



**Massapequa Soccer Club  
Travel Coaches Handbook  
2011**

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## Welcome and Thank You

"Soccer is Fun" for children has always been the philosophy of our club. Massapequa has been blessed with an abundance of dedicated workers too numerous to list. Thank you for coaching the children of our community and for working so hard to achieve what we have today; a club that is known for fostering the true ideals of soccer to all children in the Massapequa area. We hope that you find the handbook to be a helpful resource to you and that you refer to it often as a guide throughout your coaching career with the Massapequa Soccer Club.

-Many thanks,

### **Massapequa Soccer Club Technical Staff**

Richard Nuttall, Director of Coaching

Robin Lee, Technical Director

## Club Philosophy

Our guiding mantra for Massapequa SC is **“enjoyable participation for all”**. We expect this mission to be evident in every practice, game or special event that any member of the club participates in. Remember we are all role models.

Remember - coaching is a lifelong learning process. We all need to continue to learn and grow by seeking help and advice. The game evolves and so should our coaches. Therefore if you are unsure of anything or need assistance, please utilize our Director of Coaching, Richard Nuttall often as possible.

## Coaches Responsibilities

As part of the role as Director of Coaching, Richard Nuttall is responsible for overseeing and evaluating all the Parent-Coaches and Trainers within the club.

Throughout the season he will be touring the fields for both practices and games in the hope of ensuring that all of our Coaches are following the club philosophy and teaching styles. You will be assessed based on these criteria. This assessment is intended as a positive experience to help improve the quality of instruction throughout the club.

Richard will use the Coaching Expectations detailed below, plus an evaluation form (slightly different from Trainers than Parent-Coaches) that will also be distributed shortly, to conduct his assessments. Please remember, he is not looking to catch anyone out - just ensure that all of our players are receiving the best instruction and having as much fun as possible!

Under that premise, here are the guiding principles that are expected of all coaches.

## Appearance / Coaching Style

1. Always be on time
2. Be enthusiastic, dynamic and exciting
3. Be presentable and dressed in a soccer manner wearing Nike / MSC apparel

4. Always check your playing area to make sure it is safe
5. Keep your equipment well organized and practice fields tidy
6. Coach facing the sun so players do not have to struggle with the glare
7. Coach from the edge of the group, not from the middle so all can see and hear
8. Coach from the players level (i.e. crouch to talk when players are sitting, do not 'tower over')
9. Allow practices to be coach directed, not coach centered. Let the players learn by doing
10. Be passionate about what you are doing - if you want them to care you must care first
11. Utilize the Socratic approach - ask leading questions so players solve the problem themselves
12. Train your voice and tone so you have interesting highs and lows
13. Be disciplined, but progressive and fair in your actions, therefore fostering respect for authority. Do
  - a. not allow one player or a minority group to spoil your practice

### Practice Content

1. Always pre-plan your session with a specific theme
2. Ensure a progression of that theme from the beginning to the end of the session
3. Let the game be the teacher. Players learn from intuition more than instruction. So keep breaks to an absolute minimum, and make your coaching points concise and specific (talk for an absolute maximum of 30 seconds)
4. "Stop, Stand Still" is not a great teaching tool - simply talk to them as they play whenever possible
5. Keep the tempo high. Sessions should be constantly moving, dynamic and exciting
6. Keep the session fun yet educational
7. Go to goal as often as possible, even in possession games
8. Play as many small sided games as possible - 3v3 can teach most principles of soccer
9. Avoid static drills where possible. If essential, do at game speed
10. Be cognizant of field spacing to either challenge (reduce space) or simplify (increase space) activities, all the time ensuring success
11. Competition is a key ingredient within your practices as it energizes, focuses and motivates
12. Always encourage a passing / positive possession type of game
13. Aim high - players like to be challenged

### Game Day Management

1. Always be on time
2. Be presentable and dressed in a soccer manner wearing Nike / MSC apparel
3. Always check your playing area to make sure it is safe
4. Keep your equipment well organized and bench area tidy

