Pittsburgh Dynamo Recreation League

Fall 2016 Coaches’ Meeting

Saturday Sept 10, 2016
Winchester Thurston School
1:00 PM

www.pittsburghdynamo.org
Welcome

• THANK YOU FOR MAKING THE TIME TO COACH
A DYNAMO REC TEAM
Introductions

• Recreation League Commissioner

• Age-Level Commissioners
  • U5
  • U6
  • U8
  • U10
  • U12
  • U18

• Contact info on website
• Age Level Commissioners Have Been Having Fun...
Dynamo Philosophy

- General Tenets
- Goals
Dynamo Philosophy:

General Tenets

• Recreation League
• We don’t define success as a win/loss record.
• Success is playing and learning the game and having fun.
• Your role as coach is to teach, follow, and reinforce this philosophy.
Dynamo Philosophy: Goals

• Develop players’ fundamental soccer skills
• Impart knowledge of soccer’s rules
• Good sportsmanship
• Have Fun
League Announcements
What is new this playing year?

• New Age-Level Rules
• Continuing merit pay for referees.
• Schenley Oval development
• ZERO TOLERANCE FOR DISRESPECT DIRECTED TOWARDS REFEREES
SCHENLEY OVAL DEVELOPMENT

FENCED AREA - NO ACCESS
APRIL 2016 - APRIL 2017
Changes for Fall 2016

- Dynamo rec requires online portion (Youth Module) of coaches education for all. U10 and older must have an F license. Dynamo will reimburse costs.

- PA requires coach clearances.
Fall 2016

• Practices begin Monday, September 12.

• Practice at Schenley Oval, one day per week, 5:30 - 6:30 PM.

• Games held each weekend from September 17/18 through November 5/6.

• Three weekends in October, U10 through U18 play at Lower Frick field on Saturdays. Sunday teams will play at Schenley as usual. U5-U8 will have game in lieu of practice for those three weeks.

• On last weekend, games are kids vs parents.

• Dynamo-provided snack and award.

• Game schedule posted to website.
• LINED GRASS FIELDS
Dynamo Coaching Basics
COACHING
The Most Important Role in the League

- Thank you!
- Coaches perform the most important function in the league--teaching the game to kids in a positive fashion that is consistent with the league’s philosophy.
- Coaches’ Code of Conduct
Coaches’ Code of Conduct

- I understand the importance of providing a positive experience and environment for players.
- I understand that soccer is more than the scoreboard.
- I understand my role as a coach when it comes to opposing teams.
- I understand the importance of allowing referees to officiate the game.
- I will abide by the Pittsburgh Dynamo philosophy and rules of the game.
- I understand that I am subject to the feedback and requests of the Dynamo commissioners.
Tips for New and Returning Coaches

- Obtain clearances.
- Involve parents and ask for help with practices, field set up, and team management.
- Prepare practice plan in advance.
- Report problems sooner rather than later.
  - [AgeLevel]@pittsburghdynamo.org
  - president@pittsburghdynamo.org
- Communicate with parents - a lot.
- Be attentive to bullying, exclusion on your team.
- Keep child development info in mind so your goals for players are realistic.
Before the first practice:

- Contact your players’ families and your team parent, providing some contact info for each family.

- Plan your practice.

- Arrive early enough to grab some equipment and go to your designated area.

- Combination locks = [email admin@pittsburghdynamo.org for combination].

- Hold brief team meeting with parents
  
  - Explain Dynamo philosophy and expectations for parent conduct (e.g., no called out names or instructions).

- Direct parents to Dynamo website for game schedule.

- Explain how you plan to notify parents of practice cancellation due to weather.

- Direct parents to Dynamo website, Facebook page, and Twitter for notice of game cancellation due to weather.
Before the first practice:

• Talk to parents about your expectations for their behavior during practices and games.

