



WE ARE ROSEVILLE SOCCER CLUB

2024 Coaches Meeting

27 July, 2024



Player Development

Goals

- 4v4
- 7v7
- 9v9
- 11v11



U13 & U14 / 11v11 – Boys & Girls: Season Plan

Playing together – working with small groups/lines



- Move to 11v11 (learn new system – add #5/8) structure, shape, movement, how we play together, create and use space, scanning/shaping body
- Continued Mastery of the Ball (Core Technical Skills) – encourage outside training
- When WE have the ball WE get BIG (team shape)
- They have the Ball – WE get SMALL (team shape, individual and team pressure)
- Setting various defensive lines
- Encourage and reinforce Player Communication

Learn to PERFORM

U15 & U16 / 11v11 – Boys & Girls: Season Plan

Playing together – Advanced Training & Understanding



- Tactical training and small-sided games are an essential part of the training at this stage. Attacking and defending principles must be part of all games.
- Teach aspects of the tactical training like speed of play, quick transition, counter attacking and finishing in the final third, as well as pressing.
- Technique will focus on speed and accuracy. Passing and finishing are two of the main techniques emphasized at this stage.
- Technical training shall be position-specific (e.g. defender: passing, center midfield players: receiving to turn and strikers: finishing).

Learning to COMPETE

U17 - U19 / 11v11 – Boys & Girls – Season Plan

Performance– Specific Training & Understanding



- Tactical training and small-sided games continue to be an essential part of the training at this stage. All tactical aspects of the game must be covered. Strategy and set pieces are now a major part of the training sessions.
- The physical aspect of the game is key at this stage: endurance, strength and speed will be part of the weekly training routine.
- The technical and physical work is based on explosive actions.
- Players should be expected to show commitment to the team, concentration in training sessions and competitiveness during the game.

Compete to WIN

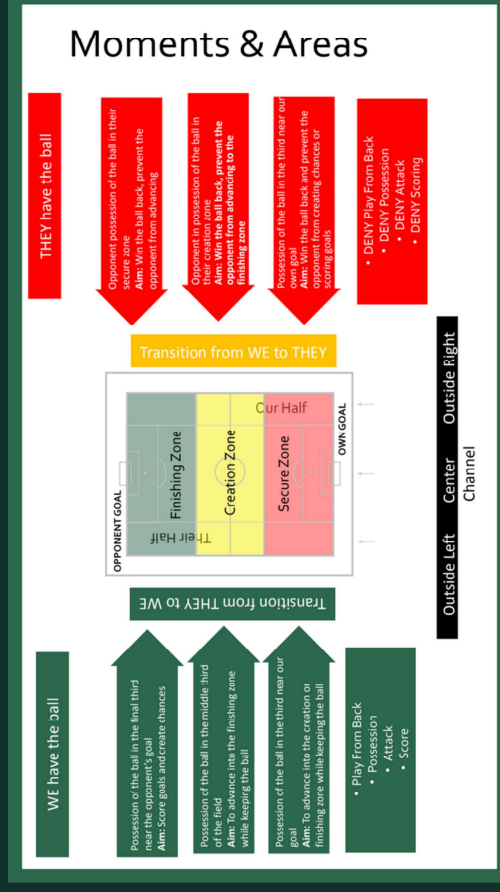
General Practice & Training Outline



We Are Roseville Soccer

Soccer done the right way

Club Philosophy, Style of Play &
Coaching Principles



[Click Here to access PDF](#)

General Practice & Training Outline



11v11 - WOLI - STRUCTURE

(Warm Up, Impletation, Orientation, Learning

Warm Up

20 min light cardio/warm up (per Roseville Training Guide) 3 min water break

Orientation

20 min Orientation Game (Aims, keywords, focus of session etc (per Roseville Training Guide)

5 min water break

Learning

20 min Learning Session (Topic of the day, per Roseville Training Guide)

5 min water break

Implementation

20 min Scrimmage to reinforce practice topic

Closing

Recap

Q&A

Before 1st Game: Player Passes



- **Not applicable for U6-U8 coaches and teams**
- **U9-and-up coaches:** Use the digital player pass option available via PlayMetrics. This can be accessed via "Team Resources" in the PlayMetrics app
- If you don't have access to rosters, contact **registr@rosevillesoccer.com**.