5. Have an up tempo warm up with every player having lots of touches on the ball - play small sided games rather than lines going to goal
6. Set expectations for the game before - include information on the environment (weather, field surface) as well as the other team
7. Wherever possible encourage a passing / positive possession game (though we understand changes have to occasionally be made due to the environment)
8. Do not keep your defensive line at the top of your penalty area. They must move with the play and join in the positive possession game. Defending your box may achieve success at young ages, but it does not develop individuals or the team
9. Give every encouragement to win games but don't become fixated on the result. Creating a positive learning environment is much more beneficial for development than a "win at all costs" attitude
10. Adhere to the "One Voice" philosophy so only the Head Coach or Trainer are instructing from the sidelines
11. Only raise your voice for your players to hear your instructions, not to express emotion
12. Praise effort and endeavor even when success is not achieved
13. Avoid individual criticisms in a public setting
14. Be diligent with your substitutions and allocation of playing time
15. Respect the referee and the other team and always shake hands after the game
16. Remind players that only the Captains should speak to the Referee
17. Be aware of the LIJSL "Zero Tolerance" policy as it applies to players, coaches and parents as well as the clubs mandatory 3 game suspension for a Red Card
18. Win or lose ensure that your team congratulates the other team and the referee
19. Have a brief post-game conference but don't say or do too much. It's often better to review the game at practice when emotions are not too high
20. Ensure your bench area is clean after every game, home and away
21. Institute a 24 hour rule for parent conversations to allow any emotions to cool

## Code of Conduct

Massapequa Soccer Club adheres to the Long Island Junior Soccer League's Zero Tolerance Policy (see Appendix A), which prescribes proper behavior for players, spectators and coaches. Furthermore, a coach that receives a card may be subject to further disciplinary action by the MSC Board and any coach who receives a red card in any game, LIJSL or otherwise, shall be immediately suspended from coaching duties.

Should you as a coach or any player on your team receive a red card during a game, you must notify your MSC Travel Coordinator. Coaches are responsible for the behavior of all people on their side of the field. The only non-player that can be carded is the coach. All fines assessed to the MSC by ENYSA or LIJSL are to be paid by the coach or team within the time frame established by the MSC Board. Fines include forfeits, red cards, failure to report scores, forfeited bonds etc. Failure to pay an assessed fine will prevent a team from being registered the subsequent season.

## Directory – names, e-mails, phone number

- a. Club [www.massapequasc.com](http://www.massapequasc.com), 516 809-6090
- b. LIJSL [www.lijsoccer.com](http://www.lijsoccer.com), 631 648-9020
- c. ENYISA [www.enyisa.com](http://www.enyisa.com),
- d. Referee Offices
  - i. LIJSL (631) 648-8877
    - i. Massapequa and LIJSL Resources and Contacts [mscreferee@msn.com](mailto:mscreferee@msn.com) (if you want to get a local referee to referee a scrimmage game)

## Travel Program

### Team Personnel

#### Head Coach

Each head coach must have at minimum a C license from LIJSL. See the lijsoccer.com website for a schedule of courses at the C level and beyond.

Each coach must be a member in good standing of the MSC. Membership requires dues (\$3 annually) for the year running from July 1 to June 30. (Per the bylaws, only members in good standing and who have attended at least 2 meetings prior to the election of the new Board of Directors may vote in the June election.)

Each coach is expected to assume a volunteer service role within the club.

The coach is expressly prohibited from managing the team's money.

Each coach must complete the risk assessment

#### Assistant Coach

Each coach must complete the risk assessment

Assistants must have a pass with LIJSL

#### Trainer

Each team is assigned a trainer, who obtains and maintains his/her own certifications and passes. All trainers must carry his/her pass and present it to the referee in order to be present on sidelines during games.

**Treasurer** – open and maintain TD Bank account and keep all records, manage money. Teams must open at TD Bank and tell them that your account is to be linked to the Massapequa Soccer Club. By doing so, MSC gets a “reward” in the neighborhood of \$1K/year.



**Hospitality / Tournament coordinator** – register online for tournaments, go to register team when required, investigate hotels, negotiate and book room block, etc. coordinate directions

**Fundraising** – coordinates team fundraising activities

**Club meetings** – one of the coaches or a parent must represent the team at all MSC monthly meetings. The schedule of meetings is posted in the MSC website. [www.massapequasc.com](http://www.massapequasc.com)

### # Players on field, field size

U9 – plays 8 v 8 on  $\frac{3}{4}$  sized field and goals with typical roster 11 or 12 players

U10 - plays 8 v 8 on  $\frac{3}{4}$  sized field and goals with typical roster 11 or 12 players

U11 – plays 9 v 9 on  $\frac{3}{4}$  sized field and goals with typical roster 13 players

U12 and higher – plays 11 v 11 on full-sized field with typical roster of 16 players

**Playing time requirements** - Club policy requires each team member to play a minimum of one-half of every game. A coach may request a waiver of this requirement from the Travel Coordinator, based upon disciplinary problems or poor attendance at practices. The half-game rule does not apply to U-13 and older players, and for U-12 and younger it does not apply to State and Challenge Cup games only.

