



# LHSC New Coach Orientation

## 1 Equipment

- Lake Hills SC 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 & will be distributed from Winners Sports.
- Always good to have a couple extra items handy
  - Extra pair of goalie gloves
  - Extra set of cones
  - Pennys – LHSC can provide or purchase new ones (many teams in our league wear some version of blue; orange was always a great alt penny color)

## 2 Practices/Fields

- Each team will get 2 practices per week. We are still waiting on Bellevue School District for our fall field allocation, so at this point we don't know field locations.
  - Typically our field locations are in east and central Bellevue (Ardmore is furthest north, Spiritridge furthest south, Woodridge and Wilburton furthest west)
- Contact field coordinator (Stacey Morales) for practice fields.
- Many practice fields will be shared with at least one and sometimes two or three other teams. Coaches need to take it upon themselves to organize a rotating schedule to allow all teams' equal chance for practicing with a goal.
- In October and November we will be adjusting the start and end times of practices to allow for diminishing daylight.
- Always have a ball for every player.
- Always have Medical Release forms, First Aid Kit and cell phone handy
- Make sure players have fluids at practices and games (Water rotation or volunteer)
- Take advantage of online coaching tools (LHSC website, youtube, etc.)

## 3 Player and Coaching Development

- Rec level is about Skill, Team and Soccer IQ Growth
  - The best results from a season are not only kids coming back to play next year, but to see improvement from each player, Team cohesion and intelligent play,
  - Winning comes from the growth of the above – Winning is the outcome of development, not the end-all, be-all of Rec
  - Players should rotate and try every position in practices and games (use common sense when choosing goalkeepers – timid players can get hurt).

- Coaching
  - We're here to help!
  - Coaching has changed quite a bit since you might have been coached
    - Avoid the 3 L's - Lines, Laps and Lectures. Moving while Learning is not only critical, it's Fun
    - Avoid only scrimmaging --- skill development is important!
    - Avoid playing favorites
  - Items to Keep in Mind
    - **You are the most influential person on the field** for the Referees, for the conduct of the Parents and of your Team
    - **Don't run up the score against weaker opposition.** A 5-goal differential is "Mercy Rule" – Move stronger players into defense, play 3-touch soccer, etc. See EYSA policy re "Running up the Score."
    - **Can't add "ringers" or unregistered players to your teams**, no matter how much requested
    - As Coach, you are responsible for each kid until the **last player gets picked up from Practice or a Game**
    - **Always check the Weather**
- Practices
  - Have a plan for each practice – keep things flowing and have fun.
    - Good news – we have all those for you already.
- Your Go-To Documents
  - **Base Rules for U9 – U12** - [WYS League Rules of Comp Field layout and Rules 9U-12U 10.18 Updated \(washingtoneyouthsoccer.org\)](#)
  - **EYSA (Eastside Youth Soccer Association) – more in-depth information.**
    - Coaches Resources (REALLY INDEPTH and HELPFUL) - [EYSA 2023 Handbook](#)
  - [League Washington](#) (only for Under-13 and above teams)
  - Minor-league vs. Major League – one is about development, the other is about Winning. [Marc Maye: Child's Play: Using Sports to Develop Characters, Not Characters! | TED Talk](#)

#### 4 Pre-season prep & Communications

- Ensure that you and ALL Assistant Coaches and team managers are fully registered.
- Call (or email) all players and parents on your roster now. Introduce yourself and let them know your practice schedule.
- Inform them of the uniform delivery process; **uniform numbers will be pre-assigned.**
- Study the LHSC Coaching Resources page <https://lakehillssoccer.org/coaches/>

#### 5 Parent meeting

- Hold a pre-season parent meeting. Some items to cover are as follows:
  - Expected behavior of parents / side line behavior
  - Expectations for players – attend practices, behavior, sportsmanship, teamwork, trying different positions, etc.

- Coaches background
- Basic rules
- 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. These referees are youths who are learning the game. We must help them and keep our sidelines in check.
- Signed Medical Releases from each player, no later than first practice; Notify Registrar (Stacey) when all releases are received; Release forms should be with the team at all practices and games

## 6 Pre-game prep

- 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 fairer & allows for good position rotation.
  - Have a parent or assistant coach help with the sub plan & timing
  - Ask the parents to get the players to the field 30 minutes before game.

## 7 Team Roster

- You can only use the players that are provided to you on your roster at games or practices. No guests, siblings or friends are allowed to play. This keeps everything fair and keeps the club in compliance with our insurance policies.

## 8 Games

- The league will schedule fields and provide game times. Home games played at a local field location and away games at other EYSA club fields.
- The home club will provide referees....but bring a whistle to away games!
- 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.
- Each player MUST play at least 50% of the time in each game unless there is a well communicated discipline or attendance issue.
- Post-Game Score Reporting: [www.eysareferees.org](http://www.eysareferees.org) – required for home and away teams; new coaches must register first to get access; also used to rate refs and see standings

## 9 Post-Season Tournament

- The U8-U10 post season mini-tournament you may have participated in will not take place this year.
- U11 and older teams can participate in the state Rec Cup.  
<https://washingtoneyouthsoccer.org/cups/recreational-cup/>