



Rainier Soccer Alliance
Elite, Select &
Puyallup Union Soccer
Club Recreation
Curriculum Guide

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RSA Elite Curriculum Guide Lines

- ✓ Development of Functional and Team Play
- ✓ Development of Individual Skills and Small Group Tactics
- ✓ Recommended Licensing for Appropriate Age Groups
- ✓ Technical Development
- ✓ Tactical Development
- ✓ Physical Development
- ✓ Psychological Development
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Coaching Handbook

Rainier Soccer Alliance

Elite and Select Curriculum Guide

The Curriculum

The new and improved Soccer program has developed a curriculum and program that will challenge each player to succeed at the highest level. The program focuses on the four aspects each player must develop: ***technical, tactical, physical, and mental***. The players are forced to face these considerations at every competitive opportunity, whether it training or a game.

Coaches and Trainers

The appointed coaches will administer the age appropriate curriculum to the players and teams. Each team coach will stamp their style of coaching within the ideas and philosophies that have been set forth by the DOC guide lines. The goal of OUR Soccer Club is to develop and mold the individual player to be a dynamic risk taker who plays the game with confidence and composure. Coaches will train the players to be confident in their technical ability, ability to solve the problems the game presents, and to play the game with a physical and competitive commitment.

Coaches will be required to obtain the appropriate recommended coaching license before being assigned to coach in an age group or obtain it by a set date. Coaches will also participate in coaching clinics, workshops, and symposiums that will further advance their knowledge of the game and their ability to teach the game to youth players of all ages.

The appointed coaching staff will work in cooperation with each other and the Director of Coaching to achieve the following goals:

- *Technical mastery for the individual player.*
- *Applying technical mastery in an environment of pressure.*
- *Development of risk takers that are creative 1v1 artists.*
- *Development of goal scorers.*
- *Understanding and applying the concepts of zonal defending.*
- *Developing problem solvers.*
- *Understanding and applying maximum level physical commitment to every competitive situation.*
- *Involvement in community outreach and community service.*
- *Responsibility in academic endeavors and in life.*

The Curriculum

Training sessions will be based around a proven curriculum. The curriculum will focus on teaching younger players the technical aspects of soccer and enable them to perform these skills under pressure. The older players will be focused on learning team tactical concepts and how to get results.

Teams that are U12 and younger will focus on the following points:

- *Non-result driven performance.*
- *Winning at these ages is secondary to development.*
- *All teams will play in a 4-4-2 formation in order to learn how to play the game.*
- *4 back zonal defense. Learning from an early age how to zone defend.*
- *Requiring the goalkeeper to be confident with their feet and responsible for the space behind the defense.*
- *Development of wide midfield players and outside backs that are attack minded.*
- *Teaching two forwards how to run and combine with each other in the attack.*
- *Development of central playmakers and schemers.*
- *Constant challenging from outside competition.*
- *Playing the highest level competition available to develop necessary playing ability.*

Teams in the ELITE that are U13 and older will focus on the following points:

- *Result driven performance.*
- *Teaching players how to be physically committed to the game.*
- *Teaching players how to get results.*
- *Playing a system that plays to the strengths of the team.*
- *Structuring a system of play that will make the team most effective and play to the strengths of the individual players.*
- *Ability to change a system to exploit the weaknesses of an opponent.*
- *Understanding advanced tactical concepts.*

The Training

In the training session emphasis will be given to repeating the quality of soccer movements. These are corrected and repeated until they become a regular part of the player's package. The coaches must be quality demonstrators. The coaches will then work on:

- *Making the player's movements faster and better*
- *Linking movements efficiently and wisely. Coaches constantly ask the player why they use a certain move in a certain situation*
- *Using the weakest foot. Coaches will develop specific sessions to work on weaknesses in the player's game*
- *Technical exercises with high reoccurrences*
- *Games with the possibility of many choices and reflections*
- *Simple tactical exercises forcing the player to make a quick decision*
- *Realistic activities which make the player feel as if he were in a real game*

Coaching Boys Soccer

- *Intense Motivational Techniques work well*
- *Coach should focus on the individuals rather than the team.*
- *Encouragement is not always expected.*
- *More distance relationship between the coach and players*
- *Can handle longer more intense training sessions*

Coaching Girls Soccer

- *People oriented, democratic approach works best*
- *Coach should focus on the relationships among players*
- *Encouragement from the coach is a necessity*
- *More interaction between coach and players*

- *Shorter training sessions*

From these points, you can say the main difference between coaching boy's soccer versus coaching girl's soccer is not the training sessions, but the different social and psychological factors.

