

# Force Soccer Club Coaching Guide

By

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## Introduction

This guide is intended to help coaches of all experience levels, but especially people newer to coaching soccer. You will learn your role as a coach, as well as how to create a training session. More importantly, you will understand why you are doing what you do.

At Force SC, we thrive to provide an atmosphere of “serious fun.” When my players hear those words they understand that while what we are doing is a lot of fun, they have to focus and put forth an effort. Serious fun is a motto that my team uses at almost every training.

Methodologies used are a combination of those provided in the US Soccer Learning Center along with things that have worked well for me in the past, such as teaching footwork and technical skills early on in development.

Lastly, as a person, and as a coach, you can always become better. You are helping your team and players by seeking out education. The worst possible thing you can do is be satisfied, or believe you no longer need to grow as a coach. I highly recommend the US Soccer Licensing courses.

## Force SSC Soccer Club Expectations

Coaches are expected to develop players within the curriculum provided. There is some room for variation, but for the most part, the curriculum should be adhered to. We have a long-term plan on how players should develop throughout the years.

As a club, our focus in training is on game-like situations (you can read more on that later).

## 3 Player Needs

1. To Have Fun
2. To Develop
3. To Belong

These 3 player needs are pretty self-explanatory, but every coach should incorporate these items when creating an environment for his or her players.

## 6 Roles of a Coach

1. **Coaching Games** - This is what it sounds like. As a coach, you have to create an environment that guides the player towards doing their best in a game situation in order to develop. That can be anything from altering a gameplan, to helping a player understand their role on the field.
2. **Coaching Training Sessions** - Again, what it sounds like. Create an environment that helps to support and guide the player in order to prepare them for games. This includes preparation for trainings.
3. **Leading the Team** - As the coach, you will be creating an environment that promotes inclusion as well as keep players engaged. There should be team behaviors that players look to represent, and as the coach you should model those behaviors.
4. **Leading the Player** - Players need personal attention from their coaches. By providing each player with attention, it allows them to better fulfill their potential.
5. **Managing the Performance Environment** - The performance environment is the off-the-field extra curricular items that a coach can help to create. Examples might be team get togethers, or having a messaging group that players can communicate with one another on.
6. **Leadership** - Leadership is when a coach takes all of the above items and is able to implement them towards team and individual player goals.

For more on what traits that could help develop you into a better coach, please see the link for the article “Calls for Coaches.”

[https://www.aspeninstitute.org/wp-content/uploads/2019/02/CallsForCoaches\\_Final\\_Web.pdf](https://www.aspeninstitute.org/wp-content/uploads/2019/02/CallsForCoaches_Final_Web.pdf)

## Cycle of Coaching

**Find Issue** → **Plan How To Resolve Issue** → **Implement Plan** → **Reflect on Results** (repeat cycle)

Coaches work on a repeated cycle. First, they find the issue. This happens in games or scrimmages, where the coach notices something that his team needs to work on.

After the issue has been discovered, the coach should then create an action plan on how to handle the issue. This is by creating a training session where the team can work on whatever the issue is.

Once the training session has been created, it's time to run it. Coaches will take their plan and have the players carry it out.

The final step is reflection. This can be done after the training session, or even after the next game. Was the plan successful? How was it successful? Could it be tweaked to get better results? Reflection allows the coach to see what worked and what didn't work, and then change it for next time.

## Coach's Toolkit

**Check/Adapt:** Observe and check the created situation on the field, adapt if necessary.

**Give Positive ReinForce SC SCment:** Motivate players by being encouraging.

**Use Key Words:** Key words are words you will use multiple times per training to get players to cue in on how you want their behavior to change.

**Ask Questions:** Use guided questions ("if you have the ball and 2 defenders are on you, what can you tell me about one of your teammates?"), see if they understand.

**Demonstrate:** Get in there and show them how to do what you want. If you aren't capable, you probably have a player who is.

**Give Feedback:** Collect information on the behavior of your players that is related to your objective. For example, if the objective is passing, how many successful passes did they complete in the activity? Let them know.

**Command:** Tell the players what to do.

**Apply the Cycle of Coaching** (see above)

## Development

At Force SC, we want to stress player development over winning. It's a cliché, for sure, but we want to follow it, especially at the younger ages. If that means a player who isn't as developed needs to get as much playing time as the more developed players at the cost of a game, that's what it means. As players continue to develop, winning will become a byproduct of the development.

Our club is NOT about the coaches, their egos, and padding their resumes. It is about players first. This philosophy will result in more successful teams in the long run.

With that said, as players get older, playing time should be earned by the player. Coaches can evaluate players on competitive teams and play to win games at the higher levels. It is at the younger ages that playing time should be divided up as evenly as possible to promote a steady developmental process.

For more information on playing time, please see the “Playing Time” section under “best practices.”

Please see the following to see what you should be focusing on when it comes to player development.

**Academy:** players should be learning the laws of the game and having fun. Basic rules should be explained, such as how to score. General understanding should be the focus for academy players.

