WEARE ROSEVILLE SOCCER

Soccer Done the Right Way.

2021 Coaches Meeting Maidu Community Center 21 July 2021





About this Document

This presentation has been prepared exclusively and specifically for RYSC coaches. It will be discussed during the 2021 coaches meeting, but it is available for download via the "Coaches" page of the Roseville Soccer website (https://rosevillesoccer.com/coaches).

Note that coaching resources by age (4v4, 7v7, 9v9, and 11v11) are also available for download at the same location.





Agenda

- Club Philosophy
- Player Development Goals
- The Roseville Style of Play (NEW!)
 - 'WE' and 'THÉY'
 - Elements
 - Style of Play by Age
- Systems & Coach Requirements
 - LiveScan
 - SafeSport + Background Check + Disqualification-Suspension Review
 - GotSport System: Rosters + Medical Forms
 - Training & Game Day Expectations
- Key Information & Dates
 - Age Matrix & Rules
 - Stuff You Need: Scheduling Practice Fields, Team Equipment, Player Passes & Uniforms
 - At-the-Break Tournament
- Questions & etc.





CLUB PHILOSOPHY

Roseville Youth Soccer Club and Roseville Premier aim to do the following:

Foster a <u>love of the game</u> within each player

Create <u>community</u> within each team and throughout the club

Establish a reputation as <u>intelligent</u>, <u>hard-working</u>, and <u>successful</u> teams

Provide coaches with the <u>resources</u> to accomplish the above





Love of the Game

- **Soccer is a Game** The world's most *loved* game, and we create an environment that players enjoy—as opposed to having soccer feel like a job.
- Player Retention— While many of our teams will win championships and players will go on to have successful careers, the primary measurement of our club's success will be in how many players want to continue playing soccer with Roseville because we have created an environment that they love.
- Mutual Respect Players respond well when encouraged to actively participate in their own development.
- Coaching for Success Coaches should employ "guided discovery" that encourages players' independent thinking and intelligence whenever possible, reserving "direct" coaching for when new skills or principles are being introduced.





PLAYER DEVELOPMENT GOALS

Player Skill & Game Understanding Expectations

By Age Group





Development Focus by Stage

U6-U8 / 4v4

U9-U10 / 7V7

U11-U12 / 9v9

U13-U14 / 11V11

U15-U16 / 11V11

U17-U19 / 11V11

Play for FUN

Play to LEARN

Learn To TRAIN

Learn To PERFORM

Learn to COMPETE

Compete to WIN





U8 / 4v4 – Boys & Girls: Season Plan

My Ball and ME

- Very young players love to play. Therefore, all practices should be based on fun games.
- Mastery of the Ball 1vo, 1v1 & FUN & encourage outside of playing
- 4v4 systems only to maximize touches on the ball
- Play and understand the triangle/diamond (how to identify 1v1 and movement away from ball)
- Encourage using skill/creativity in the games
- When WE have the ball WE get BIG diamond shape
- Main emphasis for U7/8 WE have the ball
- WE to THEY get it back (mentality)





U9 & U10 / 7v7 — Boys & Girls: Season Plan

FUN with the BALL and the TEAM

- Move to 7v7
- Continued mastery of the ball may need to encourage outside of training
- Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control.
- Play and understand the system 7v7 (structure, shape, movement = how to identify 1v1's or 2v1's creating and using space, scanning/shaping)
- Pre-pubescent players from age 9 to 12 years have a special ability to learn. Therefore, this is the right age to work on specific soccer techniques and skills. Developing good technique is essential at this age.
- 1v1 and 2v1 attacking and defending situations are important to develop individual skills as well as the passing techniques to develop the necessary team game. Begin discussing insight
- Encourage, reinforce player communication
- When WE have the ball WE get BIG team shape
- Main emphasis for Ug/10 is still WE have the ball
- WE to THEY get it back where we lost it





U11 & U12 / 9v9 — Boys & Girls: Season Plan

Playing Together – working with 2-3 players towards a line

- Move to 9v9
- Continued mastery of the ball may need to encourage outside of training
- Play and understand the system 9v9 (structure, shape, movement = how to play together creating and using space, scanning/shaping). Encourage, reinforce player communication
- Use small-sided games to develop basic attacking and defensive principles, more emphasis on Insight
- Tactical training focus with possession, combination play, transition and finishing in the final third, as well as zonal defending.
- Players should rotate in two or three different positions to avoid early specialization.
- Speed, coordination, balance and agility are the main physical aspects to improve at this stage.
- When WE have the ball WE get BIG team shape, Main emphasis for U11/12 is still WE have the ball
- Begin to train in THEY WE get SMALL, shape, pressure, cover
- WE to THEY get it back where we lost it, defensive shape, setting a defensive line





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





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).