Training therefore is done with this context in mind:

- *Quantity*
- *Quality*
- *Consistency*
- *Demands of the game*
- *Simplicity*

Summary

Our new Soccer Cub coaching philosophy will operate under the principle that “*development of the individual player*”. The better job we do in the development of quality players at the youth level, the more accomplished high school, ODP, collegiate and professional players will burst onto the scene. We feel that the development of the complete player is crucial for the advancement of soccer in the United States.

Thank you.

Director Of Coaching

Steve Richards

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Recreation Curriculum

Development of Individual Skills and Small Group Tactics.

Characteristics of the Coach:

**Enthusiastic, Possess some soccer experience and knowledge; Ability to demonstrate; Knowledge of technical aspects of soccer. Gives encouragement.
Recommended License: Youth module or USSF “E”/Equivalent or Higher.**

Development of Functional and Team Play

A few tips for coaching young players, key aspects of the game to keep in mind, both defensively and when attacking. Soccer is ultimately about getting the ball into the right person's feet: the one who has the most time and space (i.e., faces the least pressure) and is in the most advantageous position to score (or make that goal scoring pass). Of course, don't forget to enjoy yourself when coaching and playing. Be focused but at the same time have fun... That's infectious.

General Coaching Rules

- Concentration at all times.
- Stay fit.
- Be positive.
- Have realistic expectations of the team.
- Communicate on and of the field (don't scream).
- Have the ability to combine with players.
- Show creativity and vision.
- Play the way you're facing (play simple).

Defensively aspects to be coached

- Be aware of all positions.
- Play smart and anticipate.
- Always get the players behind the ball on defense.
- Stay on the goal side when defending.
- Make the play predictable so your team can anticipate the next pass or play.

- To make a player commit, take a quick step forward and quickly back off using your body to block the run. Not obstructing the player but anticipating the play.
- When faced with a two on one: buy time until help arrives (concede space a bit of space, don't dive in); take away the pass and force the ball in one direction.
- Always recover centrally (toward the penalty spot).
- Always find a free player and mark-up.

Offensively aspects to be coached

- Keep it simple.
- Get your head up and have vision of the entire field.
- Play the ball back when options are limited or dangerous.
- Always look around before collecting a pass.
- Have a first time pass in mind before collecting the ball.
- Be calm with the ball.
- Always be in position to support teammates.
- Give options to player with the ball (check in and check out asking for the ball).
- Keep your elbows up and use your body to protect and shield the ball.
- Take on players in offensive third of the field.
- Dribble toward defender until he leaves his mark then pass or beat him.

Key Training Tips

- Get lots of touches on the ball.
- Small sided games help develop creativity and skill (keep the training area small so players have less time on the ball, must make quick decisions and are always under pressure).

Sample Individual Practice Plan

Really, there's not much of a difference in say a fundamentals training session whether you're six or seventeen, it's all about spending time with the ball and making the ball do what you want to do and not vice versa.

15 minutes

Use this warm-up, jogging to retrieve the ball, and dribbling back with the right foot and then left foot, alternating. Striking the ball towards a target is really important, try to drive the ball or chip the ball, it's a combination of the two, that way mastering this will give the player a great feel for the ball, so you can play the ball to any part of the field, to any player or space. Incorporate some stretching into this warm-up phase.

15 minutes

after trying to hit a target five or six times, juggle with each foot. Set a target number - repeat these three or four times. Next, do a cycle, from left foot to right, to right thigh and then left thigh, and then up to the head and chest - repeat this four or five times. Try to make up your own cycles, say left foot to head and then to right foot and back up to the head.