**U9 through U12:** Coaches should continue to develop individual player strengths. At these ages, players should understand formations and individual roles. When attacking, they should understand what to do as opposed to how they play when defending. At the U10 age, players should start getting the concept of playing as a team, and start to familiarize themselves with basics of attacking, defending, and transitioning (4 phases of the game). At U11/12, players will start to understand their roles on a team.

**U13 and older:** The primary focus for these players is the team dynamic. Players should now understand their roles in the team, and now they can understand how parts of the team work together, as well as how the team works as a whole. This is where they want to learn about specific qualities to each position, and how the qualities of each position help to create a team.

## How Development is Measured

Development is a tough thing to measure. But there are ways as coaches that we can see tangible results.

One way is to collect objective data. For example, if your goal is passing, then count the number of successful passes versus unsuccessful passes in the first game of the season. As the season goes on, have activities at trainings that focus on passing. And finally, in the last game of the season, count again how many successful passes your team makes versus unsuccessful passes. Hopefully the percentage is significantly better. If it is, there is a proof of development.

Another way to really see if a group of players is developing is by seeing how much space is needed when running a practice activity. If you find that your players aren't having enough success in an activity, the space should be made larger. As they have more and more success in a larger grid, slowly make it smaller over time. If they have the same amount of success in a smaller grid, the players have developed.

# Principles

Principles are the high level idea of what you want players to do in certain situations. When you create a practice session, at least one of the principles of soccer should be the focus of the session. These are the principles for both attacking and defending.

## **Attack**

Create attacking shape: Create appropriate height, width, and depth on the field

Provide options to play the ball forward: Provide vertical or diagonal passing options, move or lose opponent when marked, make runs behind the defensive line, and give immediate support to teammate under pressure

Break lines to advance attack: Drive with the ball to exploit space, engage opponent in isolation (1v1 or 2v1), find a free player between or behind the lines, switch fields by passing the ball to the opponent's weak zone

Take countermeasures against opponent's counterattack: Push up the defensive line with speed and stay connected as a team, get compact, stay compact

Finish the attack: Separate from the defenders by timing run or quick movement to get unmarked, find a through ball or combination of passes, get numbers forward and fill all of the zones in front of the goal, cross the ball into space or to a player, engage opponent in isolation (1v1) to create scoring opportunity, finish using limited touches

## **Defense**

Create defensive shape: Get compact, position players to create a high front line, position players to create a high defensive line

Build pressure on the ball: Move as a unit to Force SC SC the other team in a predictable way, initiate pressure on player with the ball, attack when there is an opportunity to win the ball, provide both cover and balance to eliminate passing options, and prevent the opponent from switching the ball

Recover when pressure is broken: Quickly apply pressure to the opponent with the ball, delay their attack and move into a defensive shape, and look to intercept the pass and win second balls

Take countermeasures: Create passing options immediately after winning the ball, pass between opponents lines

Deny the finish: Get the defense close to the center of the field, again, getting compact as a team, mark and cover players, deny crosses, protect the width of the goal, and challenge to protect against any goal attempt

## Player Actions

Player actions are the actions that you are directly coaching into your players during various situations in the game. When you create a practice session, depending on which principles you are covering, you should be specific on which player actions you want your players taking. These player actions will help you get the behaviors you are looking for out of the players. Below are the player actions for both attacking and defending.

**Offense:** Controlling the ball, protecting the ball, dribbling, passing, shooting, scanning the field, supporting teammates, and changing body shape/direction

**Defense:** Intercepting, pressing, challenging, delaying, blocking shots, scanning the field, changing body shape/direction, covering, and marking

## Game-Like Trainings

Trainings should be as game-like as possible. There are many reasons for this, but here are some very important reasons.

1. Game-like activities allow the players be constantly engaged and thinking about their actions
2. Non-game-like activities are the opposite. Players get bored and their mind starts to wander. Practice becomes a chore and they don't develop decision making
3. Game-like activities translate directly to how they will play on the field
4. Game-like activities will let them experience both attack and defense, and again, prepare them to play in games

There are three types of training activities, as seen below:

1. Non Game Form: this should be used in training the least. This teaches technique, and focuses on touches. It also has the least amount of critical thinking
2. Modified Game Form: this has many of the laws of the game, but there is always a distinct modification in the rules. For example, if there are 2 teams plus a neutral player, it is a modified game form as the neutral player cannot experience the 4 phases of the game (see "Creating a Practice Session" below for the 4 phases of the game)

3. Game Form: Out of the 3 types of training activities, game form is the most like an actual game. All players get to experience all 4 phases of the game, and both teams have a way to score.

When deciding which of these 3 types of activities to use, there should be a clear reason **why** you are selecting anything but game form. If it is modified, ask yourself why. Is it because you have an odd number of players and need a neutral?

## Positional Numbers

Coaches should, when possible, get players used to hearing positions by their given numbers. They go as follows.

