

# MAITLAND SOCCER CLUB

## Coach's Manual



2011-2012 Seasonal Year

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*“Making a positive impact on the lives of young athletes is the force that drives our organization. Winning's great, but the lessons and skills learned while training and competing are the seeds for future success in sports and in life.”*

Dear Coach/Trainer,

First and foremost, on behalf of the entire Maitland Soccer Club, I would like to thank you for your time, dedication and passion in making MSC what it is today. Without the tireless efforts of our coaches, trainers, volunteers and board of directors, we would not be able to offer the best soccer developmental program in Central Florida.

Whether you coach for the love of the game or to spend more time with your child, we truly appreciate all that you do for your team and MSC. As coaches and parents ourselves, we understand the time and commitment that you put into the program. We understand the sacrifices you make and the struggles you face. We acknowledge the large responsibility you have and realize that you are teaching the children more than the X and O's of soccer. But most importantly, we see the role models that you are and the positive impact that you have on the children you teach and mentor.

The following coach's manual was compiled to provide you with the information you need to succeed as a coach. It clearly outlines what we expect from you, what you can expect from MSC and the rules of the game. Additionally, it is chock full of useful tips on how to be a better coach and to help you manage your team better.

In addition to this manual, you will also want to familiarize yourself with the Maitland Soccer Club Program & Philosophy and the MSC Parent's Handbook. These documents will assist the coach and team managers with providing the program details, rules/regulations and the expectations we have of the players and parents. The parents of each player should have received a copy of each of these documents.

If after reading this, should you have any questions, comments or concerns, please feel free to contact me directly. Thank you again for your commitment and I look forward to seeing you on the pitch.

Sincerely,

John O'Grady  
Director of Coaching

## Maitland Soccer Club – Program and Philosophy Overview

Maitland Soccer Club (MSC) is a unique alternative to the various soccer organizations located throughout Central Florida. For nearly 30 years, MSC has been providing quality soccer instruction and programs to young athletes through a network of passionate volunteers and dedicated professionals such as you. Since 1982, our club has provided the most successful developmental soccer program in the area producing players that have excelled at the high school level, college level and US National Team level. Regardless of this success, we recognize that the “special” athlete is a rare breed and we therefore provide training and developmental opportunities for all levels of players from 5 to 18 years of age. At MSC, our goal is to provide a place for every child – regardless of their skills and abilities.

MSC is dedicated to developing players first in character, then teamwork, skill, and ability. Winning is important and encouraged. However, character, team, and individual player development are most important. Winning is accomplished by emphasizing character, team, and individual development through coaching leadership and instruction at practice and clinics. The players of the club get the opportunity to put these concepts into play at games.

### **A Different Type of Club**

MSC is a “federation style” soccer club instead of a traditional “academy style” soccer club. Both styles of clubs offer competitive training, but there are differences in philosophies. Academy style clubs have one set program and one set style of teaching. All players at all age groups are grouped together, ranked and separated into like player groups, and developed according to their skill levels. Players are given opportunities based on abilities and are moved from team to team during the season as needed. The team concept and the sense of belonging are often lost as players are shuffled between teams.

Federation style clubs offer more options and a different (and, we feel, better) opportunity for the athlete’s growth and development. Players are on one team for the year and all players, regardless of skill, are given the same developmental opportunities and level of instruction. Once a year for our older levels (U11 and up), players are provided team tryouts where they are given the opportunity to perform and then can be placed on a team that meets their skill level, time commitment and developmental opportunities.

The federation style of our club allows our players to thrive in an environment that suits their requirements as well as their style. Instead of a “one size fits all” philosophy for the club, each team can adopt different styles of play and strategy that best suits the players on the team. For example, some teams coach a Brazilian style of soccer with lots of quick touches and short passes while other teams adopt a more traditional soccer approach while still other teams adopt different styles. This allows you, as the coach or trainer, to put your personal touch on the team, and provides the club’s player with exposure to several different styles and approaches to learning soccer.

## MSC Teams Overview

Because MSC is not a “one-size-fits-all club”, we believe that there should be different focuses and developmental opportunities at different age groups. By using age-appropriate training and education, we help young athletes build strong soccer skills, a strong foundation for good sportsmanship and a proper sports perspective.

### **Players 4 to 8 years old (U5 to U8)**

At U5-U8, the focus is on fun, friendship and technical skills. Players are placed on teams with their friends and classmates – regardless of skills or abilities. Occasionally, a child without a team preference will be placed on a team based on a team needing additional players. This “*friends team concept*” creates a unique team environment that fosters the young athlete’s fun and friendship first mentality while building a strong fundamental soccer foundation. Passing, receiving, dribbling, shooting and teamwork are the focus of the soccer technical skills, while respect and inclusion are the focus of the values. All of the U5 to U8 teams play in our in-house league consisting of other MSC teams.

In addition to the player’s normal team practices, MSC provides other developmental opportunities for the U5-U8 players. Weekly instructional clinics are held on Saturdays for U5-U7 players and Sundays for U8 players. Our XCEL program, which is held in between soccer seasons, helps keep our younger players progressing in the off-season. All clinics and our XCEL program are provided at no additional charge by our licensed professional trainers and coaches.