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.





STYLE OF PLAY

Team-Based ~ Intelligence ~ Possession ~ Dynamic Attack ~ High-Pressure Defense





FIRST: A FEW WORDS ABOUT 'STYLE OF PLAY'

Soccer cannot be taught as a formula. Millions have played for a lifetime and still die learning new things with each encounter. Get to know a dozen professional or youth clubs, and you'll likely find a dozen different styles of play.

As one of the nation's largest and most successful clubs, Roseville is in a unique position to introduce players to the game and nurture their development throughout their careers. Our Style of Play is a foundation that enables our coaches to guide and develop players throughout their time with us. It is, in essence, our shared identity across the Club.

Having a Club-wide Style of Play enables our coaches to understand coaching objectives and how those objectives evolve with age. It enables our players to maintain a sense of identity and in-depth understanding of the game even as new concepts and skills are introduced. And it enables parents to understand how to support their young stars.





MOMENTS OF THE GAME

WE - ALL ATTACK

THEY - ALL DEFEND





Transition from WE to THEY



THEY have the ball

- DENY Play From Back
 - DENY Possession
 - DENY Attack
 - DENY Scoring





Club Style of Play

Team-based soccer that emphasizes player intelligence, possession, dynamic attack, and high-pressure defense.

General Principles

We build from the back—organized but adaptive. Players know their position—and when to leave it. Players move on and off the ball to provide support and play high-pressure defense to recover the ball.

Key Qualities

Technically skilled, tactically & positionally aware, dedicated, tenacious, hard-working, passionate, healthy, fit, love of the game, and superlative sportsmanship.

Formation & Age

4v4, 7v7, 9v9, 11v11: All play club style with formation-relevant approaches.

Team-Based Intelligence Possession Dynamic Attack High-Pressure Defense

Age-Relevant Tactics, Coaching Resources, Lessons, Tools & Questions





Style of Play: Core Elements

- **Team-Based** Whether playing 4v4 or 11v11, soccer is a team sport. While individual effort can produce exceptional plays, long-term team success requires that players work jointly, understand each other, and intentionally execute a game-plan.
- Intelligence Great players make great decisions. Roseville players are coached to understand the game, recognize what is happening in the moment, and make smart choices on and off the ball to help the team win.
- Possession Maintaining possession allows a team to control the flow of a game, pursue its desired strategy, and put its opponent on its heels.
- **Dynamic Attack** Rapidly identifying opportunities, exploiting mistakes, and executing plays leads to quick goals.
- **High-Pressure Defense** Recovering the ball quickly prevents the opponent from implementing its own objectives/strategy.





How Style of Play Evolves by Age & Format

Format	4v4	7v7	9v9	11v11
Team-Based	Change of direction (offense □ defense)	Movement off the ball; communication	Overlapping runs—and defensive coverage	Communication: self-coaching, instruction
Intelligence	Pass vs. dribble vs. shoot?	Where should I be? Share ball and receive it back	Decision making: offense, defense, transition (WE/THEY)	Reading the game; decision making: WE > THEY, THEY > WE
Possession	Shielding	Pass backwards, sideways; space & time awareness	Positioning & repositioning	Dynamic movement, irrespective of position
Dynamic Attack	1v1 to goal; quick shooting	Identifying & finding space; exploiting mistakes	Creativity, vision, adaptability	Overloading strengths; creating 1v1 isolations
High-Pressure Defense	Formation, pressure to outside	Immediate pressure + cover on GK, defenders	Recovery, shifting	Adapting to force opponent to panic
Love of Game	Team cheers	Fun, team events, birthdays	Team fundraising; player-driven practices	Social media; player-generated engagement

