

Wall Soccer Club

Coaches Handbook



COACHES OUTLINE

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- a) MOSA Rules of Conduct
- b) MOSA Game Cards
- c) MOSA Team Registration Form

5) When do I start Practicing (pages 34-35)

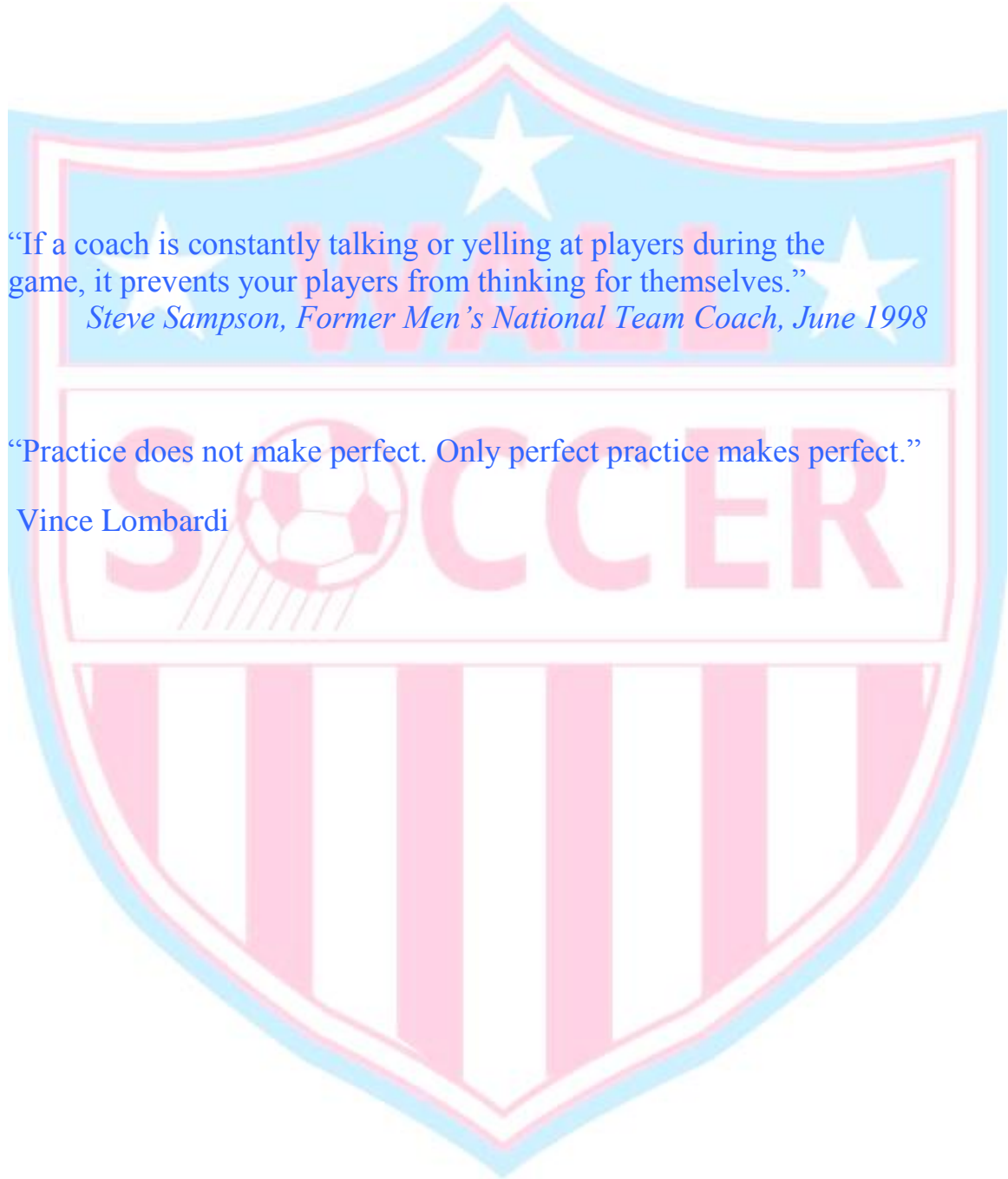
- a) Most team will Start Practice after the Wall Soccer Summer Camp
- b) Regular practices usually begin in the mid to end of July
- c) Contact club trainer (U9 Teams) to schedule a practice date (all new U9 Teams are trained by SST Training and the club pays for this training)
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“If a coach is constantly talking or yelling at players during the game, it prevents your players from thinking for themselves.”

Steve Sampson, Former Men’s National Team Coach, June 1998

“Practice does not make perfect. Only perfect practice makes perfect.”

Vince Lombardi



CHAPTER 1

GETTING STARTED

GETTING STARTED

Expectations from the Club

The Club would like to thank you for volunteering to be a Travel Soccer Coach. The Wall Soccer Club is only as good as its volunteers. As a coach and representative of Wall Soccer Club, you will be held to a high standard. Please familiarize yourself with the coaching expectations below.

- 1) Lead by example – Your behavior and philosophy will have a direct impact on your players.
- 2) Foster a love of game
- 3) Promote good sportsmanship – Discourage unruly behavior or negative behavior towards other teams and players
- 4) Treat all players, coaches and referees with respect
- 5) Communicate effectively with parents
- 6) Respect and support the referee – Please remember that Referees make mistakes (sometimes a lot of them) however you should refrain from getting into arguments with the referees. Remember that a lot of the referees at your games, especially the younger age groups, are young kids.
- 7) Be a good ambassador for the Club
- 8) Provide an opportunity for all players to develop at all positions – Try not to lock a player into a position i.e. defender, forward, goalie etc. Try to allow all players an opportunity at each position.
- 9) Teach players to win and lose gracefully

F License

Now that you have a team, there are a few things that you need to get done as soon as possible. The first thing you need to do, if you have not already done so, is obtain and **F License**. The F License is the minimum license required to coach a youth travel soccer team. After you obtain your F License, you will need to provide a copy of your license as well as copies for all assistant coaches with your registration package. Information about the F License and upcoming courses can be found at the NJ Youth Soccer Website: <http://njyouthsoccer.com/>.



The course is a nine hour course with a \$35 non-refundable fee per student. There are no prerequisites to this course. Each candidate is asked to bring a pen or pencil to write with and a #5 soccer ball. Candidates will receive a student-guide during the initial session of the course. You must attend all sessions of the course to receive your F License. **You will receive your F License certificate at the end of course** assuming you attended all sessions and are a member of an NJYS club.

Each attendee should write and bring to the first session of the course their Coaching Philosophy written out as we will discuss the development of such during the evening.

The course is divided into a classroom session and a practical session. The classroom session is the first three hours usually held on a Friday night. The practical portion of the course will held in a soccer environment. Depending on weather conditions, this practical session may be held in a gym or outside on a field. Specific dress requirements will included in the confirming email that each student will receive upon successfully registering for the course. Candidates should bring appropriate shoes, a #5 soccer ball and shin guards for the practical session.

Students may be asked to volunteer to participate in the practical sessions, but participation is not a required part of the course. While there is no testing requirement for this course, practical sessions may be evaluated to help the candidate in their education.

To register to attend one of the courses, click on the **Register for Course** link for the course you wish to take. You will be taken to a GotSoccer sign-in page for that course. If you already have an account, sign-in and proceed to register. If you do

not have a GotSoccer account, you will be given the opportunity to create an account. There is no cost to create an account.

After you have created your account, you will be able to register for the course. The cost of the course is \$35.00 and must be paid for by credit card as part of the registration process. When you have successfully registered for the course, you will receive an email from GotSoccer confirming your registration and providing you with the location and directions to where the course will be held. The email will be mailed from support@gotsport.com. Please set your email filters to allow mail from gotsport.com and check your spam folder. This email will also contain additional information that you will need for the course. You must register on-line before the course closes. We will not accept additional registrations at the door.

Note: The online registration program will automatically close when a course is full. You will get an error message if you attempt to register when the course has been automatically closed. The message will say that registration is not available. It may take NJYS a day to update this page with the course status. When the course is full, NJYS can not accept additional registrations and we do not maintain waiting lists for our courses. The number of registrations allowed in each course depends on the facility where the course will be held and the number of candidates we can effectively instruct in one course.

Please be on time for each session. You cannot successfully complete the course if you are more than 15 minutes late for any session.

New Jersey Youth Soccer schedules F License courses at the request of our member clubs to fit their needs. As soon as a course is scheduled and available, it is listed on this website. We do not have information about upcoming courses other than those scheduled here.

Obtaining an F License by attending one of our courses is a benefit offered to members of New Jersey Youth Soccer. If you coach or are planning to coach in one of our member clubs, you are eligible to take this course. If you are a member of an organization that is not a member of NJYS you may attend the course, however, we will **not** issue an F License Certificate to you.

KID SAFE REGISTRATION

Next you will have to be Kid Safe Registered in order to coach youth sports. Information regarding Kid Safe Registration can be found at the following website:

<http://wallrec.com/fingerprint.htm>. Below you will find the most up to date Kid Safe Information. After completing the registration, you will have to submit a Kid Safe Certification form with your registration package which will be discussed later.

WALL TWP VOLUNTEER BACKGROUND SCREENING

Step-By-Step Fingerprinting Instructions

Please read the letter [available here](#). Also please note the following:

Reimbursement - You will not be able to get reimbursed until you receive your official receipt the day of fingerprinting. Please bring your receipt to Wall Recreation for reimbursement.

****The total fees that you will be charged are \$26.25 which includes the \$11.00 fee.****
(Reimbursed)

Please be advised that officials will be making random visits to all Wall Twp Athletic Functions to ensure that all volunteers are wearing their ID Cards at all times. If a volunteer is seen without a visible ID Card, they will be asked to leave. We appreciate your cooperation in this matter to ensure the continued safety of all our Wall Twp children participating in youth sports.

FINGERPRINTING INSTRUCTIONS

In an effort to make registration for your appointment as easy as possible, we offer the following instructions:

1. Print the **"Universal Fingerprint Form"** now.
2. Click on **Fingerprinting Instructions**.
3. Fill in your **Contributor's Case Number** in **Box # 7** of your **Universal Fingerprint Form**. Your town's **Contributor's Case Number** is located in the drop down box of the **Instant Verification Info Form**; where it says **Township / Contributor Case # / VRN #**.
4. Have your credit card ready.
5. Click on the **MorphoTrak** web site link; you are now going to schedule your fingerprinting appointment.
6. Click the **Start here** box on the left hand side of the page under **New Applicants**.
7. For **(Form Box 1)**, where it asks for the **Originating Agency Number**, select **NJ920610Z - Youth Serving Organization** (located closer to the bottom of the list).
8. For **(Form Box 2) Category**, select **YSB**.

9. For **(Form Boxes 3-4) Statute / Reason for Printing Statute**, select **15A:3A-1 Youth Serving Organization Volunteer**.

