



# WYSA COACH EXPECTATIONS



- A BRIEF SEASON OVERVIEW ●



WYSA COACH EXPECTATIONS



# The Basic Rules of Soccer

yougotmojo ARTICLE:

[Rules of Youth Soccer Explained](#)



[Soccer Positions Explained](#)

CLICK

YouTube VIDEO:

[The Basic Rules of Soccer for Kids and Adults](#)



# WYSA COACH EXPECTATIONS

## Pre-K + Kinders

### Saturday Game-Day Schedule:

Boys 8:00am

Girls 9:15am

You only meet on Game day, and here is how the day is run:

1) Please arrive to the fields 15 minutes before your assigned time. Be sure to check clubhouse wall for game-day information. An announcement will be made 15min. prior to horn, in which all Coaches will head towards TD coaching area to review Session Plan Activities with our Technical Director/s. Typically the TD's will call upon the Coaches to help demonstrate. Your designated field(ex. 1A or 3B) will have all equipment necessary for activities. Post Coaches Clinic you will then return to your teams.

2) The first 25 minutes of your scheduled time Coaches will run activities with your team. Each activity should last 8-10min. The next horn and announcement is Game-time! Be sure to clear the field of any equipment and set-up players in 4v4 Format Play. Additional players will be designated substitutions.

3) 4v4 Game-play for 25 minutes. NO GoalKeepers. You will have to rotate your players (approximately every 4-6 minutes). The coaches will help manage game-play as there are no official Referees at this level.

4) Cancellations - WYSA will announce on Website, and you will be contacted by WYSA Coordinators if weather forces cancellation.

5) Please, find an Assistant Coach if you haven't already.