20 minutes

When you're done with that, find a wall or turn a bench over or in groups of two to strike the ball against, practice driving the ball, this means hitting the ball with power, but controlled, when you strike the ball like when taking a shot. Spend about ten minutes hitting the ball against the wall with both feet. Spend a few minutes than striking the ball against the wall with all the different parts of your foot--inside, outside, and instep of both feet.

10 minutes

Kick the ball up in the air as high as you can and control the ball with the instep of your foot, see if you can actually steer the ball to one side when you're controlling it, as if there was a defender on you - repeat five or six times.

10 minutes

next, try dribbling at speed twenty yards or so, touching the ball with each step but going as fast as you can.

Last, run through another cycle of juggling, vary your routine, two juggles on the right foot and then two on the left, then three on the right and three on the left, going up to ten.

15 minutes

Always finish on a game so the players and you as a coach can incorporate the session into the game. Remember some players find it hard to translate the session into game situations.

Development of Individual Skills and Small Group Tactics.

The effect of the role model is very important at this stage of development teams/ players and a hunger for imaginative skills typify the mentality of this age. This is a time of transition from self-centered to self-critical. Players of this age have a high arousal level in relation to the training of basic skills. This is the “golden age of learning” and the most important age for skill development. Demonstration is very important and the players learn best by “doing.” This is also an important time to introduce and teach the basic principles of play. It is important to establish discipline from the beginning.

Characteristics of the Coach:

**Teacher; Enthusiastic, Possess soccer experience and knowledge; Ability to demonstrate; Knowledge of technical aspects of soccer. Gives encouragement.
Recommended License: USSF “D”/Equivalent or Higher.**

Technical Development: At least 50% of all training time.

Skill development/proficiency in the following areas through technical repetition:

1. Dribbling-Moves to beat an opponent, keeping possession, change of speed/pace, risk taking.
2. Shielding-Spin turns, change of direction, change of speed/pace.
3. Receiving-Dealing with pressure, ground and air balls, different surfaces.
4. Shooting-Proper striking technique, different surfaces, finishing vs. shooting.
5. Passing-Different surfaces, weight of passes, short and long passes, varying types.
6. Heading-Proper technique, jumping to head.
7. Tackling-In balance, no fear.

Tactical Development: No more than 50% of all training time.

- Initial tactical ideas and awareness.
- Understanding individual and small group ideas.
- Increase tactical speed.

Tactical development/introduction in the following areas through training and game situations:

1. 1v1 situations in attack and defense.
2. Small Group-2v1, 2v2, 3v1, 3v2, 3v3, 4v2, 4v3, 4v4.
3. Players play varying positions-Development of the complete player.
4. Attacking
5. Defending
6. Basics of zonal defending.
7. Team tactics are not the priority at this age. Focus on playing skillful soccer.
8. Recommended system of play 4-4-2. This begins to develop an understanding for team shape and helps players learn how to use combinations to attack.

- Keeping possession.
- Risk taking in appropriate areas of the field.
- Support.
- Basic combination play-Wall Pass, Takeover, Double Pass.
- Promote attacking soccer.
- Proper pressure
- Proper cover.
- Introduction individual roles in zone defending.
- Understanding danger.

Physical development in the following areas through training and game situations.

1. All fitness should be built into the session with a ball. **No organized fitness.**
2. Coordination
3. Flexibility
4. Change of speed/pace.
5. Balance
6. Strength
7. Endurance

Psychological Development:

Psychological development through training, game experience, and organized team activities.

1. Keep it FUN! Develop a passion in the players.
2. Encourage decision making.
3. Imagination/Creativity
4. Increase demands-Value of hard work.
5. Establish discipline and accountability.