- Goalkeeper - 1
- Right Defender - 2
- Left Defender - 3
- Center Defenders - 4 and 5
- Defensive Midfielder - 6
- Right Winger - 7
- Center Midfielder - 8
- Striker - 9
- Attacking Midfielder - 10
- Left Winger - 11





## Creating a Practice Session

Practice sessions should be focused on game-like activities. Activities that are not game-like have their place, but they should be limited, and really only used when teaching how to initially do something.

Drills that focus on technique and touches can be effective in short spurts, but when run too long, players tend to zone out and stop thinking about what they are doing. When players are engaged in game-like situations, they are actively thinking and making decisions that will help them in games.

One easy way to see if a training is “game-like” is to see if it encompasses the 4 phases of a game. They are as follows:

1. Offense
2. Transitioning from offense to defense
3. Defense
4. Transitioning from defense to offense

If your activity is lacking any of those 4 phases, it is not game-like, and you should modify your drill to make it more game-like (if possible). Remember that game form activities are the most beneficial for players.

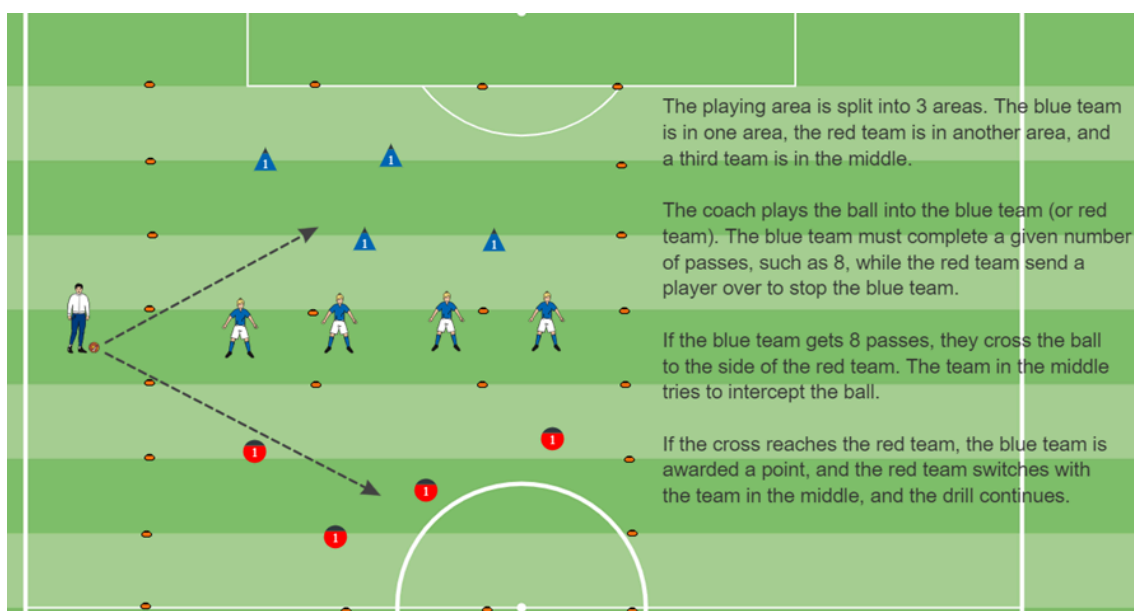
**Note:** Training activities should be CLEAR on the WHY players are doing something. It is not advised for you to just create or borrow an activity and run it without a purpose. The players should understand the purpose so that it translates to the field.

Practice sessions should be broken up into segments that build upon one another. Many of you will have heard of play, practice, play, and the example below will follow this methodology. However, you do not need to follow this to a tee for every practice. However, it is important that players get the “play” portion as much as possible, as this is where mistakes happen and are learned from. The decision making learned at practice translates directly to game days.

**Note:** Coaches should focus on just 1 or 2 things at a time. It’s easy to fall into the trap of seeing a lot of issues and trying to correct them all, but if you correct a player on 4 things, they won’t remember any of it. If you correct them on a single thing, and reinforce it by having them repeat it back to you, they are more likely to start forming a habit. In the training shown below, we are switching fields. Even if you see something else, for example, poor defense, you should focus your attention on switching fields if you want the players to better absorb the lesson.