# WYSA COACH EXPECTATIONS

## Pre-K + Kinders

Boys 8:00am-8:30am

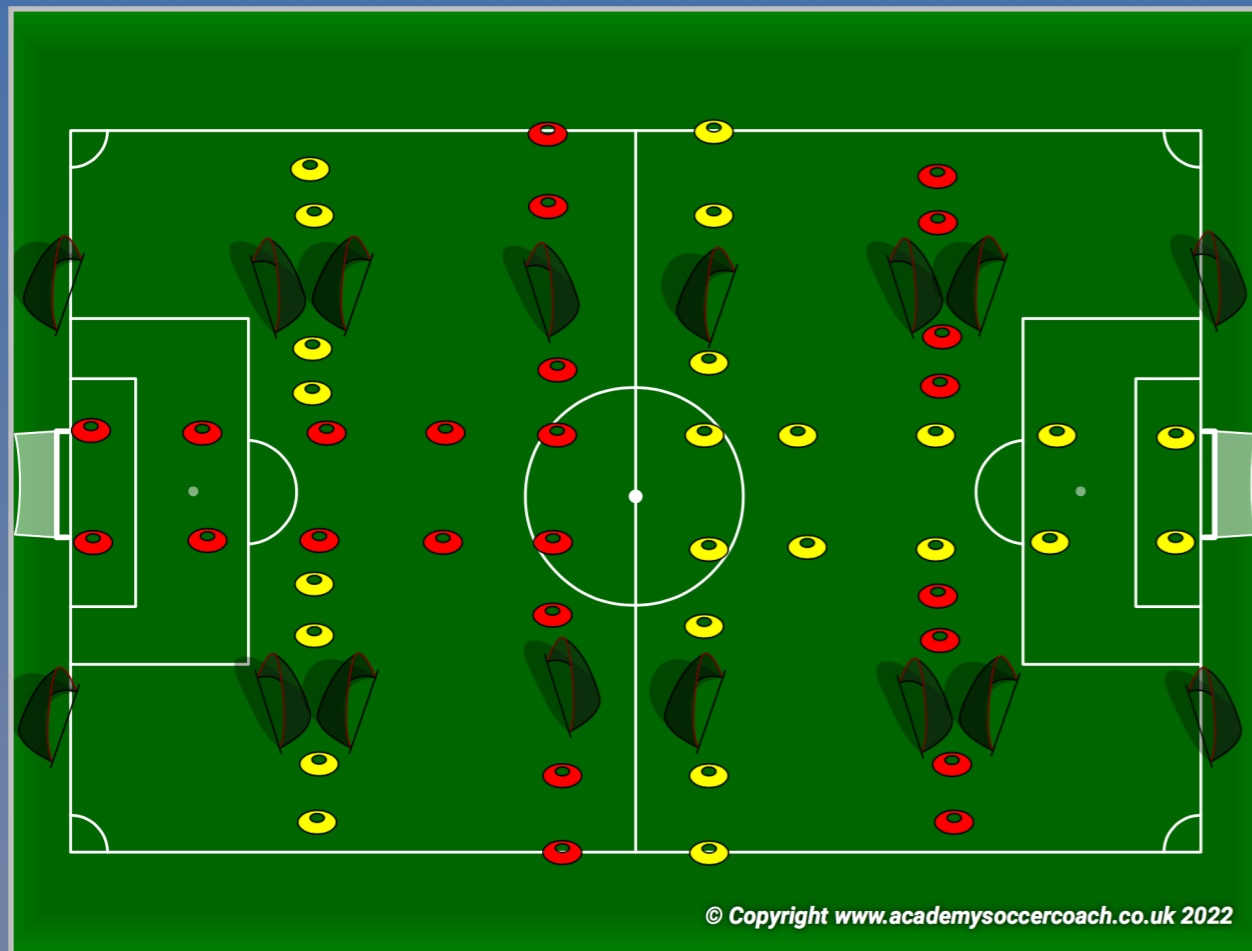
Girls 9:15am-9:45am

The 4v4 Fields are set-up as shown - 7v7 field is split into quadrants. Two Teams in each quadrant. The first 25min. Coaches will run 2-3 Fun and Developmental Games w/ their team. Each activity should last 6-10min. w/ 1-2min water breaks between activities.

