

Spring 2021 Soccer Coach/Parent Clinic

Youth Sports Academy

YSA Website
<http://www.katyshequ.com>

Based on previous material prepared by
Former Director of Soccer: (Aleck Chen)





Clinic Agenda

- Introduction to YSA
- Coaching soccer
- Responsibilities (Coaches, TM, Parents, Players)
- Resources
- **Field Designation**
- Administration

Youth Sports Academy



- History
- Objectives
- Current State of the Academy
- Future Plans
- Organization Structure

Youth Sports Academy



- Soccer: ~150 youth players
- Soccer development program: professional coach
- Basketball: 100+ players, all year around
- Baseball: two summer seasons
- Ultimate Frisbee: future plan
- Climbing: future plan



Youth Sports Academy



在陽光下奔跑 傳遞健康與快樂 Katy 青少年體育學校推動鍛煉幼苗



【記者韋寶林斯頓報導】父母能給孩子最好的禮物之一，是在他們小時候，培養好習慣。他們會一生受用不盡，而養成鍛煉運動的習慣是其中最重要之一。在 Katy，由一群家長主動發起，帶孩子們走出戶外，迎向陽光，鍛煉身心，逐漸發展成一個非營利組織，這就是 Katy 青少年體育學校 (Youth Sports Academy)。

春風吹來，在 Katy 的 Seven Lakes Junior High School 綠色運動場上，看到許多孩子們穿著不同顏色的隊次，由教練帶領著練習足球，無論是跑位、傳球、或是運球過人，小小球員們卯足了勁，在陽光下快樂的奔跑著，不時傳來笑聲。

一旁的家長們坐在椅子上，有的為寶貝們加油，看著孩子們在綠色草地上穿梭。有的互相聊天交談，輕鬆地閒話家常。這是 Katy 青少年體育學校的足球小聯盟活動，在春季、秋季各舉辦十週左右，每隊超過一百五十個家庭，帶孩子出來鍛煉，也給家長們提供了彼此聯繫互動的機會。

Katy 青少年體育學校的發起人是劉建高，最早是在 2013 年 8、9 月份，他帶孩子參加朋友在鹽城的華僑青少年足球訓練，因為下雨，當天的足球訓練被迫取消，他到球場後與其他兩位朋友一起帶孩

子在球場練習，這次經驗觸發他帶孩子踢球的想法。於是他和鄰居一起帶領了共 8 個孩子在 Katy 自己組隊，讓周圍的孩子在週末一起踢足球。沒想到，這樣的想法得到許多家長的共鳴，紛紛加入，一絲絲的發展壯大，甚至成立了非營利組織。

在籌備成立非營利組織的過程中，劉建高累積許多寶貴的經驗與資料，而更難得的是，他把這些經驗與資料毫無保留的分享出來，後來鹽城和陽城的組織者也各自成立了足球小聯盟，讓大休斯頓地區華僑民眾的足球風氣有了長足的發展。

劉建高表示：“辦足球組織要有群眾基礎，在 Katy 地區約有兩千戶以上的華僑家庭，大部分是新移民。很多家長喜歡踢足球，在共同的愛好下，就大家聚起來了。組隊的時候，按照年齡來分配，孩子們多和自己無異的朋友一起玩。”

核心成員 Jayson Lu 表示，Katy 青少年體育學校是大休斯頓地區成立的第一個足球小聯盟，我們知道孩子的需要，能提供更多鍛煉的機會。學校的教練都是義工家長，他們教自己的孩子踢球，也幼善幼以及人之功。在場上，可以看到許多教練熱心的鼓勵孩子，引導孩子，教他們如何正確運球、傳球，如何與其他隊員合作。

球隊的發展一路受到家長們的大力支持。家長們義務擔任教練和球隊經理，很多家長做義工的球隊的發展。球場負責人楊廷勇更是每次比賽之前提前到場，同時也負責分發球隊器材和其他場地事宜。

劉建高說道，Katy 青少年體育學校是非營利機構，只收取少量的費用，而且取之於民、用之於民，都在球門、服裝、保險、買球和其他訓練器材上，教練和義工都不收費。學校非常重視訓練的安全問題，每個孩子必須穿著小背心 (Shin Guards) 才能踢球，並且在給教練和家長的信息中，不斷強調安全的重要性。每年的秋季足球賽季，青少年體育學校都有設立「陳晉華足球獎學金」以紀念給球隊做過巨大貢獻的第一任教練陳晉華先生。目前已有數人獲得這個足球獎學金。

