

Northern Blair County Soccer Club Handbook

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NBCSC Handbook

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PART I:
General
Information
Parents, Coaches, and Players

NBCSC Mission, Vision, and Soccer Director Statements

Our Mission:

To provide each child their own opportunity to learn, grow, and love the game of soccer.

We take pride in our program philosophy: FOIL

Fun (we want kids to have fun, and grow to love the sport)

Organized (we want our program to be organized, and for everything to be in place)

Inclusive (we take pride in giving every child their own developmentally appropriate place in the program)

Learning (we want each child to learn each practice and game and grow mentally and physically in the sport)

Our Vision:

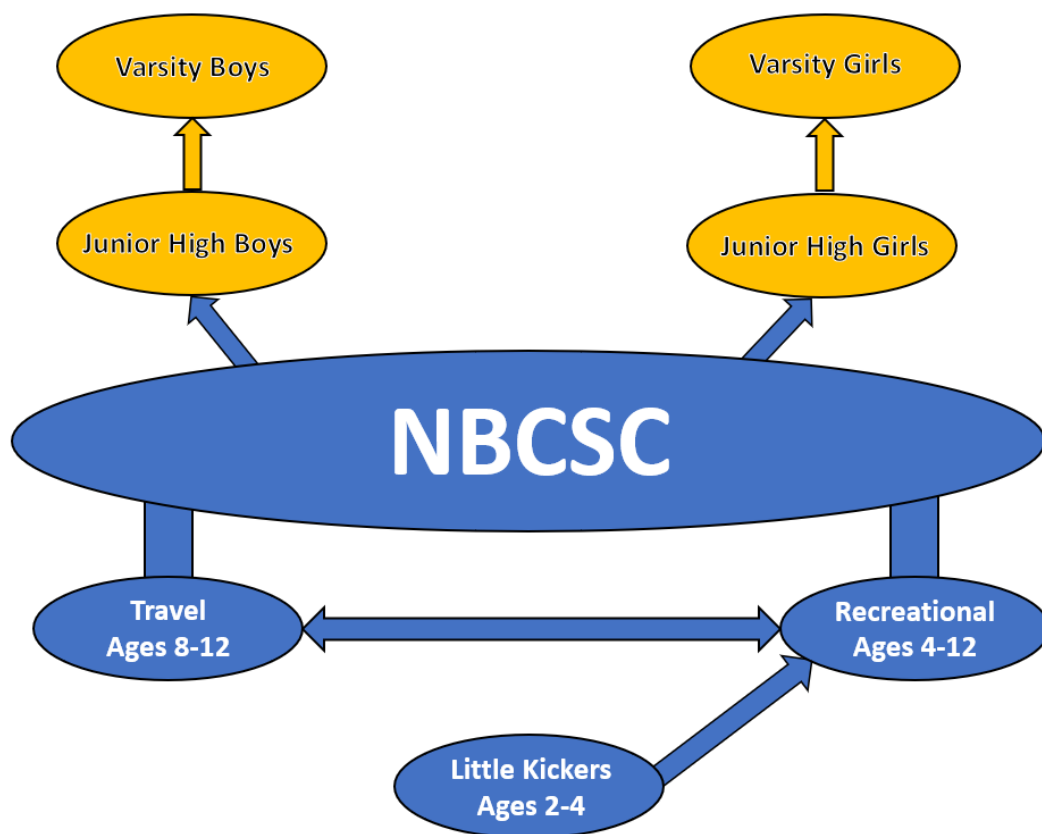
To improve the quality of all our programs every season and add new players and opportunities along the way.

Youth Soccer Director Statement

As the youth soccer director, it is my goal to oversee the entirety of the soccer program and look for ways to improve it every season. I personally take pride in seeing children come back season after season because of their growing love for soccer. I plan to continue to attract more players to the program by maintaining an inclusive, safe, and nurturing learning environment while continuing to add various programs for all ages and skill levels.

Alex Bartlett

Program Structure



NBCSC:

Our recreational program is comprised of player's from around central PA. Our travel program is filled with Bellwood and Tyrone's players. Junior High and Varsity programs are a co-op between Bellwood and Tyrone school districts, but players will play in Tyrone.

Travel (ages 8-12): A more competitive brand of soccer where players will travel to local areas to compete. We offer this program in the fall and spring season.

Recreational (ages 4-12): Our in-house program where players will compete against players within the program (no travelling). We offer this program every season (fall, spring, winter) with clinics and camps during the summer months.

