

Hingham Boys U12

Coaches Handbook, Fall 2016

Revision 0.5, Sept, 2016

For reference only

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Please, follow the rules

- Failure to follow these could end up in fines to HYS and, for the coach, suspensions or bans from future coaching
 - Only play kids on your roster
 - There are limited exceptions to this rule with specific guidelines.
 - Contact me before doing this.
 - Only have rostered coaches on the player/coach side of the field
 - It's ok if a parent visits an injured player or drops off water, etc. without affecting the game
 - No one should be coaching if not on the roster (Insurance, CORI checks, etc.)
- Don't directly address the referee during the game, particularly in a negative way
 - Referees are generally also learning about the game
 - They will make bad calls - it's part of the game
 - You can ask to clarify a call but don't try to overturn it or offer your opinion
 - If you do need to ask the referee a question, ask your player captain (or a field player) to address the referee (substitutions, time remaining, direct/indirect kick)
 - The exception is if you feel there is a health or safety issue.
 - This could range from an unnoticed injury to inclement weather (lightning)
 - Please interject in a constructive fashion in these circumstances and explain your reasoning
- Conduct yourself professionally at all times - you are a Hingham Ambassador
 - Don't engage with players / parents / spectators
 - You are responsible for the conduct of Hingham supporters
 - If there's a hostile situation:
 - Attempt to diffuse the situation / walk away
 - Call me (division director)

General HYS Principles

- All players should receive equal or at least 50% playing time when they are present at a game.
 - This doesn't mean
 - that missing a game gives a player the right to play 100% of the next game
 - that a player who leaves early or shows up late, gets 1/2 playing time of a game, only 1/2 of the time they're present
 - Attendance at practice is not a consideration
 - A player's skill or motivation level is not a consideration
- If a player asks NOT to play (tired, don't feel good, just don't want to), don't force him. Follow up with the parent(s).
- During a game, let the boys play
 - Minimize shouting at players on the field during play (no "joystick" coaching)
 - Coaching should happen mainly on the sidelines. If you need to speak to a field player, call him to the sideline for a discussion.
 - Encourage players to talk to each other on the field
 - Use practices to correct problems and reinforce good behaviors

U12 Game Play

- Format is 9 v 9 (Goalie + 8 field players)
- Games are two 30 minute halves, ~5-10 min halftime; all controlled by the Referees
- Substitutions
 - occur, when whistled by the referee:
 - On your throw in
 - On your opponent 's throw ins IF they are also substituting
 - Goal Kicks
 - Injuries requiring a stoppage by the referee - but always get the referee' s permission
 - After a goal is scored
 - At half time
 - do not occur
 - On Corner kicks
 - On Penalties / Free kicks
 - During Opponent throw ins when they are not also substituting
 - During active play
- Offside rule applies

Common Misunderstandings

- Substitutions
 - Occasionally coaches incorrectly substitute without the permission of the referee and/or “on-the-fly”
 - The correct way to substitute is:
 - Send players to the center line of the field (official area)
 - Wait for the referee to signal for the substitution
 - Telling the incoming players who they’re going in for and having them call off the active player is an efficient approach.
- Offside
 - Simplified, this occurs when a player, in his offensive half of the field, is between the last defender and the goal, in front of the ball, before the ball is kicked to him.
 - Referees, generally the sideline assistant referee (AR), will call this by raising his/her flag straight up
 - The result of this call is a free kick from the point of the violation
 - This is a difficult call to make for referees - don’t expect precision at this level

[illegible]

Spectator Area

SOCCKER FIELD

How do I field a team?

- You will designate a goalie and 8 field players
- Typical position descriptions (with Left / Right / Center modifiers) are Back/Defender, Midfielder, and Forward.
 - Generally, all players should play both offense and defense, while holding the “shape” of your formation
 - Encourage them to play every position (though don't force anyone to play goalie)
 - Just because a kid only likes to play forward doesn't mean you only play him there
- Formations are generally described by a series of numbers, noting the number of players in each position starting with backs / defense
- For example:
 - 3-3-2
 - 3 Defenders (Left, Center, Right)
 - 3 Midfielders (Left, Center, Right)
 - 2 Forwards (Left, Right)

Game Day

- Be sure your team and the opposing coach know the time and location of the game
- Players should arrive at least 30 minutes ahead of time for warm up. Remind them to bring shin guards, cleats and water.
- Coaches should arrive before players
- Before you leave home:
 - Print two copies of your roster (signed by the registrar, Suzie)
 - Make sure you have inflated game balls (for home games)
- Before the start of the game, referees will check-In players.
 - The referee will ask for the roster copies
 - Line your players up facing the referee (on “the 18” is common)
 - The referee will check equipment, may give some instruction, and will check the players against the roster
- Captains will be called for a coin flip to determine starting sides
- Play the game
- After the game, line up your team for hand shakes with the other team. Encourage your team to also thank the referees
- Make sure everyone has a ride home before departing the field
- Report the score on Google Docs before the end of the weekend.

Etiquette

- Sportsmanship
 - The “mercy rule” doesn’t exist
 - However, if you are clearly dominant and have a 5-6 goal lead
 - Put your “scorers” in defensive positions or in goal; let others have a chance
 - Take the opportunity to improve general skills, for example
 - Require three passes before a shot (possession)
 - Don’t allow shots within the penalty area
 - Left foot only shots / passes
 - Require at least 1 back pass
 - Etc. Whatever you think the team needs to work on
 - A common way to communicate this to the team during play is to use a code word such as “Barcelona” or “Ice Cream” - cover this in practice once you’re established.
- If the other team doesn’t have enough players
 - You are not obligated to play with fewer than 9
 - However, you may decide to match their number of players; particularly if you take a lead. You need to ensure, however, that kids are getting 50% playing time.
- Whether home or away; take your trash (empty water bottles) with you. Leave only foot prints.

Playoffs? Playoffs???

- There is a fall and a spring season.
- Your record in the fall may effect the bracket you play in for the spring.
- Your Spring record counts toward whether you make the playoffs.
- The “A” and “B” teams are eligible for MTOC – the Massachusetts Tournament of Champions.
- The “balanced” teams are eligible for Coastal Cup, a tournament for the teams with the best spring record in Coastal.

Want more help?

- The Coaches' Corner on the HYS site
- Our DOC, Ryan P
- UK Elite
- Use the internet
- Ask me: febenham@yahoo.com