參加協會的家長反映，孩子們踢完球後數量增加不少，晚上睡覺也能睡的很香。孩子們對踢足球的興趣很高，他們能和自己的朋友一起踢、一起玩，還能認識一些新朋友。顯然，足球有豐富的內涵和感染力，古代中國民的蹴鞠是足球最早的雛形。在踢足球時，必須前後左右移動，有助提升身體的協調性，並且全身各部位均能充分運用到，孩子們的反應也更加靈活，還能訓練他們的獨立性與判斷力。知道如何面對各種狀況，學習進攻與防守之道。而練習時，需要他們集中注意力，也是培養專注力良好的機會。

在足球比賽時，對訓練小朋友的團隊合作精神很有幫助，讓

他們與其他人有真實的互動，真實的揮汗，而非僅在虛擬的世界中打電子遊戲。無論如何，讓孩子們出來呼吸新鮮空氣，曬曬溫暖的陽光，跑一跑、動一動，多跟朋友朋友，增進身心健康。而非坐在電腦打著遊戲機或看電視，這本身就是很大的進步與提升。

Katy 青少年體育學校除了推廣足球之外，還曾經組織過棒球與籃球，隊員主要來自 Katy 地區，也有從其他地區來的成員。目前籃球已經移交給位於 Katy 的華科學院負責組織。有興趣了解青少年體育聯盟更多信息的讀者，請洽電子郵件：Secret.kyusa@gmail.com。網址：<http://www.katyhsqa.com>。



YSA 2019 Tax

Short Form
Return of Organization Exempt From Income Tax
Under section 501(c), 527, or 4947(a)(1) of the Internal Revenue Code (except private foundations)

OMB No. 1545-0047
2019
Open to Public Inspection

Form **990-EZ**

▶ Do not enter social security numbers on this form as it may be made public.
▶ Go to www.irs.gov/Form990EZ for instructions and the latest information.

Department of the Treasury
Internal Revenue Service

A For the 2019 calendar year, or tax year beginning , 2019, and ending , 20

B Check if applicable:
 Address change
 Name change
 Initial return
 Final return/terminated
 Amended return
 Application pending

C Name of organization
Youth Sports Academy

Number and street (or P.O. box, if mail is not delivered to street address) Room/suite
5905 SOVEREIGN DR

City or town, state or province, country, and ZIP or foreign postal code
Houston, TX 77036

D Employer identification number
47-3152032

E Telephone number
(713) 574-8258

F Group Exemption Number ▶

G Accounting Method: Cash Accrual Other (specify) ▶

H Check if the organization is not required to attach Schedule B

I Website: ▶

J Tax-exempt status (check only one) - 501(c)(3) 501(c) (insert no.) 4947(a)(1) or 527

K Form of organization: Corporation Trust Association Other

L Add lines 5b, 6c, and 7b to line 9 to determine gross receipts. If gross receipts are \$200,000 or more, or if total assets (Part II, column (B)) are \$500,000 or more, file Form 990 instead of Form 990-EZ ▶ \$ **15,965**

Part I Revenue, Expenses, and Changes in Net Assets or Fund Balances (see the instructions for Part I)
Check if the organization used Schedule O to respond to any question in this Part I