### **Players 9 years old (U9)**

At U9, the focus shifts to a little more competitive in nature, but is still grounded with a proper sports perspective. It is at this age group where MSC introduces the concept of separating players into different skill levels. All players at this age will try out for Red, White and Blue teams. The three colors each represent a skill level with Red being the highest, White being in the middle and Blue being those needing additional development. Teams at this age bracket start to compete in the Greater Central Florida (GCF) league which plays teams from various Central Florida clubs or the MSC in-house league, which plays MSC teams against other MSC teams. One of the major aspects at the U9 level is the introduction and development of tactical skills.

Each team at this level has their own requirements for time and financial commitments for being part of the team. Each player will be matched to a team that is appropriate for his or her skill level as well as his or her commitment level. For example, a child athlete may have high skill levels but choose to be on a lower skill level team due to time, scheduling or financial reasons.

Once an athlete chooses a team, he or she is on the team for the remainder of the year. The focus continues to build on the strong fundamental technical soccer skills, reinforces the core values taught at our younger levels, and introduces the development of tactical soccer skills. Additional core values such as diversity, persistence and leadership are gradually introduced into the practices.

## **Players 10-12 years old (U10 to U12)**

For U10-U12 players, the program is a continuation of the U9 philosophies. Teams continue to be separated into Red, White and Blue skill levels. Team rosters maintain their continuity from year to year (including U9 as they move up) with the exception of the MSC Club yearly tryouts when players can move between the different level teams based on the assessments of our professional staff. By staying on the same teams, the athletes foster a better team concept and form bonds with their teammates. The focus is still competitive with a proper sports perspective. Teams at this age bracket will continue to compete in the Greater Central Florida league or the MSC in-house leagues.

Each team at this level has their own requirements for time and financial commitments for being part of the team. Each player will be matched to a team that is appropriate for their skill level as well as their commitment level.

Since this level of soccer is a continuation of the athlete's developmental phase, the focuses at this level are to reinforce the fundamental technical soccer skills, progress to intermediate team/position tactical skills and to continue to educate the players on such topics as respect, inclusion, diversity, persistence, initiative, loyalty, cooperation, and leadership.

## **Players 13-18 years old (U13 to U18)**

For our U13-U18 players, the teams and the program shifts to the next competitive level. It is at this level where the athletes are groomed to compete at the highest level. If the athlete intends to play high school or collegiate-level soccer, the child athlete will be taught the skills and techniques he or she will need to succeed. While the emphasis shifts to the next level with training and competition, the players are still held to the highest standards for good sportsmanship and proper sports perspective.

Teams consist of Red, White and Blue skill levels and compete in the Greater Central Florida (GCF) league with other clubs throughout Central Florida. Year-round training and off-season tournament play is highly encouraged at this level.

Each team at this level has their own visions and requirements for time/financial commitments for being part of the team. During the MSC Club yearly team tryouts, each player will be matched to a team that is appropriate for their skill level as well as their commitment level.

The focuses at this level are competing at advanced levels, teaching advanced team tactics and advanced positional tactics/skills. Age appropriate, progressive training and conditioning techniques are employed to develop strength, athleticism, speed, agility, and soccer skills.

## **All Players in MSC**

In MSC, regardless of the child athlete's skills or abilities, our "federated style" club can match the player to the right developmental opportunities to meet his or her goals within the time and financial parameters that meet the parent's goals. While there are a couple things that vary from team to team and in the different age groups, there is consistency throughout our club in that our athletes will be challenged and provided the skills and opportunities to compete at a high level both on and off the field.

## MSC Expectations of Coaches & Trainers

The Merriam-Webster dictionary defines coach as *“one who instructs players in the fundamentals of a competitive sport and directs team strategy.”* At MSC, we think that this definition misses the mark as we understand that coaching is more than just the X's and O's of the game.

MSC defines coach as *“a positive role model who inspires continuous improvement, develops character, instills a proper sports perspective and exemplifies good sportsmanship while instructing players on the fundamentals and advanced tactics of competitive sports.”* This combination of life lessons and sports skills provides the foundation that players need to succeed both on and off the field.

This success both on and off the field is important because it is estimated that less than 3% of youth athletes go on to play collegiate-level sports and about 3% of those collegiate level athletes go on to play professionally.

Coaching children is an honor and a privilege that carries with it a moral responsibility to contribute to the healthy character development of young players. Coaches who equate "trying your best" as the definition of success -- and who value, expect, and demand good sportsmanship from their players -- help shape the moral, ethical, and spiritual character of children. Coaches nurture good sportsmanship. They should embody parents' values regarding good sportsmanship. A coach must model good sportsmanship at every level and make it a core goal of their work with kids. MSC coaches should engage their players in detailed discussions that discuss topics such as:

- Cheating
- Losing one's temper
- Negative criticism of teammates, coaches, referees, and opposing players
- Blaming teammates for mistakes or a poor team performance
- "Trash talk" and taunting opponents
- Showboating
- Arguing referees' calls and judgments
- The need to congratulate one's opponents after a game

As a MSC coach or trainer, you are often times the “face of the club” to your players, their parents and the community. It is through their interaction with the coaches, trainers and the team that they formulate their impression of our club. Your words and actions reflect upon the club, either in a positive light or a negative light. To ensure a positive reflection, MSC has created a stringent list of expectations for its coaches and trainers:

- Coaches will provide an environment for their players that is safe for all players
- Coaches will provide an environment that is positive and free of judgment
- Coaches will provide an environment that is free of alcohol, drugs and performance enhancing stimulants
- Coaches will maintain a proper sports perspective and will never emphasize the “winning at all costs” mentality. They will help develop a healthy attitude towards competing and winning
- Coaches will lead by example, demonstrating fair play and sportsmanship at all times

