game (6v6 w/ GK)
- e. Formations
 - i. 1-3-1
 - ii. 2-1-2
 - iii. 3-1-1

II. U10 Boys and Girls

- a. Technical
 - i. Ball Mastery (Footwork)
 - ii. Dribble to change direction
 - iii. Dribble to attack space
 - iv. Dribble to beat opponent
 - v. Dribble to shield
 - vi. Finishing
 - vii. Short Passing
- b. Tactical
 - i. Transition: Everybody attacks, everybody defends
 - ii. 3v3 model
- c. Physical
 - i. Coordination
- d. Rules of Game (6v6 w/ GK)
- e. Formations
 - i. 1-3-1
 - ii. 2-1-2
 - iii. 3-1-1

III. U11 Boys and Girls

- a. Technical
 - i. Ball Mastery
 - ii. Ball Control (juggling)
 - iii. Dribbling
 - 1. To attack space
 - 2. To beat opponent
 - 3. To protect / shield
 - 4. Change direction

- iv. Finishing
- v. Short Passing
- vi. Receiving
- vii. Receiving and turning
- b. Tactical
 - i. Transition: Everybody attacks, everybody defends
 - ii. Defending 1v1
 - iii. Support
 - 1. Angle
 - 2. Speed
 - 3. Distance
 - iv. Intro to Combination Play
 - 1. Wall passes
 - 2. Takeovers
 - 3. Overlaps
 - v. 4v4 model
- c. Physical
 - i. Coordination
 - ii. Running Mechanics
- d. Rules of Game (8v8 w/ GK)
- e. Formations
 - i. 3-3-1
 - ii. 2-3-2
 - iii. 3-2-2

IV. U12 Boys and Girls

- a. Technical
 - i. Ball Mastery
 - ii. Ball control (juggling)
 - iii. Dribbling
 - 1. To attack space
 - 2. To beat opponent
 - 3. To protect / shield
 - 4. Change direction
 - iv. Finishing
 - v. Short Passing
 - vi. Receiving
 - vii. Receiving and turning
- b. Tactical
 - i. Transition: Everybody attacks, everybody defends
 - ii. Defending 1v1
 - iii. Support
 - 1. Angle
 - 2. Speed
 - 3. Distance
 - iv. Intro to Combination Play
 - 1. Wall passes
 - 2. Takeovers
 - 3. Overlaps
 - 4. give & go
 - v. 4v4 model
- c. Physical
 - i. Coordination
 - ii. Running Mechanics
- d. Rules of Game (8v8 w/ GK)

- e. Formations
 - i. 3-3-1
 - ii. 2-3-2
 - iii. 3-2-2

V. U13 Boys and Girls

- a. Technical
 - i. Dribbling
 - 1. Attack space
 - 2. Beat opponent
 - 3. To protect / shield
 - 4. Change direction
 - ii. Short and long passing
 - iii. Receiving and Turning (juggling included)
 - iv. Heading
 - v. Finishing
- b. Tactical
 - i. Small group tactics
 - 1. Defending 1v1, 2v1,2v2, 3v3 (pressure, cover, balance)
 - 2. Intro to Delay, tracking back, depth, balance
 - 3. Combination Play (wall pass, overlaps, takeovers)
 - 4. Importance of Possession
 - a. Passing and Support (angle, speed, distance)
 - ii. 4v4, 6v6 model
- c. Physical
 - i. Coordination
 - ii. Mechanics of Running
 - iii. Agility
- d. Rules of Game (11v11)
- e. Formations
 - i. 4-3-3
 - ii. 4-4-2
 - iii. 3-5-2
 - iv. 4-2-3-1
 - v. 4-5-1

VI. U14 Boys and Girls

- a. Technical
 - i. Dribbling
 - 1. Attack space
 - 2. Beat opponent
 - 3. To protect / shield
 - 4. Change direction
 - ii. Short and long passing
 - iii. Receiving and Turning (juggling included)
 - iv. Heading (Offensive and Defensive)
 - v. Finishing
- b. Tactical
 - i. Small group tactics
 - 1. Defending 1v1, 2v1,2v2, 3v3 (pressure, cover, balance)
 - 2. Intro to Delay, tracking back, depth, balance
 - 3. Combination Play (wall pass, overlaps, takeovers)
 - 4. Importance of Possession
 - a. Passing and Support (angle, speed, distance)
 - ii. 4v4, 6v6 model