U13/U14 Curriculum

Development of Individual Skills/Individual and Small Group Tactics

Formal rules and adult standards become applicable at this stage of development. Due to the acceleration of physical and mental maturation, the pace of development will quicken. The demands of technical training as well as training loads should increase therefore stimulating improvement in mental toughness, concentration and diligence. Tactical awareness within the game becomes an important facet of the learning process. Players tend to be self-critical and rebellious, but have a very strong commitment to the team.

Characteristics of the Coach

Incredibly strong personality; Enthusiastic; Possess soccer experience and knowledge; Demanding.

Minimum License “D” Recommended License: USSF “C”/Equivalent or Higher

Technical Development: No more than 50% of all training time.

- Build on the technical base established; Continued pursuit of technical proficiency.
- Development of individual skills under pressure of time, space, and opponent.
- Increase technical speed.

Skill development/proficiency in the following areas through technical repetition:

1. Dribbling-Encourage beating players 1v1 – Body Fakes/Moves; Keeping possession; Change of speed/pace; Shielding/spin turns.
2. Receiving-Quality first touch – Take balls out of the air; turning; Receiving with different surfaces and on the run.
3. Shooting-From different angles, crosses, and volleys; on the run; on the turn.
4. Passing-Different surfaces, ALL on the run; weight of passes; short, long, bent, driven, crosses, chipped.
5. Heading - Attacking (To Goal), Defending (To Clear), and to keep possession
6. Tackling-Proper technique

Tactical Development: No more than 50% of all training time.

- Tactical awareness within the game.
- Increase tactical speed (Decision making under pressure).

Tactical development/introduction in the following areas through training and game situations:

Individual - 1v1 situations in attack and defense

1. Attacking
 - Maintaining possession.
 - Risk taking in appropriate areas of the field.
2. Defending
 - Proper angles of pressure (in front and behind).

- Channeling attacker.
- Immediate chase.
- Understand individual roles in zonal defending.

Small Group-2v1, 2v2, 3v2, 3v3, 4v2, 4v4

1. Attacking

- Maintaining possession.
- Support
- Combination play: Wall Pass, Take-over, Overlap, and Double Pass.
- Width, Depth, Penetration.
- Proper runs in the box for crosses.
- Basic understanding of Set Pieces.

2. Defending

- Understanding angles and distance of cover.
- Balance.
- Delaying and pressuring as a group.
- Understanding danger.

Team

1. Attacking

- Maintaining Possession while playing ball away from pressure.
- Maintaining Balance within the system of play.
- Players able to interchange positions during the run of play.
- Attackers encouraged to take players on in the final third of the field.
- The goalkeeper plays as an essential piece of the attack (balls played back to goalkeeper).
- Players are able to play a variety of positions.

2. Defending

- Maintaining good “shape.”
- Understand the Basics of zonal defending.
- Know when to “delay” or “step.”
- Understand and decide where the “line of confrontation” will be.
- Maintaining good “Pressure & Cover” throughout the three thirds of the field.

Recommended system of play: 4-4-2.

Players begin to develop an understanding for team shape and how to use combinations to attack. Players begin to understand the benefits of zonal defending and the importance of a cohesive unit when applying pressure.

The team begins to understand that maintaining possession to gain numeric Superiority in the final third is the key.

Physical Development: No more than 10% of all training time.

Physical development in the following areas through training and game situations

1. Most fitness should be built into the session with a ball.
2. Agility/Coordination – with and without the ball.
3. Flexibility
4. Change of speed/pace
5. Balance
6. Strength – non-weight bearing, core strength and stability
7. Endurance

Psychological Development:

Psychological development through training, game experience, and organized team activities

1. The game should continue to be fun and enjoyable. Players should have a passion for the game.
2. Imagination/Creativity.
3. Increase demands-Value of hard work-diligence.
4. Establish Training Targets.
5. Establish mental toughness, discipline and accountability.
6. Demand concentration.
7. Encourage players/teams to watch professional and national team games live or on TV.

U15/U16 Curriculum

Development of Individual Skills/Individual, Group and Team Tactics

Because many stop playing due to other interests, lack of success, shortage of playing opportunities, poor leadership, or other reasons, this is a critical stage of the player's development. This stage of development tends to have players that struggle with confidence and lack mental toughness. Players are very critical of their selves and struggle with competitiveness. There is a serious need for attention and security. Leadership, discipline within the team and team spirit are areas of intense focus.