- Coaches will teach good sportsmanship, fair play and proper sports perspective to all players
- Coaches will provide a positive environment which offers diversity and inclusion for all players
- Coaches should educate all players to be supportive of each player on the team
- Coaches will always show respect for players, other coaches, game officials and parents
- Coaches will at all times conduct themselves in a positive manner and ensure that the players are positive to each other
- Coaches will hold all players, parents, team managers, trainers and volunteers accountable for their behavior and will not tolerate inappropriate behavior regardless of the situation.
- Coaches will be the primary soccer role model for the team
- Coaches will treat each player fairly and with respect. They will treat each child as an important member of the team
- Coaches will demonstrate knowledge of the rules of the game and teach these rules to their players
- Coaches will ensure that all players play by the rules in game play
- Coaches will provide developmental opportunities for all players regardless of skills or abilities
- Coaches should provide all players with play time in game situations
- Coaches should provide positive direction and feedback to players before, during and after practice and games

## MSC Requirements for Coaches & Trainers

In addition to the above expectations of our coaches and trainers, there are several requirements that each coach and trainer must meet in order to participate in the Maitland Soccer Club. All of these requirements are to ensure the safety of our players and members.

### Registration and Background Check

On a yearly basis, each coach must complete a coach's registration form provided by MSC. Each registration form provides consent for MSC and the Florida Youth Soccer Association (FYSA) to do a complete and thorough background check on the person registering.

### Code of Conduct

Coaches at MSC must also adhere to the guidelines, rules and regulations contained in this manual and provide a completed signed copy of the Coach's Code of Conduct to MSC.

### Coach Licenses

Although coach's licenses are not required, it is highly encouraged that each coach and trainer have a proper coaching license and credentials, regardless of past experience. Additionally, MSC encourages each coach/trainer to continue their coaching education and obtain higher level licenses. To support this initiative, each coach will be reimbursed by MSC for licensing fees up to \$150 per calendar year for MSC approved coaching programs and licenses.

## MSC Expectations & Requirements of Team

In the same vane that our coaches and trainers are the face of our organization, players and parents formulate the impression of the Maitland Soccer Club from their experiences with the team. A well organized team with good communication reflects positively on our club, while a disorganized team with poor communication will reflect negatively on our club.

The hallmarks of our federated soccer club are that our U9 and above teams operate semi-autonomously from the club. While there are expectations, guidelines and requirements for each team, day to day operational decisions as well as time and financial commitments differ from team to team and are decided by the coach. This unique style allows for individualized team experiences.

Here are some of the expectations and requirements that MSC has for its teams:

- Teams are expected to have team meetings at least twice a year a season – once at the beginning of the season and once at the end of the season. During these meetings, teams should openly discuss important season information to the parents of the players.
- Teams are expected to have consistent and clear communications to the members of the team. Examples of communication will be practice, training and game locations / times, expectations / requirements for events such as arrival times, weather cancellations, etc...
- Teams are expected to take part in the activities of the MSC club. Such activities include fundraisers, community service projects, community events, and club events such as clinics and demonstrations.
- Teams are expected to support the club's yearly team try outs and encourage player attendance at the club's clinics and training events.
- Each team will be required to have each coach, assistant coaches and volunteers submit a registration form to MSC each year. MSC will submit these registration forms to the Florida Youth Soccer Association (FYSA) which will perform a thorough background check on each volunteer. Upon successful completion of the background check, FYSA will issue a member pass for each volunteer. The MSC registrar will compile and furnish member passes to the team. Each pass will need to include a picture of the volunteer, signed by the volunteer and be laminated. All coaches, trainers and volunteers will need to produce this official document at all MSC games and tournaments.
- Each team will be required to have each player submit a registration form to MSC each year along with a copy of the player's birth certificate. MSC will submit these registration forms to the Florida Youth Soccer Association (FYSA) for age verification. Upon successful verification, FYSA will issue a member pass for each player. The MSC registrar will compile and furnish member passes for each player on the team as well as official team roster. Each pass will need to include a picture of the player, signed by the player and be laminated. The team coaches will need to produce the official roster and player passes at all MSC games and tournaments. The passes are given to the game officials prior to each game along with your team roster. Upon conclusion of the game, the roster and player passes will be returned to the team. Without a proper pass, a player will not be able to participate in the games. GCF's rule is "no pass, no play".