10. For **(Form Box 5) Document Type**, select **VB1 Both Federal and State Cards, Volunteer**.

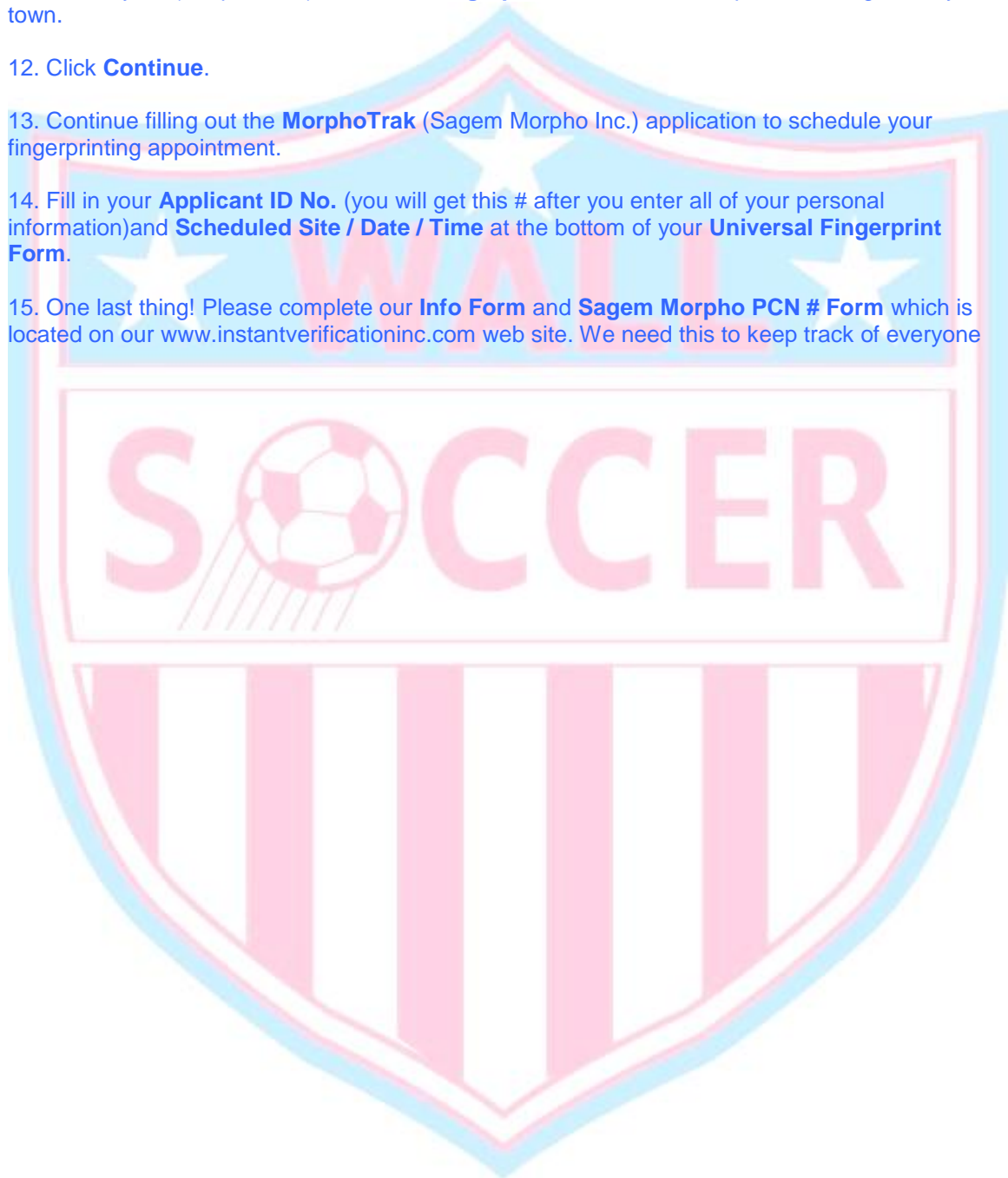
11. For **(Form Box 7) Contributor's Case Number**, put down the same number you entered in **Box # 7** of your (MorphoTrak) **Universal Fingerprint Form**. This is a special # assigned to your town.

12. Click **Continue**.

13. Continue filling out the **MorphoTrak** (Sagem Morpho Inc.) application to schedule your fingerprinting appointment.

14. Fill in your **Applicant ID No.** (you will get this # after you enter all of your personal information) and **Scheduled Site / Date / Time** at the bottom of your **Universal Fingerprint Form**.

15. One last thing! Please complete our **Info Form** and **Sagem Morpho PCN # Form** which is located on our www.instantverificationinc.com web site. We need this to keep track of everyone



Concussion Awareness Certification

All coaches will have to certify that they have taken NJ Youth Soccer's Concussion Awareness training. After completing the course, you will receive a certificate that will have to be submitted with your teams registration package.

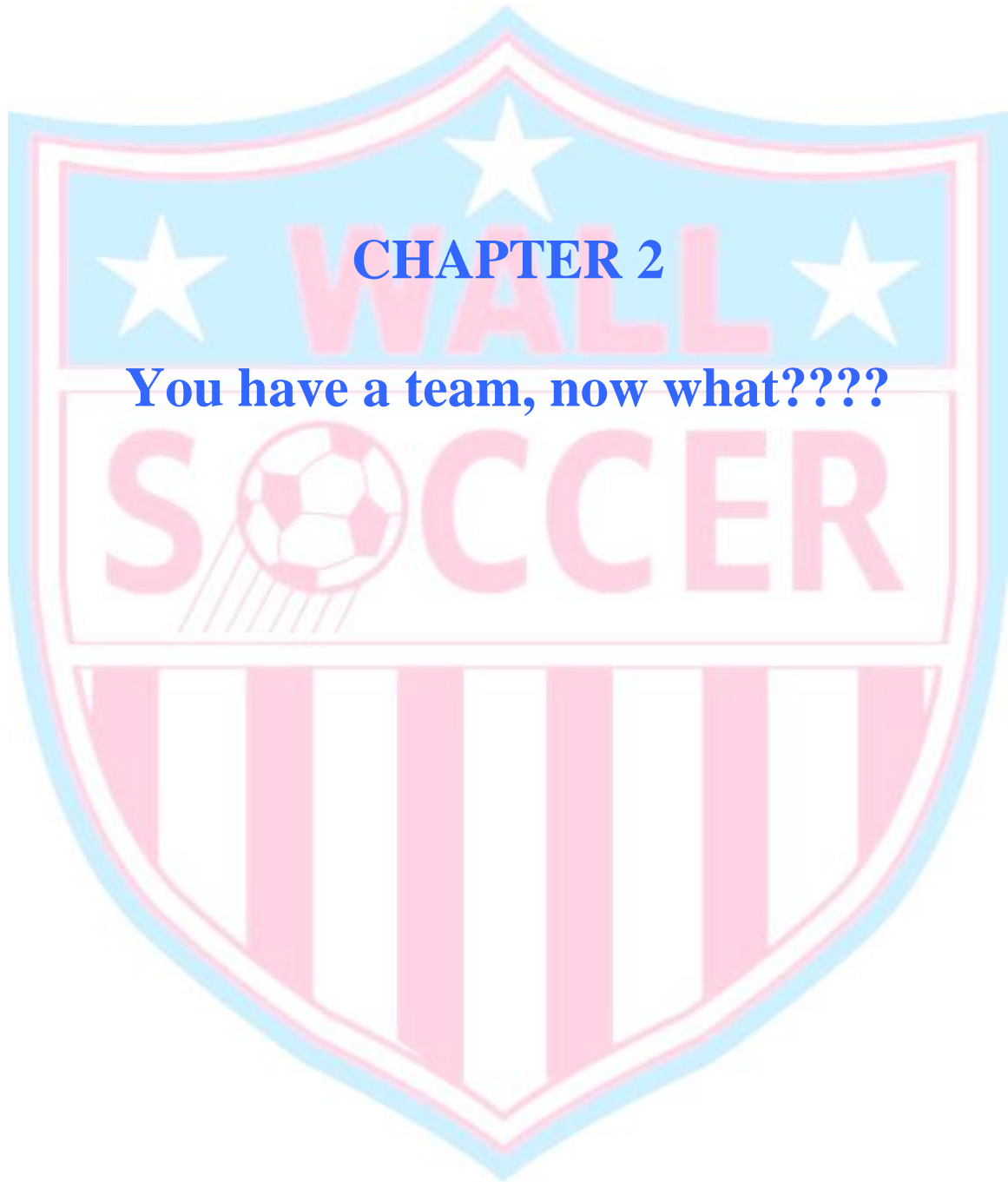
The Legislature of the State of New Jersey passed a bill to raise the awareness of concussions amongst youth athletes. This bill requires coaches to have head injury safety training to help in the recognition of concussions.

- To support this effort, the following was agreed to at the New Jersey Youth Soccer Board of Directors meeting of August 19, 2011 concerning Concussion Awareness Training.
- By October 15, 2011 all coaches will be required to have taken the on line Concussion Awareness Training and be able to present their certificate they receive from taking the course.
- All clubs will certify to NJYS by October 15, 2011 that their coaches have complied with the Concussion Awareness Training requirement and are able to produce a certificate. The required **Concussion Awareness Certification** form is available on the NJYS website.
- All coaches will have the certificate with them when they are coaching.
- This requirement pertains to both travel and recreation coaches.

There are two online training courses that a coach may take that will meet this requirement. Both of these course are free courses and will provide you a certificate that you have taken the course at the completion of the course.

1) The Center for Disease Control (CDC) **Heads Up: Concussion in Youth Sports** is a free, online course available to coaches, parents, and others helping to keep athletes safe from concussion. It features interviews with leading experts, dynamic graphics and interactive exercises, and compelling storytelling to help you recognize a concussion and know how to respond if you think that your athlete might have a concussion. Once you complete the training and quiz, you can print out a certificate, making it easy to show your league or school you are ready for the season.

2) The National Federation of State High School Associations **Concussion in Sports - What You Need To Know**. Sports-related concussion in high school sports can be serious or even life-threatening situations if not managed correctly. The National Federation of State High School Associations (NFHS) and Centers for Disease Control and Prevention (CDC) have teamed up to provide information and resources to help educate coaches, officials, parents and students on the importance of proper concussion recognition and management in high school sports. Mick Koester M.D., ATC, Chair of the NFHS Sports Medicine Advisory Committee and Director of the Slocum Sports Concussion in Eugene, Oregon takes you through this course. In this course you will understand the impact sports-related concussion can have on your players, how to recognize a suspected concussion, the proper protocols to manage a suspected concussion, and steps to help your player return to play safely after experiencing a concussion.



CHAPTER 2

You have a team, now what????

Setting up a Team Roster

In order to make your life easy and communicating with your team, you should set up a team roster as early as possible. This should contain all of the important information about your team. After it is completed, you can share with parents so that everyone has the players contact information. Make sure to have your contact information on the form as well.