Little Kickers (ages 2-4): Our pre-school program where players learn the very basics of the game! We offer this program during the spring, summer, and winter seasons

NBCSC Seasonal Events

Information Day:

- This is the first day of the season where parents and players will come to the NBCRC, meet the soccer director, get their shirt, and gain any information they will need to have a successful season

Picture Day:

- Pictures will be taken by Manning Photography and will be announced during the season. Unless announced, there will not be picture re-takes!

Mariana Fundraiser:

- This is our seasonal optional fundraiser. The youth soccer director will hand out packets for each coach to hand out to parents. Dates and times for turning in forms and delivery and pick-up will be announced during the season

NBCSC Player Code of Conduct

- Learn to play hard and compete, but have fun first and foremost
- Control your temper. Do not yell in anger
- No hitting, kicking, pushing, tripping, elbowing, spiting, or bullying
- Keep your hands to yourself
- Play with your best effort. Work equally hard for your team as for yourself
- Be a good sport by cheering all good plays, whether it is your team or your opponent's
- Treat all players with respect
- Demonstrate good sportsmanship. For example, when walking through the end of game team handshake line, "Good game" is the proper response.
- Respect the equipment and the facilities
- Let your coach know if you have any injuries or receive any injuries during games or practices. Basic First Aid is available
- Leave no trash behind

NBCSC Player Code of Conduct Consequences

- 1.) Conversation with coach and parent. A plan will be made to rectify violation.**
- 2.) Conversation with coach, parent, and youth soccer director. A plan will be made to rectify violation.**
- 3.) Suspension of 1 practice and 1 game from the week of the violation**
- 4.) Suspension for reminder of youth soccer season**
- 5.) Termination from NBCSC and all offered programs**

NBCSC Parental Code of Conduct Guidelines

- Payment for youth soccer must be made prior to the first game of the season (**violation starts at number 2**)
- Children must be always supervised and kept off the fields and goals (no hanging) (**Violation starts at consequence number 1**)
- Leave no trash behind (**Violation starts at consequence number 1**)
- There is no smoking or consuming alcohol of any type around the facilities. (**Violation starts at consequence number 1**)
- Arrive EARLY for your child's games and practices (10-15 minutes). This allows the soccer schedule to proceed without delay (**Violation starts at consequence number 1**)
- Let the coaches do the coaching. If you engage in a verbal altercation with the coach, you will be subject to **consequence number 2...with no exceptions.**
- Swearing is prohibited on all levels (**Violation starts at consequence number 2**)
- Fighting in any capacity is prohibited (with parents, coaches, or players) (**Violation starts at consequence number 3**)

EXTRA:

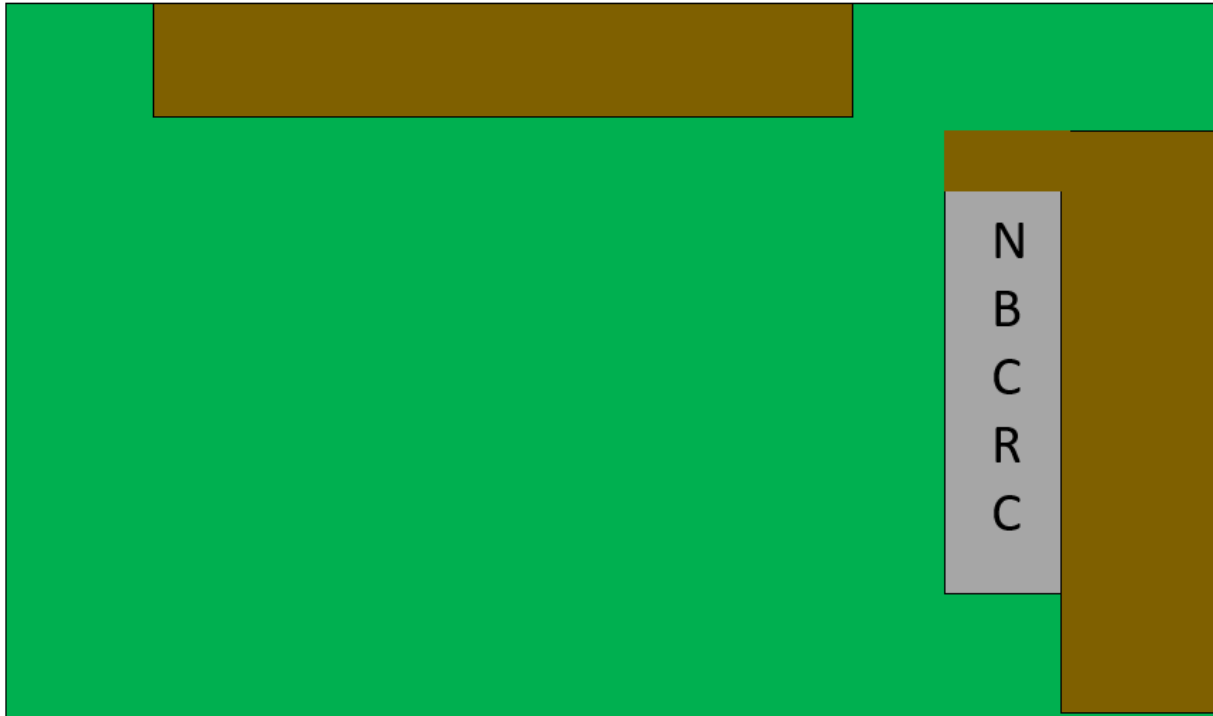
- Support your child by encouraging them to be the best they can be
- Always be positive and enthusiastic towards coaches, players, and other parents
- If you want to see a change, ask to volunteer