- Teams will need to keep a complete roster of all players. This team roster will contain the coach/players/parents names, phone numbers, and email addresses.
- Teams will keep signed medical releases for each player in case a player is injured while playing and a parent is not present. These forms are available on the web site for downloading. Medical releases are good for one year from the date of notarization.
- Each team will require that all player's read, understand and sign a Player's Code of Conduct contract. This Code of Conduct clearly outlines the positive expectations of the players. Each team will retain the contracts of its players.
- Each team will be required to have a Team Manager. Ideally this should be one or more parents of the players, but in some cases can be the coach or assistant coach of the team. The team manager has many functions and is utilized to assist in the management of the team. Routine functions include uniform ordering, providing roster information to the parents, communication to the team for such things as outings, fee collections, team bank accounts, fundraisers, practice and game schedules, changes or cancellations, tournament information, directions to games and tournaments, etc....
- Teams ages U9 and above are required to utilize a MSC approved trainer to assist with the team unless the coaches have appropriate qualifications such as significant coaching experience, F level Coaching license or higher, or collegiate level or higher playing experience. Resumes of qualifications will be required by the Director of Coaching prior to approval. Training fees vary from trainer to trainer and are negotiated between the team and the trainer and are available to fit every team's budgets.
- Team Managers or coaches will be required to post game scores on [www.Scoreline.net](http://www.Scoreline.net) within one to two days following the game.
- Each team is required to keep a list of team requirements, expectations, rules and guidelines for being part of the team that are above and beyond those required by the club. These requirements should be furnished to the club and the parents of the team. Specifically, these requirements should include both time and financial commitments. These commitments vary from team to team and are decided entirely by the team. Examples should include number of times and for how long the team will have practice and conditioning assignments each week for both during the season and off seasons, additional lump sum or monthly fees and what these fees will be used for, and participation in tournament and other games/competitions outside the normal soccer seasons.
- Each team should set up a monthly budget and team bank account if fees are being collected outside the normal club fees. Examples of these fees are tournament fees, training fees, team outing fees and monies collected for equipment and supplies. It is highly recommended that funds collected for these fees are not co-mingled with the finances of the coach and/or team manager.
- Each team may try to get sponsors or hold fundraisers such as car washes to offset the additional fees required by the team. These sponsors and fundraisers are only at the team level and are not recognized as a club sponsor. Sponsorship for the team should not imply Maitland Soccer Club sponsorship and should not include on-site banners, advertising on website or corporate logos on team uniforms. Club level sponsorship information is available on the website.

## Practice Requirements

Each team will need to adhere to the following requirements for team practices.

- Teams must put in a request for practice day(s) and time(s) with the MSC Field Manager. [Fields@MaitlandSoccer.com](mailto:Fields@MaitlandSoccer.com)
- Teams must follow the days/times/locations provided to them by the MSC Field Manager. Any deviations from the schedule must be approved by the MSC Field Manager.
- Teams should only utilize the space designated for their team and not infringe upon other team's field space during the scheduled practice times.
- Coaches should be cognizant of their impact to other team's practices and should work to minimize this impact on the other teams.
- Coaches should arrive 15-30 minutes prior to practice to set up the field space for usage.
- Coaches should ensure that the field has been cleaned up and free of debris and equipment prior to leaving the practice facilities.
- Coaches should ensure that all players have a ride home before leaving the practice facilities.

## Game Day Requirements

Each team will need to adhere to the following requirements for games.

- Teams should know and understand the rules of play for their age group. They can be found at [http://www.gcfsoccer.com/GameInfo/RulesofPlay/index\\_E.html](http://www.gcfsoccer.com/GameInfo/RulesofPlay/index_E.html).
- Teams should know the appropriate game date, time and location of each game. Game schedules are posted on scoreline.net (<http://gcfysl.scoreline.net/>). Schedules are usually available approximately a week before the first league game. Find your grouping on the left (e.g., B11BN means boys/U11/competitive/north). The last letter isn't always there, only when there's a large enough grouping to separate by area.
- The Greater Central Florida (GCF) league does not allow rescheduling of games except in the event of inclement weather. In the event of inclement weather, coaches are still required to go to the field. It is the responsibility of both teams to reschedule the game before they leave the field.
- The only exception to game rescheduling is for State Cup and Region Cup teams during their respective State Cup and Region Cup tournaments if a tournament game is scheduled the same day as a league game. If you must cancel a game, you need to notify the MSC Director of Coaching, the MSC Field Manager and the MSC Ref Assigner. The onus is on the team to notify the other team if you are unable to make a scheduled game for any reason. Team contact information for the other team can be found at [http://www.gcfsoccer.com/Clubs/index\\_E.html](http://www.gcfsoccer.com/Clubs/index_E.html)
- Teams unable to compete in game due to not being able to field a team or who do not show up for a game shall be deemed to forfeit the game 3-0.
  - a) **First Offense** - \$50.00 fine and full referee fee.

- b) **Second Offense** - \$100.00 fine and full referee fee. A written warning from the league. Team will be placed in bad standing with the league and not allowed to participate in post season play.
- c) **Third Offense** - \$150.00 fine and full referee fee. The team will be placed in bad standing with the league and disqualified from all awards and all post season play.
- Teams should arrive approximately 30-45 minutes prior to the start of the game to ensure field set up and equipment is ready for the game. For home games, should the field be not ready for play, please contact the MSC Field Manager [Fields@MaitlandSoccer.com](mailto:Fields@MaitlandSoccer.com)
- The team coaches will need to produce the official roster, player passes and coach's passes at all MSC games and tournaments. The passes and rosters are given to the ref prior to each game and will be returned after the game. All players or coaches missing their required passes will be ineligible to play or coach.
- Teams are required for all home games to supply a proper sized soccer ball in good condition to be used as the game ball.
- Teams are required for all home games to pay the referees and line judges their appropriate fees prior to the start of the game. These fees will be provided by the club to the Head Coach in one sum prior to the start of the season. It is the responsibility of the team to disperse the fees appropriately to each game official for each home game. Current fee schedules can be found at [http://www.maitlandsoccer.com/Coaches\\_Info.html](http://www.maitlandsoccer.com/Coaches_Info.html) or at [http://www.gcfssoccer.com/RefereeInfo/RefereePaySchedule/index\\_E.html](http://www.gcfssoccer.com/RefereeInfo/RefereePaySchedule/index_E.html)
- Teams are required at the conclusion of the game to display proper sportsmanship and shake hands with the opposing team's coaches and players, as well as the game officials. Game officials should return the team's rosters and player passes at this time.
- Before leaving the field and facilities, teams should ensure that the facilities are cleaned up and free of debris and appropriate field equipment.
- Coaches should ensure that all players have a ride home before leaving the game facilities.