Questions? Coaching Directors by Age



Sean Espley

Director of Soccer (Recreational & Competitive Program)

soccerdirector@rosevillesoccer.com
premier@rosevillesoccer.com



Alex Fluken

Director of 4v4 Soccer & U8 Academy 4v4@rosevillesoccer.com



Ted Archer

Director of 7v7 Soccer 7v7@rosevillesoccer.com



Lance Gilliland

Director of 9v9 Soccer 9v9@rosevillesoccer.com



Justin Bloom

Director of 11v11 Soccer
11v11@rosevillesoccer.com





SYSTEMS & COACH REQUIREMENTS

LiveScan ~ NEW GotSport System ~ SafeSport ~ Background Check ~ Disqualification-Suspension Review ~ Rosters & Medical Forms ~ General Expectations





LiveScan Fingerprinting

- We've chosen the LiveScan process because of our commitment to player safety
- All RYSC coaches must be scanned
- Here, today, it's happening!

For coaches who don't get LiveScanned tonight, we will either set up a second night or provide instructions for where coaches need to go.





NEW GotSport System

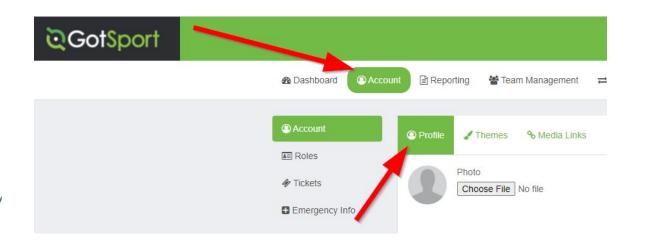
- All Roseville coaches should be registered with GotSport. Don't have a login? Visit https://system.gotsport.com/programs/2650628U5?reg_role=coach
- Official rosters will be uploaded into the system (questions: registrar@rosevillesoccer.com)
- All players' medical forms will be uploaded; coach to maintain copies (printed or digital) at all times
- ALL COACHES must complete background checks and safety training:
 - SafeSport Training
 - Background Check (use code BACK2021)
 - Disqualification-Suspension
 - https://gotsport.zendesk.com/hc/en-us/articles/1500012550782-Staff-Coaches-and-Managers provides additional information about completing these three items





Are You SURE You're a Registered Coach?

- Have you received a confirmation email from GotSport? How about coach-specific emails from RYSC? This new system is sensitive and glitchy.
- Log in via that link and be sure to complete ALL of the following:
 - Click the "Register" button beside your name
 - Complete ALL of the required information on the "Profile," "Emergency Info," "Registration," and "Payment" pages
 - Make sure that you've received a confirmation email and don't opt-out from receiving email!

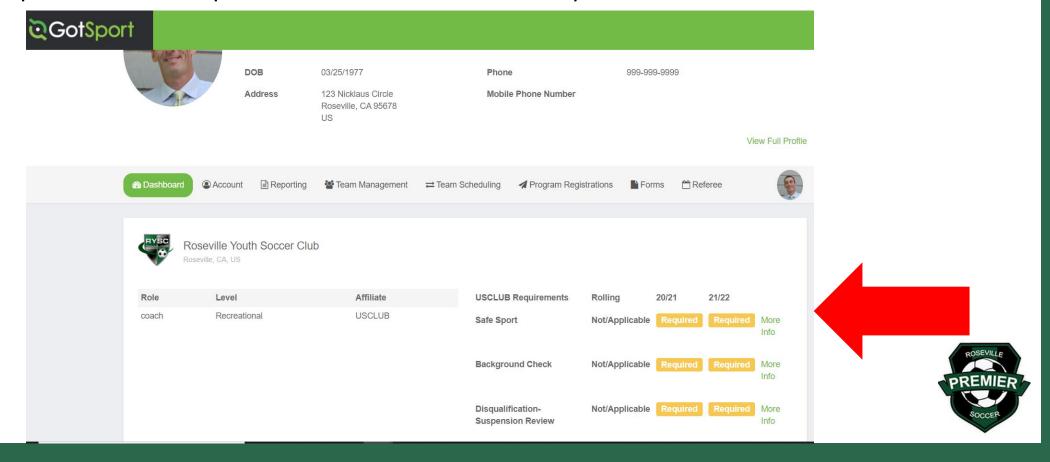






GotSport: Completing Requirements (1/2)