Player	Address	Parents	Email	Cell Phone	Jersey Number	Player Pass Number

Uniforms:

The club uses Eurosport to order Uniforms. Sample Uniforms for sizing will be kept in the Red Barn. A link to the Wall Soccer Store on Eurosport can be found at the Club's website: wallsoccer.org. Each coach will set up a team account which will be used to order uniforms and practice gear if desired.

Teams will earn gold points through Eurosport for each order which can be used to purchase training equipment for the team. If you decide to have parents order their uniforms individually, the team will not earn gold points so it is recommended that the coach order the uniforms.

Your First Team Meeting

You should set up a meeting with your parents as soon as possible. At this meeting let them know what your philosophy is, what you expect out of the kids and what you expect out of the parents. Try to identify someone who is willing to help you with the administrative side of running the team.

Discuss possible days that you would like to practice. Let them know when you plan on starting practice and how many days a week you plan on practicing. Remind your parents that the team will be trained by the club trainer, Soccer Specific Training, for their first season and this cost is paid for by the club. After your first season, the team will have to pay for their trainer.

Get a jump start on the information that you will need from your parents in order to get registration the registration process completed. Some of the items that you can get a head start on are as follows:

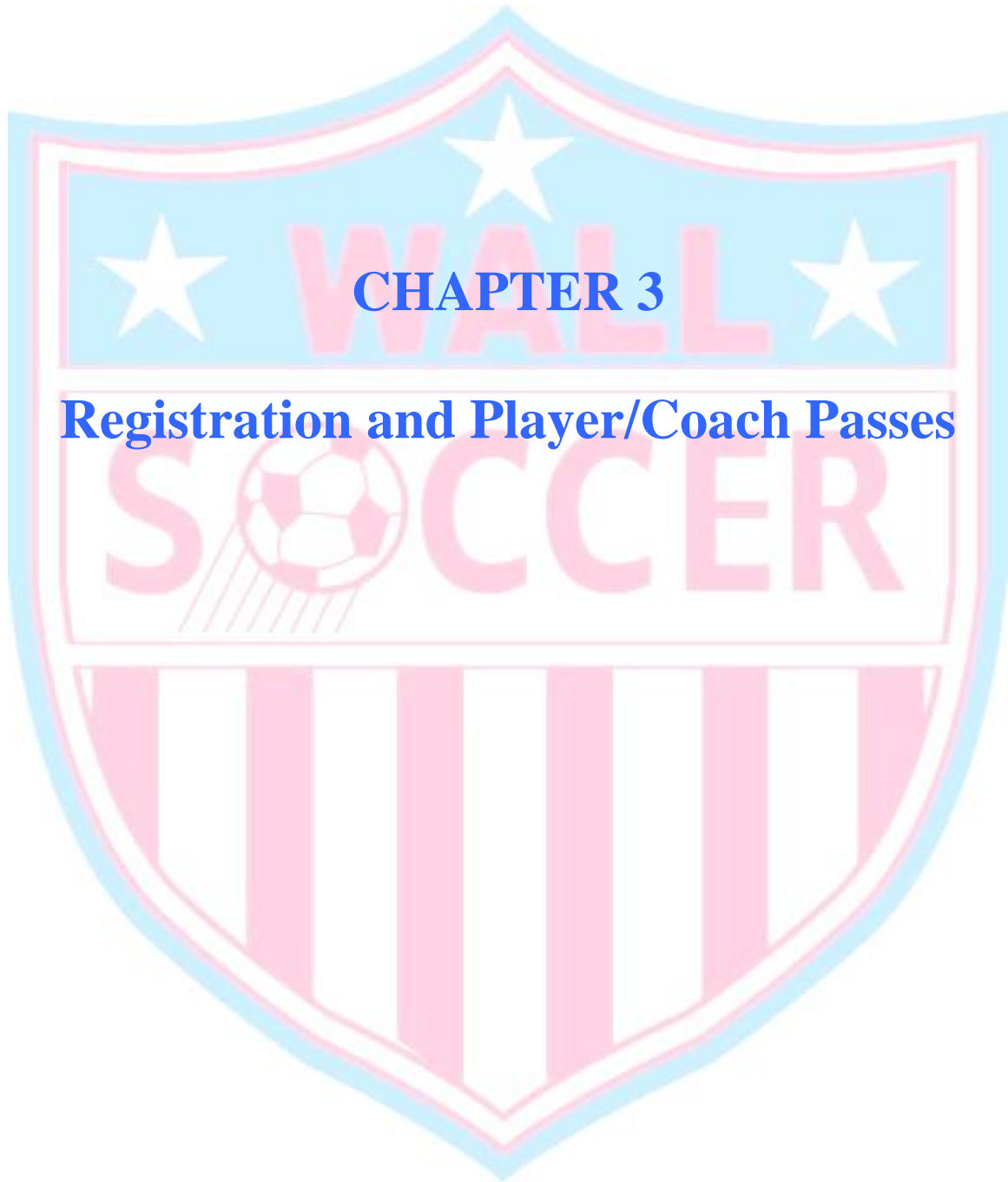
1. Wallet size Photo
2. Copy of Birth Certificates
3. NJ Youth Soccer Forms (Discussed Later)
4. Wall Soccer Registration Form and Checks

Lastly, depending on what your plans are for the season (number of tournaments, scrimmage games, ref fees etc) you are going to need to collect money from your team. Ref Fees are the team's responsibility. MOSA and other league ref fees can be found on the respective leagues web page. For MOSA games, the home team pays for the referee. JAGS and MAPS split the ref fee.

COACHES BINDER

After collecting all forms from your team, you are going to want to create a Coaches Binder. The binder will contain all of your player's forms that have to be submitted at registration (Player Membership Form, NJYS Form, Birth Certificate and Notarized Medical Release) . You will receive instructions from the Club as to how the book should be organized for registration.

After registration is finished, you will want to keep player's Medical Release forms, Copies of your official roster and concussion certifications as you will need these when entering tournaments.



CHAPTER 3

Registration and Player/Coach Passes

Registering your Team in Got Soccer

Registering your team for the first time will no doubt be confusing. The information presented in the following pages will hopefully make your life a little easier. The majority of the information in this section can be found at the following websites:

<http://njyouthsoccer.com/regforms/regmain2.htm>

<http://home.gotsoccer.com/>

<http://njyouthsoccer.com/regforms/Create%20Teams.pdf>

<http://njyouthsoccer.com/regforms/Create%20Teams.pdf>

If you cannot find the answer to your questions in this book or on these websites, feel free to contact the Club at Wallsoccerclub@yahoo.com

GOT SOCCER REGISTRATION

I. Entering Teams into GotSoccer

Creating or Importing Existing Teams in a Club To Register With The League For Rostering

It is extremely important that every team is affiliated with the correct club, so the clubs will need to either create the team account through their club account, or they can "Import" or affiliate a team that already exists in the GotSoccer database. To make sure that your club is in the correct account, log into the club using the UserId and password provided by New Jersey Youth Soccer. If you already have a club account in the GotSoccer system, you will not be able to use that account to generate rosters and player passes.

Creating a Team Account from within a Club Account

To create a team account, the club will need to log into their club account, then click on their "Club" tab. From the "Club" tab they will need to click on "Teams" in the blue menu bar where they will click on the "Add Team" link. Next, the required fields must be entered, those fields are Team Name, Level, Gender, Age Group, State, UserName and Password. Once all of the required fields have been entered, click on the "Save Team Account" button, and the team account will have been created. Team usernames must be unique in the GotSoccer system. If you pick a name that is already in use, you will get an error message and you will have to select another username. Once you have created the team account, give the coach/team manager the username and password to their team account, so they can log in and manage the account.

NOTES: The team name is just the team name and does not include the Club Name, that is, for the Flanders Soccer Club Marveletts, enter just Marveletts. Level is a drop down and you should always choose "Travel". Gender is either Female (F) or Male (M). Age Group is the Under age that the team is today. If you are creating the team before August 1, make sure you put the current year's age in. The system will increment the age group on August 1. Example, if today is July 15 and your current team is a U16 Girls team that will become a U17 team next year, make sure you put U16 in this field.

Importing an Existing Team into a Club Account

If a coach or manager already has a team account in the GotSoccer database (from previous tournament or league play) you can affiliate them with the club by Importing them into the Club Account to manage them. A team must be affiliated with a NJYS club before rosters and player passes can be generated. To Import a team into the club, click on the "Club" tab, then click on "Teams" in the blue menu bar and click again on "Import Team" in the grey menu bar. Next, enter the existing team's username and password and click on the "Import" button and the team will then be affiliated with the club

Team Activities

Rostrering The Team Once They Have Been Entered Into The League Event
To enter team information after the team has been entered into the league, the coach/manager will need to log into the team account with the userID and password provided by their club. Once the team has been entered into the league by their club, the team will see that they have a "Pending" application when they log into their team account until they have been accepted by the League. Once the team has been Accepted by the League, they will see that they are accepted and they will be able to begin the rostrering process.

Adding Players to a Team

If the teams coach or manager wants to add players to their roster, they will log into their team account and click on "Roster" in the grey menu bar where they will click on the "Add Player" button and add the player. When a player is added, the coach or manager will need to enter the players Full Legal Name, Gender, Date of Birth, State Registered and email address, then they will need to click on the "Save" button. The other fields are optional and do not have to be completed to add the player to a NJYS roster. However, since player information may be used for other purposes, the club may decide to input all data fields.

Note: The email field is a required field. However, if a club chooses not to use emails, you can enter: none@none.com as the email address.

Removing Players from a Team If the coach or manager wants to remove a player from their team they will simply click on "Roster" in the grey menu bar and then click on the players name. On this screen, they will click on the "Delete Player" button.

Adding Coaches to a Team

To add a coach to a team the coach/manager will click on "Coach" in the grey menu bar and choose if this is going to be the Head Coach, or Assistant Coach by selecting the proper tab (keep in mind that there can only be one Head Coach on a team in the GotSoccer system). Then they will enter all of the contact information and click on the "Save" button. The "HTML Editor" box is there if the coach wants to enter a profile or "about me" information that will link to the teams GotSoccer ranking page.

Adding a Non-Volunteer Coach to a Team

If the team wants to add a Non-Volunteer coach to their team, the non-volunteer coach needs to first register with NJYS and be marked as "Completed" before they can be added to a team. Once the coach is in the system and has been marked as Completed by NJYS, the team will be able to look up the coach. To do this they will click on "Coaches" or "Assistant Coach" tab then click on the "Search for Available Coaches" button. After clicking on the "Search for Available Coaches" button, they will need to enter the coaches name, then click on the "Search" button and then they will be able to add them to their team by clicking on the "Select" button.

