## KSA COACHES MEETING

**SPRING 2025** 



Scan for in-person meeting attendance only (not for digital quiz)



## **KSA GENERAL INFO**

#### **Non-Profit Organization under NTX Soccer**

- 150+ teams playing in two leagues:
  - U9-U19: NMCSL (Northern Mid Cities Soccer League) Recreational League
  - U5-U8: KSA Recreational League
- 150+ volunteer coaches, 100+ referees
- 1500+ players this season (3000+ family members and sideline fans)
- less than 20 board members (We are a VOLUNTEER organization!!!!)

We have hosted 15 free annual KSA tournaments, provided scholarships, and donated money + items to community causes.

#### Local Business Partners (tell your parents!):

- Dicks Sporting Goods (Alliance): 20% discount coupon for all during upcoming weekend
- Kroger Rewards (funds scholarships) → KSA website homepage has setup info

#### **General Contact Info:**

- Website: <u>www.kellersoccer.net</u> → Contact Info tab
- Office hours: Tue/Thur (9:30a-1:30p); 133 Sports Parkway, Suite F, Keller TX 76248
- Office email: kellersoccer@verizon.net

We need more volunteers! Email ksasecretary2022@gmail.com if you can help.



## **US SOCCER – TEAM FORMATION**

\*Your child will be placed on your team! Email commissioner to fix if an error occurs.

**This is NOT "your" team.** You cannot ask KSA to add/remove players, and please do not say yes or no if someone asks if they can be on "your" team.

#### **Team placements (Calendar Age Rules):**

- Returning teams assigned to age group of oldest player on the roster
- U11-U19 players cannot play on multiple North Texas rosters (even in different leagues)
  - No recreational team plus a competitive team- this includes any US club roster

#### Returning players may:

- Automatically return to the previous team Gotsport controls this. It does not matter what else they type in other drop downs, notes etc.. If they do not mark "go to draw", they will always go back to their previous team.
- · Elect to go into the draw
- May elect to stay in calendar age group, without team
- May request to play up one age group, without board approval

#### New players may:

- Request "buddy rule" if they have <u>NOT played with any NTX association in the past</u> two seasons. It is a REQUEST!!! Many times, teams are already full.
- · Request to play in calendar age group or request to play up

## MANDATORY COACH REQUIREMENTS



These must be completed by every coach (head or assistant) every season:

• Complete the Coach Registration via the KSA Website (Coach's Corner tab). This is how we know you are coaching for us, how we can assign you to a team, and how you get emails from the association.

These must be completed by every coach each fall\* in GotSport: \*Spring if new

- Background Check
- SafeSport Certification *Initial or Refresher:* Product of the Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017. Only one time doing full course, then 15-30 min refresher each year (linked to background check)

Use your legal names in both Gotsport & SafeSport AND the same email address listed in your coach account.

Add a profile pic in Gotsport if you haven't already! Take a screenshot of coach ID card for games!



<sup>\*</sup>Age group commissioners have an email with instructions.

## PRESEASON LOGISTICS

- Bookmark KSA website: www.kellersoccer.net
  - Coach's corner tab, Documents tab (docs & bylaws), Contact info tab for KSA board
- ALL COACHES: email commissioner when registration requirements are complete so they can have you added in GotSport (same for assistant coaches)
- Roster will be released (visible) in GotSport
- Contact Team within 48 hours of receiving roster
  - Quick phone call to notify parent their kid is on your team
  - Verify phone # and email can send details in team email\* later



- info for team communication, picking practice times and sites, recruiting assistant coach and parents to help, info to collect from families, game conflicts
  - \*also has sample preseason email from Coach Mentor
- Make sure you are receiving emails from your commissioner
  - They send info/updates for uniforms, reschedule requests, construction updates etc.
- Start practicing when ready (usually ~2 weeks between roster release and 1st game)
- Recruit volunteers (assistant/team manager/team mom or dad, etc.)
  - ONLY BKGD-CHECKED adults are allowed on sidelines at games or running practices
  - Ensure background checks, registration, Safesport training complete
  - Email commissioner ASAP if adding an assistant coach to your team



### PRESEASON LOGISTICS

KSA Coaches Guide: screenshot

#### Table of Contents

#### A. New Coaches- Getting your season started

- GotSport registration (see <u>KSA Coaches Corner</u> for help getting registered)
- Pre-Season Coach Checklist
- Sample beginning-of-season email to team with PARENT BEHAVIOR EXPECTATIONS
- 4. (new -Fall '22) Practice Websites and Apps
- Weekly Checklist info & tips for practices and games
- 6. Copy of KSA Reference Chart (can also be printed from KSA website)
- 7. Game Day Reference Card CHECK PHONE NUMBERS (optional can fit in badge)
- Sample Progress Report -(optional) Print one for each player and keep with you to track progress. The example is for younger ages but you can copy to edit with different skills.