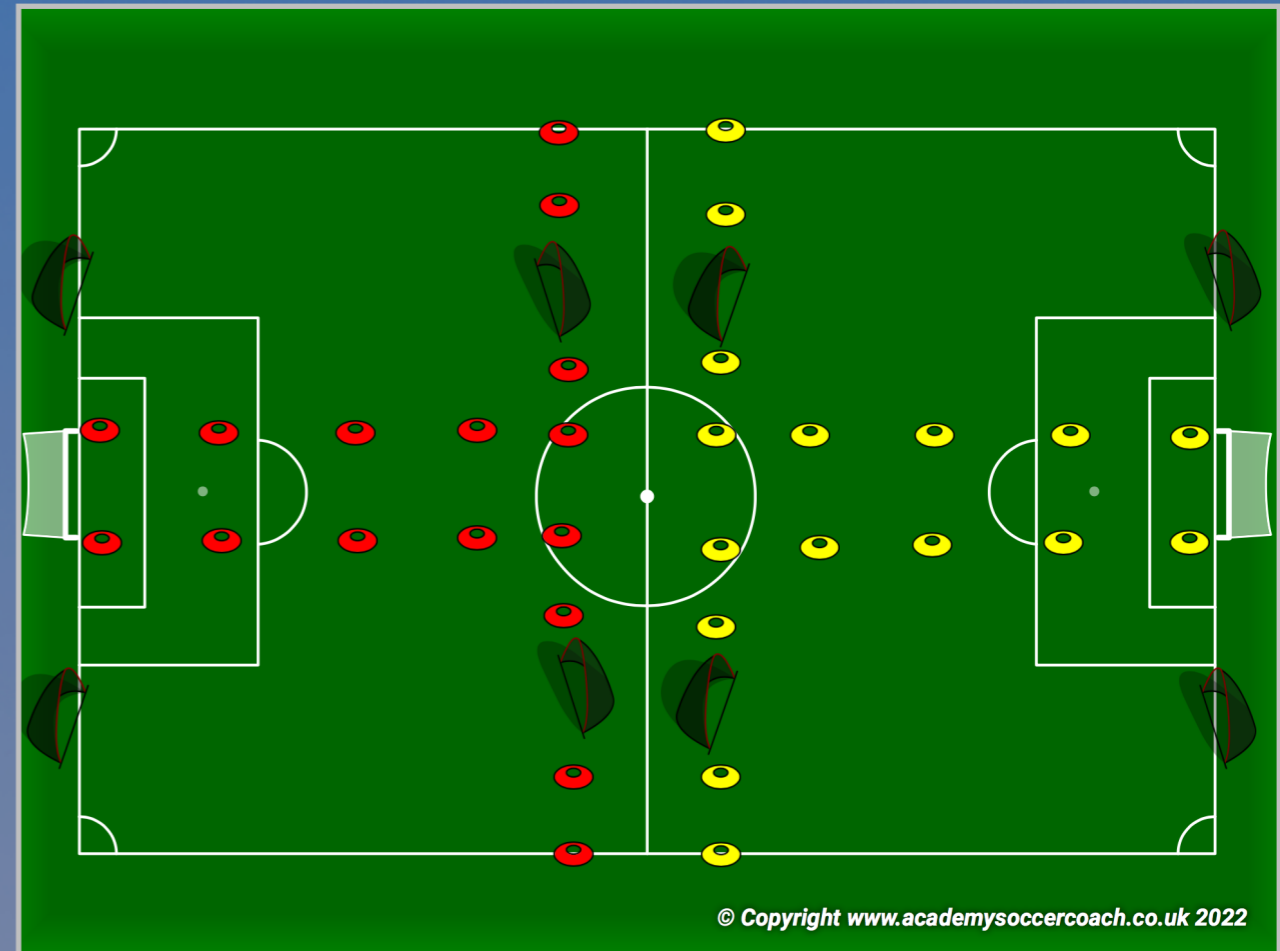
Boys 8:30am-9:00am

Girls 9:45am-10:15am

Once the horn signals for GAME-TIME - Coaches, TD's and BOD's pick-up inside cones and PUGGS opening for 4v4 Format. Rotate and substitute players every 4-6min. Coaches are expected to REFEREE the games!



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# WYSA COACH EXPECTATIONS



## 1st Grade

### Saturday Game-Day Schedule:

Girls 10:30am

Boys 11:45am

- 1) Contact your team (team sizes are about 7/8 players) - Hand out uniforms and schedule 1st Day of Practice.
- 2) 1x practice a week - Tuesdays -1hr. long - Coaches will be provided an assigned field layout for practice sessions. The Technical Director will provide the weekly Session Plan and Overview(15min. prior to practice). Coaches will meet w/ TD to go over Session Plan Activities - 4:45pm Coach Education Clinic on Tuesdays
- 3) Game-day (4v4 format) - arrive 15-20min. before game time - Go over formation and player positions - NO Goalkeepers. During the game rotate/substitute players every 4-6min.
- 4) A Youth Referee/s will be assigned to these games. Coaches should collect REFEREE CARD before kick-off. Simply tear corner of card and deliver to youth referee. The youth referees can use this to purchase 1 item at the snackshack! Please see slide 11 for Coach to Referee Conduct and Info.
- 5) Cancellations - WYSA will announce on Website, and you will be contacted by WYSA Coordinators if weather forces cancellation.
- 6) Please, find an Assistant Coach if you haven't already!