NBCSC Parental Code of Conduct Consequences

- 1.) **Conversation with Youth Soccer Director on violation. Plan will be made to rectify violation**
- 2.) **Suspension of 1 practice and 1 game from the week of the violation.**
- 3.) **Suspension for reminder of youth soccer season**
- 4.) **Termination from NBCSC and all offered programs**

Parking at NBCRC

See brown areas in picture shown. To ensure that there is enough parking for everyone, please leave PROMPTLY after your players game



Cancellations

With the weather being unpredictable, cancellations will be made no later than 2 hours before practices or games. The Youth Soccer Director will make the call on cancellations, it is not up to the coaches on whether to practice or not. The Youth Soccer Director will do their best to find the best options for rescheduling events.

Practices will try to be reschedule the week of the cancellations. Games will be rescheduled on the last week of the season first. If necessary, they will be substituted for a practice date.

PART IIa:
Coaching
Recreational

NBCSC Coaching Conduct Guidelines

- You are responsible for being reasonable in your demands on a young player's time and energy on the soccer field
- You are responsible for ensuring that your player's soccer experience is fun
- You are responsible for arriving 10-15 minutes before all practices and games
- You are responsible for setting a good example and be generous with your praise when it is deserved
- You are responsible for checking your equipment upon arrival to practices and games (balls are inflated, cones are intact)
- You are responsible for reporting and issues/problems/concern to the Youth Soccer Director
- You are responsible for communicating effectively with the parents on your team notifying them of schedule changes, upcoming events, or cancellations
- There is no smoking or consuming alcohol during coaching practice or games or at the facility in general (violation will start at consequence number 2)
- Fighting in any capacity is prohibited (Violation will start at consequence number 2)

- 1.) **Conversation with Youth Soccer Director on violation. Plan will be made to rectify violation**
- 2.) **Suspension of 1 practice and 1 game from the week of the violation.**
- 3.) **Suspension for remainder of youth soccer season**
- 4.) **Termination from NBCSC and all offered programs**

Coach Signature: _____

Coaching Information

Volunteer Forms:

- All coaches MUST fill out the NBCRC volunteer packet found below. With out proper clearances you WILL NOT be allowed to coach your son or daughter's team.
 - [NBCRC Volunteer Form](#)

Meetings:

- Preseason meeting:
 - We will have a pre-season coaching meeting to discuss all matters pertaining to the upcoming season as well as the entirety of the handbook (game and practice procedures, cancellations, rules, etc.).

Shirts:

- Shirts will be handed out during information day prior to the start of the season ONLY if the parent's payment is turned in.
 - **NBCSC Policy: No Payment, No Shirt, No exceptions.**

Equipment:

- Ball bags:
 - Procedures:
 - Ball bags will be placed outside the back of the NBCRC for practices and games
 - Each practice, you will go to the back of the NBCRC, grab one ball bag, and head to your field
 - After practice, you will place the soccer bag back where you found it

Absences:

- It is your responsibility to find someone to cover you if you cannot attend a practice or game. If you absolutely, positively cannot find someone, reach out to the Youth Soccer Director, and discuss a possible reschedule date.

