



LMVSC

Recreational Soccer A/AA/AAA, B, C & D2 Divisions –
Fall 2018 Wednesday August 29th 2018



WELCOME

LMVSC Board Members/Staff



- **Lula Bauer- Executive Director**
- **Tanya Barrow - Vice President of Uniforms and Equipment**
- **Kelley Johnson – Treasurer**
- **Lee Hingle – Referee Liaison**
- **Jessie Gore- Club Administrator & Finance Manager**
- **Justin O’Shell- Director of Recreation & Player Development**
- **Casey Johnson- Equipment Manager**



The Season will start:
September 8th

LMVSC Players Directors



- **AA/AAA – John Walker**
- **Boys A – Carol Montoya**
- **Girls B – James Dahl**
- **Boys B6 – Brent West**
- **Boys B5 – Steve Ganan**

LMVSC Players Directors



- **Girls C4 – Laura Daly**
- **Boys C4 – Lourdes Talbot**
- **Girls C3 – Erika Valencia**
- **Boys C3 – Linda Pinkney**
- **Girls D2 – Ana Sady-Dubon**
- **Boys D2 – Carolina Guido-Parada**

LMVSC Uniforms



Uniform exchange -

- E-mail Tanya at tanyadh1@cox.net -
- Also inform her of the set number.
- Indicate what size you are wanting to exchange.
- BE SPECIFIC

Once you have met with your parents, select a “uniform parent”

Registration



- Must be registered prior to participating
- **One travel player per team**
- If a travel player is NOT registered with LMVSC, however in another Club, that still counts as one travel player
- This will be heavily enforced this year and all teams are subject to roster checks throughout the season

Scheduling



- Special Request:
 - LMVSC referee
 - HEAD Coaching two or more times
 - No Assistant Coaches
- Scheduling Request form – online
 - www.lmvsc.org
 - Rec Soccer > Coaches Resources > Reschedule Form

Re - Scheduling



- In order to reschedule, the following must occur:
 - 1) Your rescheduling request must be within the existing schedule.
 - 2) You must have agreement from your opponent to reschedule existing time, day and field to the rescheduled requested time, day and field.
 - 3) You must have agreement from the two teams that are playing in the time, day and field that you wish to reschedule to, agreeing to play in your current time, day and field.
 - 4) In order to help you facilitate your request, all LMVSC Soccer Coaches e-mails are posted on the website.
 - 5) To verify that all parties are in “agreement”, **fill out the form** below, email to Jessica Gore admin@lmvsc.org within 72 hours of rescheduled request and copy via e-mail addresses all parties involved; i.e.: Your opponent, home and away teams you are rescheduling with. Email request will not be accepted

Practice Fields



- **Practice Grid – On the Website LIVE**
 - Access Code – coaches18
 - **Always have access to field permits. i.e. cell phone**
 - Permits are on the website – bookmark on your cell phone or take a screenshot of your field permits
 - **Practice Etiquette – Arriving – Leaving – Trash**
-
- U8 Patriots Developmental Academy:
 - 5:30 - 6:30 PM Monday & Wednesday's @ Lee District Park
 - U7 Junior Developmental Academy:
 - 5:30 - 6:30 PM Friday's @ Lee District Park

Game Fields



- Field Permits and Space – Online live
- All field directions will be online

Division Game Fields:

- AA/AAA - West Po Stadium
- A Division - West Po Aux
- B Division - Edison Lower
- C Division - Clermont/Lee District Park
- D2 - Manchester Lakes Upper

Player Changes

(Match Format/Roster Size)



- B Division – 9v9 with 14 rostered players
- C Division – 8v8 with 12/13 rostered players
- D2 – 6v6 with 10 rostered players

“Build Out Line”

Only for C3 and C4 Divisions



- The Build-Out Line promotes playing the ball out of the back in a less pressured situation
- Too much emphasis is being put on winning, and not enough on developing the player
- The priority should be to develop players

Coaching Education



- HOW DO CHILDREN LEARN
- PLAYER CHARACTERISTICS
- PRACTICE ORGANIZATION
- LESSON PLANS
- SAMPLE PARENT MEETING AGENDA
- THE COACHES TOOL BOX

Coaching Education



If you have not completed your United Soccer Coaches (NSCAA) Coaching Course, you must do so prior to the season opener

The 'Foundations of Coaching' course is an online course, that upon completion will provide you with a basic understanding of the coaches responsibility, how a player learns, and basic techniques to improve a training session

Upon completion, you will also have access to all coaching resources, such as example training sessions

In order to take the course, you must E-Mail Justin O'Shell @ oshelldorpd@lmvsc.org so that you may have a login generated

Once you e-mail request for the course, you will be given step by step instructions on how to access the course



LEE-MOUNT VERNON

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5-U6 Age Group Information

U6 AGE GROUP INFORMATION



How Do Children Learn

Player Characteristics

Mosston's Slanty Line

Methodology

Lesson Plans

Sample Parent Meeting Agenda

The Coaches Toolbox

Referees



- Young referee
- No arguing
- Pacing
- Don't be the extra player on the field
- Only new FIFA Law - you can be on the opponent's side of the field on a kick off.

LMVSC Recreational Soccer



Treat the fields and facilities with respect. Clean up trash from the team and spectator areas. Don't allow canopies or chairs to be placed on turf.

During games, coaches and players from both teams will be on one side of the field and the spectators will be on the other. This gives coaches the full attention of the players and reduces the amount of parent coaches at your side.