**Player uniforms** - All travel team players are required to purchase and wear the official MSC travel uniform. The player's number must be displayed on all shirts. Players must wear shin guards at all games, scrimmages and practices, in compliance with the requirements of LIJSL.

### Yearly Budget

Teams are self-funding. They set and finance their own budget, therefore the cost per player varies per team. A U10 basic budget might look like this per team:

ii. Travel feels (Spring/Fall Trainer fee and LIJSL registration):	\$6500
iii. Summer Camp (estimated):	\$800
iv. Tournament entry fee (August)	\$600
v. Tournament entry fee (Columbus Day)	\$600
vi. Pre-season Spring tournament	\$600
vii. MSC Memorial Day tournament	\$0
viii. Team equipment needs	\$200
ix. Winter league entry fee	\$1500
x. Miscellaneous (referee fees, etc)	\$200
xi. TOTAL	\$11,000
xii. Player outlay for the year without fundraising (11 roster)	\$1,000

## Travel Fees

Travel fees are calculated by the Travel Coordinator (a board member) and collected by MSC each Fall and Spring prior to the seasonal year. Travel fees include trainer's fees and league fees. They do not include MSC registration. Each player is responsible to register with MSC for each season (Fall and Spring). Team passes will not be released to the team unless travel fees have been paid in full. MSC pays trainers from the travel fees.

## Paying the Trainer

Trainers are paid directly by MSC. Trainers complete a time sheet and provide it to the head coach for signature to account for the time spent with the team. Trainers then submit the time sheet for payment to the MSC Treasurer. Payment is then the responsibility of the club, not the coach.

## Fundraising

All travel teams are permitted to fund raise at any time they wish. The money raised may be used for away tournament expenses for players, coaches, tournament entree fees, player equipment/supplies, and trainers' fees. The rules that govern fundraising follow:

1. If a child leaves his or her team, the money in the account stays with the team. It must be understood that the money is the team's money, not the individual's money. It must be stated that if a team has individual fund-raising activities to raise money for tournament expenses, individual hotel expenses, food, etc., the money not used returns to the team general fund.
2. If the team disbands, all monies still in the account revert back to the MSC general fund.

Specific fundraising activities and frequency is at the discretion of each individual team. Some examples for popular fundraisers are listed below:

1. Team Car Washes
2. Team Garage Sales
3. Online Magazine Sales
4. Candy Sales
5. Lottery Tickets based on NY Lotto
6. Super Bowl box sales
7. Raffles for baskets
8. Night at the Races
9. Comedy Night at local comedy clubs
10. Guest Bartending Night at local pubs
11. Apparel Sales
12. Food Sales during club tournaments at fields that do not offer concessions

## Equipment You'll Need/Want to Buy from Team Funds (over time)

1. Pinneys – 6 to 10 each of 3 colors (youth size or adult size)
2. Cones with strap ( good quality flat disks with some ventilation work best)
3. Extra balls (size 4 for U9-U12)
4. A few ball pumps

5. First aid supplies e.g. cold packs (10 per season) and band aids
6. Optional but helpful
  - i. Portable Team bench to seat 5-6 kids
  - ii. Pug nets
  - iii. Training poles
  - iv. Training ladder (agility)

## Establishing the Yearly Schedule and Communicating Expectations to Parents

### Initial Parent Meeting

**When-** Immediately after team selection

#### What Parents Should Bring

1. Passport size photo of the players
2. Birth certificate copy with SS# blacked out
3. Completed medical release notarized (If any one of the team parents is a Notary Public, have them bring their seal and stamp in order to notarize all the medical release forms)
4. Check book
5. Summer vacation schedule if known
6. Fundraising ideas

### New Team Meeting Agenda

#### LIJSL paperwork

Players sign passes

Parent sign parent signature form (this commits the player to the team for the season)

**Discuss Uniform order** – players must order their own uniforms through Massapequa Soccer Shop and should be done ASAP in order to assure availability

Game uniform

Practice uniform/sweatshirts (optional)

Sweat suit (optional)

#### Establish volunteers for following sample positions

Treasurer-opens and manages acct with TD Bank

Website-establishes & updates

Hospitality- 1 or 2 to organize for local tournaments (tent/table/food etc.)