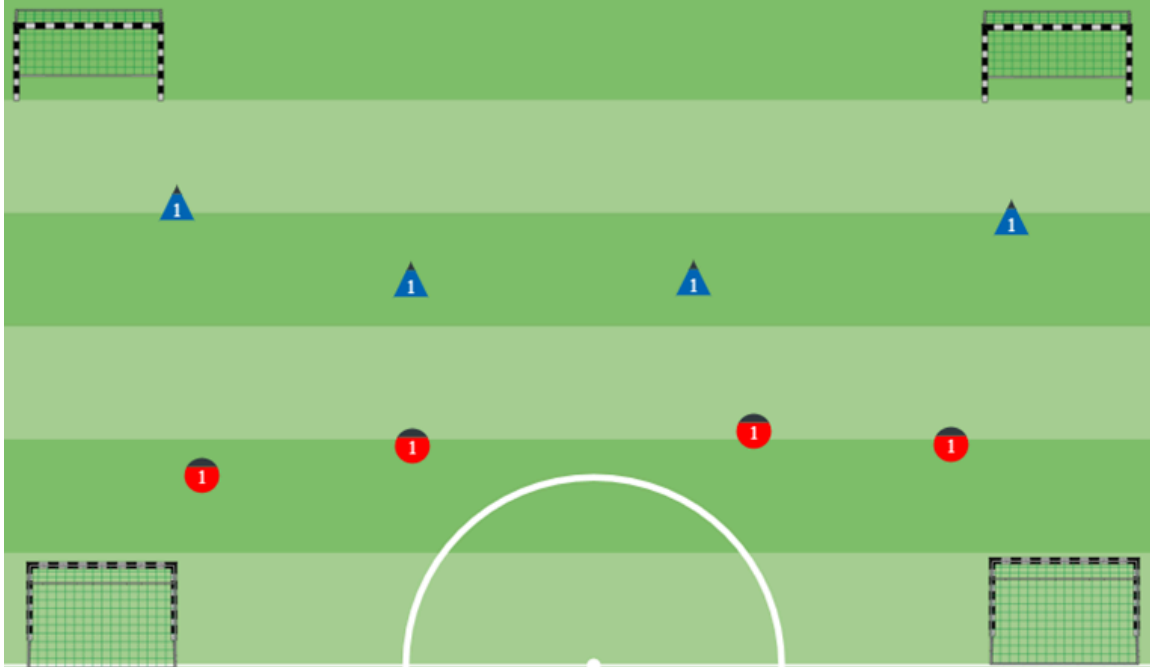
For our example, we will be teaching our team how to switch fields in a play, practice, play environment with the following session:

1. Small sided scrimmages (3v3 or 4v4) where the field is wide, and you talk to the players about the goal – switching fields, beforehand. Encourage switching fields during the scrimmage, and give high praise when one of the players accomplishes a switch, or has a good attempt at it. Scrimmages are considered “play” and are very much game-like.
2. Main activity: This will consist of driving home what you want to do for that day. The drill diagrammed below can be used in a number of ways. It could be used, for example, to teach the players to split defenders (a good tool when teaching through balls). In this example, it will teach the players to switch fields:



This activity is the “practice” part of the training session, and is the least “game-like” scenario in your practice.

3. Scrimmage (the final “play” part of a training). The scrimmage should be as game-like as possible. If you can get two entire teams and use a regulation field, you should. If not, you should modify your scrimmage so that the players can still get a game-like situation. One way to modify a scrimmage for fewer players, but still focus on the idea of switching fields, is to place pop-up goals in a wide area. This will allow for players to switch from one goal to the other when on attack, encouraging them to switch fields.



**Note:** Every action a coach makes should be intentional. For example, if you decide to run a practice activity that is not game-like, ask yourself exactly why you are doing it. Is there a way we could make it more game-like? If you are altering something to make it less game-like, be intentional, have a reason, and have a behavior that you are trying to get the players to incorporate. Do NOT do it just because you saw another coach do it, or you found a YouTube video and said “that looks like a great drill.”

## Creating Faster Speeds of Play

Many coaches and parents ask how they can get their players to have faster decision making. The solution is actually pretty simple, but can be accomplished in a number of ways.

If you have watched or coached a futsal game, you know the tempo of decision making is much higher than it is in soccer. Why is that? Some of that can be attributed to the faster playing surface, but most of it comes down to the shape of the field. It's long and narrow, which leads to quicker play.

If you set up a drill that is long and narrow, and limit your players to 1 or 2 touches, it will probably look sloppy at first. But this does several things. It forces SCs to work in a more confined space. It also teaches them to get the ball moving quickly in a north/south direction. But what we are looking for, and the last thing it teaches, is speed of play. With 1 or 2 touches, players are moving off the ball, flying around, and making quick decisions. Eventually they will get use to it, the tempo will ramp up, and they will be moving passing, and talking at extremely high speeds. I've seen sessions like these on grass run faster than a futsal game.

## How to Build Confidence

Confidence can make or break a player, and in turn, make or break a team. Two teams with similar skill and development will look completely different on the field if one is confident and the other team lacks there. So as coaches, how do we instill confidence in our players?

There are two main ways to build up a player, and they are fairly simple.

1. Repetition. The more touches a player gets, the better they become, and the better they become, the more their confidence will rise. I like to stress footwork. Will they use every move I teach them in a game situation? Absolutely not. But will they understand enough to know they are comfortable on the ball? Yes. I believe footwork breeds confidence.
2. Praise. For your player who is lacking confidence, praise them as much as possible. At water breaks, call them out for doing something great in the last drill. And when coaching their mistakes, tell them something they did great in the last play, but then let them know what they need to correct (“I love your thought process on the last play, but make sure you lock your ankle when making that pass.”). The first time they correct it, treat it like a huge achievement (“YES! That’s what I’m talking about! Give me more passes like that!”).