• When do you want them to step in to help with a kid’s behavior
  • during a practice?
  • during a game?
Best Practice for Practices

• No waiting around:

  • Plan to get kids involved in a soccer activity as soon as they arrive and make sure activities/drills involve all kids such that there is not a lot of waiting in line for a turn.

• No lines, no lectures, no laps.

• Timing:

  • 5 minute warm up - doesn’t have to be traditional stretching or calisthenics

  • 30 minutes of “games” (drills)

  • 15-20 minute scrimmage - use this time to teach throw ins, how to line up, etc. if appropriate
Best Practice for Practices

• Focus
  • Select games that develop one skill per practice (e.g., passing).

• Progress
  • Make games more challenging as the season goes on to develop players’ skills.
  • Setting age-appropriate goals for learning and skill development during the season is helpful in this regard.

• Organize
  • Develop stations that players can rotate through. Especially good for U5-U8 when assistant coaches or parents are available.

• Fun
  • KEEP IT FUN FOR THE PLAYERS - AND FOR YOURSELF!
**COACHING RESOURCES**

- Dynamo website
  - “Coaches” --&gt; “Training/Resources”

- **Soccer Coaching Made Easy** by Tom Goodman.

- Contact your age-level commissioner to get in touch with a veteran coach volunteer

- PA West courses

- Websites
  - [http://www.mayouthsoccer.org/coaching/resource_library.aspx](http://www.mayouthsoccer.org/coaching/resource_library.aspx)
  - [http://www.onthepitch.org](http://www.onthepitch.org)
GAME DAY
## AGE-LEVEL GAMES PLAN

<table>
<thead>
<tr>
<th>Age Level</th>
<th>Game Format</th>
<th>Dual, side-by-side games</th>
<th>Ball Size</th>
<th>Roster (estimated)</th>
<th>Keeper (GK)</th>
<th>Assigned Field Time</th>
<th>Field Size</th>
<th>Refs</th>
<th>Goal Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>U5</td>
<td>3v3</td>
<td>No</td>
<td>3</td>
<td>6</td>
<td>No</td>
<td>45 min.</td>
<td>60'x90'</td>
<td>Parent</td>
<td>PopUp</td>
</tr>
<tr>
<td>U6</td>
<td>3v3</td>
<td>Yes</td>
<td>3</td>
<td>9</td>
<td>No</td>
<td>60 min.</td>
<td>60'x90'</td>
<td>Yes</td>
<td>PopUp</td>
</tr>
<tr>
<td>U8</td>
<td>4v4</td>
<td>Yes</td>
<td>3</td>
<td>12</td>
<td>No</td>
<td>60 min.</td>
<td>90'x120'</td>
<td>Yes</td>
<td>PopUp</td>
</tr>
<tr>
<td>U10</td>
<td>6v6</td>
<td>No</td>
<td>4</td>
<td>12</td>
<td>Yes</td>
<td>75 min.</td>
<td>half turf, 135' x 180'</td>
<td>Yes</td>
<td>6'x12'</td>
</tr>
<tr>
<td>U12</td>
<td>8v8</td>
<td>No</td>
<td>4</td>
<td>14</td>
<td>Yes</td>
<td>75 min.</td>
<td>150'x240'</td>
<td>Yes</td>
<td>7'x21'</td>
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<tr>
<td>U18</td>
<td>11v11</td>
<td>No</td>
<td>5</td>
<td>18</td>
<td>Yes</td>
<td>90 min.</td>
<td>full turf</td>
<td>Yes</td>
<td>8'x24'</td>
</tr>
</tbody>
</table>

* U18 may play 11v11, or whatever attendance supports.
GAME DAY FIELD SET UP

• Your team parent should prepare a volunteer schedule for field set up and circulate field set up instructions. Discuss with your team parent how you’d like to handle field set up.

• Your team’s volunteers are responsible for team set up when yours is the first game of the day in your assigned space for your age-level.

• Your team’s volunteers are responsible for removing cones and goals from the field when the following game is played by another age-level.