Understanding Playmetrics

Be sure to familiarize yourself with Playmetrics. Watch this tutorial to understand the different parts of Playmetrics

Head to 10:00 to learn how to set up training session plans

Click this here to access the video



The screenshot displays the Playmetrics mobile application interface. At the top, a navigation bar includes a "Coach" profile for "Elite Soccer Academy" and a "CALENDAR" section with a "MY TEAMS" dropdown. Below this, a list of teams is shown: "10 Boys Youth Academy" (highlighted in blue), "14 Boys Pre-Youth Academy", and "14 Boys Pre-Youth Academy Reserves". The main content area shows the "10 BOYS YOUTH ACADEMY" calendar for "Wed, Feb 2, 2022". It lists two events: a "Practice" session at 10:00 AM and a "Game" session at 4:00 PM. The "Game" event is detailed with "10 Boys Youth Academy vs Raptors" at "Pleasant View ZA". The bottom of the screen features a "CLUB RESOURCES" section with links to "SCHEDULES", "DRILLS", "STAFF", and "CLUB RESOURCES". A "Help" button is located in the bottom right corner.

Game Schedules



U6-U14	U15 and Up
Schedules will be publicly available via https://rosevillesoccer.com/game-schedule	Schedules privately published to coach's GotSport account
Coaches are highly encouraged to enter all information into PlayMetrics	Coaches are highly encouraged to enter all information into PlayMetrics
U9-U14 and above-home coach must print game card from Coaches Corner or using this link here (Pro Tip print roster out on sticky label and apply to gamecard)	Home coach must print game card from GotSport .

Before Each Game: Field Equipment



- For 7v7 and up, pickup will be 6-8pm on Thursdays and drop off at 5-7pm on Sundays in west Roseville
- U9-U14 Teams: On the schedule you will see either an up arrow or a down arrow beside your team's name. This represents whether or not you have field set up or tear down.
- Implemented last year: If your team fails to pickup or drop off field Equipment at the allotted time, the head coach will be suspended from coaching the following game.

Game Day Expectations



PRE-GAME

- Be on time
- Wear RSC Hummel gear
 - No Nike Gear
- Review of practice
- Structured warm up
- Understanding of roles & expectations
- Bring player passes & game cards

DURING THE GAME

- Coach “off” the ball, not on the ball
- Developing decision makers, not “joy- sticking”
- Think about when to coach
- Coaching demeanor
- Treat officials with respect
- The louder you are, the less confidence your team has.

HALF-TIME

- Give players a few moments on their own
- Our issues vs their issues
- Max 3 coaching points/ adjustments
- Individual vs. team

POST-GAME

- Performance first (over result)
- Remain positive
- Have perspective
- Be humble in victory and classy in defeat
- Save your speech until the next practice.

GENERAL

- Use positive reinforcement, be honest, have belief in your team, and use your knowledge of the game.

It is not the win that counts, it is the JOURNEY and the EXPERIENCE!!



Game Day

Note:

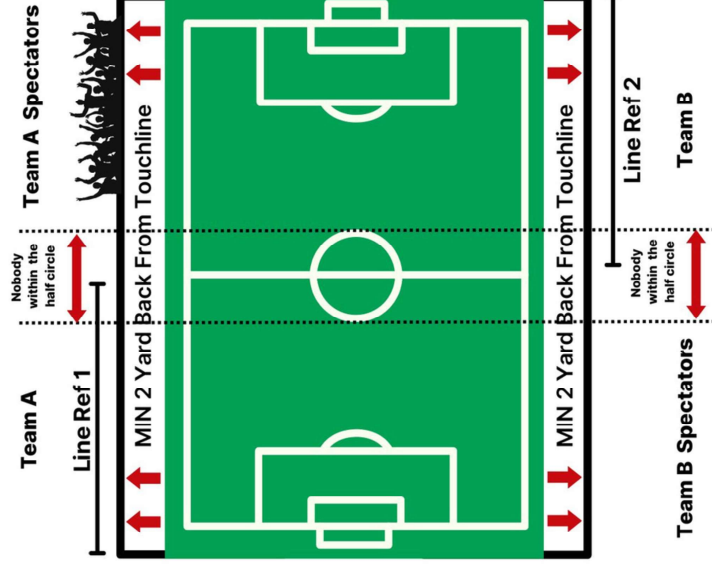
The warm-up area may be used for spectators. The home team has the preference for field side if they arrive at least 30 minutes before the game; otherwise, it is on a first-come, first-served basis.