Characteristics of the Coach:

**Incredibly strong personality; Enthusiastic; Charismatic; Possess soccer experience and Knowledge; Disciplinarian; Persuasive and Demanding; Great Managerial Skills.
Recommended License: USSF "B"/Equivalent or Higher**

Technical Development: No more than 40% of all training time.

- Skills should be mastered.
- Focus on imagination, artistry, improvisation and craft.
- Increase technical speed. Technique is still emphasized at this stage, but always at match conditions.
- Mastery of striking balls accurately over distance under pressure.

Tactical Development: At Least 60% of all training time.

Increase tactical speed (Decision making under pressure).

Tactical development/enhancement in the following areas through training and game situations:

1. Attacking

- Applying various technical abilities in order to increase tactical options.
- Aggressive attacking mentality in final third of the field.
- Change of pace and sense of urgency when entering the final third of the field.
- Knowing/Predicting what the game will need next.
- Understanding Roles and Responsibilities for each player will improve quest for understanding the "Big Picture"

2. Defending

- Understanding how to take options away from the attacker.
- Mastering individual roles in zonal defending.
- Understanding that Team Defensive Success is based on the quality of individual pressure.

1 *Small Group*- 4v4, 7v7, 9v9

1. **Attacking**

- Understanding when to possess, when to penetrate.
- Creativity in Problem Solving
- Combination play: Wall Pass, Take-over, Overlap, and Double Pass.
- Width, Depth, Penetration.
- Creative Mobility – Runs without the ball.
- Being able to pick players out with crosses and not just cross the ball into the box.
- Attacking with Strikers, Midfielders and Defenders.
- Set Pieces – Efficiency Rate of 75% in getting us either goal, shot on goal, or corner kick.
- Organized runs into box for service.

2. **Defending**

- Understanding compactness and the benefits of.
- Cover, Delay, Dictate and Recover.
- Effective communication.
- Defending with Strikers, Midfielders and Defenders.
- Understanding that dictating play and winning possession is the first step in Attacking.
- Understanding of Organization in Defending Set Pieces.

Team:

Clearly defined team tactics – How the team decides to play as a group.

1. **Attacking**

- Adjusting to Direct and Indirect styles of play.
- All Decisions based on the thirds of the field.
- Knowing that maintaining possession is the best way to dismantle the opposing team.
- Understanding how to counter Attack.
- The goalkeeper plays as an essential piece of the attack (balls played back to goalkeeper).

2. **Defending**

- Maintaining team compactness.
- Understand the concepts of “high pressure” and “low pressure” styles.
- Complete understanding of zonal defending from the front to the back.
- Understands how to deal with the Counter Attack.
- The goalkeeper plays as the last defender.

Recommended system of play:

Players should be exposed to a variety of systems using a 4-4-2, 3-4-3, or 3-5-2 System of play.

A great deal of coaching/teaching within 7 v 7 and 9 v 9 games

Physical Development: At least 10% of all training time.

Physical Development through fitness work with and without the ball

1. Flexibility – Stretching before and after training/matches.
2. Discipline – Always warm-up and cool down.
3. Agility – with and without the ball.
4. Aerobic and Anaerobic endurance
5. Strength & Balance – Upper and Lower body; core strength/stability.
6. Footwork – attempting to be active during all activities.
7. Nutrition – Proper diet pre-game, post-game, tournaments, training etc.
8. Injury prevention and care
9. Rest/Recovery

Psychological Development:

Psychological development through training, game experience, and organized team activities

1. The game should continue to be fun and enjoyable. Players should have a passion for the game.
2. Imagination/Creativity.
3. Increase Concentration & demands -Value of hard work-diligence.
4. Establish Training Targets and Goals.
5. Establish mental toughness, discipline and accountability.
6. Establish leadership and player responsibilities.
7. Change program periodically to satisfy player's urge to compete.
8. Establish individual and team routines for pre-practice and pre-match.
9. Encourage players/teams to watch professional and national team games live or on TV.

