

# LHSC New Coach Orientation



## Organization

- You and your team are part of a club: Lake Hills Soccer Club
- Your team is one of 47 Recreational Teams. We are also fielding 11 Club Select teams this fall and approximately 25 Micro teams
- U8-U12 Rec teams play in a league organized by Eastside Youth Soccer Association
- Our sister clubs within EYSA: Bellevue United FC, Issaquah FC, Mercer Island FC, Newport FC, Eastside FC
- U13-U19 Rec teams play in a league organized by District 2
- We are all part of Washington Youth Soccer and US Youth Soccer

## Equipment Rick Waedekin, [equipment@lakehillssoccer.org](mailto:equipment@lakehillssoccer.org)

- LHSC will provide practice balls, game balls and Woozies
- Each player must wear shin guards with socks on the outside at all times
- In games – All players must wear the Lake Hills uniform (New uniforms included in registration fee for new players & will be distributed from Winners Sports in August.)

## Practices & Practice Fields Currin Cyr, [currin\\_cyr@hotmail.com](mailto:currin_cyr@hotmail.com)

- Contact Currin Cyr with issues and questions regarding **practice fields**
- For U8, U9 and U10 have a set weekly clinic with a roving clinician. Clinic Practice Times are 5:00-7PM (Coach & Players). Starting mid-October, clinics will end at 6:30PM.
  - BU10: Day & Location TBD
  - GU10: Day & Location TBD
  - All U9: Day & Location TBD
  - All U8: Day & Location TBD
- Note: All fields will be confirmed and communicated by mid-August.*
- U8-10 should practice one additional time per week for a max. of 1 ½ hours; U11+ teams should practice twice a week.
- U8-U12 have practice plans from the Sounders. You don't need to follow them to the letter, but in general they should be followed. Make sure you have a plan for each practice – keep things flowing and have fun.
  - Avoid the 3 L's - Lines, Laps and Lectures.
  - Avoid only scrimmaging --- skill development is important!
- Practice fields will often be shared with 1 or 2 other teams. Coaches need to work together to organize a rotating schedule that allows all teams equal access to a goal.
- October and November start and end times of practices will change to allow for diminishing daylight and give teams fair access.
- Always have a ball for every player, Medical Release forms, First Aid Kit and cell phone handy
- Make sure players have fluids at practices and games (Water rotation or volunteer)

## Pre-season prep & Communications

- Ensure that you and ALL Assistant Coaches and team managers are fully registered & have completed required training (SafeSport, Concussion, Sudden Cardiac Arrest)
- Email or call all players and parents on your roster now. Introduce yourself and tell them your practice schedule will be coming in August.
- Make sure they're aware of uniform pick-up process. Forward uniform email as necessary.
- Hold a pre-season parent meeting. Some items to cover are as follows:
  - Expected behavior of parents. Coaches are responsible for the sidelines: players AND parents.
  - Expectations for players – attend practices, behavior, sportsmanship, teamwork, trying different positions, etc.

- Coach's background
- Basic rules See EYSA Handbook, linked on main Coaches page of LHSC website
- Playing time & positions
- Parent volunteer sign-up. Team manager/assistant coaching assignments (snacks, ice/first aid, set-up, party, awards, pictures, communications, statistician, etc.)
- Referee – show respect and appreciate. Referees are often youths who are learning the game.

### **Games** <http://www.lakehillssoccer.org/coaches/games/>

- Call/email the opposing coach to verify location and time of game
- Have a game plan ready prior to the game.
  - Makes substituting easier and more fair & allows for good position rotation.
  - Have a parent or assistant coach help with the sub plan & timing
- Players should arrive at the field 30 minutes before game for warmup.
- **Coach should arrive before players.**
- You can only use the players that are provided to you on your roster at games or practices.
- Each player MUST play at least 50% of the time in each game unless there is a well communicated discipline or attendance issue.
- Players should rotate and try every position in practices and games (use common sense when choosing goalkeepers – timid players can get hurt).
- Don't run up the score against weaker opposition. Move stronger players into defense, play 3-touch soccer, etc. See EYSA Mercy Rule.
- The league will provide game schedule. Home games are scheduled by LHSC, played at a local field location. Away games at other EYSA club fields.
- The home club will provide referees. You are not responsible for this scheduling
- The home team is responsible to provide the game ball (inflate).
- See EYSA/Referee handbook for game duration, field size and detailed rules – Please learn and communicate the rules to your players and parents.
- Post-Game Score Reporting: [www.eyesareferees.org](http://www.eyesareferees.org) – required for home and away teams; new coaches must register first to get access; also used to rate refs and see standings

### **Additional Resources** [www.LakeHillsSoccer.org](http://www.LakeHillsSoccer.org)

- Rec Program Chair: RECPgm@lakehillssoccer.org
- Equipment: Rick Waedekin, Equipment@lakehillssoccer.org
- President: Bill Capodanno, Prez@lakehillssoccer.org
- Vice President: Justin Hunt, VP@lakehillssoccer.org
- Treasurer: Treasurer@lakehillssoccer.org
- Secretary: Todd Karam, Info@lakehillssoccer.org
- Registration & Game fields: Amy Hunt, Registrar@lakehillssoccer.org
- Practice Field Scheduling: Currin Cyr, currin\_cyr@hotmail.com
- Competition: Chuck Bedrosian, Competition@lakehillssoccer.org
- Club Select Chair: Allan Gordon, ClubSelect@LakeHillsSoccer.org
- Referee Coordinator: Lisa Getzendaner, Refs@lakehillssoccer.org

LHSC Board of Directors meets every month, time and locations are currently TBD but typically from 7:00 – 9:00 on the second Monday of each month. Meetings are open to club members. Coaches and parents are encouraged to get involved.