## PRESEASON LOGISTICS



KSA Coaches
Guide: screenshot

Pre-Season Coach

Checklis

#### KSA Coach Preseason Checklist

questions? ksacoachmentor@gmail.com

- Register to coach on KSA website.
- 2. Register on Gotsport, complete background check. [commissioners will send info]
- 3. Complete any necessary coach training (Safesport training, concussion training, etc).
- Attend Coaches meeting and get roster (new coaches it is possible we will have some equipment to help you if needed).
- 5. Call all new players introduce yourself and ask for names + emails for all guardians.
- 6. Send out your preseason email. Topics:
  - a) intro self,
  - b) let them know you are excited about the season,
  - c) focus is on skills/development and FUN, not winning,
  - d) basics: when/where you practice, what to bring to practice, uniform info, size ball used, game schedule is online and where to find info if cancellations, etc.
  - e) required info you need from parents: other email addresses, any info about their child (allergies, medical issues, etc.), any game conflicts, who can volunteer to be assistant coach, run snack schedule, bring a team bench (or who has extra equipment like pop up goals they can lend the team), etc. Also advise you will need help at practice just to participate in drills from time to time and that any parent help is appreciated.

#### Link here to one of my old emails

- 7. Decide when/where/how often you will practice.
  - a) U5-U8: I would not practice more than once a week. Instead of 2 practices a week, give your kiddos homework - something they can do with a parent at home to reinforce something from practice. When deciding when/where, it's up to youyou are volunteering to coach, so you get to pick.
  - b) U9 and up: your choice on 1 or 2 practices a week. Kids can sign up for the Challenger skills sessions, so if several are going to do that, then once a week is probably enough. Limit is 3 events a week, including games and practices.
- 8. Pick a team app to use for important real-time communication. I used Groupme for quick stuff like 'the game is cancelled' or 'someone left a ball at the field', or the goal for today's game is . You can put a parent in charge of choosing/setting up the app.
- 9. Review the list of skills and pick the first skill you want to try (U5-U8 probably dribbling under control), and make a goal for the first week's game (player can dribble with 3 touches in a row without someone else touching it 5 times per quarter).
- 10 Plan the first week's practice (you can use the sample practices read them first!)



## **KSA STANDARDS: PRACTICES**Practice is the MOST important part!

- North Texas Soccer rule: Max of 3 soccer events per week (games + practices)
- KSA fields are not available for practices (city-owned and controlled)
- Choose a centrally-located practice site (as much as possible)
- Recommended length: U5-U12: 1 hr or less; U13+: 90 min or less (60min best)
- DO NOT allow bullying between players
- Players need shin guards, water, & ball for practice (if cleats, soccer not baseball)
- Practice Focus: skill-building and fun!
  - Always prepare a practice plan: technical and tactical skills
  - Be positive, patient, and have fun!
  - Play games and reduce standing in line as much as possible.
  - Ask kids questions about what they just learned.
  - The skill learned in practice should be the focus for the next game to check for mastery (not scoring goals).

#### Resources/Need help finding practice plans?

- U5-U8: the <u>KSA Coaches Guide</u> has practices, recommendations, philosophy
- all ages: check out apps/youtube/US Youth Soccer site, etc.
  - \*MOJO Sports app: free! Provides drills/entire practice plans for any skill
- North Texas Soccer Grassroots Coaching Education Program
- Kristina Czekaj, KSA U5U6 Coach Mentor: <u>ksacoachmentor@gmail.com</u>



## PRACTICES: RESOURCES

#### KSA Coaches Guide: screenshot

 Sample Progress Report -(optional) Print one for each player and keep with you to track progress. The example is for younger ages but you can copy to edit with different skills.

