**PELHAM REC SOCCER**

**COACHES MANUAL**

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|  | Visit: PelhamSoccer.org |

**ImportANT Information for Coaches**

Thank you for agreeing to serve as coach or assistant coach this year. For those of you who are veterans, we are pleased you are returning. For those of you who are novices, we think you will find coaching to be an enjoyable experience. Pelham soccer coaches enjoy warm support from our parent community and have a great time coaching the kids. Here’s some *nuts and bolts information* we would like you to know about:

**in General**

* ***Equipment***

•• Please mark your balls; pen provided.

•• Last year was a great year in terms of getting equipment back. Please cooperate in making sure we collect all equipment this year. See attached equipment return procedure.

* ***Parking; traffic***

 Spring Road parking -- must use parking lost.

 Parking for Kindergarten practice will be chaotic (200 kids)

 Ingalls Field: Parking may be tight, especially on clinic days. Suggest parking in the main High School lot.

• ***Sharing goals****:* We have more practice teams on some fields than goals, (e.g. Franklin). Please share.

* ***Policing sidelines:*** Coaches are responsible for *policing sidelines for papers and bottles* after game and practice. (We get a phone call each week papers are left). *Coaches on the field for the last game of the day have final responsibility!*
* ***Moving goals:*** Coaches who play the last game of the day are responsible for moving the goals on Franklin Field.

 ***Practice spots:*** Let's save the grass and *minimize practice time in the goal area*, except when using the goal.

 ***Smoking/dogs***: Under state law, there is no smoking on school property; *no dogs* allowed.

 ***Picture day***: *Remind* kids to wear uniforms for *picture day*. **If it rains**, kids should ***wear sneakers*** for pictures in the gym.

 ***Rainouts*:** call 738-6644 for hotline. We will try to post on the website.

 ***High school rescheduling:*** We may need to restructure schedule if high school shifts to Saturday game.

 ***Pelham cup:*** Schedule to follow.

 ***Player ratings*:** Coaches *rate players* (1-5 scale – best to weakest) at year end. Division Commissioners must turn in ratings before receiving pictures/trophies.

 ***Team season-ending celebration:*** Consider holding *season-ending event*: pizza party; ice cream parlor, etc. Consider *family v. kids game* for last practice

**Game Management**

 ***Game lineup****:* Consider preparing a **written lineup** for every game. It takes some time but it's much easier to decide who's playing where and when in the comfort of your kitchen between the practice and the game rather than during the two minute quarter break. It's also much fairer to the players. This practice is essential for teams with large rosters.

* ***Playing time; substitution policy***

•• Every player must play at least two full quarters – *no exceptions!* we strongly encourage you to play each player three quarters before anyone plays four.

•• No substitutions permitted during first, second and third quarters, except for injuries. All substitutions must be at quarter end.

•• Substitutions permitted in the fourth quarter to better balance playing time . Tell referee ahead of time and he or she will stop play for one minute halfway through fourth quarter to allow substitutions.

 ***Game times****:* We **start and end games promptly** to keep the schedule moving. Please encourage your players to show up to at least 20 minutes before game time.

 ***Parent calls***: *Tell parents that they should call you if their child is not coming to the practice or the game. Don't assume they know it; they don't!*

 ***Sideline control:*** Head coaches are responsible for *decorum of team parents* during game.

* ***Referees:*** *Respect the referees* -- one day your child may be out there as a referee.

 ***No running up scores***: Tell kids no one can shoot unless they have passed five times; calls will be made to coaches to explain any game won/lost by more than 5 goals. We will not run news accounts of "blowout" games.

• ***Handballs****:*

Grades 1/2 division

•• Handball penalty in goal area: throw-in for the other team

•• No penalty kick (direct or indirect)

Grades 3/4 division

•• Handball penalty in goal area: off-center penalty kick from goalie box line.

 ***Center kickoff***:

•• All quarters and half start with a center kickoff for Grades 1/2 and 3/4

•• Grades 5/6, 7/8 9/10 divisions start half but not quarters with center kickoff

 ***Injured players:*** **Parents** are often **confused** about game-time injuries and the stoppage of play. Please tell your parents that when a player goes out with an **injury**, the referee will not stop the game, unless the injury is serous, until there is a natural stop in the action (e.g. ball goes out of bounds).

**Kindergarten**

* Kindergarten soccer is purely about having fun, so play lots of fun games.
* Later in the season, we may play small games; consider using multiple balls so every child scores; no goalies.
* Kindergarten parents will need to clear the field and parking lot to make room for afternoon games.

**Grades 1/2 Divisions**

* No goalies! Please do not position player in front of goal as surrogate goalie. Let 'em play!
* 6 v 6
* No penalty kicks for handballs in box; throw-ins instead.
* Each quarter and half start with center kick
* One coach per team permitted on field during first two games; please do not interfere with play after week two the kids are on their own.
* Coaches should treat clinics as learning experience for the coaches as well as the kids.

**Grades 3/4 Divisions**

* 8 v. 8 including goalie (if one team has 8 or less go to 7 v. 7)
* Modified penalty kick for handballs in the box
* Each quarter and half start with center kick
* Remember to move goals after last game at all fields!

**Grades 5/6 Divisions**

* 9 v. 9 (if one team has 9 or less go to 8 v. 8)
* Remember to move goals after last game on Glover Fields and Prospect Field.

**Grades 7/8 and 9/10 Divisions**

* Practice followed by full field game

**Measure of coaching success . . .**

**how many kids return next year!**

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