Revenue	1 Contributions, gifts, grants, and similar amounts received	1	
	2 Program service revenue including government fees and contracts	2	15,965
	3 Membership dues and assessments	3	
	4 Investment income	4	
	5a Gross amount from sale of assets other than inventory	5a	
	b Less: cost or other basis and sales expenses	5b	
	c Gain or (loss) from sale of assets other than inventory (Subtract line 5b from line 5a)	5c	
	6 Gaming and fundraising events:		
	a Gross income from gaming (attach Schedule G if greater than \$15,000)	6a	
b Gross income from fundraising events (not including \$ of contributions from fundraising events reported on line 1) (attach Schedule G if the sum of such gross income and contributions exceeds \$15,000)	6b		
c Less: direct expenses from gaming and fundraising events	6c		
d Net income or (loss) from gaming and fundraising events (add lines 6a and 6b and subtract line 6c)	6d		
7a Gross sales of inventory, less returns and allowances	7a		
b Less: cost of goods sold	7b		
c Gross profit or (loss) from sales of inventory (Subtract line 7b from line 7a)	7c		
8 Other revenue (describe in Schedule O)	8		
9 Total revenue. Add lines 1, 2, 3, 4, 5c, 6d, 7c, and 8 ▶	9	15,965	
Expenses	10 Grants and similar amounts paid (list in Schedule O)	10	
	11 Benefits paid to or for members	11	
	12 Salaries, other compensation, and employee benefits	12	
	13 Professional fees and other payments to independent contractors	13	
	14 Occupancy, rent, utilities, and maintenance	14	
	15 Printing, publications, postage, and shipping	15	
	16 Other expenses (describe in Schedule O)	16	9,406
	17 Total expenses. Add lines 10 through 16 ▶	17	9,406
	18 Excess or (deficit) for the year (Subtract line 17 from line 9)	18	6,559
Net Assets	19 Net assets or fund balances at beginning of year (from line 27, column (A)) (must agree with end-of-year figure reported on prior year's return)	19	
	20 Other changes in net assets or fund balances (explain in Schedule O)	20	
	21 Net assets or fund balances at end of year. Combine lines 18 through 20 ▶	21	6,559

For Paperwork Reduction Act Notice, see the separate instructions. EEA

Form 990-EZ (2019)



YSA Organization Chart



- ❑ President: Zhiyong Yang
- ❑ Vice President: Junhui Dong
- ❑ Treasurer: Jiayun Lu
- ❑ Field Coordinator: Junhui Dong
- ❑ Soccer Director: Hao Cui
- ❑ Director: Jianlei Liu

- ❑ Each Team has Head Coach, Assistant Coach and Team Manager.

YSA Coaching Goal



□ The Goal:

- Safety First
- Have Fun
- Promote Physical Activity
- Learn Life Skills (self-reliance, conflict management, team work, communication)

□ Coaching Suggestions for Different Age Groups:

- Ages 4 to 9 (Childhood)
- Ages 10 to 14 (Puberty)

Soccer Safety 1



- ❑ All players **Must** wear **Shin Guards! (No exception)**
- ❑ Wear soccer shoes
- ❑ NO jewelries, such as watch, ear ring, necklace, etc.
- ❑ Parents and spectators should be at least **5 feet** away from the field border.
- ❑ COVID 19, keep 6 ft distance



Soccer Safety 2



- ❑ Players hit by ball on the face (nose bleeding)
- ❑ Leg or knee kicked by other players
- ❑ Feet stepped on by soccer shoes
- ❑ Goalie's hands or head kicked by other players when collecting the ball
- ❑ 5 or 6 players kicked the ball in a group



<http://seattletimes.com>



<http://www.pressherald.com/wp-content>

Ages 4 to 9 (Childhood)



- Mostly technical repetitions
- Psychologically friendly
- Positive, simple combinations, decision making activities
- Individual basic skills with an emphasis on keeping ball possession
- Trial & Error – Discovery – Experimentation
- Matches can be 3 – to 6-a-side

Ages 10 to 14 (Puberty)



- More combination on offense and defense
- Many decision making environments
- Psychologically positive with correction
- Advanced competitive skills against match opponents
- Tactically work on the roles of attack and defense and the basic principles of play.
- Exercise should focus on endurance, rhythmic movement, flexibility and running mechanics
- Matches can be 8 – to 11-a-side

Example Practice/Game Plan



- ❑ Time: 4:30 – 6:00 pm every Sunday (after time change, it will become 4:00 – 5:30 pm)
- ❑ Team Practice (45 minutes) (**Having a training plan helps!**) :
 - Warm up – 5 minutes (stretching, jogging)
 - Ball dribbling
 - Dribbling around cones
 - Ball passing (two players passing the ball)
 - Shooting
- ❑ Soccer game (45 minutes)
 - 4 on 4 game (for 4-6 years old)
 - 5 on 5 or 6 on 6 game (for 7 years old and above)
 - Players will take substitution.
 - Each session can be 3, 4, or 5 minutes with water breaks. Younger kids take less time.

