

WALTHAM YOUTH SOCCER

FALL 2021 Coaches Meeting - 08/31/2021





WALTHAM YOUTH SOCCER

Fall 2021 Coaches Meeting



Board Updates

Paul Bucelwicz - President, Waltham Youth Soccer



WALTHAM YOUTH SOCCER

Fall 2021 Coaches Meeting



BOARD OF DIRECTORS:

- **PRESIDENT** - Paul Bucelwicz
- **VICE PRESIDENT TRAVEL** - Matt Staub
- **VICE PRESIDENT INTOWN** - Ray Halleran
- **SECRETARY** - Ana Prieto
- **TREASURER** - Duncan Ramage-Healey
- **REGISTRAR** - Lisa Wittenhagen
- **DIRECTOR OF COACHING** - Sean Cook
- **REFEREE COORDINATOR** - Ray Halleran
- **UNIFORM / EQUIPMENT MANAGER** - Michelle Pisuk
- **FAMILY LIAISON** - Carolina Lara
- **MIDDLESEX LEAGUE TOWN COORDINATOR** - Matt Staub
- **COVID SAFETY OFFICER** - Duncan Ramage-Healey
- **RISK MANAGER** - Sharyn Nolan

Board Members:

- Ben Kuchler
- Raffi Chapian
- Andrea Healy
- Theresa Tucci
- Dawn Morrissey
- Richard Brown
- Jennifer Eisenberg
- Karsten Nielsen



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General Travel Soccer/Middlesex League Updates

Matt Staub - Vice President Travel, Waltham Youth Soccer



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OUR PURPOSE:

The purpose of this organization is to foster, promote, and teach the game of soccer to the boys and girls of Waltham through the development of individual skills, fitness, teamwork, and fair play.

Travel as usual:

WYS is a member of the Middlesex Youth Soccer League (MYSL) and will abide by their rules and bylaws. WYS is affiliated with the Massachusetts Youth Soccer Association, Inc. (MYSA) and the United States Youth Soccer Association, Inc. (USYSA). **This season is expected to be conducted as a normal season; however, be prepared for plans and expectations to be altered, given any new developments for COVID-19.**

Middlesex League Rulebook

As Travel coaches in MYSL, we are expected to know the rules outlined here.

[Spring 2021 MYSL Rulebook](#)



WALTHAM YOUTH SOCCER

GENERAL GUIDELINES



PRACTICES:

- Will begin the week of August 30.
- Each team has two practices per week (see page 21 for your assigned time and field)
- Most practice sessions will be held at Veteran's Field - 385 Forest St, Waltham; some will be held at Falzone Field on Trapelo Rd. across from Our Lady's Parish

AT THE FIELD:

- No spectators will be allowed on the turf for travel team practices



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ZERO TOLERANCE POLICY

Zero Tolerance Rule prohibits talking to the referees. Anyone who violates the Zero Tolerance rule is subject to be disciplined up to and including, in the case of coaches, the possibility of dismissal.

Zero Tolerance Rule, in summary:

All Coaches and Spectators shall support the referee. Failure to do so will undermine the referee's authority and has the potential of creating a hostile environment for the players, the referee, and all the other participants and spectators.

No one is to speak to the referee during or after the game.

Exception: Coaches may ask questions before the game, call for substitutions and point out emergencies during the game, or respond to the referee if addressed.

Absolutely no disputing calls, during or after the game. No remarks to the referee to watch certain players or attend to rough play. NO YELLING at the referee, EVER, and no criticism, sarcasm, harassment, intimidation, or feedback of any kind during or after the game.

Violators may be ejected and are subject to disciplinary action.

If coaches or spectators have questions regarding particular calls, rules, or a referee, or wish to give feedback regarding a referee, contact the WYS referee assignor at RayHalleranSr@massref.net or the local towns' Soccer President.



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Zero Tolerance Rule - Summary cont'd: *Important note about NOT speaking to opposing players & coaches...*

WYS expects the same conduct toward officials be extended to opposing players. This means:

Spectators are NOT to address opposing players or coaches, or to engage in dialog with a player(s) during a game. Any comments should be directed to the WYS coach after the game.

Coaches are NOT to address opposing players, but should direct any concerns, questions, or dialog about an opposing player to that player's coach. If the nature of the concern is an immediate safety issue, the coach should address the game Official, BUT only in the context of safety.

EXCEPTION: WYS coaches SHOULD remain aware of any inappropriate language or action directed at young officials by opposing players/coaches.