#### B. U5-U8 Coaches- helpful documents

- Advice for U5-U8 Coaches
- Skills list U5/U6 & U7/U8 for both age groups, skill progressions for players
- U5-U8 Passing Tips and Drills
- New Fall 2023: 1st practice for u6-u8 (<u>diagnostic practice with all 4 skills</u>)



#### PRACTICE PLANS:

U5/U6 Sample Practice Plan #1 - Dribbling	U5/U6 Sample Practice Plan #5 - Dribbling #2
U5/U6 Sample Practice Plan #2 - Shooting	U5/U6 Sample Practice Plan #6 - Shooting #2
U5/U6 Sample Practice Plan #3 - Defense	U5/U6 Sample Practice Plan #7 - Defense #2
U5/U6 Sample Practice Plan #4 - Passing	U5/U6 Sample Practice Plan #8 - Passing #2

#### \*New for 2122 - slightly more advanced drills (great for U7/U8):

Trapping, Passing, Dribbling Combo Practice

Field Awareness Practice

Finding/Creating Space Practice (U6-U8)



#### **Scheduling**

• should be done the weekend before the first game. We will have ours done immediately upon receiving divisions, but we usually have to wait on other NMCSL Associations.

#### **Uniforms**

- Fall season: new uniforms for all teams
- **Spring season:** new uniforms only for new players
- PLEASE FOLLOW INSTRUCTIONS from commissioners about pickup (Soccer Post)
- If parents have issues (after initial order), they order themselves:
   KSA website → KSA Spiritwear Store

#### 8-game season:

- Sat February 22 Season starts (U5-U14)
- Sat March 15 ???? Season starts (U15-U19)
- Sat March 29 & April 5 team picture days (TENTATIVE)
- March 15-23: KISD Spring Break (check with team for conflicts)
   \*\*Play at least one weekend, reschedules are possible but not guaranteed
- May 10 ???- Last weekend
- weekend of May 17?? KSA Commissioner's Cup Tourney (optional free KSA tourney for U8+)

#### \*Coaches may find other tourneys to enter & register on their own

- You must investigate your eligibility to participate and complete all entry paperwork
- Some tourneys allow guest players, some do not check and follow all tourney & NTX rules
- still no uniform adornments if entering as a KSA team

\*Tournament of Champions (fall only) - different procedure due to limited entry -you must research if team qualifies first, then notify commissioner of interest

-commissioner will forward to KSA Board - if they approve it, KSA will enter your team





## **GAMES: LOGISTICS**



#### Game Schedule: on KSA website

- U5 to U8: all games at KSA fields against other KSA teams in your age group
- U9+: play against opponents from KSA & other associations in Northern Mid Cities Soccer League
  - half of games are at KSA fields, other half are at other associations' fields
- CHECK WEBSITE ONCE A WEEK: schedule can change at any time due to conflicts/updates

#### **Game Day Info:**

- Teams arrive at least 15 min early: find parking, fields, do equipment check with referee
- ALL coaches need KSA coach ID (GotSport/screenshot); U9+ need 2 game reports; U13+: player IDs
- Players need uniform, shin guards, socks must cover shin guards, tennis shoes/soccer cleats.
- No Jewelry or Uniform Adornments (including earrings must be removed)
- If teams have similar uniform colors, pinnies are in B & E concession stands (HOME team changes).
   \*\*U9+ have two jerseys bring both to all games in case of a conflict \*light blue = HOME jersey
- B+E Concession Stands: have first aid kids, ice packs, AEDs (automated external defibrillators)
- Coaches and Parents sit on opposite sides of field @ KSA. Most other associations do this as well.
- KSA has coaches' technical boxes: coaches stand here (3 max), players + items just behind it
- See <u>Pocket Reference Guide</u> for age-specific info: game length, rules, etc. (<u>www.kellersoccer.net</u>)
   [next slide]