# WYSA COACH EXPECTATIONS

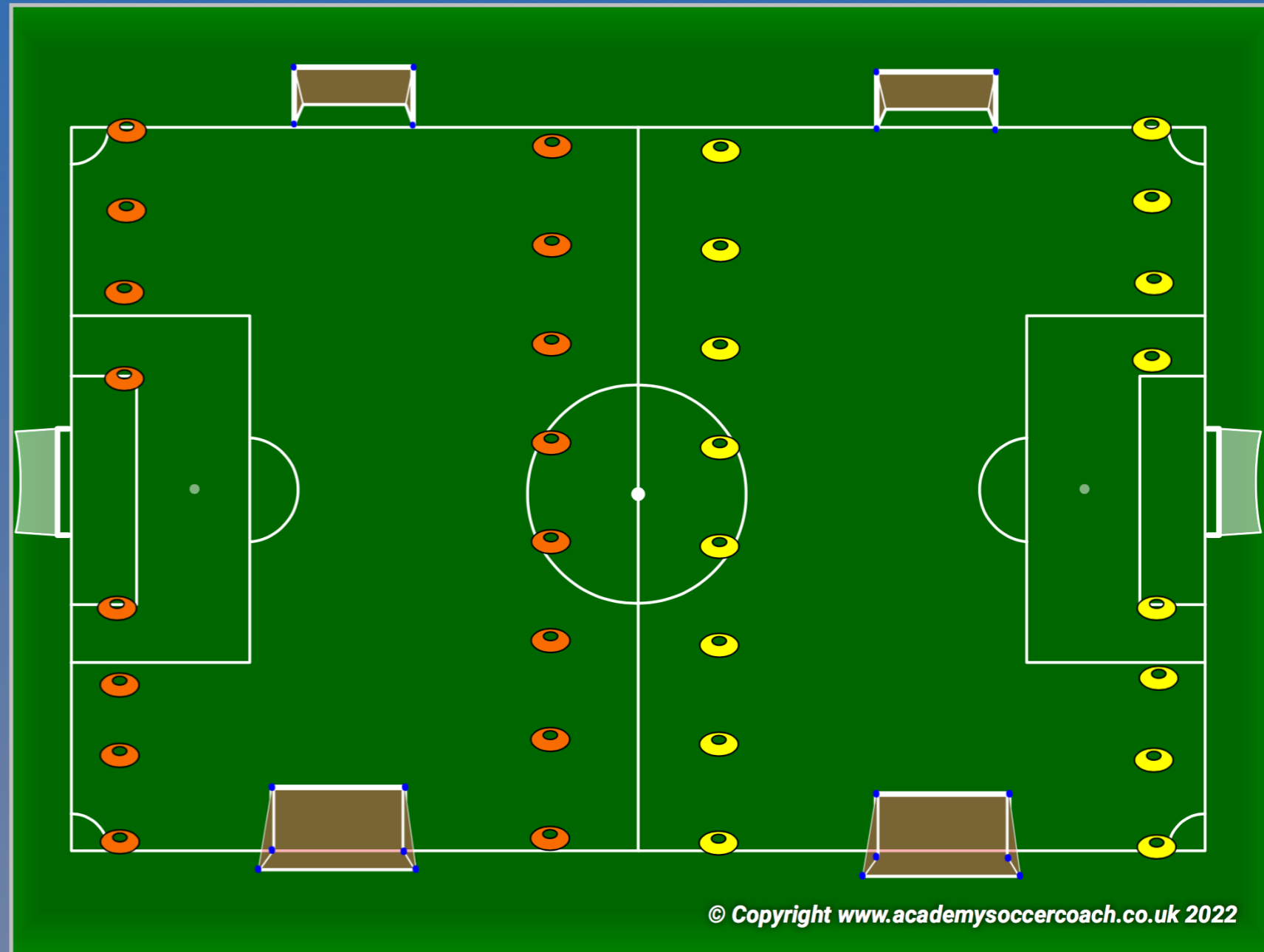


## 1st Grade

Girls 10:30am-11:30am

Boys 11:45am-12:45pm

The 7v7 field is modified as shown, creating 2 larger 4v4 fields on each half. No activities - Game ONLY! Players and Coaches should arrive 15-20min. before kick-off for proper warm-up and tactical discussion. A Youth Referee will be assigned to your game.