• Your team’s volunteers are responsible for storing cones and pop-up goals in equipment boxes when you play the last game of the day.

• Field dimensions on website and on a laminated “cheat sheet” in your coaches’ bag.

• COMBINATION LOCKS ON EQUIPMENT BOXES AND GOALS: [admin@pittsburghdynamo.org for combination]
GAME PRELIMS

Coaches and field setup volunteers should arrive 15 minutes before the start of play.

• All players must present themselves to the referee for inspection. Players must wear shinguards and soccer socks. Jewelry, watches, hard hair accessories, etc. are prohibited.

• We encourage you to introduce yourself to the ref and talk about your expectations for the game.

• Referees have been instructed to hold regular water breaks throughout the game and to end play on the hour or at the end of your team’s assigned time on the field.

• If your team does not have a sufficient number of players present, work with the coach of the opposing team to transfer/borrow players.

• Games also may be played with a reduced number of players on the field provided that coaches for each team agree to do so.
Dynamo Philosophy In Action

- No official score-keeping.
- Spectators cannot call out a particular child’s name. Dynamo encourages general, positive cheers for the team, such as, “Go, Blue!” or “Great kick, Orange!”
- Dynamo directs coaches and referees to stop a game, if necessary, when a parent calling out from the sidelines is distracting or upsetting the kids.
Why these rules?

• These rules are designed to minimize excessive involvement of parental egos in what should, after all, be a child-focused activity.

• We view these rules as essential to maintaining the positive atmosphere that is fundamental to the league and its philosophy.
Match Conduct

• Neither coaches nor spectators may shout out instructions to players.

• Coaches, spectators, and players will refrain from criticizing referees and linesmen. They will recognize the referees’ authority and obey the rules.

• Each player plays at least 50% of each game. Players should be rotated among field positions once positions are introduced in their age-level.

  • Parents/spectators should not stand with coaches and players during the game. They are asked to stand on an opposite sideline at least two feet from boundary.

• Coaches should remain in the technical area.

• All coaches and players are to shake hands after each match, saying “good game.” Good sportsmanship is key to Dynamo’s philosophy.

• Consult the Pittsburgh Dynamo Recreation League Handbook on Dynamo’s website for more information.
MANAGING YOUR TEAM

- Volunteers
- Team Parent
- Field Set Up

- Equipment
- Coaches’
- Players’
VOLUNTEERS

• TEAM PARENT
  • Assigned to most teams - if not, coach ask for volunteer
  • Main role = organize snack schedule and field set up
  • Coach should consult with team parent to divide responsibilities, set expectations/roles

• FIELD SET UP
  • Coach or team parent can organize volunteers, email field set up instructions or link to website
  • Lock combination for equipment boxes and goals: [email admin@pittsburghdynamo.org for combination]

• ENCOURAGE AND EXPECT VOLUNTEERISM FROM PARENTS!
  • Helping with field set up, chasing stray balls, herding young players
EQUIPMENT

• COACHES’ EQUIPMENT BAG
  • Contents - 3 balls, air pump, pinneys, first aid kit, ice packs
  • Cones are in green equipment boxes this season
PLAYERS’ EQUIPMENT

- BALL - correct size for age-level, marked with players’ name
  - U5-U8 = size 3
  - U9-U12 = size 4
  - U13-U18 = size 5
- SHIN GUARDS AND SOCCER SOCKS - Required at both practices and matches, socks go *over* shin guards (PAWest rule)
- SHOES - athletic shoes are required, cleats are fine
- TEAM SHIRT - must be worn at all games (wear to practice at coach’s option)
- WATER BOTTLE - must bring to all practices and games
- NO JEWELRY OR HARD HAIR ACCESSORIES
ROSTER / NO CHANGES

• ROSTERS
  • Prepared and distributed by age-level commissioners
  • Age-level commissioners make assignments – not coaches, not parents
COACHES / PARENTS CANNOT