### Team Risk Management

All teams and coaches should ensure that the appropriate measures are taken to ensure the safety and well being of the team's players and volunteers. Coaches/Trainers/team leaders are expected to exercise their better judgment to minimize the potential risks of participating in youth sports.

- **Coaches/Trainers/team** leaders are required to ensure that all players have the appropriate equipment to partake in activities. Soccer style cleats, shin guards, athletic supporters, etc.....
- **Coaches/Trainers/team** leaders are required to provide ample rest and hydration opportunities to its players. They should be able to recognize the signs of fatigue and dehydration in its players.
- **Coaches/Trainers/team** leaders shall ensure that all field and training equipment is in proper working order and free from defect. Soccer goals, regardless of size, should be securely anchored to the ground.

- **Coaches/Trainers/team** leaders are required to ensure that both the practice and playing fields are in appropriate condition and are free from debris, obstacles and ground defects such as holes.
- **Coaches/Trainers/team** leaders are required to have appropriate first aid kits at all practice and games. Each first aid kit at the minimum should include ice packs and bandages.
- **Coaches/Trainers/team** leaders are required to have a signed and notarized medical release form for each player on the team. These medical releases should be readily available at all times that the team is participating in practices or games.
- **Coaches/Trainers/team** leaders should be aware of any specific medical conditions or medications that may impact the athletes performance or safety.
- It is highly suggested that each team has a leader or volunteer who is versed in proper injury and medical procedures. The Red Cross offers classes on such topics as CPR, sports injuries, etc...
- **Coaches/Trainers/team** leaders are required to supervise practice activities and games to ensure that players are not reckless in behavior to themselves, their teammates or other players/coaches/volunteers.
- **Coaches/Trainers/team** leaders will not allow players to play or practice in lightning or excessive weather. The area surrounding the field should be free of lightning for a minimum of 30 minutes. In the event of lightening and storms, team leaders are responsible to ensure that all of the team members have obtained safe shelter.
- **Coaches/Trainers/team** leaders must ensure that only individuals who have submitted and passed a MSC background check be involved in activities with the kids.
- **Coaches/Trainers/team** leaders must stay at practice and game facilities until all the parents or guardians have claimed their children. Under no circumstances should children be left behind waiting for a ride or left with another adult who is not the legal parent or guardian of the child.

## Suggestions for Great Team Experience

The reasons that children participate in youth sports are many and vary from child to child. Regardless of the main reason, each child wants to have fun and enjoy their participation in soccer. With society's obsession with "winning" – it is important to not lose sight of this fact. It is a well documented fact that the reason that most children stop participating in youth sports is because it is no longer enjoyable or fun. Here are some tips that you can use to ensure that your players have a great team experience (winning records not required!)

- **Participate in a tournament.** The FYSA web site is a helpful place to begin when looking for a tournament for your team. Go to [www.FYSA.com](http://www.FYSA.com), select "Tourn/Travel", and then "Sanctioned Tournaments".
- **Host a social event.** Examples include a swim party, movie, cookout or going to sporting event together as a team.
- **Brand your team.** Create a team name and t-shirts and other clothing (e.g. practice uniforms) printed with the team name.
- **Create a Team Web Site.** Develop and create your own team web site to provide team-specific information, news and photos. More than likely, there is a computer savvy parent or even player that could volunteer to set it up. Some suggestions for templates are [eteamz.com](http://eteamz.com) and [mysite.com](http://mysite.com).
- **Host End of the season parties.** Have a party at the end of the season to celebrate the hard work and success of your team.
- **Create Team mementos.** Have a parent or photographer take team photos and pass out game/team photos and other memories such as DVDs and posters.

Whatever you do, remember to keep the focus on fun and be sure to include all players!

## Coach's Expectations of MSC

At MSC, we take great pride in having the best soccer developmental program in Central Florida. We realize that this is the result of the efforts of our network of dedicated professionals and passionate volunteers. These efforts have produced a great reputation that is well known for helping our players compete both on and off the field.

As a coach at MSC, you can hold us to the highest possible standards, just as we hold you to the highest standards. This mutual accountability ensures that we can create a positive environment that is beneficial to all our members.

Here are just some of the expectations that you can have from our club:

- MSC will provide the guidelines and operating procedures for the club, and will make them available to all members, volunteers, coaches and trainers.
- MSC will provide a safe environment for coaches and players of MSC to practice and participate in games.
- MSC will conduct thorough background checks on all coaches, trainers, volunteers and professionals involved with the organization.
- MSC will work to provide club developmental programs and opportunities aside from the traditional team practices and training sessions.
- MSC will provide all teams and coaches access to pre-qualified trainers that can be utilized for training and developmental purposes.
- MSC will support the continuing education of our coaches and trainers. Tuition reimbursement of \$150 for approved training courses is available for each calendar year.
- MSC will provide timely and relevant club communication to its members via both printed and electronic communications.
- MSC will provide club registration and MSC Club fee collection for the club. There will be several open registration periods prior to the start of the season for member signups.
- MSC will handle all uniform ordering with the club's uniform vendor. Each individual team is responsible for providing the MSC Uniform Manager with a completed team uniform order form and payment a minimum six weeks prior to the season start. You can contact MSC's Uniform Manager at ([Uniforms@MaitlandSoccer.com](mailto:Uniforms@MaitlandSoccer.com))
- MSC will provide yearly team tryouts for each player to participate and showcase their talents. It is at these tryouts where teams will be able to adjust their rosters.
- MSC will maintain access and good standing in the leagues and organizations that our teams participate in.
- MSC will maintain a website that will contain important information about the club.
- MSC will pay the individual team's league fees for membership.
- MSC will provide the head coach a check for the total of all game official fees for each home game prior to the start of the season. It is the responsibility of the team to pay the game officials their appropriate fees [http://maitlandsoccer.com/Coaches\\_Info.html](http://maitlandsoccer.com/Coaches_Info.html) prior to the start of the home games. In the event that a game official does not show up for the game, it is the responsibility of the coach to refund that money to MSC.
- MSC will provide all practice scheduling times and locations for the clubs teams. Contact the MSC Field Manager [Fields@MaitlandSoccer.com](mailto:Fields@MaitlandSoccer.com) for more information.