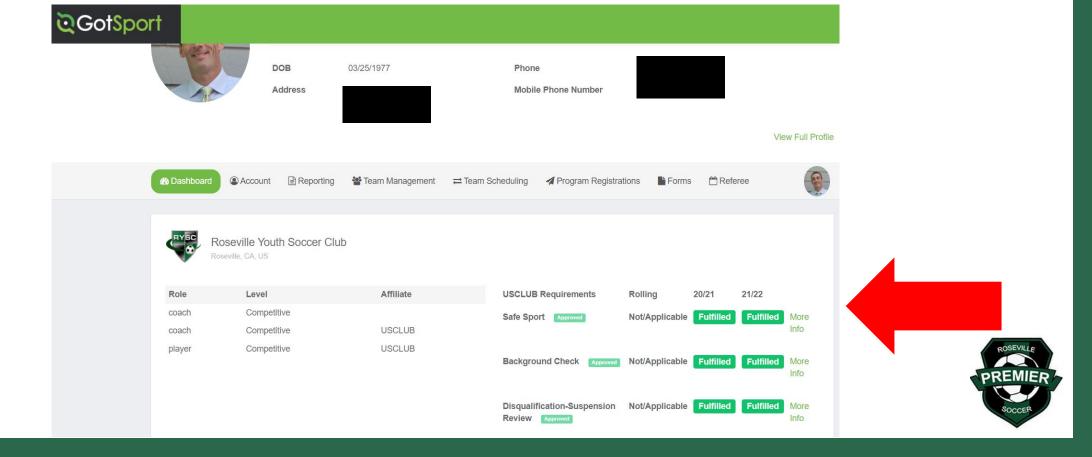
 Through GotSport, coaches need to complete a background check, SafeSport training, and a Disqualification-Suspension module. Click here if you have trouble.





GotSport: Completing Requirements (2/2)

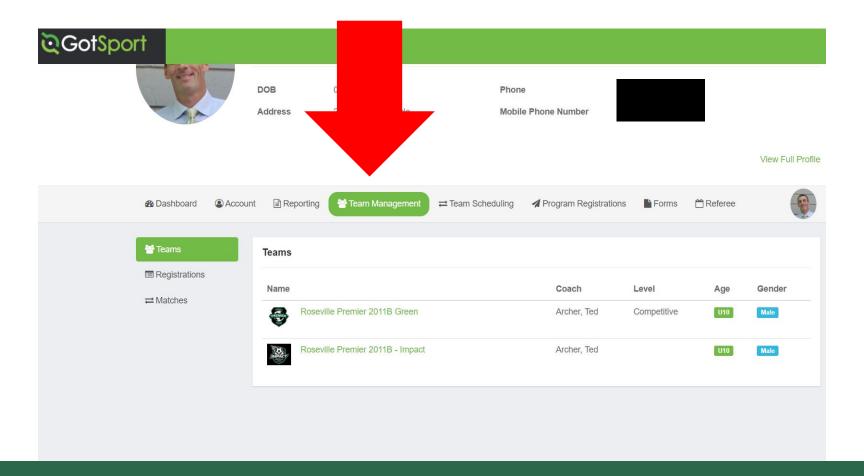
• When the 21/22 status boxes are green and say "Fulfilled," you're complete!





GotSport: Finding Your Roster

Click "Team Management," select your team name, click "Roster"







GotSport: Downloading Medical Forms

- From "Roster," select "Documents and IDs," then RYSC (U6-U14) or US Club (15+)
- (Take a stretch break: the download takes a minute or two)

Г	
Ev	vent
	Current Team Roster Search
	Players Coaches Managers Documents and IDs
	Affiliation
	Ailliauoii
	Medical Release Forms
	US Club Soccer - FORM R002 (2021-22) Player Info, M€ ✓