Generating the Official Roster and Player Passes

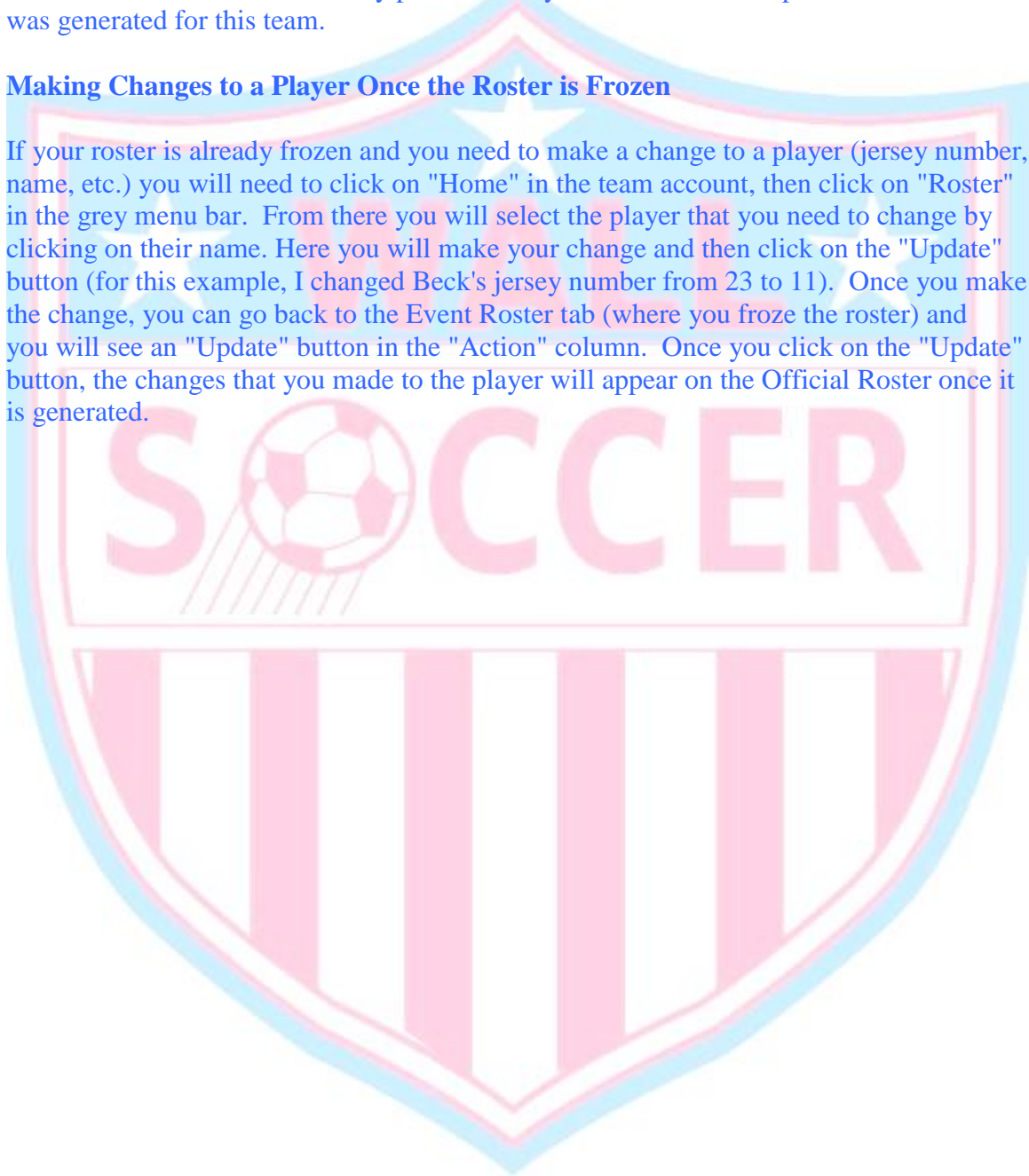
Once the coach/manager has the team created with all of the appropriate players, they will click on "Home" in the blue menu bar of their team account. On this screen they will click on the name of the League Event that they have been accepted to, as this will bring them into their event application where they will be able to roster their team. From here they will need to click on the "Roster" tab. This "Roster" tab differs from the "Roster" icon in the grey menu bar because it is the roster for the event. Roster in the grey menu bar is the team roster for everything and not just for events. Once the coach clicks on the "Roster" tab they will see that the team has been assigned an ID Number automatically when the league accepted them into the event. If this is the team that the coach wants to roster they will click on the "Freeze Roster" button. Make sure that there aren't any players on the player list that you don't want on the team for the event because once the roster is frozen the player will appear on the Official Roster as a "Release" if you remove them from the team. When the roster is Frozen, you will see some new links appear above the list of players. If you click on "Standard NJ" the system will generate an Official NJ Roster to be taken to the District Commissioner, if you click on "Front (for pre-printed card stock)" the system will generate ID Cards for all of the players on the team. If you click on the word "Front" in the ID Cards column for a player, the system will generate an ID Card for that individual player. You will also notice that as soon as the roster was frozen, the system automatically assigned the players ID Numbers.

STOP: Before you print your player passes, please read the following.

Passes will be printed on the US Youth Soccer passes provided in your team packet. The packet also contains a copy page of passes. Please use the copy page to test print your cards to make sure they are oriented properly and print properly. You can print the passes more than once to make sure they print correctly. Below is an example of a roster that was generated for this team.

Making Changes to a Player Once the Roster is Frozen

If your roster is already frozen and you need to make a change to a player (jersey number, name, etc.) you will need to click on "Home" in the team account, then click on "Roster" in the grey menu bar. From there you will select the player that you need to change by clicking on their name. Here you will make your change and then click on the "Update" button (for this example, I changed Beck's jersey number from 23 to 11). Once you make the change, you can go back to the Event Roster tab (where you froze the roster) and you will see an "Update" button in the "Action" column. Once you click on the "Update" button, the changes that you made to the player will appear on the Official Roster once it is generated.

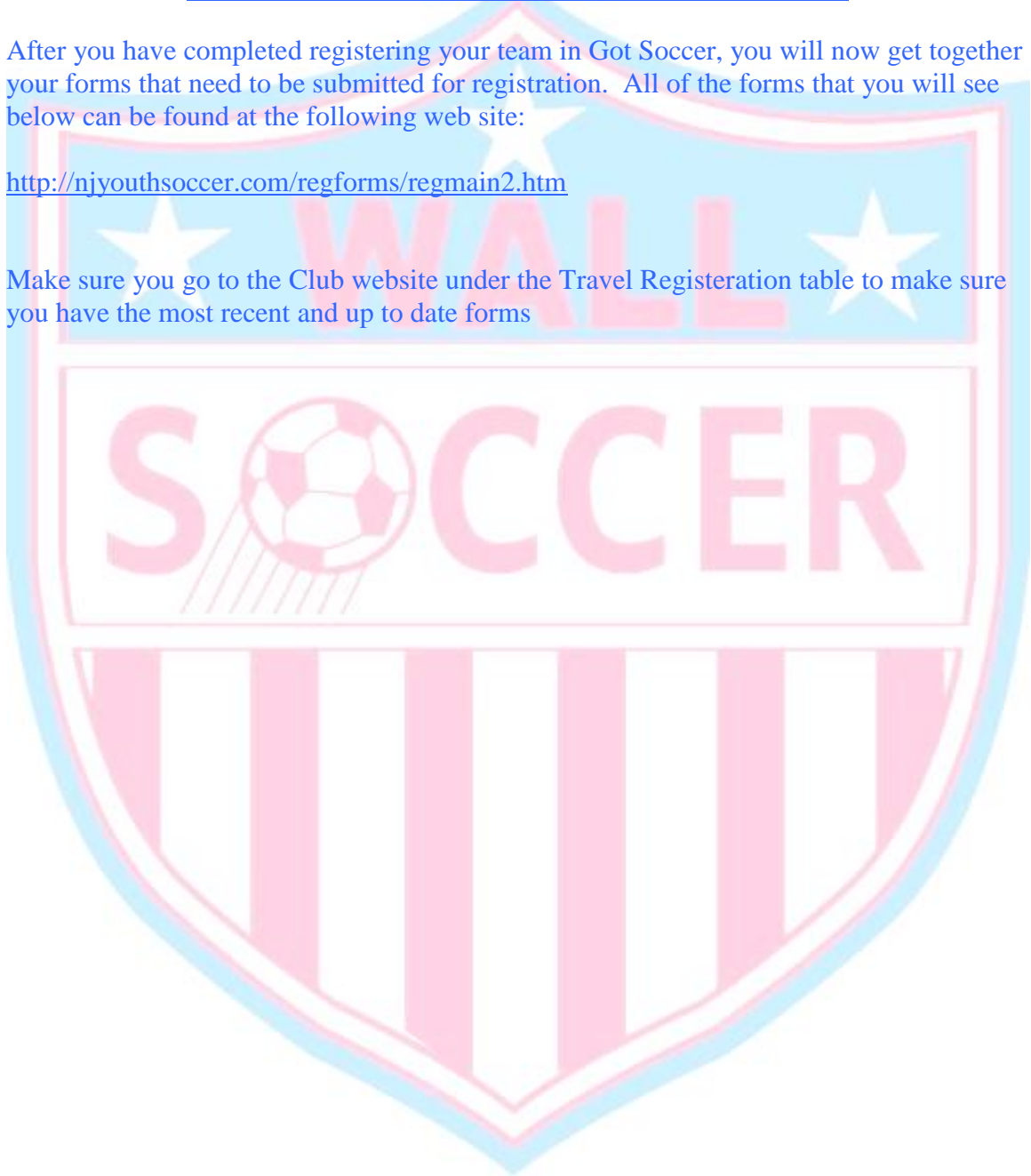


NEW JERSEY YOUTH SOCCER REGISTRATION FORMS

After you have completed registering your team in Got Soccer, you will now get together your forms that need to be submitted for registration. All of the forms that you will see below can be found at the following web site:

<http://njyouthsoccer.com/regforms/regmain2.htm>

Make sure you go to the Club website under the Travel Registration table to make sure you have the most recent and up to date forms





New Jersey Youth Soccer

PLAYER MEMBERSHIP FORM

(Type or Print Legibly)

First Name: _____ Last Name: _____

Address: _____

Town: _____ State: _____ Zip: _____

Telephone: (_____) _____

Date of Birth: _____ Age: U- _____ Male: _____ Female: _____
[Month/Day/Year]

League: _____ League # _____

Club: _____ Club # _____

Team Name: _____ Pass # _____

IMPORTANT

I, the parent/guardian of the above named player, a minor, agree that I and the player will abide by the rules and regulations of US Soccer, US Youth Soccer its affiliated organizations including New Jersey Youth Soccer and it sponsors. In consideration of the player's participation in the soccer programs intending to be legally bound, we hereby release and indemnify US Soccer, US Youth Soccer, New Jersey Youth Soccer, the owners and operators of the facilities used for the Programs and their respective directors, officers, employees, agents and representatives from and against all claims, liabilities, damages or causes of action arising out of or in connection with the player's participation in the Programs including, without limitation, player's transportation to/from any Program, which transportation is hereby authorized. I further grant US Soccer, US Youth Soccer, New Jersey Youth Soccer and their sponsors the right to use the player's name, picture and/or likeness in printed, broadcast and other material concerning the Programs provided such use is related to the player's status as a participant in the Programs.