VIOLATIONS: All violations and reported incidents will be investigated by the Sportsmanship Committees of both Waltham Youth Soccer and The Middlesex League



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COVID-19 POLICY

- Waltham Youth Soccer is a member of the **Middlesex Youth Soccer League** as well as **Massachusetts Youth Soccer** and will follow ALL guidelines and recommendations of those two organizations with regards to implementing **COVID-19 protocols** for the Fall Season.
 - [COVID Hub - COVID-19 | Massachusetts](https://mayouthsoccer.org/covid-19) (mayouthsoccer.org)
 - [RECOMMENDED PROCEDURES](https://mayouthsoccer.org/recommended-procedures) (mayouthsoccer.org)
- **MASK POLICY : Coaches and Spectators are recommended to wear masks at all times.**
Waltham Soccer **will not restrict ANYONE** from wearing a mask if they choose to.
- If your child is experiencing COVID-19 symptoms, is identified as contact of someone who is positive, or is positive themselves, **keep your player home and contact your health care provider.** Teams should email the coach and as a coach, you must contact Duncan Remage-Healey to provide details as he is the COVID Safety Officer for WYS.
duncan.f.rh@gmail.com (617-504-0720)
- **Coaches should not provide food for the team.** NO sharing of snacks or water bottles between players is permitted.
- **Coaches must keep attendance for ALL practices and games for contact tracing purposes** (see page 22)
- **State and local governments may pass additional regulations which must be adhered to.** The situation remains fluid so we will update you as necessary.



WALTHAM YOUTH SOCCER



GAME GUIDELINES

GAMES:

- If you are short players, use Player Pass (“Club Passes”) in SportsManager
- Always communicate with your opposing coach in the week prior to the game for both home and away games
- Communicate with your team at least by the end of the day on Wednesday regarding game time, location and expectations.
- Be sure to find out by Wednesday each week who will be attending the game, and if you need to add players via Player Pass
- **Players must wear their FULL WYS UNIFORM** (jersey, shorts, and socks)
- Players should bring their own water!
- **Weather - If HOME games are cancelled in the event of inclement weather, WYS will notify you).** Cancellations for AWAY games are posted on the [MYSL website](#) on Saturday mornings. If you do not receive communication from the league, your game will be played as scheduled and you are expected to be there.
- Please explain this to your players and families.



WALTHAM YOUTH SOCCER

GAMEDAY GUIDELINES



GAMES:

- If you are short players, use Player Pass (“Club Passes”) in SportsManager, **ideally at least 48 hours before kickoff**. You must communicate with the coaches and parents of those POTENTIAL “Club Pass” players in advance.
 - Club Pass will generate a new Roster with the called-up players. You should also have copies of their team rosters with you as well.
- **Always maintain a way to communicate with your families while “on the road”**
 - Group SMS, WhatsApp, Signal, Telegram, GroupMe all work for this as well as sports focused apps like Mojo
- You will need **TWO printed copies of your Approved MYSL roster, and your WYS lanyard that contains the MYSL Coaches’ ID card and Mass Youth CORI credential**. The lanyard needs to be worn, not just carried.
- Have your roster available on your smart phone as a backup as well.
- As a Waltham Coach, you should be wearing a WYS shirt or jacket that identifies you as being affiliated with Waltham Youth Soccer. If you do not have a Coaches’ shirt or jacket, please contact Matt Staub vptravel@walthamsoccer.com
- **Double check the AWAY game location** by clicking the [‘playing area tab’](#) and **Contact the ‘opposing coach’** by clicking the [‘teams/coaches tab’](#) early in the week to introduce yourself in case there are any unexpected changes to the field location or game time.



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GAME RESCHEDULING

GAMES:

- [Full Middlesex League Policy](#)
- **Reminder, all game cancellation and rescheduling requests MUST be approved by the appropriate MYSL Age Director.** Copy Matt Staub vptravel@walthamsoccer.com and Ray Halleran RayHalleranSr@massref.net on all requests to ensure there is Field and Referee availability.
- **Legitimate reasons may include, but not be limited to:**
 - Graduation
 - Sanctioned invitational tournament
 - School trip
 - Religious activity
- **Additional reasons to reschedule may include:**
 - Fields closed due to field conditions caused by weather
 - A game scheduled on the Memorial Day holiday
 - A placeholder game in the Sportsmanager Schedule
 - A game that your age director approves to be rescheduled for a valid reason
- **Lack of players due to a vacation is not a legitimate reason to reschedule a game.**
- **If you want to change a regularly scheduled game time or field do not use this procedure, contact your age director by email to make the change.**