-Coordinate hotel for away tournaments

Fundraising- 2 to organize and implement team fundraising functions

#### Collect Team Info and get volunteer to type up contact list, including:

Special concerns-medical i.e. asthma/severe food or environmental allergies

Parent(s) info

home phone #'s

cell #'s

email addresses (home/work or both)

**Share sample team yearly/ Monthly Budget** based on estimated annual cost

First payment collected (if budget not established @ this time collect about \$150 per player)

Determine when monthly payments are due to treasurer or if you will collect once per season  
(Fall, Winter, Spring)

**Provide known near term activities (e.g. next 3 – 6 months schedule)**

## Late Summer/ Fall Season

Teams begin “official” activities after the mandatory rest period around the second week in August. Younger teams have a mandatory camp and older teams begin a regular two-day-a-week schedule in August. A practice grid will be issued. However, it may change after Labor Day for the remainder of the season.

**Summer Tournament** Registration (some options listed here)

East End- 1<sup>st</sup> weekend August

Ultimate Summer Blast-mid August

East Meadow Covanta-last weekend Aug

HBC Labor Day Tmt-Labor Day weekend

Summer Team Camp - Provide dates/times for camp –attendance is mandatory

## Winter Season

MSC requires that players do not train and rest from the end of the LIJSL season through Jan 1. This requirement does not apply to premier teams or older teams participating in college showcases.

**Facilities** - some teams choose to rent space to train in the Winter

i. Long Island Sports Complex  
103 Mill Road  
Freeport, NY 11520  
516-546-0900

ii. Mitchel Field  
Indoor Sports Facility  
120 Charles Lindbergh Blvd  
Uniondale, NY 11553  
516-622-3900 ext.11 or  
516-794-0906

iii. Coleman Indoor Sports Facility  
55 Babylon Turnpike  
Merrick, NY 11566  
516-620-4300

iv. Lindenhurst Bubble  
831 N. Queens Ave.  
Lindenhurst, NY 11757  
631-624-3883 or  
631-275-1000

v. Prime Time Academy  
70 Lambert Avenue  
Copiague, NY 11726-3205  
(631) 957-7678

**Leagues** – some fill up very quickly so you should be registered by October for Winter

- vi. Futsal ([www.lifutsal.com](http://www.lifutsal.com)) – played in Bohemia area on Saturday or Sunday from January – end of February
- vii. Freeport (see above)
- viii. Lindenhurst (see above)
- ix. Mitchell Complex (see above)

**b. Other Training**

- i. Speed and agility – numerous options
  - 1. SPARQ – Levittown
  - 2. All4Sports – West Babylon

## Pre-Spring Season Tournaments

Manhattan Kick Off -1<sup>st</sup> W/E March

Dix Hills tournament (Feb/ March)

## Spring LIJSL Season

Season opens last w/e March

**LiveSpot Reality Cup** - 3<sup>rd</sup> w/e March or 1 week prior to LIJSL opener. All LIJSL teams are automatically entered.

**The US Youth Soccer Eastern NY State Championship And Arch Capital Group Challenge Cups (U12 to U19)**- The State Cup Competitions consist of two Cups, for which teams must apply through ENYSA;

The **US Youth Soccer Eastern NY State Championship**. The winners of this single elimination tournament go on to compete at the Regional competition and eventually the U14 to U19 to the US Youth Soccer National Championships. Approximately 10,000 teams participate nationally on a State level, with 926 teams participating at the Regional level and 60 teams competing at the National Championship.

The **Arch Capital Group Challenge Cup** provides an opportunity for the lower division teams who competed in division three or lower in the spring season compete at a state level in this single elimination tournament.

### **Spring Tournament - Massapequa Memorial Day Tournament**

Start talking to coaches in your age group to solicit teams for the tournament. Send emails or make phone calls to coaches

### **Registering your team with LIJSL**

Registration is managed by MSC's volunteer registrar, Eric Deaton ([etdeaton@aol.com](mailto:etdeaton@aol.com)). All deadlines provided must be adhered to in order for our many teams (more than 60+) to be successfully registered.

#### **New Coach / New Team:**

Every 2 years Risk Management must be done on line at [www.enysoccer.com](http://www.enysoccer.com). ii. Temporary passes filled out with passport size photo and back signed by player. Once the LIJSL orientation class is taken a permanent pass is to be filled out.