## POCKET REFERENCE GUIDE

#### KSA Fall 2024 Playing Format

Pocket Reference Guide

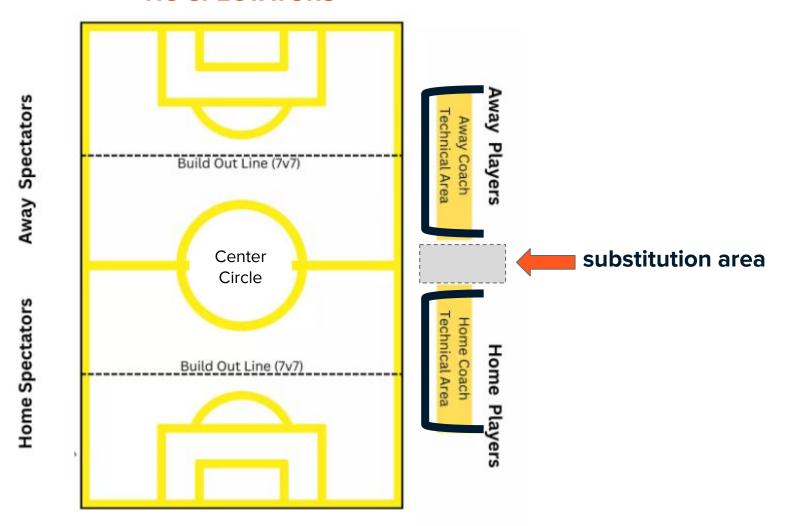
	U5	U6	U7	U8	U9	U10	U11	U12	U13/14	U15/16	U17/19
Time	4 x 8 min	4 x 8 min	4 x 10 min	4 x 10 min	2 x 25 min	2 x 25 min	2 x 30 min	2 x 30 min	2 x 35 min	2 x 40 min	2 x 45 min
Fee	<sup>\$</sup> 12	<sup>\$</sup> 15	120	\$20	\$25 / \$20	\$25 / \$20	\$30 / \$25	\$30 / \$25	\$35 / \$25	\$45 / \$30	\$60 / \$40
Break	2 min Qtr / 5 min half	5 min @ half	5 min @ half	5 min @ half	5 min @ half	10 min @ half	10 min @ half	10 min @ half			
Ball Size	3	3	3	3	4	4	4	4	5	5	5
Format	3 v 3	3 v 3	4 v 4	4 v 4	7 v 7	7 v 7	9 v 9	9 v 9	11 v 11	11 v 11	11 v 11
Min. Required	2	2	3	3	5	5	7	7	7	7	7
Max. Roster	6 max	6 max	8 max	8 max	12 max	12 max	16 max	16 max	18 max	22 max	22 max
Substitution **	any stoppage	any stoppage	any stoppage	any stoppage	USSF	USSF	USSF	USSF	USSF	USSF	USSF
Keeper	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Punting	NA	NA.	NA	NA	No	No	Yes	Yes	Yes	Yes	Yes
Offside	No	No	No	No	Yes - After Buildout line	Yes - After Buildout line	Yes	Yes	Yes	Yes	Yes
Slide Tackle	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Free Kicks	Indirect	Indirect	Indirect	Indirect	I/D	1/D	I/D	I/D	I/D	I/D	I/D
Throw Ins	Yes*	Yes*	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Headers	No	No	No	No	No	No	No	No	Yes	Yes	Yes
Build Out Line	No	No	No	No	Yes	Yes	No	No	No	No	No
Penalty Kick	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Yds Away	4 Yds	4 Yds	6 Yds	6 Yds	8 Yds	8 Yds	10 Yds	10 Yds	10 Yds	10 Yds	10 Yds
Cautions	Verbal	Verbal	Verbal	Verbal	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Scorecard	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Player Cards (paper / virtual)	No	No	No	No	No	No	No	No	Yes	Yes	Yes
Max Field Size Ranges*** (yds)	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 70-80 Width 45-55	Length 70-80 Width 45-55	Length 70-80 Width 45-55	Length 70-80 Width 45-55	Length 112 Width 75	Length 112 Width 75	Length 112 Width 80
Goal Size (Feet)***	4 x 6	4 x 6	4 x 6	4 x 6	6.5 x 12 (R) 6.5x18.5 (M)	6.5 x 12 (R) 6.5x18.5 (M)	6.5 x 18.5 (R) 7 x 21 (M)	6.5 x 18.5 (R) 7 x 21 (M)	8 x 24	8 x 24	8 x 24

<sup>\*</sup> Let second throw proceed even if done incorrectly

<sup>\*\*</sup> For U11 and above: Throw-ins on own substitute and opponents throw in IF opponent subs first (piggybacking)

### SAMPLE FIELD DIAGRAM

#### **NO SPECTATORS**



## CANTEDAY - FIELDS & CONSTRUCTION

- Game Locations on KSA Website (Locations tab info other associations' fields)
  - allow extra time when travelling to other associations' fields