• Add (or drop) a child to a team
• Allow a child that is not registered or is registered to another team to practice with your team or play during a game
• Change practice night or time
• Change practice venue
• Arrange to play a game at a time or place other than that scheduled - that includes last game weekend.
• Cancel a game
CANCELLATIONS

• COACHES ARE EMPOWERED TO CANCEL PRACTICES
  • at your discretion
  • a coach or a team parent must contact all players
    cancel no later than 5 PM
  • thunder/lightning within 30 minutes requires cancellation

• ADVANCE CANCELLATION OF GAMES IS RESERVED TO LEAGUE COMMISSIONERS
  • only at commissioners’ discretion
  • announced on website, Facebook page, Twitter
  • @pghdynamosoccer
HEALTH AND SAFETY

- Place weights on all goals
  - Falling goals killed four children in the U.S. in 2012.
  - Never use any portable metal goal without using sandbags to prevent the goal from tipping in any direction.
  - If you see kids climbing on a goal, please remind them to stop.
  - Do not use stakes in the turf field.
  - Return goals to fence or equipment box after practice and last game

- Soccer IS a contact sport. First Aid Kits in Equipment Bags
  - Coaches do not provide or administer medicine to any player. Coaches can provide the kit to a parent.

- PLEASE REMOVE ASPIRIN FROM FIRST AID KITS
• Concussions

• Soccer is a contact sport.
Concussions, Children and Soccer

• NO HEADERS U10 AND YOUNGER.
• Soccer has been identified as a sport with concussion risks given head contact with the ball and potential for collision.

• Concussions (a.k.a. Traumatic Brain Injury) related to soccer are typically on the mild side, but nonetheless can have immediate and long-term implications if they are not identified and addressed.

• Concussions result from literal injury to the brain
  • They tend to reflect specific problems based on where in the brain the injury occurs.
  • They can also occur in the brain stem from severe injury and cause problems with balance, walking, circulation, and respiration.
Concussions, Children and Soccer

• All children who have a collision involving their heads during a game, should be immediately brought to the sideline for assessment.

• The immediate signs of concussion are
  • headache
  • nausea or dizziness
  • ringing in the ears, “seeing stars,” or blurred vision
  • confusion
  • fatigue
  • uneven pupil dilation
    • If the above symptoms are present, children CANNOT return to the game. It is up to the parent(s) to decide whether or not the child should visit a physician, but they should be encouraged to do so.
    • In cases of any signs of loss of consciousness OR if there is vomiting, behavioral change, slurred speech, memory loss, or loss of balance/coordination, the child should be immediately taken to a physician OR CALL 911

• Some of these symptoms may not become apparent until days after the initial injury
  • Children should be on bed rest for 24 hours, however, it is often recommended that they get awakened intermittently to check on their mental status.
RISK MANAGEMENT

• ZERO TOLERANCE RISK MANAGEMENT POLICY – THERE CANNOT BE ANY DISRESPECT TOWARDS REFEREES.

• Parents must stay with their children at practice and at games.

• If you’re uncomfortable with something you witness, contact a commissioner.
RISK MANAGEMENT

• Check field for dangerous objects that could injure a player.

• Do not leave prior to all kids on your team leaving with a parent or responsible adult.

• Ask another parent to stay and wait with you if a child has not yet departed with a parent or other responsible adult.

• Examples: bathroom breaks, thunder / lightning
RISK MANAGEMENT

• COACH CLEARANCES

• PA law, also required for PAWest insurance coverage, city park permits

• Act 33/34 clearances and affidavit or FBI check required

• please obtain clearances ASAP, instructions on Dynamo website under “Coaches”
TAKE WITH YOU...

• Equipment Bag
• Coaches’ shirts (grab one for absent coach)
• Players’ team shirts (distribute at first practice)
• DON’T FORGET: LOCK COMBO [admin@pittsburghdynamo.org for combination]
If all else fails...
Thank you for volunteering to coach!

- Have a terrific season!
- recreation@pittsburghdynamo.org

Pittsburgh Dynamo