Session 1: Free Dribble



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Players have a ball each and 'free dribble' around the square. Coach can interact with players and act as a deterrent within the square. Coach can emphasize close control / touch and different parts of the feet to dribble with, isolate turns & skills etc...

- Close control and lots of touches
- Awareness of space & players
- Use both feet, different parts of feet
- Different skills

Session 4: Wizard of Oz



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Players are split into 3 groups, 2 defending groups & 1 attacking group. Attacking group is to dribble along the 'yellow brick road' to the other side, they cannot go out of the coned area. Defender 1 can only defend once attacker moves, they are restricted to 'zone 1', defender 2 can only move when attacker enters 'zone 2', the game is over when 'Dorothy' enters 'Zone 3' and finishes into the small goal.

- Speed of dribble
- Touches, Big? Small?
- Dealing with pressure
- Defend aggressively
- Attack positively

Weekly Training Plans (Dropbox links to these resources)

Coach Responsibilities



- ❑ On Time to practice
- ❑ Positive and Patient
- ❑ Fair and Consistent
- ❑ Be Prepared for the Training
 - Have a weekly training plan (highly recommended)
 - Good communication and team work with your fellow coaches
 - Prepare player rotation before the training
 - Know the basic FIFA Laws of the Game
 - Keep up with US Youth Soccer trends

New Head Coaches



- ❑ 1 soccer ball
- ❑ 1 set of cones
- ❑ Vest/coach shirt and whistle
- ❑ FFPS field provides goals



Team Manger Responsibilities



- ❑ On Time
- ❑ Support Coaches and Referees
- ❑ Work with Parents to:
 - Set up goals and cones
 - Make sure all players wear shin-guards
 - Make sure players are not wearing jewelry, glasses
 - Make sure players' soccer balls are probably inflated
 - Take down goals after the training
- ❑ Organize Team Activities
 - Collect Player Registration Forms and Program Fees
 - Organize Picture Day (Professional photographer hired by YSA)
 - Organize End of Season Party

Parents Responsibilities



- ❑ On Time
- ❑ Respect Coaches and Referees
- ❑ Help Team Managers
- ❑ Get Your Kids Prepared
 - Soccer boots, Shin Guards, Socks, Jersey
 - Sun Screens, Water or Gatorade, Ice, Lawn Chair
 - Simple First-Aid kit
- ❑ Participate
 - Learn the game of soccer with your kids
 - Enjoy the game with your kids
 - Encourage the kids (not only your own kids)
 - Always be positive
 - Do not interfere with coaching and game officiating
 - Help the coaches set up goals, collect out-of-bound balls
 - Help clean up the soccer field after practice

Players Expectations



- ❑ Love the game of soccer
- ❑ Be on Time
- ❑ Listen to the Coaches and the Referee
- ❑ Be a Team Player
 - Encourage your team mates, always be positive
 - Show Good Sportsmanship - Do not retaliate (the referee will always catch the ones who retaliate)
- ❑ Have Fun and Make Friends

First Game (Feb 28, 4:30 PM)



- ❑ Turn in liability waiver form using online registration at our website
- ❑ Turn in program fee (\$60, each additional sibling will get \$10 discount) to team manager. You will write a check payable to "Youth Sports Academy". New players will pay \$80 (including two soccer uniforms). Or, using quickpay to ysatreasurer@outlook.com, and note your kids name, and your phone number or email.
- ❑ New players only: Pick up your soccer uniform if you haven't done so (Every player will receive two shirts, Blue and Red. You can buy black shorts.)
- ❑ All players must wear shin guards
- ❑ Players wear soccer uniform, soccer socks, soccer shoes.
- ❑ Be on time to your assigned soccer field
- ❑ Bring water bottle, sunscreen, chairs(umbrella)
- ❑ Help coach assemble and disassemble soccer goals