LMVSC Recreational Soccer



- There should be no spectators behind the goal and no coaching from the behind the goal.
- Take care of the fields on which we are permitted to play:
 - Pick up all trash from the field before leaving; team side and spectator side.
 - Fairfax County rules state no chairs, benches, tents, etc. on the turf. Everything should be set up on the grass. LMVSC uses practice and playing fields by county permit; breaking their rules could lead to a loss of permits (meaning loss of practice and game space)

**Refs are responsible for enforcing the rules of the game.
Coaches are expected to enforce sportsmanship.**

COACHES / PLAYERS / SPECTATORS

Buffer Area
No Chairs
No Tents
In the
Buffer Area



Teams

Teams

Spectators

Spectators

Spectators

Spectators



Blow Out Rule



- Objective of LMVSC - provide an atmosphere in which players can enjoy the game without an undue emphasis on winning or losing. Accordingly, blow-out games are contrary to the objectives of the Recreational League, and LMVSC Recreational League coaches shall make reasonable efforts to avoid blow-outs.
- Definition: When the goal-differential between the two teams then playing reaches five (5) goals

Blow Out Rule Action



- Required Action:
 - Before 5 Goals: Rotate players, substitute players, increase required touches
 - At 5 Goals: the coach of the dominating team shall remove one player from the field
 - Above 5 Goals: The dominating team will remove an additional player for each goal scored
 - D2 Division down to 5
 - C Division down to 6
 - All other Divisions down to 7
 - Differential Decreases: the dominant team may return a player to the field

Blow Out Rule - Issues



- **Playing time** – ½ game for each player
 - Substitution opportunities, use them
 - Your best players will get their time in the season, is not a punishment
 - Give the weaker players the time
- **Player development**
 - What is gained by having your best players continue to score?
 - Ball handling/controlling/passing drills are an important element of the game
 - Individual development includes sportsmanship as well as physical skills
- **Player Attitude is Strongly Influenced by the Coach**

Field Duties

Set up & Take down



- Field equipment will be store at the field
- **Combinations posted on the website**
- **First game of the day – Field Set Up**
 - Both teams will be responsible for setting up one goal each.
- **Last game of the day – Field Take Down**
 - Both teams will take down
- Please be thoughtful with the equipment

Example Training Session



WARM UP –

15 – 20 Minutes : Dribbling with Skills

- Start with the players in a designated area dribbling (get them going right away) “Freeze” introduce double scissors.
- Have them dribble, and every time you say double scissors, they attempt the move
- Mix in toe touches and tick tocks
- Progress with different skills; pull backs, step overs, etc.
- Progress with right foot only, left foot only, both feet

Coaching Points: Keep the ball close, bending knees when they try the move, head up on toe touches and tick tocks

Example Training Session



ACTIVITY ONE

15 – 20 Minutes : 1v1 Scoring on Cones

- Each Player has a Partner; In between 2 cones 5-6 yards apart
- Facing each other, one is the attacker and one is the defender
- Attacker is trying to score by getting the ball to one of the cones before the defender gets their foot to that cone
- Attacker goes for a certain amount of time (1-2 minutes) and then switch attacker and defender

Coaching Points: Facing each other not turning back, dribbling is not important, feints/skills are the focal point here, creativity (defending coaching point – shuffling feet, not crossing hips)

Example Training Session



ACTIVITY TWO

15 – 20 Minutes : 1v1 on Goal

- One Player is on the side of the goal with the balls and one is about 12-15 yards away in a separate line.
- Player passes the ball in and they begin 1v1 (have designated area, so as soon as the ball goes out the next group is going – this should be very quick transitioning)
- Switch lines each time

Coaching Points: Challenge them to know the skill they are going to attempt prior to receiving the ball, Using the move and accelerating afterwards

Example Training Session

ACTIVITY THREE



15 – 20 Minutes : 1v1 or 2v1 on Goal

- One Player is on the side of the goal with the balls and one is about 12-15 yards away in a separate line.
- Player passes the ball in and they begin 1v1 (have designated area, so as soon as the ball goes out the next group is going – this should be very quick transitioning)
- Switch lines each time
- If defender wins the ball, have a goal set up with cones they have to dribble through
- PROGRESSION: Player now who is going 1v1 has the option to turn around and introduce another player to go 2v1 to goal

Coaching Points: The idea in this progression is that a player who is constantly getting stuck having the ability to recognize and get assistance from an additional teammate, communication

Example Training Session



GAME—

15 – 20 Minutes : 4v4 / 5v5/ 6v6/ 7v7 / 8v8

-Let the Players Play!

Coaching Points: Are they confident in taking players on, are they able to create 2v1 scenarios, are they able to communicate and create scoring opportunities

Example Training Session



GAME

5 Minutes : PULL

-Partner toe touch, when the coach says “PULL” the player who pulls the ball first gets a point

Coaching Points: Creating competition and the mentality to compete, finishing the practice with FUN and the players wanting more!!



**Any
Questions?**

Before You Leave..



- Please make sure you have picked up all your belongings.
- Please make sure you pick up the correct uniform bag.
- Please thank your Player Director for all his/her hard work.
- Also note, in the Coaches hand book there is a lot of terrific information, take a minute and look through it.
- Thank you for volunteering your time and on behalf of the entire LMVSC Board, we wish you a fun and safe season.....