Name: _____ Player: _____
Print Name of Parent/Guardian Print

Player Name

Signature: _____ Signature: _____
Signature of Parent/Legal Guardian Signature of

Player

Date: _____ Date: _____



New Jersey Youth Soccer

Volunteer Coach Membership Form
(Type or Print Legibly)

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Email Address: _____

League: _____ League # _____

Club: _____ Club # _____

Coach License Level _____

IMPORTANT

I will abide by the rules and regulations of the US Soccer, US Youth Soccer, and New Jersey Youth Soccer, its affiliated organizations and its sponsors. In consideration of the my participation in the soccer programs intending to be legally bound, hereby release and indemnify the US Soccer, US Youth Soccer, New Jersey Youth Soccer, the owners and operators of the facilities used for the Programs and their respective directors, officers, employees, agents and representatives from and against all claims, liabilities, damages or causes of action arising out of or in connection with the my participation in the Programs including, without limitation, player's transportation to/from any Program, which transportation is hereby authorized. I further grant the US Soccer, US Youth Soccer, New Jersey Youth Soccer and their sponsors the right to use my name, picture and/or likeness in printed, broadcast and other material concerning the Programs provided such use is related to the player's status as a participant of in the Programs.

I hereby certify that I am not being compensated for my services and I am a volunteer.

Name: _____ Date: _____
Print

Signature: _____



New Jersey Youth Soccer Medical Release Form

Player's Name _____ Date of Birth _____ Gender M F

Address _____ Town _____ State _____ Zip Code _____

Contact Information

Father's Name _____ Home Phone _____ Work Phone _____

Mother's Name _____ Home Phone _____ Work Phone _____

In an emergency when parents cannot be reached, please contact:

Name _____ Home Phone _____ Work Phone _____

Medical Information

Allergies _____

Other medical conditions _____

Player's Physician _____ Phone _____

Primary Medical Insurance Company _____

Policy Holder _____ Policy # _____ Group # _____

PARENT'S APPROVAL AND MEDICAL RELEASE

Recognizing the possibility of physical injury associated with soccer and in consideration for New Jersey Youth Soccer accepting the registrant for its soccer programs and activities (the "Programs"), I hereby release, discharge and/or otherwise indemnify the New Jersey Youth Soccer, its affiliated organizations and sponsors, their employees and associated personnel, including the owner of fields and facilities utilized for the Programs against any claim by or on behalf of the registrant as a result of the registrant's participation in the Programs and/or being transported to or from the same, which transportation I hereby authorize.

My son/daughter has received a physical examination by a physician and has been found physically capable of participating in the Programs. I hereby give my consent to have an athletic trainer and/or doctor of medicine or dentistry provide my son/daughter with medical assistance and/or treatment and agree to be responsible financially for the cost of each assistance and/or treatment.

Signature of Parent or Guardian

Date



New Jersey Youth Soccer

KidSafe Disclosure Statement

First Name & Initial	Last Name	Social Security Number	
Address (No PO Box Address)	Town	State	Zip Code
() Home Phone	() Business Phone	Date of Birth	
Drivers License Number	State	Expiration	

- | | | |
|---|------------------------------|-----------------------------|
| 1. Background in work with youth | Position | Year(s) |
| 2. Experience in soccer | Position | Year(s) |
| 3. Experience in youth soccer | Position | Year(s) |
| 4. Previous residence(s)
(for last 5 years) | City | State |
| 5. Have you ever been convicted of a crime or disorderly person offense? If yes, please explain (Use back of form if necessary) | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 6. Have you ever been convicted of a crime against a person? If yes please explain (Use back of form if necessary) | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

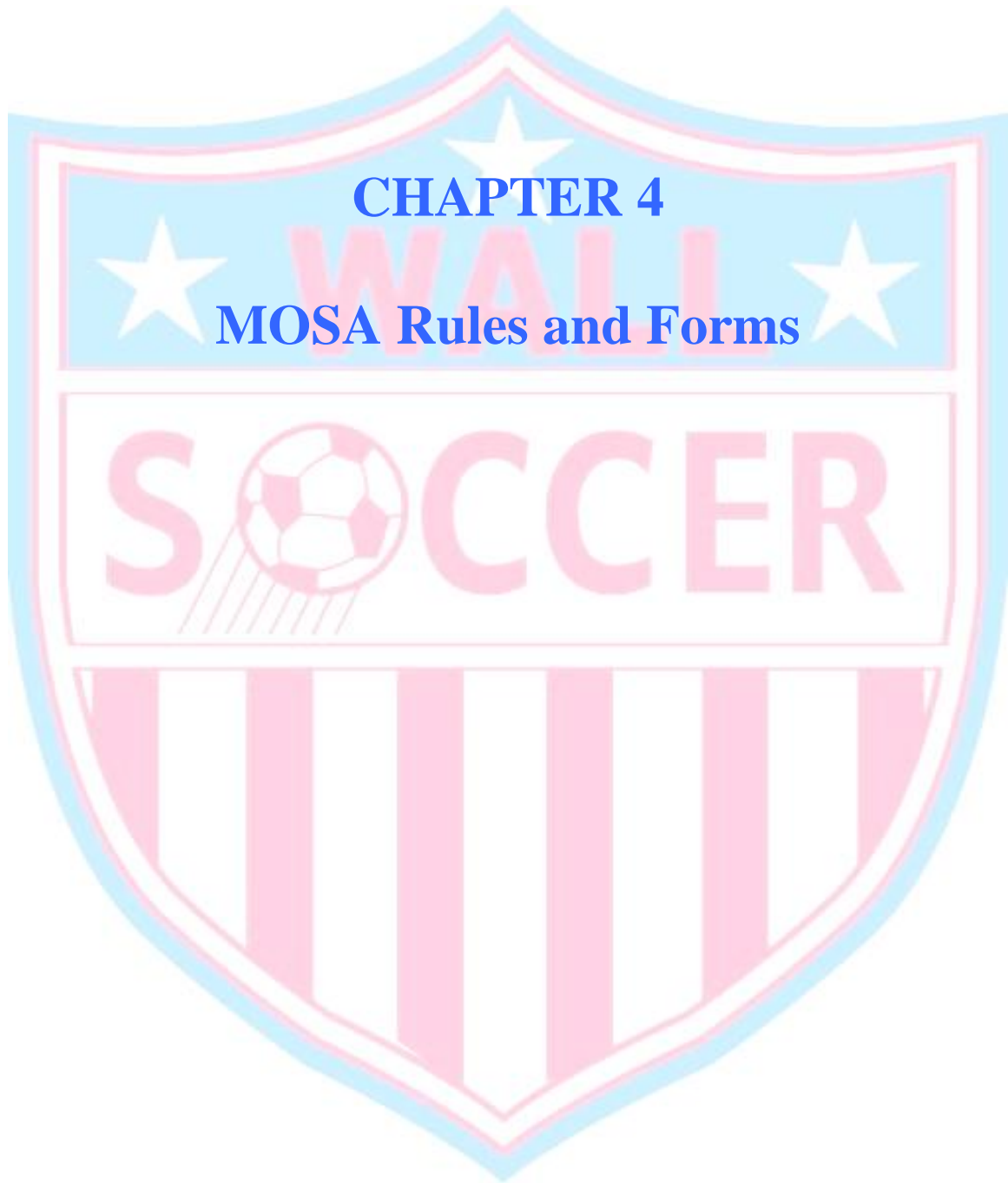
I understand that:

- a. It is the intent of New Jersey Youth Soccer to deny certification to any person who has been convicted of a crime of violence or a crime against a person.
- b. This disclosure statement must be updated at least every year.

Signature	Printed Name	Date
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THIS FORM IS TO BE HANDED IN TO YOUR CLUB'S KIDSAFE COORDINATOR

Our Club's KidSafe Coordinator shall store this completed form in a secure environment.
The form will not be sent to New Jersey Youth Soccer.



CHAPTER 4

MOSA Rules and Forms

S  **CCER**

MOSA Rules/Forms

The Majority of first year teams will begin play in MOSA. Below you will find most of the information that you will need to participate. Important things to remember are that you will need to have a GAME CARD for every game. It is easiest to save a copy in Word Format. Also, remember that your team is responsible for paying for the referee fees for home games.

Monmouth Ocean Soccer Association

Coaches Information

1 The Players and the Spirit of the Game

M.O.S.A. provides a vehicle for both boys and girls to play this wonderful game of soccer. Divisions are set up for youth from the age of Under 9 to Under 19 years of age. Under 9 teams must compose a minimum of 50% of eligible under 9 players.

Everyone involved with any M.O.S.A. sponsored activity should realize that the game is for the players and they should experience a sense of enjoyment, satisfaction and accomplishment. Coaches should strive to make their involvement one that is enjoyable and something that they will want to return to practice/game after practice/game.

2 The M.O.S.A. Traveling League

The Monmouth Ocean Soccer Association (M.O.S.A.) is affiliated with the New Jersey Youth Soccer Association, the United States Youth Soccer Association and the United States Soccer Federation.

M.O.S.A. is made up of various Youth Soccer Clubs, all of which have voting rights at General and Special Membership Meetings. Each member club has a M.O.S.A. Representative who acts as a liaison to M.O.S.A. All questions, comments and inquiries are addressed to M.O.S.A. through each clubs rep. It is not possible for the Officers of M.O.S.A. to answer questions and field inquiries from the thousands of coaches, players and parents.

3 The Start of the Season (Fall and Spring)

M.O.S.A. from time to time may conduct mandatory Coaches Meetings for all coaches.

Coaches are responsible for making sure that his/her team and each player is properly registered prior to the start of the season. To inform each player and parent of the rules of play and the necessity to abide by them. Complete M.O.S.A. Rules and Policies may be downloaded and/or printed from the web at www.mosa.net. In addition each coach should have a copy of this handbook and the FIFA Laws of the Game.

4 During the Season Activities

At the start of each season, a review of your individual game schedule should be completed and any conflicts should be resolved with your club and the opposing team immediately. Any conflicts that you may have a problem resolving should then be brought to the M.O.S.A. Games Commissioner for assistance.

5 **Protest and Forfeits**

Protest will only be considered, if the it involves a violation of the Laws of the Game. Protest concerning the officials judgment will not be entertained for review.

All valid protest must be submitted in writing, citing the law violated by regular mail, postmarked within 48 hours of the scheduled game. Protest will only be considered if signed by the Club President or M.O.S.A. Representative and must be mailed to the league secretary with a copy going to the other team or club involved.

Forfeits are only awarded by the M.O.S.A. board of directors, No game official has the authority to award a forfeit, the officials responsibility is to terminate the match and present a written report to M.O.S.A.s First Vice President or any other officer designated by the league.