Schedules, Player Passes, & Game Cards

Age	4v4 (U6-U8)	U9-U14	U15-U19	
Who Schedules?	RYSC	RYSC	Norcal	
Where are Schedules?	Team Sideline; see <u>RYSC site</u>	Team Sideline; see <u>RYSC site</u>	Within GotSport System	
Game Card Procedures	N/A	TBD. Home Coach will either (1) bring blank game card to ref or (2) print game card from RYSC site	Home Coach: within GotSport, click and print game card	
Player Passes N/A		Both Coaches: digitally display GotSport roster to ref at check-in time; save screenshots to phone!	Registrar will provide digital player passes; coaches must bring to games.	
Ejection Procedure	N/A	Ref notes name/number on game card	Ref notes name/number on game card	
Game Scoring	Both Coaches: click link in email and score game	Both Coaches: click link in email and score game	Home Coach: enter score within GotSport, next to game schedule	

RYSC Zero Tolerance Policy

- 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.
 No one is to address a Referee in a negative manner immediately before, during, or after the game.
 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.

- 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.
 Coaches, players, and sideline spectators may NOT address any member of the Referee crew during
- 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 any coach for his/her failure to abide by this Zero-Tolerance Policy.





General Practice & Game Policies

Temperature: reduce intensity above 100 degrees; no activity allowed above 105
 Air Quality: reduce intensity if <u>AirNow</u> registers 100-150; no activity if AQI exceeds 150
 Heading & Concussions: coaches to follow age-appropriate heading as well as concussion protocol at all ages
 Fields: Coaches are expected to ensure a safe playing environment and comply with

City regulations

• Practice and game venues often have more than one "field;" make sure that you confirm your practice and game locations to avoid taking another group's space. "Field Maps" are located at https://rosevillesoccer.com/fields.

Goals should be anchored, and players should not climb or hang on goals
As rainy season approaches, teams should not play on fields that are overly wet, squishy, or with standing water

The City of Roseville updates field conditions (open/reinspect/closed) by 3:00 p.m. on weekdays; visit https://www.roseville.ca.us/government/departments/parks/parks/parks/places/field_conditions
 Call 916.746.1257 on Saturday or Sunday morning if there are questions about field playability
 Issues with field quality and/or safety? Email ryscfields@rosevillesoccer.com.





Coaching Methodology: Training

Our club coaching curriculum and player development plan is guided by the following key principles:

Teach our Players to make the right decision and how to properly execute them.

Our curriculum does not attempt to cover a vast amount of wildly differing topics, rather it focuses more on achieving technical and tactical excellence. Premier level players are not better, they simply play faster. Faster decision, faster execution of decision, and with overall better technique at that speed.

Quick, High Paced Training Sessions

The organization of our training plan is essential to building confidence on and off the ball. This will then build in a logical progressive manner relative to our "possession with a purpose" style of play. For example our players will first learn how to "play out of the back", so that we can build comfortable and sustained possession, which will act as a foundation for moving on to the next phase of the curriculum which is "attacking patterns" in the middle and final thirds of the field.

Cumulative Progression Of Training

Soccer can be explained as simple as: if you have possession, attack. If you don't have possession, get the ball back and/or don't let the other team score.

Weekly trainings do not need to be filled with brand new exercises. Simply re-visit the same unit and challenge players in more complex ways, for example with greater/fewer number of players, higher speed of play, smaller space, shorter time windows etc. requiring more precise application of technique and tactical decisions in game scenarios.





Game Day Expectations

PRE-GAME

- Be on time
- Wear RYSC (or at least soccer) gear, look professional
- Review of practice
- Structured warm up
- Understanding of roles & expectations
- Bring player passes & game card

DURING THE GAME

- Coach "off" the ball, not on the ball
- Developing decision makers, not "joy- sticking"
- When to coach
- Coaching demeanorTreat 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.



At the end of the day, if the opposing players AND the family of the opposing players admire and respect both you the coach and your team and even better yet, wish they played- or were part of your team, then you did your job, representing the club.