ROSEVILLE SC

Home Games Seating Plan

9v9 & 11v11 Games With a 3 Person Referee Crew



- Teams sit on opposite side of the field from each other
- Teams set up 10 yards back from the midline on the half of the field with the assistant referee
- Spectators sit on the same side as their team but not on other side of the midline from the team (i.e. not behind the Line Ref of the team)
 - Min 2 yards back from touchline
- On away games other clubs may have their own policy
- Home team is the first listed on matchcard

Rules



Who Schedules?	Norcal
Where are Schedules?	Within Gotsport System
Game Card Procedures	Home coach in Gotsport. Click and print game card
Player Passes	Registrar will provide digital player passes; coaches must bring to games
Ejection Procedure	Ref notes name/number on game
Game Scoring	Home Coach: enter score within GotSport, next to game schedule

Rules



Min # of Players	7
Approx Field Size	100-120 x 50-80 Yds
Approx Goal Size	8'x24' Yds
Goalkeeper?	Yes
# of Refs	3
Game Length	(U13) 2x35 ,(U14-U16) 2x40, (U17+) 2x45
Ball Size?	5
Offsides?	Yes

Build Out Line	No
Free Kick Clearance	10 Yards
Heading?	Yes
Penalty Kicks?	Yes (mark at 12 yards)
Throw-Ins	Normal
Fouls (Type of Kick)	Indirect or Direct Kicks Only
Substitutions	Any stoppage at refs discretion



ZERO TOLLERANCE



RSC Zero Tolerance Policy: Referee Abuse



- Each coach, player, and spectator shall at all times support the Referee and assistant Referees. Negative or critical comments directed to any member of the Referee crew will not be tolerated.
- It is the responsibility of ALL coaches to maintain the highest standards of conduct for themselves, their players, and supporters in all matches.
- Abusive and obscene language, violent play, violent conduct, fighting, and other behavior detrimental to the game will not be tolerated and lead to suspension or removal
- A coach's responsibility for Referee support and spectator control includes the times prior to, during, and after the game at the field and surrounding areas.

RSC Zero Tolerance Policy: Referee Abuse



- Coaches, players, and sideline spectators may NOT address any member of the Referee crew before, during, or after play except for:
 - Responding to a Referee-initiated communication
 - Making a request for substitutions
 - Pointing out emergencies or safety issues, such as an injured player on the field
 - To request clarification of any call, provided the request is courteous and non-argumentative
- A Referee may caution or send off any coach for his/her failure to abide by this Zero-Tolerance Policy, including conduct of parents and players.
- Any and all incidents will be reviewed by a PAD committee (Protest, Appeals, and Discipline) and logged for future program consideration

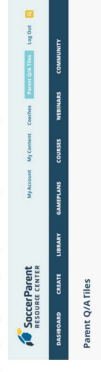
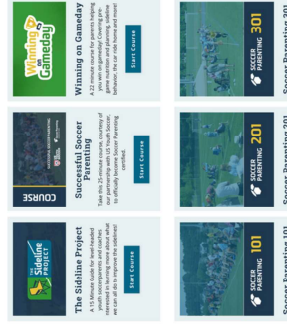
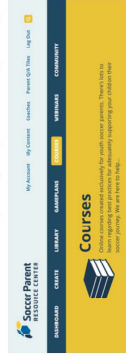


FAMILY RESOURCES





We are proud to be a Club Member of the Soccer Parenting Association. We believe that youth soccer parents are crucial to improving the game and fostering a collaborative environment among coaches, parents, clubs, and players for optimal player development. Soccer Parenting offers a wealth of valuable resources to help you positively impact your child's enjoyment of soccer. Be sure to activate your free membership to take full advantage of these benefits.