Complaints about game officials should be addressed to the league secretary, stating the date and time of the game, teams involved, age and playing division of the teams and names of the official(s). Anonymous correspondence will not carry any weight and may not even be read by the board.

6 **After the Season has been completed**

At the end of each season, a review of your individual team standings should be done by reviewing the M.O.S.a. website and if you find any errors, you should immediately notify the M.O.S.A. Games Commissioner. The Games Commissioner shall investigate and make any adjustments to the standings that may be necessary.

7 **Specific M.O.S.A. playing rules**

Division I will play 2 - 45 minute halves with a number 5 ball.

Division II will play 2 - 40 minute halves with a number 5 ball.

Division III will play 2 - 35 minute halves with a number 5 ball

Division IV will play 2 - 30 minute halves with a number 4 ball.

Division V will play 2 - 25 minute halves with a number 4 ball.

All players must have a current seasonal year pass that has been validated by their NJYS District Commissioner. Teams participating in M.O.S.A. must have all their player passes presented prior to the start of each game. The passes must all be for players rostered and registered on the team designated in said game. **NO guest or secondary passes will be permitted. NO PASS, NO PLAY is the rule.**

Teams are expected to arrive at least thirty (30) minutes prior to the start time of their schedule game.

Under 9 and Under 10 teams are required to have both teams/parents/spectators on the same side of the field, the home team has the choice of the side their team and parents/spectators will take. The other team/parents/spectators will take the other side

Under 11 through Under 19 teams shall occupy the same side of the field with their parents/spectators on the opposite side of the field.

Game cancellations are only authorized by the game official just prior to the start of the game due to severe weather and/or field conditions. All other changes in the game schedule must be approved by the Games Commissioner at least one (1) month prior to the scheduled game date.

State Cup matches are the only games that take presidents over M.O.S.A. games scheduled on the same day. Reschedules, tournaments, etc. are not valid reason to cancel a M.O.S.A. game.

8. **Player Transfers**

Any player transferring from one M.O.S.A. team to another M.O.S.A. team during the seasonal year (September 1st to August 31st) will be required to sit out five (5) M.O.S.A. games prior to further play in M.O.S.A. This does not apply to players transferring to a team within the same club that he/she is carded to.

9. **Discipline**

Players, coaches, parents, and spectators are expected to act in a sportsmanlike manner at all times. M.O.S.A. will enforce strict rules of conduct on all who participate in M.O.S.A. Zero Tolerance is the rule to play and watch by.

10. **CLUBS & COACHES INFORMATION**

Click on League Policy and By-Laws on the website to get detailed information on all of M.O.S.A. rules and policies.

All contact information is on the website along with email addresses and phone numbers for M.O.S.A. member clubs, coaches, district commissioners, referee assigners, and league officers.

MOSA GAME CARD

A copy of the MOSA Game Card that can be saved in Word Format can be found at the following website:

<http://mosa.net/files/MOSAGameCard.doc>

MOSA Team Registration Form

After your team completes it's first season in MOSA, you will need to submit a MOSA Team Registration form to Anthony Sciorilli for seeding purposes for the next season. A copy of the form can be found at the following link:

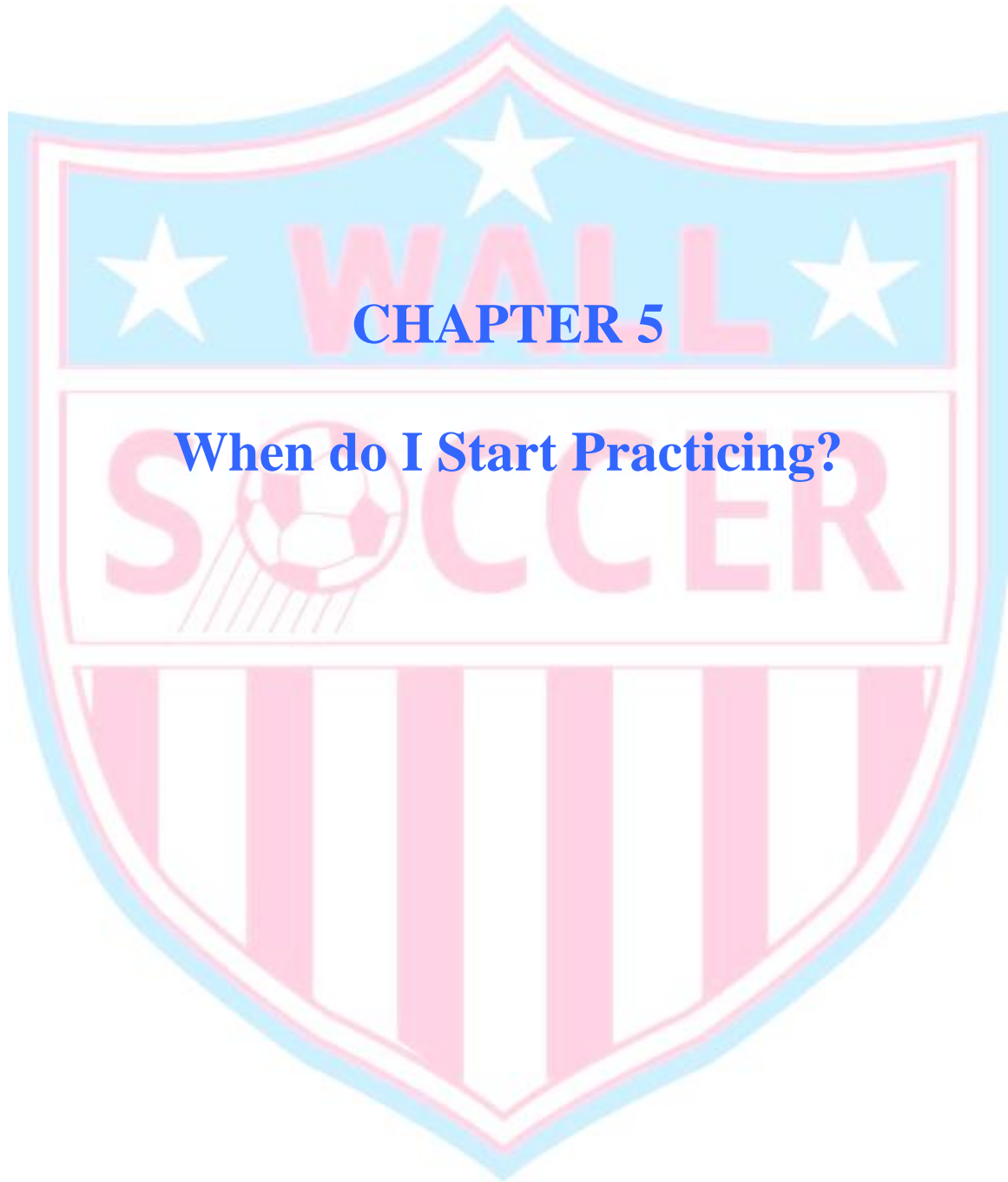
<http://mosa.net/files/MOSAGameCard.doc>

Other Leagues to compete in

JAGS (Jersey Area Girls Soccer) and MAPS other leagues that teams typically compete in at U11 and beyond. Information on these leagues can be found at the following websites:

JAGS - www.jagsassn.org

MAPS - <http://www.cjysa.org/>



CHAPTER 5

When do I Start Practicing?

Practices

Wall Travel Soccer Camp

The decision as to when to begin coaching is up to you. Traditionally, most teams will begin their season with the Wall Soccer Club's Travel Soccer Camp. The camp is run by Soccer Specific Training (SST) and is typically held the first week of August.

Making Arrangements with the Club Trainer

During your first season, the club will pay for your team to be trained once a week by the Club's trainer, SST. Typically, you will begin training with SST a week before the opening of the MOSA season. You will need to contact soccerspecifictraining@gmail.com to make arrangements.

Scrimmage Games

It's a good idea to set up a scrimmage game or two before your season begins. You can contact other coaches within the club or scrimmage other club teams. You can check the MOSA website to find team contacts.

Field Use

Fields are used on a first come first serve basis. Games on weeknights are only allowed on Monday and Fridays. If you are planning on having a scrimmage game, you should reserve a field through the President of Travel Soccer. In the event of inclement weather, check the website for field status.



CHAPTER 6

Tournaments

Tournaments

Most teams will begin the fall and spring seasons with a pre-season tournament. Which tournaments you go to will be completely up to you. The following list is some of the more common first year tournaments:

1. Marlboro Soccer Tournament (Fall)
2. Jackson Memorial Soccer Tournament (Fall)
3. East Brunswick Soccer Tournament (Fall)
4. Middletown Soccer Tournament (Spring)
5. Neptune Soccer Tournament (Spring/Summer)
6. Ocean Soccer Tournament (Spring/Summer)

You can find tournament listings at the following websites:

1. <http://rankings.gotsport.com/rankings/events.aspx>
2. http://njyouthsoccer.com/travelntourn/tourn_list.htm
3. http://mosa.net/EUDC_League_PAGE.asp?PageID=TOURNAMENT&link=16

You will need to register for tournaments in Got Soccer. Each tournament usually has a link that will direct you to the registration for their tournament. The tournaments will typically have a registration night the Friday before the tournament or the morning of the tournament. You will need to bring the following items:

1. Copy of your Official NJ Youth Soccer Roster
2. Player Passes
3. Medical Releases
4. If you bring a guest player (most tournaments allow 3) you will need this information for the guest player as well.

Club Reimbursement for Tournaments

The club will reimburse your team for two tournaments per year. Typically, you will be reimbursed for one Fall Tournament and one Spring Tournament. After you have completed registering your team in the beginning of the season, you will receive a voucher from the club that you will submit for reimbursement to the club's Treasurer for reimbursement. Teams playing both Fall and Spring will receive a second voucher for a Spring Tournament as well. If you do not use the voucher in the Fall, you can submit reimbursements for two spring tournaments. Vouchers have to be submitted before June 1.