Development of Functional and Team Play

Reaching a player's potential is based on their own efforts, the support of their teammates and the guidance of their coach.

They must be exposed to an environment in Training and in Matches that enhances their Technical, Tactical, Physical and Mental capabilities to the limit. Training and match play should be demanding and challenging. Players must always be confronted with pressure situations in training. A sound knowledge of the games' principles and concepts is a must

Characteristics of the Coach:

**Incredibly strong personality;
Enthusiastic; Charismatic; Possess soccer skill to demonstrate experience and knowledge; Disciplinarian; Authoritative; Persuasive and demanding; Great Managerial Skills.**

Minimum "D" Recommended License: USSF "B"/Equivalent or Higher

Technical Development

Covered in Warm-up and Competitive Situations.

- Mastery of Skill.
All done at speed under match condition
- Demanding Excellence.
Tactical Development: At Least 75% of all training time.
- Increase tactical speed (Decision making under pressure). Ability to adapt to changes in the match.
Understanding of gamesmanship (Managing the clock, ebb and flow of the game, etc.).
Tactical development/enhancement in the following areas through training and game situations:
Individual - Decisions pertaining to the thirds of the field.

1. Attacking

- Time spent on Functional Training Environment
- Ability and comfort in playing in different areas of the field.
- Ability to take responsibility and solve problems as an individual

2. Defending

- Comfort at playing different positions
- Complete understanding that Team Defensive Success is based on the quality of individual pressure.

Small Group

1. Attacking

- Understanding when to possess, when to penetrate for the purpose of scoring goals.
- Deception and Creativity Encouraged.
- Combination plays in order to break down a defense.
- Attacking with Strikers, Midfielders and Defenders.

2. Defending

- Complete understanding of Pressure-Cover-Balance.
- Controlling the pace and direction of the game by decisions in defending.
- Understanding when to double team.

Team:

Understanding positional lines and how they are linked. Realizing the needs of the Team.

1. Attacking

- Good understanding of Direct and Indirect styles of play.
- Combination play based on strategy.
- All Decisions based on the thirds of the field.
- Knowing that maintaining possession is the best way to dismantle the opposing team.
- Speed of Play – Game is faster and more physical.
- Understanding how and when to Counter Attack.
- Quality of Final Ball to beat defenders.
- Set Pieces – Efficiency Rate of 75% in getting us either goal, shot on goal, or corner kick
- Organized runs into box for service.
- The goalkeeper plays as an essential piece of the attack through distribution (balls played back to goalkeeper).

2. Defending

- Maintaining team compactness
- Understand the concepts of “high pressure” and “low pressure” styles.
- Complete understanding of zonal defending from the front to the back.
- Being able to stop the Counter Attack.
- All Decisions based on the thirds of the field and systems of play.
- The goalkeeper plays as the last defender.
- Pressing – When and Where.

Recommended system of play:

Players should be exposed to a variety of systems using a 4-4-2, 3-4-3, or 3-5-2 system of play.

A great deal of coaching within 7 v 7 and 9 v 9 games

Physical Development:

At least 10% of all training time. Physical Development through fitness work with and without the ball.

1. Flexibility – Stretching before and after training/matches.
2. Discipline – Always warm-up and cool down.
3. Agility – with and without the ball.
4. Aerobic and Anaerobic endurance
5. Strength & Balance – Upper and Lower body; core strength/stability.
6. Footwork – attempting to be active during all activities.
7. Nutrition – Proper diet pre-game, post-game, tournaments, training etc.
8. Injury prevention and care
9. Rest/Recovery

Psychological Development:

Psychological development through training, game experience, and organized team activities

1. The game should continue to be fun and enjoyable. Players should have a passion for the game.
2. Imagination/Creativity.
3. Increase Concentration & demands -Value of hard work-diligence.
4. Establish Training Targets and Goals.
5. Establish mental toughness, discipline and accountability.