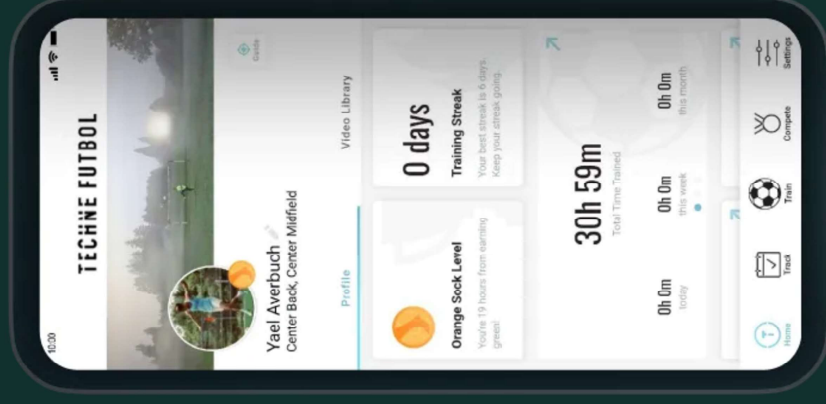


Activate Your Free
Membership

Techne Futbol

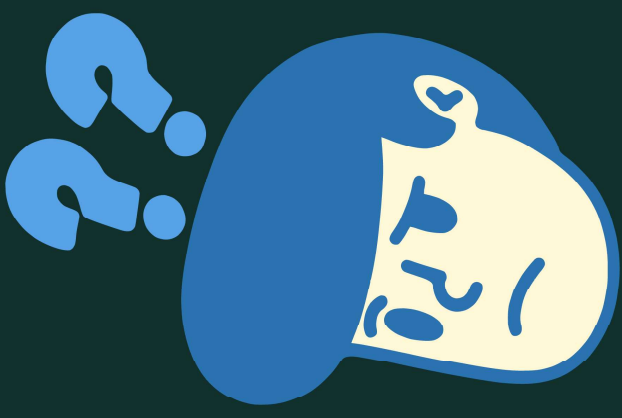


Techne Futbol is a soccer training app that provides players with guided practice sessions to improve their skills. It features a variety of drills, exercises, and training plans designed for different skill levels and goals. The app offers personalized feedback and tracks players' progress, making it a valuable resource for both individual and team training.





WHAT'S NEXT?





Rec2Comp

Many of our Roseville competitive program players began their soccer journey with an Roseville recreational team. It's common for top recreational players to show interest in advancing to the competitive level once the recreational season ends. To facilitate this transition, Roseville Soccer Club has introduced the R2C (Rec-to-Comp) program for players born between 2010 and 2017.

This program is tailored for players aiming to join our competitive program and work with our excellent training staff.





Comp Program

Roseville's Competitive Program is designed for experienced or talented players who want to play year-round while maintaining the fun of the game and the flexibility to play another sport.

Open to U9-U19 boys and girls in Placer County, the program offers an affordable yet competitive experience.

New for 2024, the season includes Fall/Spring League and State Cup, with costs of \$300 for registration, \$1,225 for U9-U12 program/club fees, \$1,400 for U13-U19 program/club fees, and \$200 for uniforms. Teams are coached by licensed volunteers and compete in the NorCal Premier league throughout the season.