WALTHAM YOUTH SOCCER

CROSSOVER GAMES



GAMES:

- **MYSL may arrange Crossover games in the Fall season if there are apparent inequities with certain teams in their respective divisions**
- If you feel that your team needs a crossover game (either to play up a division or to play down), please contact your Age Director by clicking the [‘board/management tab’](#) as well as Matt Staub - the Town Coordinator/VP of Travel vptravel@walthamsoccer.com
- **Your game may be rescheduled to accommodate another team’s crossover game.** Please be flexible if this occurs to your team and go with the flow – while it may be inconvenient, this is an important part of properly placing our teams for the Spring Season.



WALTHAM YOUTH SOCCER



Coaching Conflicts

GAMES:

- Unless there is an exception, no one will be listed as Head Coach of two travel teams.
 - In the event of a conflict, the Head Coach will go with the team that he/she is listed as the head coach for.
- If there is a Head Coach conflict between Travel and In-town, the Head Coach will attend the Travel team game.
- If all the assigned coaches for a team cannot make a scheduled MYSL game, this is not a legitimate or accepted excuse to reschedule. Please contact Matt Staub, Vice-President of Travel vptravel@walthamsoccer.com and we will find coaches to take your team for that game.



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Coaching Updates

Sean Cook - Director of Coaching, Waltham Youth Soccer



WALTHAM YOUTH SOCCER

GENERAL GUIDELINES



PRACTICES:

- **Sean Cook (Director of Coaching) will provide curriculum you can reference each week.** Here are some practice plans from MA Youth Soccer - <https://www.mayouthsoccer.org/physical-distancing-session-plans/>
- **Stick to your practice time and space** - please be respectful to the other teams who may practice before or after you.
- **Utilize Field Space** - if you do borrow equipment or move nets, please put them back when you are finished.
- **Plan ahead** - Do not just scrimmage. Use the curriculum or other tools to make a plan for each practice - **Keep this plan simple and focus on technique**, especially at the younger ages.
- **Modify play as much as possible to keep players spaced 6 feet apart for the majority of your practice.**
- **Practice Recommendations** -
 - Arrive 15 min before your practice session to welcome the team, prepare the field for the first activity.
 - Players should arrive, get themselves ready for practice and sanitize their hands
 - We recommend a brief warm up followed by 2-3 skill related drills/games (focus on dribbling/control/passing etc) Always try to end with a scrimmage, to work on the techniques learned in that session.



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GENERAL GUIDELINES



TRAVEL GAMES:

- **Collect game attendance as early as possible at the beginning of each week!** If you are short of players, you should look to utilize the player pass option (see page 11)
- **Players should arrive wearing their official WYS Game Uniform (gray jersey, black shorts & black socks). Players must wear shin guards and soccer cleats.** Masks are currently optional in Waltham, but every player **MUST** bring a mask in their bag - we need to be prepared because every town can set their own mask guidelines.
- **If you have 9am game in Waltham, check to ensure nets, flags and benches are in place at your field.**
- **Conduct a quick warm up prior to the game. This should be as active as possible.**
- **Use WYS game balls for all Home Games - these will be provided prior to first game.**
- **Players should experience all positions on the field - especially in U10. This is part of the learning process for the players. Players positions may be more consistent from U12 and above.**
- **Speak with your opposing coach and officials about frequent water and mask breaks - especially in high heat**
- **Sanitize hands during water and mask breaks**



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GENERAL GUIDELINES

TRAVEL GAMES - Important Info:

- U10 will play 7v7
- U12 will play 9v9
- U14 and above will play 11v11
- 2 Rosters and Coaches' passcards (CORI credential required for all coaches) will be required for each game - referee will check in players prior to kick off.
- No player passcards required for Fall Season Travel Games
- No heading at U10 and U12
- Offside will be played at all age levels
- U10 will play with the retreating line and GK cannot punt the ball over half (same as we played at 2nd Grade)
- **Only 3 coaches are allowed on the bench for games** (MYSL rules) - must be on roster and have coach ID
- If any player misses the referee check in prior to kick off, they may be asked to sit on the bench until half time (this is up to the referee)



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GENERAL GUIDELINES



COACH BEHAVIOR:

- **Be positive with your players** - remember you are working with young players who are still learning the game!
- **Stay calm on the sideline!** Yelling too much is not productive and may confuse the players.
- **Winning is important but developing our players is more important.** Players should be trying to implement what they learn at practice in their games.
- **Let the players play!** Try to avoid directly coaching players when they are involved in the play. Wait until the player is on the bench or not directly involved to give them feedback - keep it short and to the point.
- **Only give feedback that will help the players improve.** This could be helping them understand their position or feedback/praise on a previous play.
- **Be firm but fair!** Set rules and expectations to your team at the beginning of the season and hold them accountable.
- **Kids need consistency, structure, and discipline.**



WALTHAM YOUTH SOCCER

GENERAL GUIDELINES



Videos - ask Sean Cook nesocceracademy2020@gmail.com if you have any questions about coaching or curriculum

OFFSIDE (basic explanation)

<https://www.youtube.com/watch?v=GePIbCsGniA>

DRIBBLING

ADVANCED

<https://www.youtube.com/watch?v=Sdv6Y1tqE4U>

<https://www.youtube.com/watch?v=RSZdIE1ivpo>

BASIC

<https://www.youtube.com/watch?v=oooHAiDlao4>

PASSING

<https://www.youtube.com/watch?v=xvaD2AamMpU>

https://www.youtube.com/watch?v=Z2Es_o-Rmh8

THROW-IN

ADVANCED

<https://www.youtube.com/watch?v=klW6LY2hBiM>

BASIC

<https://www.youtube.com/watch?v=Oxpmr1s90dl>

HEADING (U14 Teams only)

<https://www.youtube.com/watch?v=6eFt5pqeE9M>



WALTHAM YOUTH SOCCER

PRACTICE SCHEDULE



MONDAY																			
TIMES	GANN	FALZONE 1	FALZONE 2	FIELD 1A	FIELD 1B	FIELD 2A	FIELD 2B	FIELD 3A	FIELD 3B	FIELD 3C	FIELD 3D	FIELD 4A	FIELD 4B	FIELD 4C	FIELD 5A	FIELD 5B	FIELD 5C	BB FIELD A	BB FIELD B
TBD	B78-3	B78-1	B56-2			B56-5	B78-2	B56-1		B56-3	B56-4	B34-4	B34-6	B34-5	B34-1	B34-3	B34-2		
TUESDAY																			
TIMES				FIELD 1A	FIELD 1B	FIELD 2A	FIELD 2B	FIELD 3A	FIELD 3B	FIELD 3C	FIELD 3D	FIELD 4A	FIELD 4B	FIELD 4C	FIELD 5A	FIELD 5B	FIELD 5C	BB FIELD A	BB FIELD B
TBD		G56-5	G78-1			G78-3	G78-4	G56-1	G56-2	G56-3	G56-4	G34-3	G34-6	G34-4	G34-1		G34-2	G34-5	
WEDNESDAY																			
TIMES				FIELD 1A	FIELD 1B	FIELD 2A	FIELD 2B	FIELD 3A	FIELD 3B	FIELD 3C	FIELD 3D	FIELD 4A	FIELD 4B	FIELD 4C	FIELD 5A	FIELD 5B	FIELD 5C	BB FIELD A	BB FIELD B
TBD		B78-1				B56-5	B78-3	B56-1		B56-3	B56-4	B34-4	B34-6	B34-5	B34-1	B34-3	B34-2	GU8-2	
THURSDAY																			
TIMES				FIELD 1A	FIELD 1B	FIELD 2A	FIELD 2B	FIELD 3A	FIELD 3B	FIELD 3C	FIELD 3D	FIELD 4A	FIELD 4B	FIELD 4C	FIELD 5A	FIELD 5B	FIELD 5C	BB FIELD A	BB FIELD B
TBD		G78-2	B56-2			G78-3	G78-4	G56-1	G56-2	G56-3	G56-4	G34-3	G34-6	G34-4	G34-1		G34-2	G34-5	
FRIDAY																			
TIMES				FIELD 1A	FIELD 1B	FIELD 2A, 2B, 2C, 2D, 2E, 2F				FIELD 3A, 3B, 3C, 3D			FIELD 4			FIELD 5		BB FIELD A	BB FIELD B
TBD	B78-2	G78-2	G78-1	GOALIE TRAINING	G56-5	GU8-1, GU8-3, GU8-4, GU8-5, GU8-6				BU8-1, BU8-2, BU8-3, BU8-4									