- c. Physical
 - i. Coordination
 - ii. Mechanics of Running
 - iii. Agility
- d. Rules of Game (11v11)
- e. Formations
 - i. 4-3-3
 - ii. 4-4-2
 - iii. 3-5-2
 - iv. 4-2-3-1
 - v. 4-5-1

VII. U15 Boys and Girls

- a. Technical
 - i. Dribbling (same as above)
 - ii. Short and long passing
 - iii. Receiving and turning (juggling included)
 - iv. Heading (offensive and defensive)
 - v. Finishing (power, placement, crosses, volleys, etc.)
- b. Tactical
 - i. Small group tactics (3v3, 4v4, 5v5)
 - ii. Combination Play (support, takeovers, wall pass, third man running, overlap)
 - iii. Possession (don't give ball away!)
 - iv. Develop understanding of depth (role of strong side defenders), balance (role of weak side defenders), concentration and communication (who-what-when).
- c. Physical
 - i. Coordination
 - ii. Agility
 - iii. Strength
 - iv. Speed
 - v. Conditioning (aerobic, anaerobic, interval training)
- d. Rules of Game (11v11)
- e. Formations
 - i. 4-3-3
 - ii. 4-4-2
 - iii. 3-5-2
 - iv. 4-2-3-1
 - v. 4-5-1

VIII. U16 boys and girls

- a. Technical
 - i. Dribbling (same as above)
 - ii. Short and long passing
 - iii. Receiving and turning (juggling included)
 - iv. Heading (offensive and defensive)
 - v. Finishing (power, placement, crosses, volleys, etc.)
- b. Tactical
 - i. Small group tactics (3v3, 4v4, 5v5)
 - ii. Combination Play (support, takeovers, wall pass, third man running, overlap)
 - iii. Possession (don't give ball away!)
 - iv. Develop understanding of depth (role of strong side defenders), balance (role of weak side defenders), concentration and communication (who-what-when).

- c. Physical
 - i. Coordination
 - ii. Agility
 - iii. Strength
 - iv. Speed
 - v. Conditioning (aerobic, anaerobic, interval training)
- d. Rules of Game (11v11)
- e. Formations
 - i. 4-3-3
 - ii. 4-4-2
 - iii. 3-5-2
 - iv. 4-2-3-1
 - v. 4-5-1

IX. U17 boys and girls

- a. Development of Positional Play
- b. Individual and group skill should be covered in the warm up.
- c. Functional play, attacking roles and responsibilities, defending roles and responsibilities, one in three devoted to defensive aspects of the game.
- d. Match-related practice, offense and defense.
- e. Crossing – Develop a complete understanding of: Crossing angle, overlaps and near / far post runs.
- f. Set Plays – Develop a complete understanding of: Attacking and defending responsibilities at corner kicks, free kicks and importance of possession from throw-ins, in defensive and midfield thirds of the field vs. possession and creativity in the final third.

X. U18 boys and girls

- a. Development of Team Play
- b. Individual and group skill should be covered in the warm-up.
- c. Functional Play
- d. Team Play, match-related practice (offense vs. defense) and match conditioned.
- e. One in three practices devoted to defensive aspects of the game.
Players should have a complete understanding of the principle of team play

MISCELLANEOUS

The Director of Coaches and CCCS Soccer Board reserves the right to take whatever future actions may be necessary in the best interest of the program. Such actions could include, but are not limited to, changing the select team policies and guidelines, disciplinary action against a coach, player or parent, removal of a team from competition or completely disbanding a team.

It is our hope that this booklet will help you understand the Cooper City Cobras Soccer Club program. For other information including directions to fields or information about the league please refer to our web page www.coopercityoptimist.com or www.fysa.com.

ACKNOWLEDGEMENT OF RECEIPT OF HANDBOOK

Please sign and return this page to the CCCS Board.

I have received and read the contents of this handbook and agree to abide by the procedures outlined in this handbook.

Team: _____

Team Head Coach: _____

Team Manager: _____

Date: _____