#### SPRING 2025: CITY CONSTRUCTION CONTINUES AT THE KSA FIELDS

- THINGS ARE CONSTANTLY CHANGING!!
- Please be patient as the city completes construction on entire KSA Sports Complex
- What do we know right now? (changes in red)
  - · War & Frields U13+ games
  - B conce sions restrooms OPEN!!!
  - C fields U9/U10 games 2 flerds)
  - D field U13+ games (same as before
  - E fields U11/U12 games (1 field), 1 / 13/f e/d/
  - E concessions/restrooms OPEN!!
  - F fields U5/U6/U7 games



- Recommended Actions:
  - Check email consistently for construction updates from KSA/commissioners
  - Allow extra time to find parking, fields, etc.
  - Put a parent in charge of checking social media/websites for updates

## GAMES: COACH EXPECTATIONS

#### **BEFORE THE GAME**

- Ensure ALL PLAYERS have 50% play time: prepare a lineup in advance w/ substitution plan
  - Recreation league no exceptions! If kids don't attend practice, and only attend games, you still must give 50% playing time.
- Arrive to fields early, introduce yourself to opposing coach and referees, provide any required docs
- Plan a team pregame warm-up (avoid standing in line and crowding in front of goals)
  - Can your players run the warm-up on their own so you can just monitor?
- Remind team of goal/skill to accomplish in pregame huddle

#### **DURING THE GAME**

- KSA has coaches' technical boxes coaches must remain in designated area
- Parents and Coaches, please, stay off fields unless invited by a referee
- FOCUS ON SKILLS, TACTICS, SPORTSMANSHIP, FUN and CONFIDENCE BUILDING
- No scores are recorded in U8 and younger play
- Spirit of the Game (8 goal differential don't celebrate others' misfortune)
  - You get no additional points in rank for more goals, there is a max
- Coaches are responsible for parent behavior educate during pre-season team meetings
- Uphold the Zero Tolerance Policy & behave respectfully to referees and everyone else! (continued)
- Questions/Major Safety Issues during game? Find the golf cart or a commissioner



## **GAMES: COACH EXPECTATIONS**

#### **AFTER THE GAME**

- All ages: Players and Coaches shake hands with the other team and thank the refs
- U9+: Get Game report back from referee
  - Home Team enters score in Gotsport within 48 hours.
    - If home team doesn't enter within 48 hours, you may enter them.
    - Any errors, email your Commissioner
  - DO NOT enter forfeits email Commissioner



#### • Issues/questions:

- If emergency/major safety issue: find golf cart/commissioner or call authorities
- Otherwise: Wait 24 hours to reflect
- Contact your age group Commissioner if still needed
  - All concerns must be documented and submitted to the age group commissioner
  - No on-park disputes with referees/coaches/parents are tolerated.
     Please allow your Commissioner to address matter with referee director/KSA board.

#### Field Monitors!!!

- We always need help with this ride around on the golf cart to observe fields during games
- Any parent/coach in good standing can volunteer for a 2-hour shift (even 1 shift helps!)
- Possible rewards in the works for teams whose parents/coaches volunteer for several shifts
- Interested? Email <u>ksasecretary2022@gmail.com</u>

## ZERO TOLERANCE

Zero Tolerance Policy – KSA Standards are to provide a peaceful playing environment - STRICTLY ENFORCED Yelling at, belittling, not following instructions from a referee or game official; or any other form of dissent toward any game official will result in an Appeals and Disciplinary Hearing, before the KSA Board

KSA (and all US Youth Soccer) are losing referees at an alarming rate because of rude, screaming, disrespectful, degrading etc., coaches and parents!!!

#### We are developing referees like you are developing players

- They are learning to be refs: no practices games are their practice
- The certification has changed we are having to identify and develop referees from single ref to 3-person crews

#### Coach is responsible for the conduct of parents

- Do not argue calls with referees (home or away)
- KSA field monitors will be distributing zero-tolerance warning cards during matches
- Short questions at halftime ok for rule clarification (Can you explain what you saw on the \_\_\_ call? Thanks.)
- If issues with referees occur:
  - Wait 24 hours and reflect (if emergency or major safety/behavior issue, notify KSA ASAP)
  - Coach ONLY writes a formal report to the age group commissioner for review
  - Commissioner will address with the Director of Referees or A/D Chair & report back to coach
  - KSA does not oversee other association referees
  - A/D Chair will forward written reports

