

TEAM MANAGEMENT



Being a good coach is about more than just being able to run a good practice. Below is a list of factors to consider with regard to managing your group of players. This is not an all-encompassing list but should provide you with an initial framework for staying on top of the other pieces of being a coach.

1) Organize/Prepare – If practices flow easily from one activity to another with minimal down time, the players are able to stay focused and will spend more time engaged in the fun activities. Use a practice plan, like the ones included in this manual to plan out your training sessions.

2) Choose your activities carefully - There is nothing worse than putting players through “boring” drills that are inappropriate to their playing ability either by being too difficult or too easy. Activities should be fun and challenging. Even young players will engage themselves in a great game.

3) Develop your own personal coaching philosophy - all coaching actions are preceded by a decision. Any decision you make is based on your philosophy. A coach’s philosophy should encompass their personal beliefs, motivation, experiences and methods. Ask yourself some important questions: Why are you coaching? What were your experiences as a player? What is your coaching style? How will you define success?



4) Open lines of communication – hold a meeting with the parents of the players on your team. During this meeting you should discuss many things including your coaching philosophy, aims and goals for the season, parent and player expectations, practice and game logistics, rules and regulations of league/club and help needed from each parent (give them roles, like team administrator, social coordinator, team referee, uniform coordinator etc.)

5) Get Equipped - make sure you have the correct sized balls for your age group. You will also need a pump, some cones for laying out activities and colored pennies (bibs/vests). Portable goals are useful but not essential. Bring a spare pair of shin guards and some extra water to every practice/game in case one of your players forgets to bring their own.

6) Be Prepared for Injuries – soccer is a contact sport and therefore injuries are likely. You should always have your players' medical release forms with you during practice and games. You should also keep a fully stocked first aid kit with you that should include: cold compress packs, Band-Aids, antibiotic ointment, sting-relief ointment, antiseptic wipes and bandages.

7) Remember: You Are The Role Model - It is always good to remember that our actions are speaking so loudly that the players cannot hear what we are saying. If we ask for respect, but show that we don't respect others (e.g., the referee) then we are asking for problems. Model appropriate behavior and get it in return.

COACH EDUCATION



NMYSA offers a comprehensive, age-appropriate coach education program across the state. Many of our courses are free to attend. We offer a simple online registration system known as eCertification, which allows us to issue and track all certifications electronically. For more detailed information on all of our courses please visit the coach education page of our website. We currently offer the following courses:

Online Youth Module 1

- Aimed at coaches of players U5 thru U8
- The course has been developed to allow coaches to take a coaching certification course through a virtual online classroom from the comfort of your own home and at your own speed
- The course consists of text, audio and video
- Coaches can quit and save their progress and come back to the same point at a later date
- On completion coaches will find their course license and the entire course manual available to download



Youth Module 1 (Physical Version)

- 6 hours in duration, 3 hours classroom, 3 hours field activities
- Aimed at coaches of U5, U6, U7 and U8 teams
- Field sessions with players and with candidates

Youth Module 2

- 6 hours in duration, 3 hours classroom, 3 hours field activities
- Aimed at coaches of U9, U10, U11 and U12 teams
- Field sessions with players and with candidates

USSF E License

- 18 hours in duration, combination of field and classroom sessions
- Aimed at coaches of U9 to U12
- Candidates are required to participate in field sessions

USSF D license

- 36 hours in duration, combination of field and classroom sessions with written, oral and practical exams
- Aimed at coaches of U12 to U14
- Candidates are required to participate in field sessions

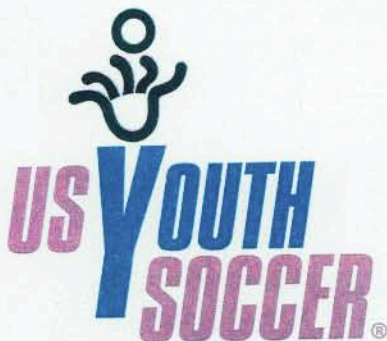
Goalkeeping Level 1

- 6 hours in duration, 2.5 hours classroom, 3.5 hours field activities
- Aimed at coaches of U10 thru U13

Goalkeeping Level 2

- 6 hours in duration, 2.5 hours classroom, 3.5 hours field activities
- Aimed at coaches of U13 and up

NATIONAL COURSES



National Youth License

- The National Youth License is designed to provide club directors of coaching, youth coaches, physical education teachers, and soccer administrators with the knowledge to successfully structure soccer environments for children aged 4-12
- Takes place over 5 days
- Combines field and classroom activities



USSF C License

- The National "C" License course is designed to introduce concepts that are targeted toward coaching players ages 11-14. The course focus is on getting coaches to think about, discuss, and recognize the recurring concepts or themes that exist in soccer.
- Takes place over 8 consecutive days
- Combines field and classroom activities

Minimum Coaching Requirements

NMYSA strongly recommends that all coaches achieve a level of coaching certification appropriate to the age and level of the players they teach. There are many reasons why coaches should seek coaching certification:

- 1) To increase your effectiveness as a volunteer or paid coach by enhancing your knowledge of fundamental coaching concepts such as:
 - Philosophy of coaching
 - Age appropriate training of children
 - Prevention of injuries
 - Care of injuries
 - Team management
 - Risk management issues
- 2) To protect you from civil lawsuits. If you are ever sued for an injury to one of your athletes (although rare), you can present a much better legal defense as a result of being educated and trained.
- 3) To increase your knowledge on how to properly teach technique and tactics.
- 4) To ease the worry of volunteer coaches who have never played or have limited experience in the game.
- 5) To arm the coaches with activities (not drills) that will provide for a safe and fun learning environment.
- 6) "There's no substitute for an educated coach".

NMYSA Strongly recommends the following minimum coaching requirements:

Age Group	Minimum Certification
U4 – U8	Youth Module 1 (Online or Physical)
Recreational U9 – U12	Youth Module 2
Competitive U9 – U12	USSF E License
Competitive U12 – U14	USSF D License
Competitive U14 – U19	USSF C License
Directors of Coaching / Pro Coaches	National Youth License plus Age-appropriate License

USEFUL RESOURCES

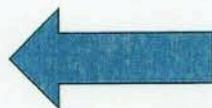
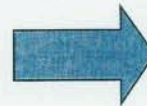


www.nmysa.net

Here you will find all the information regarding New Mexico Youth Soccer, our programs, members, tournaments, as well as session plans, articles, videos and links to many other coaching and soccer resources.

www.usyouthsoccer.org

This extensive webpage covers nationwide programs, includes soccer blogs and many coaching parent and administrator resources including a large range of DVDs and books. You can also find detailed information on rules, small-sided games, coaching conventions and many other youth soccer related features.



www.ussoccer.com

This site provides great coverage of US Youth and Adult National Teams in addition to information on referee development and National Coaching Schools.

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