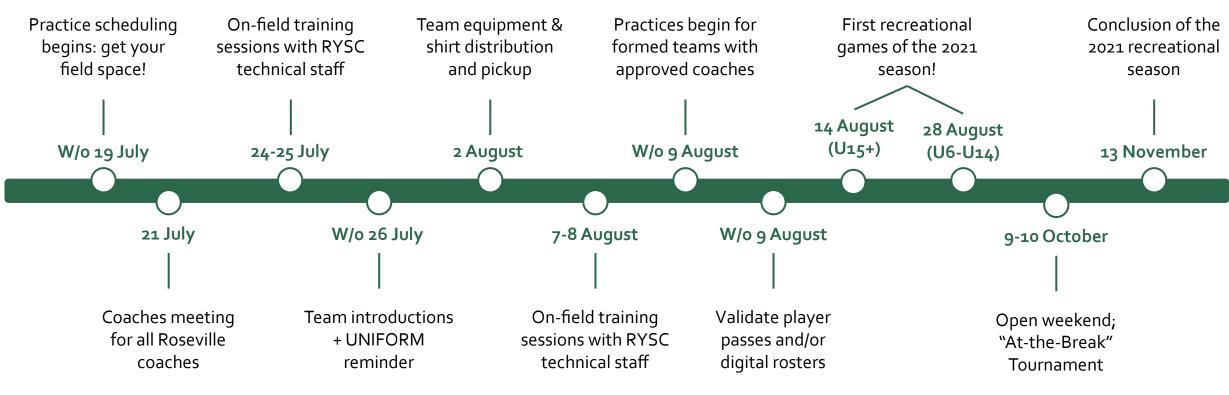
KEY INFORMATION & DATES

Timeline ~ Age Matrix & Rules ~ Scheduling Practice Fields ~ Team Equipment ~ Player Passes ~ Schedules ~ At-the-Break





2021 RYSC Rec Timeline: Key Dates







Age Matrix & Rules (1/2)

Format	4v4 (U6-U8)	7v7 (U9-U10)	9v9 (U11-U12)	11v11 (U13-U19)
Min. # of Players	4	5	6	7
Approx. Field Size	25-35 yds x 15-25 yds	55-65 yds x 35-45 yds	70-80 yds x 45-55 yds	100-120 yds x 50-80 yds
Goalkeeper?	No	Yes	Yes	Yes
Number of Refs	None	1	1	3
Game Length	4x10 min.	2x25 min.	2x30 min.	2x35 (U13), 2x40 (U14-16), 2x45 (U17+)
Ball Size	3	4	4	5
Offsides?	No	Yes (Build-Out Line)	Yes	Yes

Age Matrix & Rules (2/2)

Format	4v4 (U6-U8)	7v7 (U9-U10)	9v9 (U11-U12)	11v11 (U13-U19)
Build-Out Line?	No	Yes	No	No
Free Kick Clearance	10 feet	8 yards	8 yards	10 yards
Heading?	No	No	No (U11) Yes (U12)	Yes
Penalty Kicks?	None	Yes (mark at 10 yards)	Yes (mark at 10 yards)	Yes (mark at 12 yards)
Throw-ins	1 Re-throw	Normal	Normal	Normal
Fouls (type of kick)	Indirect kicks only	Indirect or direct	Indirect or direct	Indirect or direct
Substitutions	Any stoppage	Any stoppage	Any stoppage	Any stoppage

Week of 19 July: Schedule Practices!

- RYSC obtains permits from the City of Roseville; it is important that coaches practice on the fields and at the times allocated
- RYSC's field scheduler will follow the following process starting the week of 19 July:
 - Coaches will receive an email with a Google form; coaches should complete this request with their top 2-3 choices for days/times/locations
 - Our scheduler will use coaches' submissions to construct a practice schedule
 - Once the schedule is available (end-July/early-August), practice locations and times will be published as a shared Google spreadsheet
- Practices may not begin before the week of 9 August—and only if (1) field space has been confirmed and (2) the coach has completed all eligibility requirements
- Questions can be sent to scheduling@rosevillesoccer.com