## Goals (Long Term vs Short Term)

As a coach, you want to have long term and short term goals. Long term goals are things that you want to teach your team over the course of the season. This should be the primary focus in each season. At the lower ages, it might be 1v1s, or footwork related, while at the older ages, it could deal with passing better, or movement off the ball.

For long term goals, you want to choose 1 or 2 major topics and track how well your team is progressing in these areas. For example, if you want your team to improve in passing, count the number of passes your team completes in the first game, and track that for every game to see if the number is improving. While keeping track of your data, come up with drills at practice that emphasize passing (such as rondos, or drills where players are finding passing lanes).

Conversely, short term goals are things that you want to work on with your players because they may have had trouble in the last game in this area. Short term goals is where the Coaching Cycle comes into play. Find out what you need to work on (through games or scrimmages), come up with a plan, implement that plan, and finally, reflect on how everything went. Did the players create new habits based on your plan? If not, is there a way to change things in the next training so they do create new habits?

Often times, you can find ways to intertwine short term goals with long term goals. For example, let’s say your long term goal is getting your team to pass better. But in your last game, your

players weren't shooting that well. You could create a rondo where, if one of the teams gets a certain number of successful passes (say, 5), they can shoot on goal.

## Fun

The number one reason players play soccer is to have fun. Play, practice, play is actually very helpful when it comes to that, as the players get to experience what they love, which is playing soccer. If you have them coming to trainings and doing touches over and over, it becomes easy for players to get burned out, and even quit playing soccer. It is our jobs as coaches to make soccer as fun as possible, and keep the players coming back.

If anyone ever questions your trainings, you can always reply with "would you rather see your player getting 1,000 touches, or making 1,000 soccer decisions?" By making 1,000 soccer decisions, it is preparing them for every moment in the game when it occurs.

For a more analytical explanation of how fun can affect your players, this is a great read (Fun Integration Theory):

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4201634/>

## Culture

Culture is one of the most overlooked aspects of coaching, but it's an important one. A good culture will create and foster the habits that a coach is looking for in his or her players. The 6 Roles of a Coach has an item called "Leadership" but that could easily be changed to culture. By setting expectations for your team, and then getting buy-in from the players, you can create something that most other coaches ignore.

One great way to implement a culture is to understand exactly what you want, and then model it. If, as the coach, you model yelling at the referees, guess what your players and parents will start doing?

In the introduction to this document, I spoke about "serious fun," and drilling that in for a team helps create a culture.

## Coach's Conduct

Game days can be tough. The referee might make calls you don't agree with. Players might not be dialed in, and the things you taught at training over the past week might get ignored. However, as a representative of Force SC SC Soccer Club, you must conduct yourself in a professional manner at all times.

This includes, but is not limited to the following:

- Being respectful to the officials
- Being respectful to the opponent (and their coach)
- Allowing your players to make mistakes
- Do not exit the designated coaching area (or step onto the field without official permission)

If you can take a single thing out of this, just keep your cool when things don't go your way. We have all seen that team from another club with 3 dads who are constantly yelling at their players (and they are rightfully ridiculed). Don't become that team.

## Game Days

Game days require more than just coaching and warming up the players. You or your manager will want to make sure the following items are taken care of.

1. Referee Fees and Game Day Sheets
2. Player Cards and the Roster
3. Post-Game: Reporting the Score

See below for how to access each of those items.

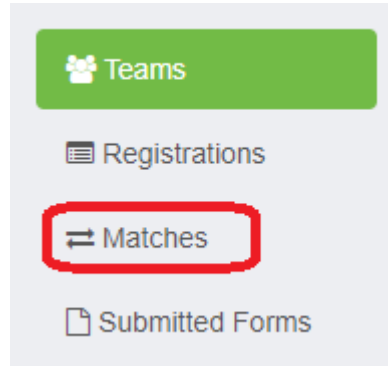
**Referee Fees & Game Day Sheets:** When you check in with the referees on game days, they will always want 2 things. The ref fees and the game day sheets.

Force SC will send you a check to cover ref fees. A best-practice for this is to cash the check and ask for bills so that you can have an exact amount for each game. Some coaches or managers place each set of fees into a ziplock bag and write the date on the bag.