Soccer Gears



1. Shin Guards (Size: XS, Small, Medium, Large)



2. Soccer Socks



3. Soccer Ball

- size 3 for 4-7 years old
- size 4 for 8-10 years old



4. Soccer Shoes

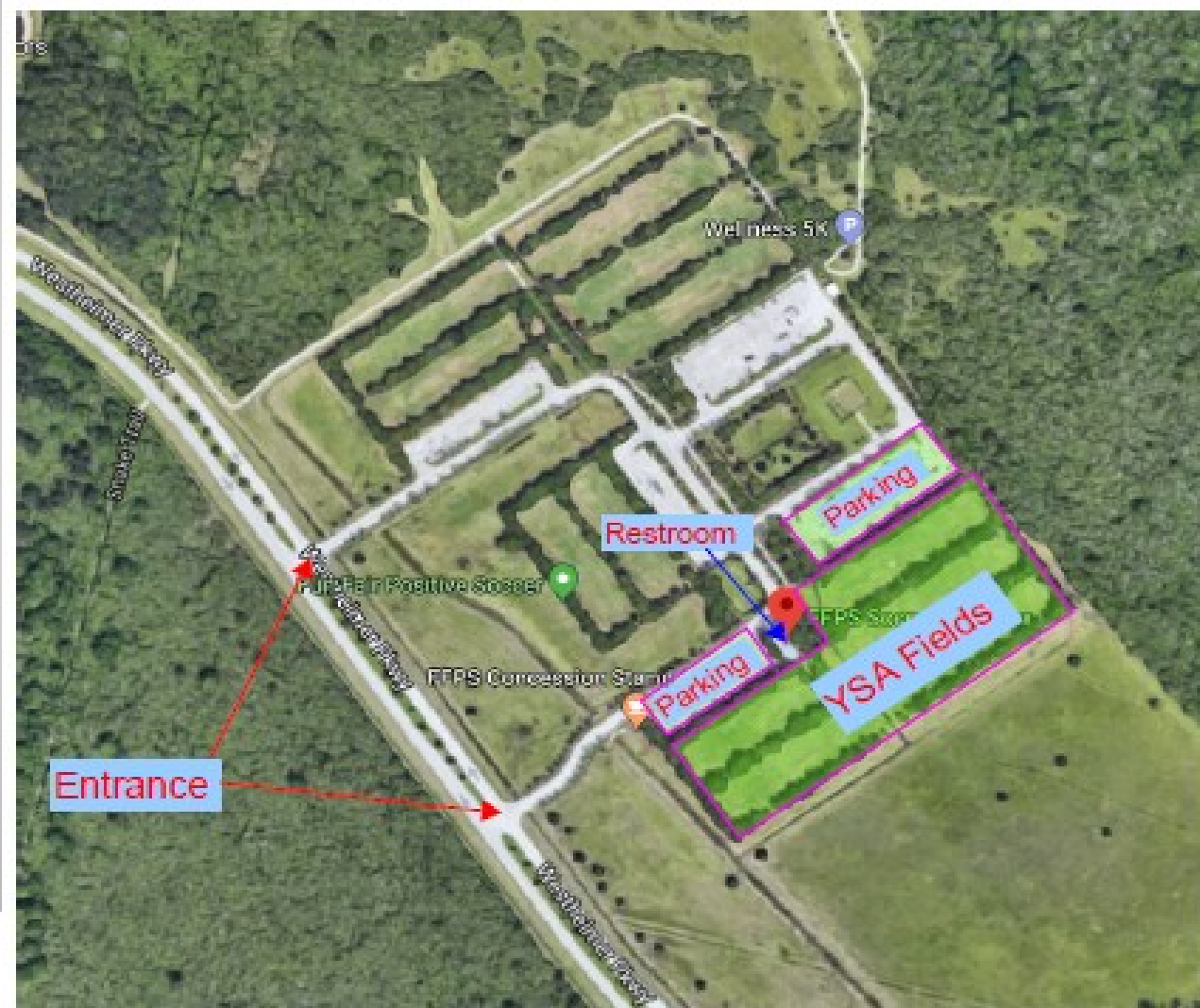
Soccer Fields (YSA)