#### Disrespectful conduct such as confronting referees is an A/D violation

- Violations can result in suspension of players, dismissal of coach, forfeit of game
- Violations NOW may include YELLOW AND RED CARDS, as well as disciplinary action from verbal/written warnings, community service up to dismissal from coaching at KSA for the season or longer

#### Coaches must track cumulative yellow and red cards of players

- Excessive red cards will result in player A/D hearing
- Rules are available <u>www.kellersoccer.net</u>

## **GAME DAY - WEATHER**

#### Rainouts, Reschedules – Real Time Updates:

- FASTEST UPDATES: Facebook or X(Twitter): @kellersoccer
- Put a parent in charge of checking social media/websites
- U9+: For away games, Check the other associations' social media/websites for updates
  - NOTE: some associations have multiple complexes, not all close at once
- Instagram: @kellersoccer
  - more behind the scenes, not updated as often as FB and X/Twitter
- Slower: KSA website & rainout line 817-431-6453 (only for games at KSA fields)

#### **Lightning detection system on the field – Perry Weather**

- Sirens and flashing lights alert to clear the fields
- Perry Weather widget on KSA website home page (bottom left) shows conditions
- PLEASE ABIDE!!!
  - Even if it doesn't "look" bad where you are clear the fields. Here's an example why:
    - <a href="https://www.weather.com/storms/severe/video/lightning-strikes-out-of-nowhere-on-sunny-day-in-florida?pl=pl-the-latest">https://www.weather.com/storms/severe/video/lightning-strikes-out-of-nowhere-on-sunny-day-in-florida?pl=pl-the-latest</a>
- Games will be rescheduled, unless game progressed to 1<sup>st</sup> touch in second half.
- Coach is responsible for checking KSA website for reschedules

## RESCHEDULE POLICY

Per KSA bylaws: Coaches may ONLY request reschedule if the *team* is unable to field a *minimum* squad

- Reasons are limited to school, church and scouting events
- Reschedules not made due to coach absences find at least 2 assistants to register+bkgd check
- Reschedules are not guaranteed, are field/referee availability dependent.
   NMCSL may decline, resulting in a forfeit.
- **Pre-season known schedule conflicts** must be provided to the commissioner in writing within 2 days (48 hours) of schedule publications, for opening weekend
- **BEFORE SEASON STARTS:** Ask parents for weekends with conflicts (like school/scouting events)
  - Please get those to the age group commissioner ASAP!
- Dual Head Coaches: check schedule once released if double-booked, email commissioner

#### Reschedule requests MUST BE submitted in writing on the appropriate form.

- Reschedule request forms: KSA Website → Coaches Corner
- Coaches complete form & email their commissioner provide 3 alternate dates, not guaranteed
- Commissioner reviews to determine eligibility, forwards to Scheduler and President for approval
- If reschedule approved, communication of date/time: Scheduler → Commissioner → Coach

Reschedules are reviewed on a case-by-case basis. Try to play if possible!! Rainouts, construction, may make some reschedule requests impossible.

# GotSport Tutorial: Where to find things

#### **Rosters**

- View your team roster from your gotsport account
- Team Management → Team Name → Rosters → Select Event Roster: KSA Fall 2024 Season → Search
  - Players & Coaches tabs (Check to make sure you and your AC's are there)
    - Drill down on player for contact info
  - Roster PDF Button -> Hard Copy

#### Coaches Badge & Player ID's

- Same as Roster above, but hit ID cards instead of roster
- Print hard copy for coach ID's & for U13+ players (use GotSport app as backup)

#### Game Reports (U9+ bring 2 to each game)

- Team Management -> Matches > Find Specific Game # -> Far right under 'Chat' Column click the 3 dots (...) -> Print Match Cards -> Export
- Should have both team's NTX approved players & coaches
- If your AC is not on here, that means they are not approved and/or added to your roster.

#### **Entering Scores (U9+)**

check the GotSport tutorials within the GotSport site for instructions

\*\*All available on the Gotsport App/website - has good tutorial videos too



## Things to change for Spring 2025

general format of google sheets - redo questions that ask about age groups so can auto format and auto-color-code for age groups.

if you want to play in the TOC, you have to investigate your eligibility, review info from North Texas, and handle the registration through North Texas.

no adornments on uniforms

opportunities to help out - field monitoring