For the game day sheets, you will need to go into GotSport and print it off before each game. To retrieve your game day sheets, follow these steps:

1. Login to GotSport.
2. Click the "Team Management" tab at the top.

3. On the left, click “Matches” as seen here:



4. Scroll through the dates and locate your match. Once you find it, click the 3 dots to the right of the match.

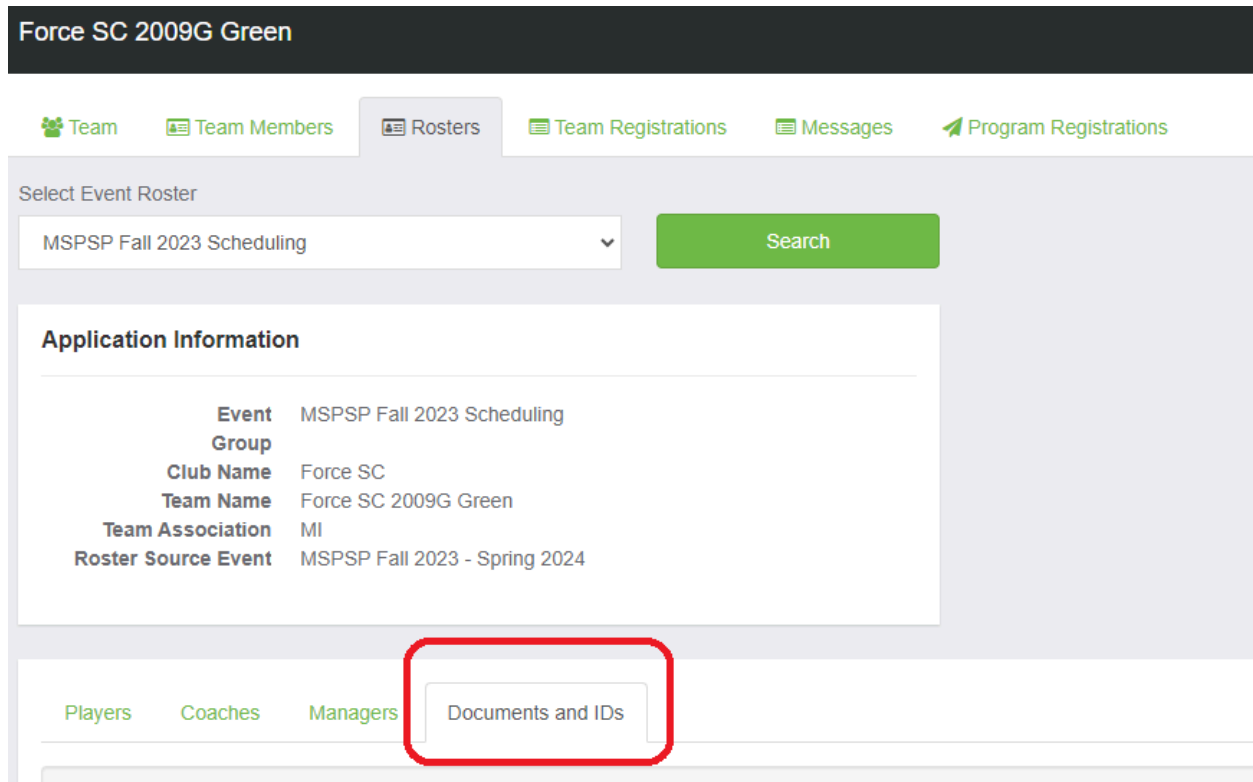
Number	Event	Date	Time	Venue	Home Team	Away Team	Division	Status	
54	2022 MSYSA Spring State Cup	Fri 04/15/2022	07:00pm EDT	Midwest United FC Complex - South	Midwest United FC 09 Royal	Force SC 2009 Green	U13 Girls Premier	Scheduled	...
57	2022 MSYSA Spring State Cup	Sat 04/16/2022	11:00am EDT	Force Soccer Complex - #1	Force SC 2009 Green	Lakeshore Premier SC 09	U13 Girls Premier		...
56	2022 MSYSA Spring State Cup	Fri 04/29/2022	07:00pm EDT	Force Soccer Complex - #1	Force SC 2009 Green	Kingdom SC 09 Red	U13 Girls Premier		...
53	2022 MSYSA Spring State Cup	Sun 05/01/2022	08:00am EDT	Rockford High School-Turf - Harv	SCOR Meulensteen 09 Black	Force SC 2009 Green	U13 Girls Premier		...
49	2022-2023 MSYSA Fall State Cup	Sun 08/21/2022	01:00pm EDT	Holt High School - North Campus - Holt HS - North Campus 11v11	Michigan Rush Lansing 09 Girls	Force SC 2009G Green	U14 Girls Premier		...
188	PK Classic	Sat 08/27/2022	09:30am EDT	Portage Soccer Complex - #4	Kalamazoo SC 2009G Red	Force SC 2009G Green	u14 Girls	Scheduled	...

5. Select “Print Match Card.” A pop-up will appear. Click the “Standard” radio button, and then click “Export.” Your game day sheet will appear, which you can print.

**Player Cards & Roster:** You will want to print a set of player cards for your team. If possible, it’s a good idea to cut and laminate the cards, as you will be using them all season. It’s also a good idea to have at least two sets of player cards just in case something happens. I personally print 3 sets and give one set to my assistant coach and one to my manager.

You can download your player cards and roster by using the following steps:

1. Login to GotSport.
2. Click the “Team Management” tab at the top.
3. Click your team name.
4. A pop-up will appear. In the pop-up, click the “Rosters” tab.
5. You will see “Select Event Roster” and there will be a drop-down. Click the drop-down and select your current season. Mine says “MSPSP Fall 2023 Scheduling.” Then click the “Search” button.
6. It will bring up your roster. Here, you will want to click the “Documents and ID” tab.