- MSC will provide all game scheduling times and locations for the in-house clubs teams. Contact the MSC Field Manager [Fields@MaitlandSoccer.com](mailto:Fields@MaitlandSoccer.com) for more information.
- MSC does not create the game scheduling times and locations for the clubs teams that participate in the GCF and FSL leagues. The game schedules will be posted [www.MaitlandSoccer.com](http://www.MaitlandSoccer.com)

## MSC Expectations of Parents

In an ideal world, parents would take the hands-off approach and let the coaches and trainers do their job. They would support the coach's actions and words, reinforce the concepts you teach and provide you with helpful feedback that could be used to improve the program. In reality, this is sometimes not the case. Occasionally on a team, you have a parent who likes to help you by sideline coaching, informing you of something you are doing wrong or offering you an unbiased opinion of their child's skills.

At MSC, we have developed a MSC Parents Handbook which outlines the expectations of the player and the parents. Each parent on your team should have received this handbook. An electronic copy is available on our website [www.MaitlandSoccer.com](http://www.MaitlandSoccer.com) It is the parents' responsibility to make sure that they abide by the guidelines set forth by MSC in this handbook.

As a coach, it is reasonable to expect the following from the parents of your players.

- Parents should positively support their children throughout the child's soccer development.
- Parents should positively reinforce the principles and values that are taught at practices.
- Parents will demonstrate and encourage good sportsmanship at all times. They should maintain a proper sports perspective and remember that the game is all about the players and not all about winning.
- Parents will demonstrate positive support for all players, coaches, game officials and administrators at all times. They will not criticize or argue with game officials.
- Parents will ensure that their child treats other players, coaches, game officials, administrators, opponents and fans with respect.
- Parents will always allow the coach to be the coach and refrain from coaching on the sidelines.
- Parents will not get into arguments with the opposing team's parents, players, or coaches.
- Parents will not bring alcoholic beverages to practice or games.

Here are some guidelines that you as the coach should employ when dealing with parents:

- Discuss any questions, comments or concerns regarding the athlete only with parents or legal guardians of the player.
- Do not allow any parents on the practice fields during scheduled practices. There are designated areas around the perimeter of the field for parents to sit during practices.
- Make yourself available to parents before and/or after practice to arrange a time when they can talk with the coach or trainer to address any questions, comments or concerns they may have.
- Inform your parents of the "48 Hour Rule". This rule requests parent should not approach a coach during or after a game regarding questions, comments or concerns no sooner than 48 hours after a game.

- Do not allow your parents to coach from the sidelines. Please ask your parent to refer to the MSC Parents Handbook and refrain from this conduct. If conduct persists, a warning should be issued to the parent and the MSC Board should be notified.
- Do not allow your parents to make disparaging remarks, negative comments and/or complaints to the referee, the coach, another player, other parents or the opponent's coaches, players and parents. Should this occur, ask your parent to refer to the MSC Parents Handbook and refrain from this conduct. If conduct persists, a warning should be issued to the parent and the MSC Board should be notified.
- Ask the parents about any special issues that may or may not affect their child's safety or performance. This would include medical conditions, medications, external stresses, etc... Make notes of this and keep this with the players medical release forms.
- Communicate issues clearly and often to parents regarding late arrivals or pickups for practices/games, inappropriate uniforms/ equipment, and inappropriate behavior from their child. Contact MSC if the problems persist.

## MSC Expectations of Players

At MSC, we have high expectations of the players to behave in a manner that reflects positively upon themselves, their family, their team and the Maitland Soccer Club. First and foremost, this starts with respect. This respect is for the player, their teammates, coaches, trainers, opponents, officials, administrators, fans and the rules of the game at all times.

In the MSC Parents Handbook, there is a section which outlines the expectations of the player. Each parent on your team should have received this handbook. An electronic copy is available on our website. It is the parents' responsibility to make sure that their children abide by the guidelines set forth by MSC.

As a coach, it is reasonable to expect the following from your players.

- Players understand that playing for Maitland Soccer Club is a privilege and not a right and that this right can be revoked at any time.
- Players will respect themselves, their teammates, coaches, trainers, opponents, officials, administrators, fans and the rules of the game at all times.
- Players will display good sportsmanship and encourage good sportsmanship from fellow players.
- Players will exhibit proper sports perspective at all times and remember that soccer is an opportunity to learn and have fun.
- Players will remember that soccer is a TEAM sport. They will accept and include all players on the team regardless of race, sex, creed, skills or abilities.
- Players will play by the rules of the game at all times.
- Players will listen to the coaches and trainers and maintain a positive attitude.
- Players will concentrate on playing soccer, always giving their best effort every day, regardless of score.