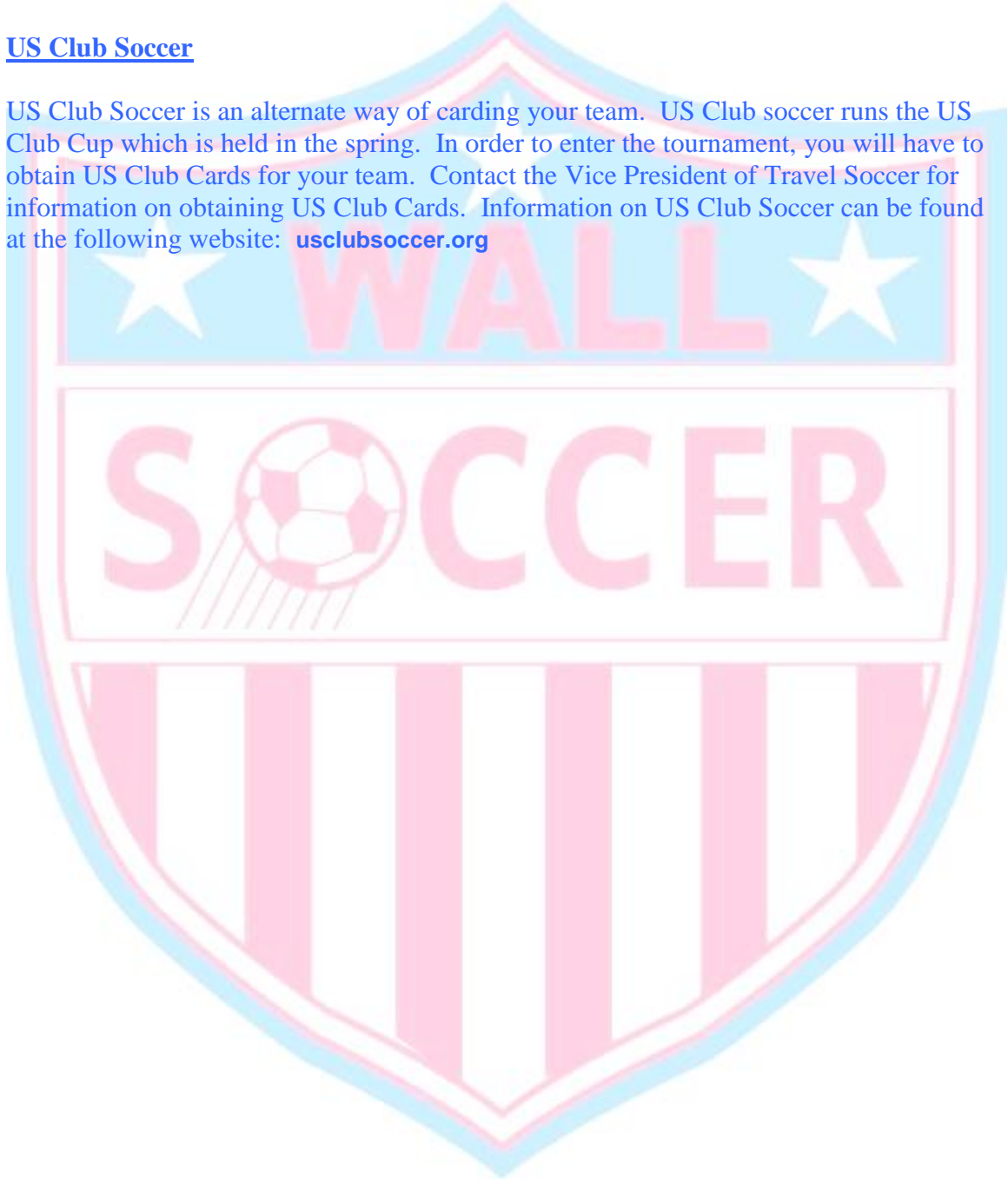
NOTE: you are paying for the tournament before you receive your reimbursement from the club.

How to I get reimbursed?

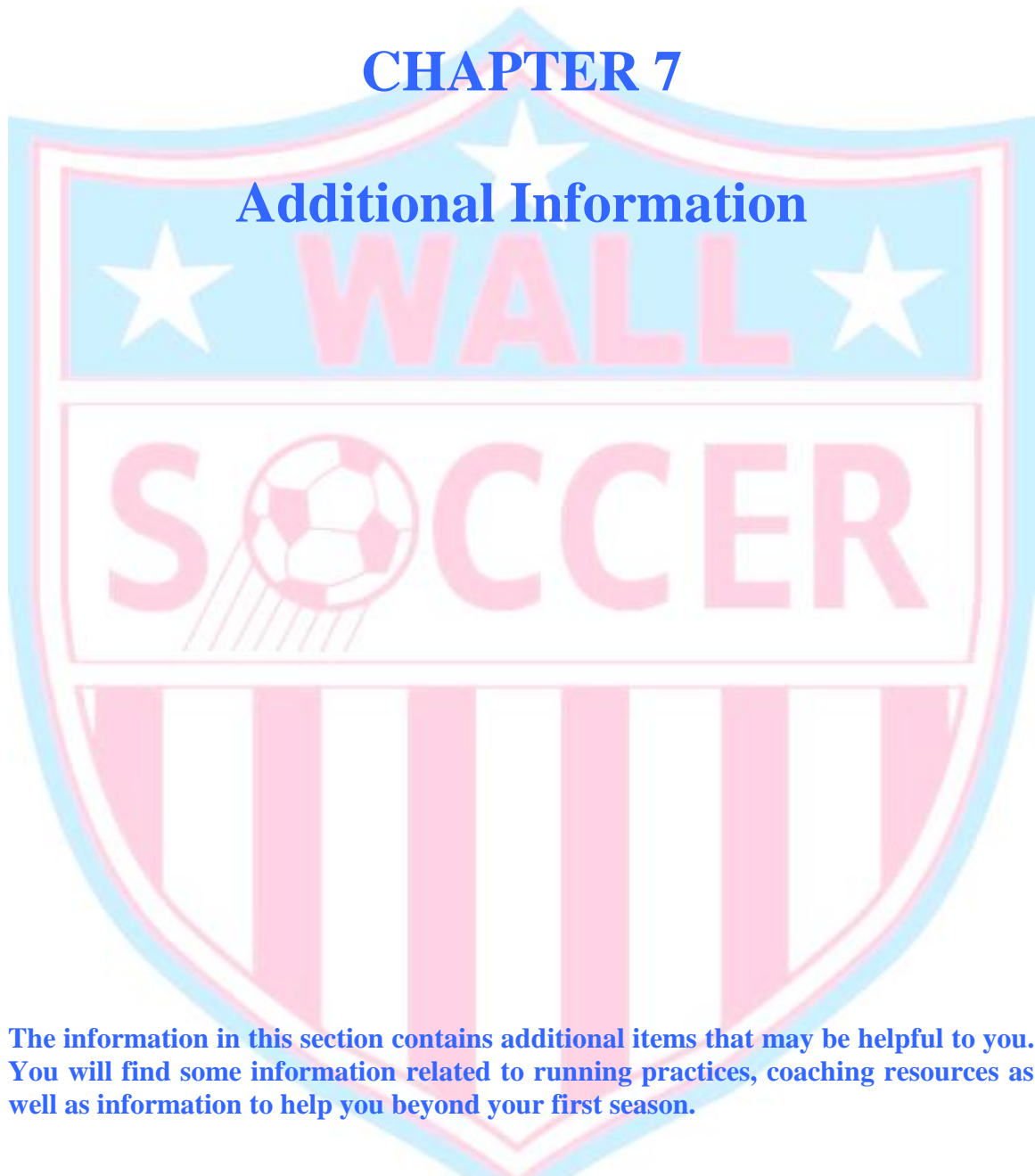
Each team will be given two vouchers, one for fall and one for spring. After paying for the tournament, submit your voucher with proof of registration to the Treasurer.

US Club Soccer

US Club Soccer is an alternate way of carding your team. US Club soccer runs the US Club Cup which is held in the spring. In order to enter the tournament, you will have to obtain US Club Cards for your team. Contact the Vice President of Travel Soccer for information on obtaining US Club Cards. Information on US Club Soccer can be found at the following website: usclubsoccer.org



CHAPTER 7



Additional Information

The information in this section contains additional items that may be helpful to you. You will find some information related to running practices, coaching resources as well as information to help you beyond your first season.

Useful Coaching Information

The below information as well as other useful information can be found on the US Youth Soccer Website, <http://www.usyouthsoccer.org/coaches/Education.asp>.

Principles of Coaching

The principles of youth coaching are guidelines developed as a foundation or a sounding board to assess the appropriateness of an activity or training session. The following six principles are presented so that youth players receive a healthy and positive youth soccer experience.

• **Developmentally Appropriate.** This challenges the coach to examine the appropriateness of the activity. The requirements or demands of the activity should fall within the range of a players' abilities. Examples include: Attempting to teach a wall-pass to U8's when they cannot think in advance of the ball or asking a U6 player to stay in a specific position when their spatial awareness is limited and possess a strong desire to chase the ball.

• **Clear, Concise and Correct Information.** How instructions are given is crucial when dealing with young children. Too much information overwhelms them and too little information doesn't give them enough to get started. Provide enough information to get them started and then add new challenges.

• **Simple to Complex.** Are the activities presented in a way that allows for ongoing modifications and new challenges to meet the players interests and abilities?

• **Safe and Appropriate Training Area.** The area should be free of hazardous materials (e.g., glass, stones, branches, holes, etc.) and be safe from traffic or other environmental dangers. The training environment should be psychologically safe. Does the child feel emotionally secure? Is the fear of failure reduced? Can the child take creative risks without the fear of admonishment from the coach?

• **Decision Making.** Are there opportunities for the players to make decisions? Decisions may be spatial (where to run or pass), temporal (when do I pass or run), or kinesthetic (how do I handle the ball)? These need to be present in all activities for learning to occur. Remember that learning is not efficient and that effective learning may be the result of inefficient trials.

• **Implications for the Game.** The activities presented in a training session must in some way reflect the demands a player faces in the game. The younger the player the less clear this may seem, while the older the player (i.e. 10 or older), the more clear it will become. However, the implications for the game are even more important for the younger players. The coach at this level is providing the foundational movement and thinking skills that will enable the player to later solve more complex problems.

Eliminating lines, laps and lectures

This was to be included as a principle of coaching, but we decided that its importance warranted its placement here: Eliminating lines, laps and lectures means:

a) having players stand in lines waiting for their turn generally indicates an inappropriate

activity. If players are standing and not moving the activity will not keep their interest;

b) running laps, especially without a ball, is a waste of time. All practice activities should take place on the field, preferably with a ball;

c) lectures should be left for the classroom. Children come to practice to be active and participate, not to be talked to for extended periods of time. Often, coaches design activities that focus on determining a winner. These activities typically involve elements that lead to players being eliminated from the activity. Those eliminated first are players who usually need the most work on technique and decision-making. Design activities that keep all players engaged throughout the length of the activity. Eliminate elimination games!!

Punishment

The use of physical activity such as laps, push-ups, sit-ups etc., as punishment for misbehavior is an inappropriate method of discipline. Players will come to believe that physical training is actually a form of punishment. Players need to understand the importance of fitness and making them run when there is a behavior problem is counter to what you want to develop. When the consequences warrant, short-term exclusion from the activity will often get a positive result.

Game/Activity Classifications

Game/activities are organized into three separate categories. It is important for coaches to select game/activities from each category that are age group appropriate. The categories are:

Body Awareness — activities that emphasize the use of body parts, motion, coordination, balance with and without the ball.

Target Games — activities that involve solving the objective by going from “point A to B.” In contrast to Maze Games, these activities are more directionally defined and can be done both with and without the ball.

Maze Games — activities in which the player has the opportunity to move in a 360° or circle environment with and without the ball. Even though the area is defined, it does not necessarily have a specific target or boundary to go to. These activities allow the players to make decisions while moving in all directions. There are times when the concepts of each of these three types of activities may be utilized in a single activity.