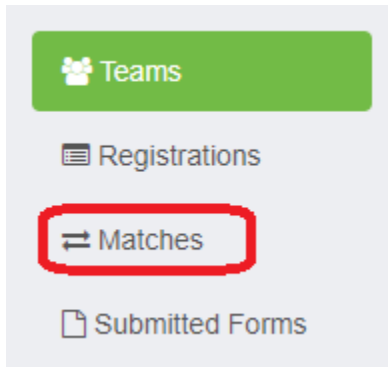
7. Once that has been selected, click the “ID Cards” and/or “Roster PDF” button. A new window will open with your player cards or rosters. Save both of these somewhere. This is what you will use to print off your player cards.

**Reporting Scores:** Depending on the league rules, you will be required to report the score of your game. Generally speaking, the winning team must report their scores. If the game ends in a draw the home team should report the score. There are several ways to do this, but the method shown here is through GotSport.



















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2. Click the “Team Management” tab at the top.



3. On the left, click “Matches” as seen here:



4. Scroll through the dates and locate your match. Once you find it, click the word bubble all the way to the right.

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5. A pop-up will appear. Click “Match Stats.”

6. A different pop-up will appear where you can enter the scores. Enter the scores, and select “Save.”

# Best Practices

## League Rules

It is important to seek out and read through the laws of the game for whichever league you are playing in. This includes tournaments and State Cup. You may know soccer and think you understand all of the laws, but it's best if you have first-hand knowledge as some leagues often have minor differences from other leagues.

## Playing Time

Force SC follows the US Soccer Grassroots Roadmap on player development, which states that every player at the U13 age and younger should get a minimum of 50% playing time in each game. The more time a player gets on the field, the more they develop by being able to make in-game decisions.

On top of player development, the number one reason players play soccer is to have fun. It's not to win. And it's not to hang out with their friends. While those do play a role, kids play soccer for fun. Let your players have fun by giving them fair playing time. Being on the bench while watching the rest of the team play can be deflating for developing players, and remove the fun for them.

With that said, at the older and more competitive ages, playing time is earned. If your team is U14 or older, players who are working the hardest, and being the most successful in whatever activities you have set for them, should get the most playing time. There most definitely comes a time when winning is stressed, but it's not at the younger, more developmental ages.

## Calling Players Up

There will be times during the season where players will need to be called up to help a team have enough players to play and have some subs. This could be due to any number of things (small roster sizes, players have other commitments, injuries, etc.). When that time comes, coaches should be fair and impartial on who is called up.

In an ideal situation, an age group has both a Green and White team. The head coach of the Green team should speak with the head coach of the White team to get a good assessment of who can fulfill the Green team's needs for that day. For example, if the Green team has an injured defender, the Green team coach should speak with the White team coach and ask his/her opinion on who should be called up to play defense.

If there is no White team, the coach who needs a player could then go down an age group as far as 2 years. The process should otherwise remain the same (the coach who needs a player

will speak with the coach of the team he/she is looking to borrow a player from, and the younger team's coach will select the best options).

Note: If you are calling up a player who is on a team 2 years younger than your team (for example, you coach a U13 team, and you are borrowing a U11 player), be sure that player isn't playing up. Meaning, the player on the U11 team could be 9 years old, and therefore 3 years younger for a U13 team.

Once a player is selected and their family says they can play, all you need is a player card from the team you are borrowing from. Before the game, you must let both the referee and the opposing coach know you are borrowing a player.

Note: Girls can play with boys teams using the same rules (must be the same birth-year age, or 2 years younger), but boys cannot play with girls teams.

## **Poaching**

Poaching is when a coach asks a player from another club to join their team. While there are many gray areas when it comes to this (you can ask them, for example, to play on an indoor team during the winter), the punishment for poaching is a 1-year suspension for that coach, and a possible fine for the coach or club. Please take poaching seriously.

While we all want our teams to be the best they can be, and we may have formed relationships with players who are rostered at other clubs, it is important to understand that we cannot speak with them about joining Force SC SC during the season. As a general rule, players from other clubs can only be asked to attend a tryout 5 days before the tryout. Anything outside of that is grounds for poaching.

Be aware that this includes high school players who are playing club. High school players who only play one season (the fall or spring) still fall under poaching even when they aren't participating in the club season. So again, please use the rule of thumb that a player can only be reached out to 5 days before the tryout.

## **Respect**

As coaches and players, we are representatives of Force SC, and we must carry ourselves at a higher level. In doing so, we must have respect for all of those involved when we are playing.

This can come down to perspective. The other team is a team just like ours. They are working to develop, and striving to do their best on the field. At times things will occur on the field and it's easy to forget we are all here for a similar purpose, but it is in those times when it is most important to be self-aware.