24-25 July & 7-8 August: On-Field Coach Training at Vet's North

- RYSC coaches interested in learning more about the rules for their respective age groups, as well as Roseville's Style of Play, are invited to attend complimentary on-field training, which will be conducted by Roseville's technical staff, led by A-licensed coach Andrew Ziemer.
- No cost, and you can attend as many as you wish. Sessions on all four dates will be timed as follows:
 - U6-U8 Coaches (4v4): 8:30 9:45 a.m.
 - U9-U10 Coaches (7v7): 10:00 11:15 a.m.
 - U11-U12 Coaches (9v9): 11:30 a.m. 1:00 p.m.
 - U13+ Coaches (11V11): 1:30 3:00 p.m.
- So that the staff knows how many to expect, please register at https://docs.google.com/forms/d/e/1FAlpQLSdEYeVNhV8IIVRXLxciytgAgQviPreWegyj_0wb0ukUC7xoCag/viewform





Week of 26 July: Contact Your Team!

- Introduce yourself
- Summarize philosophy and objectives
- Provide key dates (practice start, first game, last game)
- Ensure that all parents have purchased their player's uniform. Uniforms can be purchased either online or, starting August 9th, onsite at Kombat Soccer in Rocklin.
 - https://www.kombatsoccer.com/store/RYSC-REC-c108740507 is RYSC's page
 - If prompted for a password, use the following: kombatsoccer
 - Be sure to purchase the \$39.75 "RYSC Uniform Package"
- All coaches have access to create a "TeamSnap" account to aid in communications, calendaring, and information sharing. To set up your account:
 - Look for an email invitation to the email address you used to register in GotSport
 - You should be pegged as the coach of your team
 - Add players and parents' emails





2 August: Team Equipment Distribution

- All coaches (or a Team Manager) will need to pick up Club-provided equipment for their team
- Equipment bags include balls, a ball pump, pinnies, and cones
- Team t-shirt orders will also be available
- Date: Monday, 2 August
- Time 5:00 7:00 p.m.
- Location: Maidu equipment sheds





6-9 August: 20% off at Dick's Sporting Goods

- The final weekend before practices start, Dick's will be offering RYSC players 20% off
- https://cmm.dickssportinggoods.com/crmcdn/getoffer.aspx?offer_entity_code=O241B <u>5S5&token=UHOzoQNEALFhH1CZ2YxkoP5pllaZeHa4UNYR8q8lzmMv2XUmncgTRS4</u> <u>SyFCo6pkGxQbyjbcRyNvNZBQqjjA2</u> is our code
- Tell your families that this is a great opportunity for last-minute purchases!





Week of 9 August: Player Passes/Rosters

- Not applicable for U6-U8 coaches and teams
- U9-U14 coaches: verify that you can pull up your roster on your mobile device. Visit system.gotsport.com, login, and pull up roster. Capture screenshots just in case you don't have mobile data on gameday.
- U15-and-up coaches: Verify that you have digital player passes for your entire team.
- If you don't have access to rosters, contact registrar@rosevillesoccer.com.





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 TeamSnap so that parents don't have to hunt for information	Coaches are highly encouraged to enter all information into TeamSnap so that parents don't have to hunt for information	
Reminder: home coach must bring game card. TBD whether it'll be a blank manilla version or needs to be printed from RYSC site .	Reminder: home coach must print game card from GotSport.	





Before Each Game: Field Equipment

- U6-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.
- U15-U19 Teams: TBD.
- Field equipment pick up location is at Maidu at the very back near the soccer fields.
- Pick up time is 6 7 pm on Fridays
- Drop off time is 6 7 pm on Sundays
- 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.





9-10 October: "At-the-Break" Tournament

- RYSC hosts an optional tournament for U9-and-older recreational teams during the midseason break
- The "At-the-Break" Tournament is a great way to enable teams to compete together multiple times throughout a weekend
- Coaches are strongly encouraged to consider participating
- All games are local
- More information will be published, and registration will become available, during the month of August. Visit https://rosevillesoccer.com/tournaments for more information and to register your team.
- Questions? Email tournamentdirector@rosevillesoccer.com





THANKYOU! QUESTIONS?

Registrar: registrar@rosevillesoccer.com;
Scheduling: scheduling@rosevillesoccer.com;
Coaching Directors: 4v4@rosevillesoccer.com,
7v7@rosevillesoccer.com, 9v9@rosevillesoccer.com,
11v11@rosevillesoccer.com, and
soccerdirector@rosevillesoccer.com.