Here are some guidelines that should be used in dealing with players:

- Always foster a team environment where everyone is included and treated equally. Often times, teams are made of up athletes with varying races, sex, creed and abilities. Encourage inclusion and accept diversity.
- Provide a *safety first* environment where the safety and the welfare of the players is the top priority. Encourage your players to inform you of injuries or unsafe conditions.
- Always ensure that the players are supportive to their teammates and positive in their interactions with all players. Players should not place blame on others or make excuses for their play or actions.
- Remind your players that playing for your team is a privilege and not a right, and that this privilege can be revoked at any time should a player's actions warrant such action.
- Enforce that players should listen attentively to the direction and instruction from the coaches and trainers during practices and games. Horseplay and goofing off are disruptive to the team and should not take place.

- Educate your players to play fairly and by the rules of the game at all times, regardless of the actions of their opponents. Demand that they exercise self control and maintain composure at all times. Each player is responsible for their own actions.
- Inspire your players to always compete to the best of their ability. This includes giving it their best efforts at all times, regardless of the score of the game. Players should play competitively and play soccer as a team sport. "Hogging the ball" and excluding teammates of game time opportunities is not playing as a team.
- Always ensure that proper sportsmanship and sports perspective is practiced by each and every player on the team. Players will not taunt, tease or otherwise display disrespect to the opposing team. At the conclusion of the game, each player should shake hands with the opponent's players and coaches, as well as the officials for the game.

## Frequently Asked Questions

### **What is the club's website address?**

The club's website can be accessed at <http://www.maitlandsoccer.com>

### **Who are the key contacts at MSC?**

The key contacts for the club are as follows

|                           |               |  |
|---------------------------|---------------|--|
| Club President            | Dan Clifton   | <a href="mailto:President@MaitlandSoccer.com">President@MaitlandSoccer.com</a> |
| Registrar                 | Jenn Stubbs   | <a href="mailto:Registrar@MaitlandSoccer.com">Registrar@MaitlandSoccer.com</a> |
| Director of Coaching      | John O'Grady  | <a href="mailto:DOC@MaitlandSoccer.com">DOC@MaitlandSoccer.com</a>             |
| Treasurer                 | Gigi Harris   | <a href="mailto:Treasurer@MaitlandSoccer.com">Treasurer@MaitlandSoccer.com</a> |
| Field Manager             | Larry Poliner | <a href="mailto:Fields@MaitlandSoccer.com">Fields@MaitlandSoccer.com</a>       |
| Referee Assignor          | Louie Folber  | <a href="mailto:Refs@MaitlandSoccer.com">Refs@MaitlandSoccer.com</a>           |
| Director of Instructional | Louie Folber  | <a href="mailto:DIP@MaitlandSoccer.com">DIP@MaitlandSoccer.com</a>             |

670 N Orlando Ave #101  
Maitland, FL 32751  
407-965-6600  
[www.MaitlandSoccer.com](http://www.MaitlandSoccer.com)  
[info@maitlandsoccer.com](mailto:info@maitlandsoccer.com)

### **How do players register?**

Players can register online ([www.MaitlandSoccer.com](http://www.MaitlandSoccer.com)) or at one of sign up events. For a listing of sign up events, please visit the website.

### **How do I order uniforms?**

Uniforms can be ordered by contacting the Uniform Manager at [uniforms@MaitlandSoccer.com](mailto:uniforms@MaitlandSoccer.com)

### **How do I schedule practice times and locations?**

Practices can be scheduled or changed by contacting our Field Manager at [Fields@MaitlandSeoccer.com](mailto:Fields@MaitlandSeoccer.com)

### **What is GotSoccer and why am I getting e-mail from them?**

GotSoccer is the online registration/communication tool that FYSA utilizes to track schedules, players, coaches and volunteers.

### **What do I do if our field is not ready to play?**

If you field is not ready to play, please contact the MSC Field Manager at [Fields@MaitlandSeoccer.com](mailto:Fields@MaitlandSeoccer.com)

### **How can I find additional tournaments?**

As a member of GotSoccer.com, you should receive periodic mailings with listings of tournaments. For additional tournament info, you can check the FYSA website at [http://www.fysa.com/tournaments/TournamentList/index\\_E.html](http://www.fysa.com/tournaments/TournamentList/index_E.html)

**How can I get my coaches, player passes or official roster?**

You can obtain your team passes and rosters by contacting the registrar prior to the start of your season. The registrar will usually proactively contact the coach or team manager with the passes and forms when they are ready.

**How can I get a list of approved trainers?**

A list of approved trainers is available from the Director of Coaching.  
[DOC@MaitlandSoccer.com](mailto:DOC@MaitlandSoccer.com)

**What are tryouts and why do we have them?**

Tryouts are a chance for players to showcase their individual skills and talents. Tryouts are held once a year and provide the opportunity for the players to move to different skill levels. Additionally, it provides teams with opportunity to evaluate new players. Tryouts are highly encouraged for all to participate in.

**Why is the registrar so cool?**

If you have to ask this question, then chances are you have no chance of being cool...ever. Jenn is just Jenn.