Coaching Practices and Games

Game Rules and Guidelines
Coaching Concepts
Routines
Field management strategies
Activities and drills

Game Rules and Guidelines

U6 Rules

Number of players: 4v4 no goalie

Quarter length: (4) 10-minute quarters

Quarter ends: 2-minute halftime

Starting game: Teams pick a side; ball starts in center with a pass to a teammate

Goals: After a goal, ball starts in the center

Sideline: ball is place where it went out, and kicked into a teammate

End line: If the offensive team kicks it over the end line, it is a goal kick beside the goal. If the defensive team kicked it out, it is a corner kick and placed in the corner

5 goal rule: after a team goes up by 5 or more goals, they will take a player off and play down 1 (preferable the player who is making the biggest impact)

U8 Rules

Number of players: 5v5 no goalie

There are no goalies for this age group, please encourage your players to stay out of the net

Quarter length: (4) 10-minute quarters

Quarter ends: 2-minute halftime

Starting game: Teams pick a side; ball starts in center with a pass to a teammate

Goals: After a goal, ball starts in the center

Sideline: ball is place where it went out, and kicked into a teammate

End line: If the offensive team kicks it over the end line, it is a goal kick beside the goal. If the defensive team kicked it out, it is a corner kick and placed in the corner

5 goal rules: after a team goes up by 5 or more goals, they will take a player off and play down 1 (preferable the player who is making the biggest impact)

U10/U12 Rules

Number of players: 7v7 plus a goalie

Quarter length: (4) 10-minute quarters

Quarter ends: 2-minute halftime

Starting game: Teams pick a side; ball starts in center with a pass to a teammate

Goals: After a goal, ball starts in the center

Sideline: Ball is THROWN into a teammate

End line: If the offensive team kicks it over the end line, it is a goal kick on the goal box line. If the defensive team kicked it out, it is a corner kick and placed in the corner

5 goal rule: after a team goes up by 5 or more goals, they will take a player off and play down 1 (preferable the player who is making the biggest impact)

Keeping Score

For the first time, we will be keeping score for our U8 COED, U10/U12 girls and boys. We are adding bits and pieces to make the games more engaging for kids.

Process:

1. U8 games will be recorded by the coaches. They will both keep score on their phone, notecard, etc. If you need something to write on stop at the front desk the day of the game and they will get something for you.
2. U10/U12 boys and girls games will be refereed by an official who will keep the score. If a referee is not available, the games will be scored by the coaches
3. At the end of the game, both coaches will come together to agree on the score, and then send it to Coach Bartlett to record.

Concepts

Coaching concepts are general ideas that need to be taught to players, so they continue learning the game of soccer. Below are developmentally appropriate concepts that NEED to be taught over the course of the season to ensure steady development

U6 Concepts

U6 Technique

- Dribble forward with control (keeping it close to you)
- Use ALL parts of your foot to control the ball (bottom, inside, outside, top)
- Shoot and pass with inside of your foot

U6 Game Play

- What each line means (end-line, sidelines, mid-lines)
- Which goal to score in
- Which goal to protect
- When the ball goes out of bounds (ball is placed on the line for a kick in)
- When a team scores a goal (teams line up on their side, ball is placed in the center)

U6 Vocabulary

- Spread Out (find new, open space)
- Pass to a friend (find a teammate to pass to)
- Protect the goal (make sure that ball stays out of our goal!)

U8 Concepts

U8 Technique

- Dribble forward with control (keeping it close to you with your head up)
- Use ALL parts of your foot to control the ball (bottom, inside, outside, top)
- Shoot and pass with inside of your foot

U8 Game Play

- When the ball goes out of bounds (ball is placed on the line for a kick in)
- When a team scores a goal (teams line up on their side, ball is placed in the center)
- Fouls (tripping, pushing, hitting)
- Hand balls (ball is given to the other team)
- Positions (offense and defense)

U8 Vocabulary

- Spread Out (find new, open space)
- Pass to a friend (find a teammate to pass to)
- Protect the goal (make sure that ball stays out of our goal!)
- Heels to the line! (get all the way wide and put your heels on the sidelines)

U10 and U12 Concepts

U10/12 Technique

- Ball mastery (able to put foot on ball, roll over, pull back, flick, scissors)
- Passing and shooting with inside of foot
- Using different parts of LEG to control the ball
- Head up at all times with or without the ball

U10/12 Game Play

- Offsides (when offensive player is behind the defense when the ball is played)
- Positions (the difference between offense, defense, and midfield)
- Field Awareness (when the ball is here, I go here)

U10/12 Vocabulary

- Heels to the line! (get all the way wide and put your heels on the sidelines)
- Pressure, cover, balance (pressure the player with ball, cover behind the player pressuring, balance the pressure and cover players by moving in)
- Opposite! (move the ball to the other side of the field)
- Line! (pass the ball down the line)
- Diagonal! (pass the ball forward on a diagonal pathway)

Practice Routines for Kids

Kids need routines...a routine is a process or procedure that is repeated each practice to keep the kids focused, well behaved, and held accountable. Below is a practice routine that works extremely well.