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# WYSA COACH EXPECTATIONS

## 2nd Grade

### Saturday Game-Day Schedule:

Girls 1:00pm

Boys 2:15pm

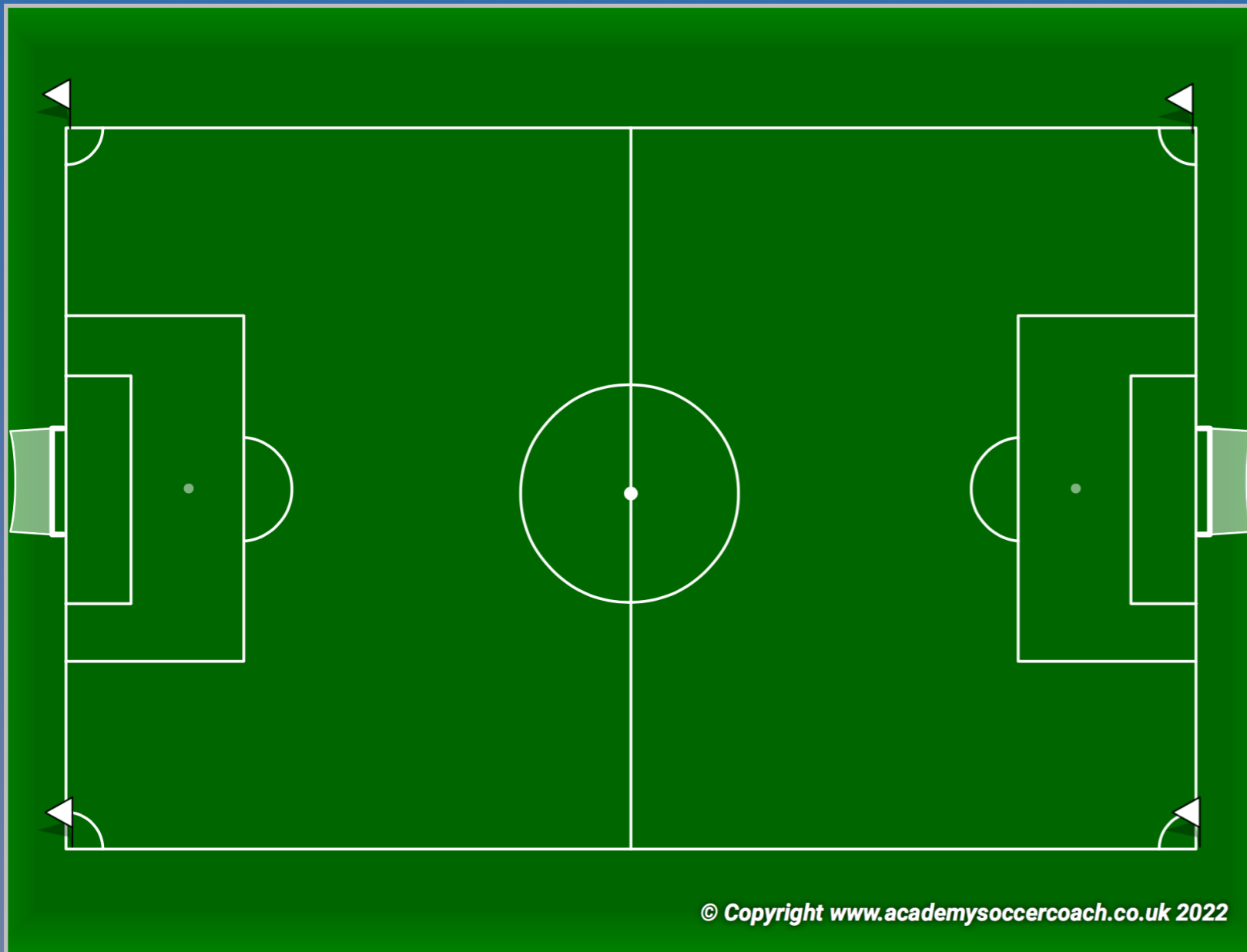
- 1) Contact your team (team sizes are about 10+ players) - Hand out uniforms and schedule 1st Day of Practice.
- 2) 1x practice a week - Fridays - 1hr. long - Coaches will be provided an assigned field layout for practice sessions. The Technical Director will provide the weekly Session Plan and Overview(15min. prior to practice). Coaches will meet w/ TD to go over Session Plan Activities - 4:45pm Coach Education Clinic on Fridays  
[CLICK FOR THROW-IN INFO.](#)
- 3) Game-day (7v7 format) - arrive 10 min before game time - Go over formation and player positions - 1 GoalKeeper. During the game rotate/substitute players every 5-7minutes. Players will perform **THROW-IN** when a ball is played out of bounds. BUILD-OUT-LINE = Players are to retreat back to their defensive half during opposing team's GOAL-KICK.
- 4) A Youth Referee/s will be assigned to these games. Coaches should collect REFEREE CARD before kick-off. Simply tear corner of card and deliver to youth referee. The youth referees can use this to purchase 1 item at the snackshack! Please see slide 11 for Coach to Referee Conduct and Info.
- 5) Cancellations - WYSA will announce on Website, and you will be contacted by WYSA Coordinators if weather forces cancellation.
- 6) Please, find an Assistant Coach if you haven't already!