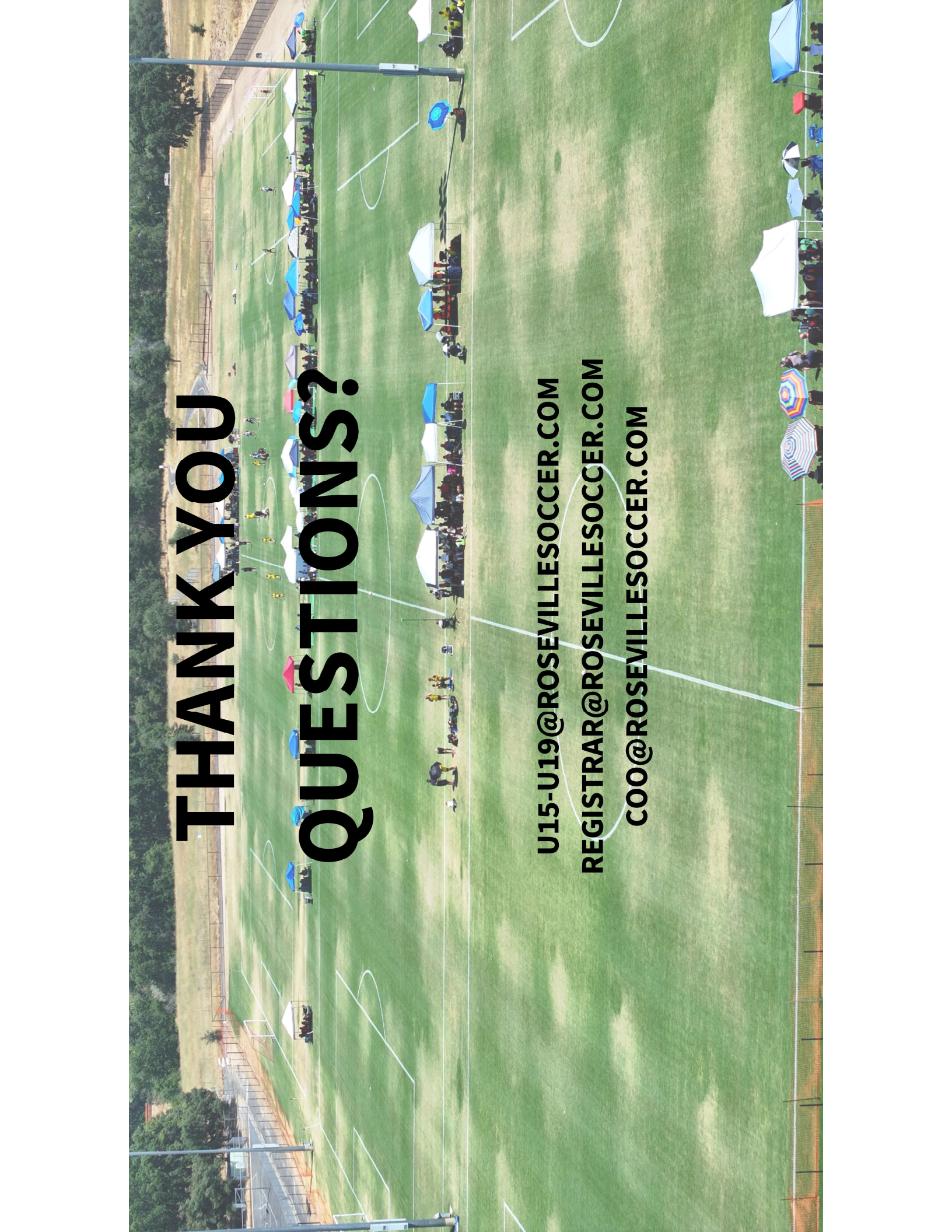




Valiant Coffee

Thank you for being a part of the Roseville family. We're proud to announce that Valiant Coffee has joined us here today. We're excited to welcome them and look forward to many fun events together. Keep an eye out for their presence, and hopefully you picked up a good drink to get you through this presentation!



An aerial photograph of a large, green soccer field. The field is divided into several sections by white lines, with multiple soccer goals visible. Numerous people are scattered across the field, many of whom are sitting on the grass or standing under various colored umbrellas (blue, white, red, and striped). The field is surrounded by a fence, and there are trees and a building visible in the background.

THANK YOU QUESTIONS?

U15-U19@ROSEVILLESOCCER.COM

REGISTRAR@ROSEVILLESOCCER.COM

COO@ROSEVILLESOCCER.COM