#### **New Coach / Existing Team:**

Same as above plus add sheet found on LIJSL website.

#### **Existing Coach / New Team:**

Same as above plus add sheet found on LIJSL website.

**New Player / New Team:** If player never played LIJSL travel soccer a copy of their birth certificate and Player Pass filled out with passport size photo placed on back of pass and signed. Team roster filled out by coach. The form is on LIJSL web site. Parents sign Parent Signature Form. Coach fills out Division Placement Form.

**Existing Team:** Once season is over, passes are handed back in. If passes are expiring all new passes and pictures must be filled out along with parents signed Parent Signature form.

**New Player Add:** If a player is coming from another team or club during open registration after end of season requires new pass and picture, add form, and if coming from another MSC Team a delete sheet from that team. **Player's old passes get handed in with their old team.** During open registration players are free to move from team to team or club to club. Parents must sign Parent Signature Form.

**Existing Team with a New Player Add:** If a player is coming from another team or club **after**

**club registration is over**, first make sure the player DID NOT REGISTER WITH ANOTHER TEAM...if so then they are a transfer player and a transfer player form must be filled out. The fee is \$100 and there is 10 day waiting period. A new pass and picture with player's signature on the back of the pass is required as well as an add form and parent signs Parent Signature form. If player is coming from another MSC Team it is an in house transfer and there is no waiting period and no fee. A new pass and picture as well as an add sheet, a delete sheet from the other team, and the parent Signs Parent form.

**Existing Team:** Players can be dropped during club's open registration once season is over. A delete sheet is required. At this time players are free to move from team to team or club to club without fee or wait period.

**Existing Team:** Players cannot be dropped **after club's open registration**. It can only be done on the players own behalf. A coach cannot cut a player from the team. A voluntary release form must be signed by that players parents and a delete sheet is required from the coach. If the player wishes to leave they are a transfer player.

ALL CHANGES TO ROSTERS MUST BE E-MAILED TO BOB KRAMER  
[registration@massapequasc.com](mailto:registration@massapequasc.com) before any paper work is handed in.

**MSC Registration for the Fall and Spring Seasons:** Coaches are responsible to make sure all of their players are registered with the MSC **prior to** MSC registration date. Due to insurance purposes, no player can be registered with LIJSL without MSC registration.

### **Coaches, assistant coaches Passes/ requirements**

1. Risk Management every 2 years
2. License requirement to coach travel
3. LIJSL class

### **Trainer assignments**

Assignments are made by the DOC based on his/her assessment regarding the needs of the team. Coaches are invited to provide input put the DOC has the final say in trainer assignments.

### **Use of facilities**

Coaches must adhere to permits provided by Town of Oyster Bay e.g. must stay off fields when they are closed due to conditions such as heat or cold.

Coaches must carry their permits with them at all times when using the fields

If there is a problem while at a TOB field, Public Safety may be reached at (516) 677-5757 or (516) 677-5350. Put that number in your cell phone.

Scrimmaging on travel fields is and is based on field availability and weather conditions (e.g. when weather conditions will result in damage to the field). Field availability and scheduling may be

determined by contacting Rich Guinness (516-680-3351). Anchor Park may only be used for scheduled games.

Burns Park or Field of Dreams fields may not be used for practice without the prior approval of the Board.

No coach may deal directly or indirectly with the town or school districts with regards to outdoor or indoor field use. If a school team requests a travel team to leave a field, the travel coach must immediately do so. All questions regarding fields are to be addressed to the field liaisons as set forth in the Services List.

Make-up games, practice time and scrimmages must be scheduled by Contacting Rich Guinness (516-680-3351)

There are equipment boxes at each travel field, which contain (depending on if the field is grass or turf) corner flags, paint, nets. These boxes must remain locked. All coaches should obtain a key to open the boxes and with the permits, should be carried at all times.

### **Practice time assignments**

Assignments are made and the availability of fields from Monday to Friday is maintained by the Assistant Technical Director, Robin Lee.

Teams are provided two 1.5 hour practice slots each week. Every effort is made to put teams on turf at times that are convenient to them, however, with so many teams fielding, not all requests can be accommodated.

Summer Camp – Summer camps will be scheduled by the Assistant Technical Director based on trainer and field availability and are usually held during the first or second week of August. New coaches should contact Robin to find out when camp has been scheduled (prior to the first parent meeting)

There is a very limited amount of space available in the Massapequa Schools' gyms for Winter. Teams might get a total of 3-4 hours of time during January and February.