Parents Code of Conduct Contract

Parents will understand that the Soccer Program is for the benefit of the children that play, and parents are required to conduct themselves in a manner consistent with creating a positive experience for the players and their families. As a parent or guardian of a child you are responsible for the conduct of your guests and other family members. The Soccer Program will not tolerate a parent yelling at or belittling a player, officials, coaches or other parents in any way. Any and all violations of the Code of Conduct will result in sanctions and may lead to the expulsion of that parent from the activities.

As an adult and role model, children are influenced by my words and actions. I agree to the following:

1. I will not “coach” any players from the sidelines during games.
2. I will be respectful and courteous of others, and will encourage players, officials and coaches through my positive actions and attitude, and I will not engage in any kind of unsportsmanlike behavior with an official, coach, player or parent such as arguing, booing, taunting or using profane language, gestures, aggression, or violence.
3. I will teach my child to treat other players, coaches, and officials with respect regardless of age, race, creed, color, gender, or ability. And to resolve conflicts without resorting to violence or argument.
4. I will not ridicule or yell at my child or any other participant for making a mistake and will not hold a specific child responsible for losing a competition.
5. I will get my child to practices, games, and tournaments on time, and I will pick them up on time as well. Based on the team rules.
6. I will never discuss an issue with a coach while players are in the area. I will make an appointment to speak with the coach away from the players.
7. I will not complain about my child’s playing time, if I would like to see my child have more playing time I will discuss with the coach how my child might earn more game time.
8. I understand all children participate to have fun and that games are for the kids, not the adults.
9. I will be a positive role model for children and will encourage them to reach the highest levels of sportsmanship and to play by the rules.
10. I will wait “24-hours” before contacting the coach after a game to discuss events or choices in the games except in the case of a player injury or emergency.
11. Players deserve to play in an environment that is free of drugs, tobacco, and alcohol and I will refrain from their use at all practices and games.
12. I will follow the Soccer Club Tolerance Policy.

NOTE: Any and all reported violations of the Code of Conduct will be submitted to the Director of Coaching and the Board for action, which can include suspension and or expulsion from future events.

I have read and understand “Parents” Code of Conduct Contract, and I agree to abide by these values. I also accept any actions taken for my failure to abide by these values.

Parent’s Signature

Date

Parent’s Signature

Date

Players Code of Conduct Contract

1. It is my responsibility to be prepared to practice and play.
2. I will give 100% at all times
3. I understand if I miss practice it will result in a reduction of playing time.
4. I expect to have a good experience and learn during my soccer experience and I will alert parents or coaches if there are problems or it stops being fun.
5. I will listen and learn from my coaches and teammates.
6. I will treat my coaches, managers, other players, officials, and spectators with respect regardless of age, race, creed, color, gender or abilities and I will expect to be treated accordingly.
7. I will attend every practice and game that I can on time, and I will notify my coach beforehand if I cannot attend.
8. I will respect all equipment and facilities.
9. I will not engage in any kind of unsportsmanlike behavior with any official, coach, player or other parent such as arguing, booing and taunting; refusing to shake hands; or using profane language or gestures.
10. I will encourage my own parents to engage in good sportsmanship.
11. **I will accept victory and defeat with dignity.**
12. I understand the playing time is not guaranteed and recognize that certain games are more competitive than others, and that some players will earn more playing time based on my effort and attitude at practices and games.
13. I deserve to play in an environment that is free from drugs, tobacco, and alcohol.
14. I will report to games and practices wearing the correct training attire. I.e. warm up or training shirt. Failure to do so will result in a reduction of game time.
15. I will not ridicule or yell at my teammates for mistakes and I will not hold them responsible for losing a competition.
16. I will follow the Soccer Player code of conduct Policy.

NOTE: Any and all reported violations will be submitted to the Director of Coaching for action which can include suspension and or expulsion from the soccer club.

I have read and understand the “Players” Code of Conduct Contract, and I agree to abide by these values. I also accept any actions taken for my failure to abide by these values.

Player's Signature

Date