**Where is my away game located?**

Locations for your away games can be found at  
[http://www.gcfsoccer.com/GameInfo/Fields/index\\_E.html](http://www.gcfsoccer.com/GameInfo/Fields/index_E.html)

**Where can I find my game schedule?**

You can locate your game schedules at  
[http://www.gcfsoccer.com/GameInfo/GameSchedules/index\\_E.html](http://www.gcfsoccer.com/GameInfo/GameSchedules/index_E.html)

**Where can I find league playoff times and locations?**

GCF division champion and playoff information can be found at  
[http://www.gcfsoccer.com/GameInfo/Playoffs/index\\_E.html](http://www.gcfsoccer.com/GameInfo/Playoffs/index_E.html)

**How do I reach the coach of the team we are playing?**

You can reach the opposing coach at [http://www.gcfsoccer.com/Clubs/index\\_E.html](http://www.gcfsoccer.com/Clubs/index_E.html)

## Rules of the Game

Below is a summary for each age group. For Complete set of Rules and Explanations go to FYSA website.

### **Rules for U6/U7 Soccer**

1. Size 3 ball
2. 3v3 no goalies
3. 4x8 minute quarters
4. No throw-ins, Kick-ins only
5. All free kicks are direct kicks
6. Goal kicks taken anywhere on goal line.
7. No off sides
8. No Fouls or Misconduct. If child is too rambunctious, officials can ask coach for a substitution. Substitutions allowed at every stoppage of play.
9. Roster size should be 6 or less.
10. Players must stand 4 yards away from placed kicks (corner, kick-ins, goal kicks)
11. Most important rule coaches stay on the sideline, Let the kids play!

### **Rules for U8 Soccer**

1. Size 3 ball
2. NEW RULE for OBSC, U8 plays 5v5, 1 player as goalkeeper.
3. 4x12 minute quarters
4. Throw-ins allowed
5. All free kicks are direct kicks
6. Goal kicks taken from goal box.
7. No Off sides
8. Limited fouls called, awarding free kicks.
9. Roster size should be 8 or less.
10. Players must stand 5 yards away from placed kicks.
11. Most important rule coaches stay on the sideline, Let the kids play!

### **Rules for U9/ U10 Soccer**

1. Size 4 ball.
2. 6v6 one of whom on each team is a goalkeeper.
3. Two equal halves of 25 minutes. Halftime interval is 5 minutes.
4. Registered Referee Grade 9
5. May use club linesman if desired, but not required.
6. Scoring, Conform to FIFA
7. No Offside
8. Free kicks, Conform to FIFA, exception being 8 yard rule.
9. Penalty kick is 8 yards from the midpoint between goalposts.
10. Throw-in, Conform to FIFA
11. Goal Kick, Conform to FIFA
12. Corner Kick, Conform to FIFA, exception being opponents remain 8 yards off the ball

13. Fouls and Misconduct, Conform to FIFA with the exception of penalty area kicking by goalkeepers, an indirect free kick is awarded.

### **Rules for U11/U12 Soccer**

1. Size 4 ball.
2. 8v8 one of whom on each team is a goalkeeper.
3. Two equal halves of 30 minutes. Halftime interval is 5 minutes.
4. Registered Referee
5. The Assistant Referee: Use U.S.S.F registered referees or club linesman
6. Scoring, Conform to FIFA
7. Offside, Conform to FIFA
8. Free kicks, Conform to FIFA, exception being 8 yard rule.
9. Penalty kick is 10 yards from the midpoint between goalposts.
10. Throw-in, Conform to FIFA
11. Goal Kick, Conform to FIFA
12. Corner Kick, Conform to FIFA, exception being opponents remain 8 yards off the ball
13. Fouls and Misconduct, Conform to FIFA with the exception of penalty area kicking by goalkeepers, an indirect free kick is awarded.
14. Yellow and Red cards can be used. Two yellow cards equal one red card. Player is removed from play for a red card or equivalent. Red cards carry a one game suspension.

### **Rules for U13 and up Soccer**

1. Size 5 ball.
2. 11v 11 one of whom on each team is a goalkeeper.
3. Two equal halves of 30 minutes. Halftime interval is 5 minutes.
4. Registered Referee
5. The Assistant Referee: Use U.S.S.F registered referees or club linesman
6. Scoring, Conform to FIFA
7. Offside, Conform to FIFA
8. Free kicks, Conform to FIFA, exception being 8 yard rule.
9. Penalty kick is 10 yards from the midpoint between goalposts.
10. Throw-in, Conform to FIFA
11. Goal Kick, Conform to FIFA
12. Corner Kick, Conform to FIFA, exception being opponents remain 8 yards off the ball
13. Fouls and Misconduct, Conform to FIFA with the exception of penalty area kicking by goalkeepers, an indirect free kick is awarded.
14. Yellow and Red cards can be used. Two yellow cards equal one red card. Player is removed from play for a red card or equivalent. Red cards carry a one game suspension.

## Links & Resources

The following is list of resources for the Maitland Soccer Club

- On-Line Resources
  - GotSoccer.com (registration, rosters, schedules, etc...)
  - FYSA.com (soccer league information)
  - FIFA.com (soccer rules)
  - MaitlandSoccer.com (club website)
  - GCF League <http://www.gcfsoccer.com>

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Orlando City Soccer <http://orlandocitysoccer.com/>

Lotto Italian Sport Design <http://lottoteamsport.com/collections.php>

Soccer Locker Orlando <http://soccerlocker.com/>

Maitland Tire <http://www.maitlandtire.com/>

Maitland Police Dept <http://itsmymaitland.com/>

Jeremiahs Italian Ice <http://www.jeremiahsice.com/>

David Maus Chevrolet <http://www.davidmauschevrolet.com/index.htm>

Sea World <http://www.seaworldcares.com/>