# WYSA COACH EXPECTATIONS



## 2nd Grade



Girls 1:00pm-2:00pm

Boys 2:15pm-3:15pm

Full 7v7 field as shown. Players and Coaches should arrive 15-20min. before kick-off for proper warm-up and tactical discussion. A Youth Referee will be assigned to your game.



# WYSA COACH EXPECTATIONS



## Travel: 3rd Grade → HS

- 1) Contact your team (team sizes are about 10-18 players) - Hand out uniforms and schedule 1st Day of Practice.
- 2) 2x practice a week - The Travel Coordinator will designate your practice venue - Sessions = 75min. - The Technical Director has provided Curriculums with Session Plan Activities. Be sure to visit website for Coaching Resources - WYSA Session Plans ← [CLICK HERE](#)
- 3) Game-day (7v7, 9v9, 11v11 format) - Arrive 20-30min. Before game time for proper Warm-up and Tactical Discussion - During the game substitute players accordingly - Equal Play Policy -
- 4) Coaches must wear lanyard during all games!
- 5) Cancellations - WYSA will announce on Website, and you will be contacted by WYSA Coordinators if weather forces cancellation.
- 6) Game format:
  - 7v7 - 6 Field Players and 1 GK. Game-time = Two 25min. halves. w/ 10min. Half-time. No additional time.
  - 9v9 - 8 Field Players and 1 GK. Game-time = Two 30min. halves. w/ 10min. Half-time. No additional time.
  - 11v11 - 10 Field Players and 1 GK. Game-time = Two 40min. halves. w/ 10min Half-time.



# WYSA COACH EXPECTATIONS

## Train By Grade

### T.B.G.

This is an opportunity for any and all Coaches to receive a weekly Session Plan from Technical Director, which is then presented 15min. before your practice time. A designated area where TD's will give a brief overview, visual, and discussion of Weekly Session Plan. Be ready to observe or take part in activity demonstrations!

TUESDAY  
1st GRADE

WEDNESDAY  
3RD GRADE

THURSDAY  
4TH GRADE

FRIDAY  
2ND GRADE

# 4:45pm-5:00pm at Shawsheen

WILMINGTONYOUTHSOCCER.ORG

Wilmington Youth Soccer Association  
WYSA 7v7 Sessions Plans  
2nd Grade

1. Name/Team: Week SEVEN  
2. Topic: Understand the Game, Technical Development, and Fun!

**1. Possession Activity (Keep Away)**  
Set-up - Split field in two halves. Create two teams who occupy their half.  
Possession - Coach plays ball into one team's area. Once ball is played, one player from opposing team can enter and try to recover or knock out ball. If DEFENDER recovers ball they can either DRIBBLE or PASS back to their team/area. Those players in possession must try to keep ball away from DEFENDER by DRIBBLING and PASSING.  
Game - If players complete certain # of PASSES, they gain a goal. For example, 5 passes = 1 goal. Team with the most goals wins. \*If DEFENDER recovers ball and DRIBBLES or PASSES back into their team/area, they gain a goal.  
Coaching Cues:  
Head Up - Dribble - Shoot - Control > Speed

**2. 2v2 to Goal**  
Set up - Designate one GOALKEEPER + two DEFENDERS. Create two lines of ATTACKERS as shown. Coach PASSES ball out to ATTACKERS. ATTACKERS attempt to connect PASSES and score goal. DEFENDERS attempt to recover ball and can counter-attack to PUGGS.  
Coaching Cues:  
Attack - Defend - Pass - Dribble - Shoot

**3. Final Game - Play 7v7**  
Set-up Scrimmage w/ 2nd Grade team. Utilize Scrimmage Match to help teach Tactics such as Positioning, Attack and Defense Strategies, and Set-Pieces (Restarts, Goal-kicks, Throw-ins, Free-kicks, Corner Kicks)