Warming Up:

Warmups should get the kids engaged and ready to play soccer. It doesn't necessarily have to involve a ball, anything to get their bodies moving!

- Team lap (**RECOMMENDED BY COACH BARTLETT**):
 - Jog 2-3 laps around the field with your team
 - Make sure everyone jogs behind or beside the coach. Again, this is a TEAM lap
 - After 2-3 practices, pick a player on the team and see if they can lead it themselves!
- Tag game:
 - Find a fun tag game to play. Tag games are a great way to get kids engaged and moving early on in practice
 - Freeze tag
 - High-five tag
 - Tunnel Tag
 - Robot Tag
 - Pumpkin Tag
- Scattered movement
 - A great way to get kids moving is to have them travel around the area in a scattered orientation (moving in all different pathways)
 - Movement examples:
 - Moving like animals (pick animals)
 - Moving like vehicles
 - Moving in different directions, levels, and speeds

After-warm up-activity

After the warm up, it is vital that the kids are starting to be on-task (not picking daisies, hitting/kicking other players, or talking while the coach is talking). After the warm-up routine, pick a drill below to do each time!

- Dribbling lines
 - Make 3-4 lines of cones with kids standing with a ball behind them. One at a time, have kids dribble through the cones to the other side and stop. Have the next player go. Have each player go up and back 8-10 times.
- Partner passing:
 - Have players stand 5-10 yards away from each other and practice passing. Give them challenges:
 - Can you get 5 passes in a row?
 - Can you get 25 passes in one-minute?
 - Can you use your OPPOSITE foot to pass?

Routines Continued...

Concept Time!

After you do the warm-up activity and after-warm up-activity, it is time to pick a concept to work on. Please see pages 16 and 17 to view developmentally appropriate concepts for your team's age group. You are going to want to pick ONE technique (T) and/or ONE vocabulary (V) word.

Coach Bartlett TIP:

Layer your coaching and ALWAYS make it game-like:

- Layering: Pick a technique first...then pick a vocabulary word to pair it with (T > V)
 - EXAMPLE: U8 (dribble forward with control (T) and pass to a teammate (V))
- Then, in a game, reinforce this concept before, during and after they play
 - EXAMPLE: Before play: "Boys and girls, when you are playing, let's look to dribble forward with control THEN pass to a teammate. Let's see if we can make 2 passes to teammates!"

Please see "session plans" for specific activities.

Time to Play!

After the warmup, after-warm up-activity, and concept, it is time to play! Set the players up against the other team on your field and play a game.

Coach Bartlett Tips:

- Before the game, discuss the T and V you worked on during practice and give your team a goal (can you pass to a teammate 2 times?)
- Stop the game occasionally to discuss Game Play (GP) concepts

Putting it all together...

When creating a practice routine:

1. Warm Up
2. After-warmup-routine
3. Concept Time! (Think T > V)
4. Time to Play (Think T > V > GP)

Field Management Strategies

These are arguably the most important part of coaching. Getting kids to stand and listen quietly while you are talking, in the correct spots for the activity, and cleaning up is so important for a successful season. See the strategies below:

- Stand or sit in front of me!
 - Have the boys and girls stand or sit directly in front of you. Make sure the kids aren't looking into the sun
- Stand on a cone!
 - Carry around a stack of cones...before talking, place the cones down and tell the kids to put their feet on each side of the cone
- Slow start
 - If you are doing a new activity and you need kids in a certain spot...slowly start them rather than explaining the entire activity.
 - Tell one of your more advanced players the first part...then add the rest of the kids gradually.
- Commands (Freeze and GO)
 - Use the word FREEZE when you want the kids to stop
 - Say this: "FREEZE means stop, turn, and look at me"
 - Use the word GO to start an activity. Make sure kids do not start until they hear the word GO
 - Say this: "When I say GO, I would like all the girls to pick up the cones, and the boys to pick up the soccer balls"