Drills versus Game/Activities

Drills are generally an absence of thought. An individual repeats the same movement or patterns exactly the same way each time. This approach with regard to youth soccer has several limitations. During a soccer game the environment is constantly changing, therefore activities must also reflect this ever changing competitive environment. Children are drawn to games and activities like opposite poles of a magnet, whereas drills repel them and decrease their interest. A game/activity approach creates an environment that allows technique, tactics, fitness and reativity

to develop in harmony. Below is a simple illustration of the differences between “Drills” and “Game/Activities.” Which do you think best fits the developmental needs of children?

Characteristics of Drills

Static
Military
Lines
Boring
No Thought
Age Inappropriate

Characteristics of Game/Activities

Dynamic
Organized but unstructured
Free Movement
Fun
Decision Making
Age Appropriate

Characteristics of Effective Youth Coaches

- **High Moral and Ethical Standards.**

Be an appropriate role model.

- **Honesty.**

Be fair, no one likes it if you cheat.

- **Respect of Players, Parents, and Community.**

Develop strategies to develop positive relationships with all involved.

- **Understanding Readiness Factors for Participation.**

Maturation — when to begin, how the game is structured.

Learning — what are children able to comprehend and how do they learn.

Motivation — internal desire to play and have fun.

- **Communication.**

Appropriate verbal and nonverbal responses (body language & gestures).

Appropriate language (words, tone, volume, rhythm, articulation).

- **Development of an Appropriate Temperament for Coaching Children.**

Be sensitive to each child.

Exhibit a calm personality.

Show patience.

Observe and Guide; Don't Direct.

Use your normal voice, not a whistle.

- **Ability to Motivate Positively**

Develop high levels of self-confidence.

Positive coaching.

Don't yell.

- **Possess Leadership Qualities**

Be prepared.

Be organized.

20

Demonstrate discipline — identify appropriate and inappropriate behavior and enforce team rules.

Learn to be critical of behavior, not a player's personality.

- **Be Dedicated to Child Development and the Sport of Soccer**

Understand what is appropriate for different ages and levels of play.

Let every child play (and play a lot).

- **Be Enthusiastic**

Your enthusiasm is contagious.

Celebrate!

- **Have a Good Sense of Humor**

Keep things light.

Have fun.

Smile and laugh.

- **Must Have Current Knowledge of Coaching Youth Soccer**

Learn about children and how they learn.

Learn the rules.

Learn appropriate practices, activities, and content.

Learn appropriate tactics and

Coaching Nine and Ten Year Olds:

One Ball - Four Players

Children at this age are typically enrolled in grades 4 and 5 and may have been playing soccer for half of their lifetime. Some children, however, choose to begin play in soccer at this age. Both boys and girls are beginning to demonstrate an improved ability and a mastery of some aspects of basic locomotor, nonlocomotor, and manipulative skills (the ability to control objects, either directly through hands and feet, or indirectly with an implement such as a tennis racket).

They have also begun to develop basic technical abilities to play soccer and their cognitive understanding of tactics and strategies is evolving. They are beginning

to demonstrate an ability to think in advance of the ball (anticipation). Formal schooling plays an increasingly important role in the development of children's thinking. They will demonstrate a very basic form of self-awareness; of realizing what they know and what they don't know.

Psychomotor

During this period, children gain a tremendous amount of physical strength, endurance, and power. Strength is related to body size and muscle mass. During childhood and adolescence, boys tend to have greater strength, especially in the trunk and upper body when compared to girls; however, leg strength differences are minimal. Motor performance is most often measured by a variety of motor tasks that require speed, balance, flexibility, explosive strength and muscular endurance. Children are in a linear growth mode (from head to toe) that peaks with a growth spurt at adolescence. Some children will grow faster than others. Height can approach 5 feet and weight can reach 80 pounds or more. Significant physical differences appear between genders from 10 to 11 years of age and onward.

Cognitive

There are significant changes in a child's memory ability in nine and 10 year olds, particularly in deliberate recall memory. By the age of 11 or 12 their deliberate recall memory is similar to an adult's. They have the ability to remember and follow more complex instructions, which enables them to solve higher-level problems. Improvements in memory reflect a child's increasing fund of knowledge and experience. Children begin to move from Piaget's 3rd period of cognitive development (concrete operations) to the 4th stage of cognitive development (formal operations). Children in this age group develop an ability to focus longer and stay "on task." They begin to sequence thought and actions and they begin to think in advance of, or anticipate, the ball. They will start recognizing when and where to move with and without the ball and they begin to develop a sense of pace. Young soccer players must be observed and assessed in authentic game related activities that foster learning in all three identified domains—psychomotor, cognitive and psychosocial.

Psychosocial

Players begin to initiate play on their own and are likely to want to play rather than to be reminded that it is time to go to soccer practice. Many players are becoming more serious about their play and with whom they play. Peer group attachment and the pressure generated by peers become significant. There is a need to belong and the association with a team becomes increasingly more important. They will develop a group of friends; there is great social need to interact. Adults outside of the immediate family (most notably the coach) begin to take on added significance. Gender differences become more apparent. Over 76% of girls aged 9-12 cited "FUN" as the primary reason to be physically active.

Sample Game/Activities

Game 1: Ball Retrieve - Groups of Four

Players are in groups of 3 or 4 with one ball in general space, about half a soccer field. The coach tosses or plays the ball away and players must return it to the coach with each player touching the ball (feet only) at least once. The final pass should be played to a player standing next to the coach. The coach then calls out a number and players must return the ball in exactly that many passes. The activity encourages players to think in terms of length and width as well as collective play. The coach can move within the space to make the task more difficult.

Game 2: Elbow Tag

Players are in pairs with their elbows hooked and standing in a random formation. The other hand is on their hip with elbow bent. The coach breaks apart one pair and gives one player a cone or small ball to carry. This player chases his/her partner and tries to tag them with the cone. The players may not throw the object. If they tag their partner, the player drops the object and the roles reverse. The player who is being chased tries to get safe by hooking onto an empty outside elbow of another player. Once this occurs the player on the opposite end must leave and is now being chased by the player with the object. Once the players get the hang of it, involve another pair, so now you have two chasers and two players being chased. Players chasing can tag anyone who is not safe on an elbow.

Continue adding chasers and runners until the game completely falls apart from sheer fun and chaos. This activity encourages quick thinking and anticipation, as well as a great deal of sprinting and changing direction.

Game 3: Hurricanes & Ladders

Play consists of two teams of 5 to 7 players with one ball using half a field. One team starts out as the ladder; the other is the hurricane. The coach tosses the ball away and the ladder group must run to the ball, form a line and immediately begin handing the ball to the end of the line in an over the head/between the legs fashion. At the same time the hurricane team forms a tight circle or huddle and watches while one team member runs around the huddle as many times as possible before the ladder group completes the process of passing the ball from the front to the back of the line and yells stop! The number of circles is counted and the roles reverse when the coach tosses the ball away again. Play until one team reaches 10. This activity encourages teamwork and problem solving.

Game 4: Defrost Tag

Start with two equal teams and a 30 x 30 yard area. One entire team is inside the area without balls. The other team starts on the outside of the area with one ball per player. On the coach's signal, the team with the balls dribbles into the area and tries

to hit the other team players below the knees. Emphasize passing, not shooting, the ball. Players can run or jump to avoid getting hit. Once a player is hit with a ball, they freeze and must stand with legs apart and hands on hips. A frozen player can be unfrozen if a teammate crawls through the legs.

The objective is to see how long it takes to freeze the entire team. Safety note: as long as a part of the crawling player's body is still beneath the frozen player, both players are safe and a ball cannot be played at them. Only when a player crawls completely through a frozen player does the frozen player become unfrozen. Both are then actively back in the game.

Use a time limit or end it when all players are frozen. Make sure that each team gets a chance to play both roles. This is a great activity for deceptive dribbling, passing to a target and fitness, as well as fostering communication and problem solving skills.

Game 5: Get Outta-Here

Set up a small-sided field with two equal sized teams. Players will play in a two versus two format played to two small goals at each end of the field. A 30 x 20 yard space with goals approximately 6-8 feet across and 4 feet high will work well but any small size goal will work. The starting point is on the outside of the field at the mid-line. The coach tosses a ball onto the field and one pair from each team runs onto the field for a 2 v 2 situation. If a goal is scored, the scoring team stays on while the defending team sprints off and a new pair runs on. If a ball goes out of bounds or a goal is not scored, coach shouts "Get Outta-Here" and both pairs must run off the field and are replaced by the next two players from each team.

Teams with odd numbers of players must organize effectively so that every player plays an equal amount. Each team must keep track of the total number of goals they score. The game can be played to a final score or with a time limit. This is a fast paced activity that requires concentration from everyone on and off the field.

Useful Coaching Website

The websites listed below are great resources for lesson plans, drills and other coaching information.

1. www.insidesoccer.com
2. www.coachingsoccer101.com

3. www.socceru.com
4. www.soccerhelp.com

Winter Training

Most teams will participate in some form of winter training. This usually begins after the holidays. Your team will be assigned a time to train in the red barn once a week beginning in January. Additionally, a lot of teams will rent indoor time at the following facilities:

1. Goodsports
2. Stainton Sports (Neptune)
3. The Atlantic Club

Some teams will participate in winter leagues. Leagues are hosted at Goodsports as well as the Bob Smith Soccer Academy in Robbinsville, NJ

MOSA and Beyond

The information in this section will typically not apply during your first season however it is important to be aware of this information.

NJ Youth Soccer State Cup

Beginning at U-11, Teams compete in the NJYS State Cup. The tournament is held in the Fall for ages U-11, U-12 and U-13. You are responsible for registering your team and paying the registration fee. The club will reimburse your team for the fee after you have registered.

US Club Soccer

US Club Soccer is an organization similar to NJ Youth Soccer however they have their own registration. If you plan on participating in any US Club Soccer events such as the US Club Soccer State Cup you will need to obtain US Club Soccer Passes for your team. This cost is paid for by your team and there is not club reimbursement for US Club Cards. Anthony Scriolli is the club contact for US Club Cards.

JAGS/MAPS

Some point, your team may look to play in a more competitive league other than MOSA. JAGS and MAPS are two of the more common leagues that team will play in after MOSA. Information about both leagues can be found below:

JAGS

In order to participate in Jersey Area Girls Soccer, your team will have to register at www.imsportz.com. Jersey Area Girls Soccer registration and other information can be found at the following website:

<http://www.jagsassn.org/>

NOTE: the club will pay for registration in MOSA or JAGS but not both. If a team chooses to play in both leagues, the team will pay the registration for the second league.

MAPS

The MAPS league registration information can be found at the following website:

http://www.cjysa.org/aboutus/index_E.html

Again, the club pays for registration in one league. If you choose to participate in a second league, your team will pay the expense.