That respect should branch out to the referee crew who are officiating the game. The perspective there should be that these are people, just like us, who are developing at their craft. We are not professional players, so why should we expect professional referees? Everyone on the field, including the referees, are developing, and there should be some leeway for that.

I'm not saying we shouldn't have conversations with the referee. We should be able to ask questions and get answers that will help our team understand what we did right or wrong in specific situations. And when done with respect, the response is often given with respect.

## Next Steps After Tryouts

After tryouts can be a really busy and exciting time for a coach. Enjoy it, take it in, and definitely look forward to the growth you are about to have over the course of the next year. But also realize there is some work to be done.

The Force SC Board will send out an email shortly after tryouts to all coaches detailing player registration as well as purchasing uniforms. It is of the utmost importance that you send this email out to your team so they can register and get uniforms as quickly as possible. Force SC is fined for each late player registration, and is considering passing that fee onto the families who are late if it continues to be an issue. One way to keep that from happening is to stay on top of your families and make sure they register as soon as they can.

You can see who has registered for your team by going into GotSport and looking at the upcoming roster for the year. Anyone who is not listed there should be contacted every few days until they have registered. Same with coaches, assistant coaches, and managers.

### **3 Requirements**

Another important task each coach and manager must complete after tryouts are the 3 requirements. These are in GotSport at the bottom of the screen after you select the "Dashboard" tab.

They are:

1. Background Check
2. Heads Up
3. Safe Sport

Requirements				
USYS	Expiration Date	23/24	24/25	
Michigan State Youth Soccer Association Requirements				
Background Check	06/20/2024	Fulfilled	Expired	<a href="#">Details</a>
Heads Up	06/28/2026	Fulfilled	Fulfilled	<a href="#">Details</a>
Safe Sport	06/21/2024	Fulfilled	Expired	<a href="#">Details</a>

For the background check, Force SC will send you an email with a code in it. Use that to pay for the background check. Once completed, you will get a Risk Management card. Save and print this. Referees will occasionally ask for it before games.

Heads Up is an educational video on what to do if your player gets a concussion, how to recognize concussion symptoms, and what the best actions to take for head injuries are. And Safe Sport teaches what is appropriate, inappropriate, and how to protect yourself from liability (don't be alone with players). Make sure you have some time set aside when going to complete these. You will get a certificate when these are complete. Save both certificates. Someone I knew hung his in his office at work. You don't have to do that, but know how to access them.

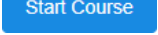

### Retrieving the 3 Requirements

If you need to access the three requirements, the Background Check and Heads Up are both straightforward to retrieve. Use the following steps:

1. Go to GotSport and log in.
2. Click the "Dashboard" tab at the top.
3. Scroll down to Requirements.
4. Click "Background Check" to get your Risk Management Card, or "Heads Up" to download your Heads Up certificate.

Getting to Safe Sport is slightly different, but still easy. Use the following steps:

1. Go to GotSport and log in.
2. Click the "Dashboard" tab at the top.
3. Scroll down to Requirements.
4. Click "Details" next to Safe Sport.

5. Click .
6. A new webpage will load with a pop up for "Enrollment Key." X out of the pop up.
7. Log into the webpage.
8. At the top right there will be some icons to navigate the website.  

9. Click the 3 lines to open the down-down menu.
10. Click "My Courses."
11. Depending on how long you have coached, there may be several courses listed. Click the first one.
12. On the right, it says "Certificate" - select that, and you will get your Safe Sport certificate.

## Manager Role

In an ideal situation, the manager should make it so that the coach only needs to worry about coaching their team. This can be difficult for a number of reasons. The manager is new, and is learning how to be a manager. The coach is used to fulfilling a lot of the manager's duties. The team might not even have a manager. However, if a team does have a manager, the following are some (but not all) tips that could help things go more smoothly.

1. Print and bring game day sheets.
2. Have all documentation for all of the coaches (risk management card, concussion card, etc).
3. Have a copy of the player cards and team roster.
4. Take care of the ref fees.
5. Book hotels.
6. Send general communications to the team, such as organizing events (maybe a team dinner at an away tournament).
7. Anything else that makes the coach only have to worry about coaching.

## "Free Money"

If you've made it this far, you get to learn about free money. As a coach who has, or is about to dedicate time for the development of your players, Force SC provides a stipend to purchase equipment every year. This comes in the form of \$100 back on any soccer equipment you have purchased for your team. To get this, go out and buy some stuff for your team, keep the receipt, and then scan or take a photo of the receipt and send it to the Force SC Treasurer email to get up to \$100 back.

Furthermore, new coaches can expect a “new coaches” kit, which will come with goodies that will help ease you into coaching (balls, cones, etc.).

### **Fundraising**

Teams can take it upon themselves to hold a fundraiser to help offset costs, such as tournaments, buy higher priced items, such as recording equipment, or purchase training items like balls, cones, pinnies, goals, etc., for themselves. Teams have done this in the past and raised more than enough to get all of the above items and throw a pizza party with the leftover money.