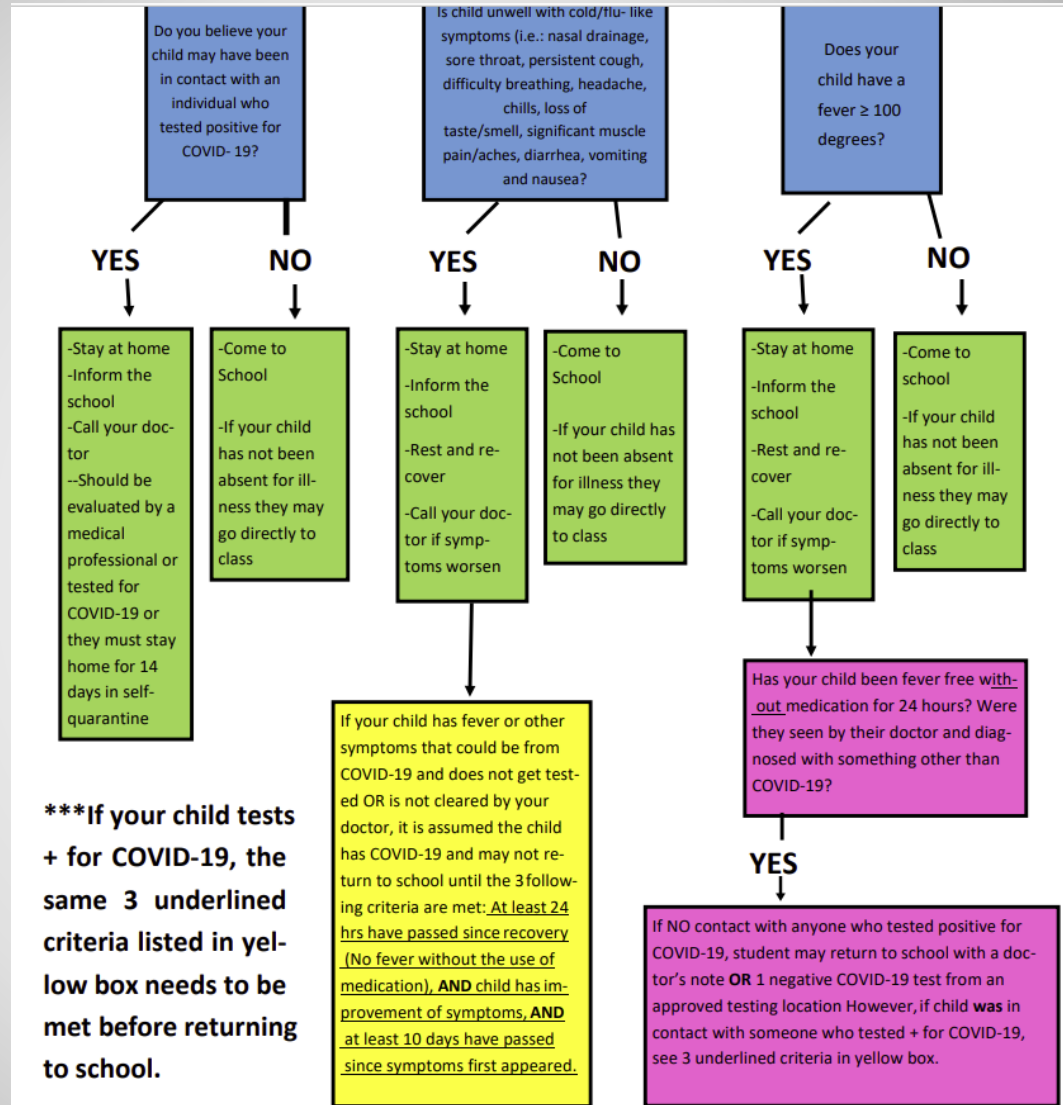
FFPS field at George Bush Park



Soccer Fields (YSA)

FFPS field at George Bush Park





*****If your child tests + for COVID-19, the same 3 underlined criteria listed in yellow box needs to be met before returning to school.**

COVID 19 Policy



Resources

□ Online Resources:

- US Youth Soccer: www.usyouthsoccer.org
- South Texas Youth Soccer: www.stxsoccer.org
- FIFA: www.fifa.com

□ Contact:

- Jiayun Lu soccer.kysa@gmail.com 713-447-0708
- Jianlei Liu soccer.kysa@gmail.com 713-501-0139
- Zhiyong Yang 713-822-8837
- Junhui Dong 225-505-5802
- Hao Cui 832-795-3385

YSA Website

<http://www.katyshequ.com>

Thank you all for participation!



Questions and comments?