WILMINGTONYOUTHSOCCER.ORG

Wilmington Youth Soccer Association  
WYSA 7v7 Sessions Plans  
2nd Grade

1. Name/Team: Week FIVE  
2. Topic: Understand the Game, Technical Development, and Fun!

**1. Technical Dribble + Shoot**  
Set up - Create two sets of obstacles(gates), one on each side of the field as shown. Designate a GK. Coach is positioned in-between obstacles.  
Progression:  
1. Player PASSES to Coach. Player then runs thru gates to RECEIVE a LEAD PASS. Player then SHOOTS on goal immediately entering the goal-box.  
2. Player PASSES to Coach. Coach PASSES back to player who then RECEIVES and DRIBBLES thru gates. Player SHOOTS on goal immediately entering the goal-box.  
3. Player DRIBBLES thru gates then performs GIVE-and-GO w/ Coach. Player then SHOOTS on goal immediately entering goal-box.  
Coaching Cues:  
Dribble - Pass - Change Direction - Control > Speed - Shoot

**2. 1v0 + 1v1 + 2v1 + 2v2**  
Set-up FOUR GATES as shown. Designate a GK. Split into two teams, Pinnies vs. Non-Pinnies. All players have their own ball.  
Game - Player starts w/ 1v0 to goal. Once player shoots, that player then comes DEFENDER to opposing team's player creating 1v1 scenario to goal. Once play is finished the next opposing team's player DRIBBLES into area creating 2v1 OVERLOAD. Once play is finished the last player enters from opposing team to create 2v2. First team to score 3 goals, WINS!  
Coaching Cues and Guided Questions:  
Attack - Defend - Shoot - Pass  
How can we create space? When to dribble, and when to pass? How do you stay on-sides?

**3. Final Game**  
Play 7v7  
- Set-up Scrimmage with another team.

WILMINGTONYOUTHSOCCER.ORG



# WYSA COACH EXPECTATIONS

## Coach Conduct

The Board of Directors of Massachusetts Youth Soccer Association, Incorporated (Mass Youth Soccer) and the leaders of the affiliated Leagues are concerned about the conduct of all coaches and referees during games at all levels, from recreational to premier to ODP. We want to ensure that games are fair, positive and enjoyable experiences for all of the children and adults involved. A soccer game should be friendly and unifying - a spirited social and athletic occasion for players, coaches, referees and spectators.

To clarify expectations of coach conduct, we jointly expect all coaches to conform to this Code of Conduct: Before, during and after the game, be an example of dignity, patience and positive spirit. Before a game, introduce yourself to the opposing coach(es) and to the referee(s). During the game, you are responsible for the sportsmanship of your players. If one of your players is disrespectful, irresponsible or overly aggressive, take the player out of the game at least long enough for him/her to calm down. During the game, you are also responsible for the conduct of the parents of your players. It is imperative to explain acceptable player and parent behavior in a preseason meeting. Encourage them to applaud and cheer for good plays by either team. Discourage them (and you may need to be forceful and direct) from yelling at players and the referee(s). During the game, you are also responsible for the conduct of spectators rooting for your team. During the game, do not address the referee(s) at all. If you have a small issue, discuss it with the referee(s) calmly and patiently after the game. If you have a major complaint, or if you think the referee(s) was unfair, biased, unfit or incompetent, report your opinion to your League. Your reactions will be taken seriously if they are presented objectively and formally. After the game, thank the referee(s) and ask your players to do the same.



# WYSA COACH EXPECTATIONS

## Coach to Referee Conduct

**Referees** - especially young and inexperienced ones - are like your players and yourself, in that they need time to develop. You can play an important role in helping them to improve by letting them concentrate on the game. You can help by encouraging them, by accepting their inevitable, occasional mistakes and by offering constructive post-game comments. On the other hand, you could discourage and demoralize the referees by criticizing their decisions, by verbally abusing them and inciting - or even accepting - your own players' overly aggressive behavior. Your example is powerful, for better or worse. If you insist on fair play, if you concentrate on your players' enjoyment of the game and their overall, long term development, and if you support the referee, your players and their parents will notice. If you encourage (or allow) your players to play outside the rules, if you're overly concerned about results, and if you criticize the referee harshly, your players and their parents will also notice. Think about what you're doing during a game!

The Referee

[CLICK HERE TO LEARN MORE ABOUT REFEREES](#)





# WYSA COACH EXPECTATIONS

## Coach Resources

CLICK RESOURCE NAME  
FOR CONTENT

WYSA

MassYouthSoccer

UnitedSoccerCoaches

yougotmojo