**Mandatory rest periods** – there is a mandatory rest period for players immediately following the Fall season through Jan 1 and immediately following the Spring season through August 1, except for premier level teams playing in tournaments.

### **Tournament participation**

Please see club website for a list of recommended tournaments.

Under no terms will the club pay for unsanctioned tournaments. Please be advised MSC Club insurance does not cover these unsanctioned tournaments. Participation in unsanctioned tournaments and/or leagues requires that each player/parent sign a waiver form.



If a team is attending a tournament requiring a performance bond, the cost of the same is the responsibility of the individual team.

Players from other clubs are only permitted as guest players with the prior approval of the player's coach, guest club, parents, and LIJSL as per LIJSL rules. It is also suggested that you check with the tournament director as to the eligibility of these additional players who are not a part of your club team. Massapequa players are permitted to participate in tournaments with other Massapequa teams as long as approval of the players coach is obtained prior to asking the parents and player.

**LIJSL season begin and end** – see LIJSL website for a master schedule, which will include dates of your mandatory meeting (held late August and early March) prior to each season, at which time you will receive your team's schedule and any other information you need for the season.

Spring – approximately mid March start for competition. The first round of the LiveSpot Reality Cup (formerly the Waldbaum's Cup) is the first game played. Competition ends 3<sup>rd</sup> or 4<sup>th</sup> weekend in June

Fall – league play generally starts the weekend after Labor Day and ends 3<sup>rd</sup> weekend in November.

**Game protest** - Any coach wishing to protest a game must contact the Travel Coordinator and follow the LIJSL game protest rules accordingly. Further, all protests must be reported to the Travel Coordinator. The appropriate fee must be paid by the coach to MSC within the time frame of 48 hours and the proper forms must be submitted accordingly.

## **Divisional placement – LIJSL**

It takes 4-5 seasons for the divisions to be calibrated so that they are as competitive as they can be.

For U9-U11, Nassau its own divisions consisting of all Nassau teams (some Queens are sometimes thrown in) and Suffolk has its divisions. Nassau and Suffolk divisions are separate until the beginning of the U12 year (Fall U12), at which time the counties are combined to make divisions.

When teams are first formed, LIJSL creates divisions based mostly on geography. Some consideration is made to the expected strength of each team but since teams have no history (yet), they are making educated guesses.

After the first Fall season, teams are grouped for competition in the Spring according to performance in the Fall. After each season and prior to the next, each coach completes a form suggesting where they should be placed. IF there were extenuating circumstances, the coach has the opportunity to express them to the LIJSL committee, however, past season's performance is the leading indicator for next season's placement. Divisions are names Nassau 1 (N1), N2, N3, etc. Again, it's not perfect because the strength of the divisions in the Fall was not uniform.

Based on teams' performance in the Spring, they are placed accordingly for the Fall. As a rule of thumb, if teams earn fewer than 9 points, they will drop a division and if they earn more than 18, they will be elevated. However, that's just a guideline.

## Game scheduling

LIJSL – games are scheduled by Massapequa's coordinator, Rich Guinness. Coaches get their LIJSL schedule at the mandatory meeting for coaches that precedes each season (meetings are held at the Huntington Hilton and you will receive an e-mail and postcard alerting you to the time of your age group's meeting). Once games have been scheduled, they cannot be changed. If a coach knows that they will not be able to field a team on a given day/ time due to a religious or school-related event (e.g. not lacrosse playoffs), he/she can request a specific consideration to the schedule prior to it being developed.

LiveSpot Reality Cup and State Cup home games are also scheduled by Rich Guinness. You will receive your first game from him. If you win and need to schedule a second round game, third round game, etc., you must contact him to get it scheduled.

**Premier** - Teams that are successful in LIJSL league play, state cup, regional and tournament play, may apply for admission to a premier league. Each premier league has criteria for accepting teams, the higher the level the more competitive and stricter criteria. Premier leagues are intended for more serious teams who are willing to travel to other areas and states for competition.

Other leagues include:

1. President's League: first level of premier competition
2. NERP: next level is the Northeast regional League
3. Region 1: Region One League is the top level
4. Super Y

## Game day preparation

If you are the Home team, the assigned referee should call you by 9 pm Friday night. If not, contact referee office (631) 648-8877

Field set up

Check the field the night before to make sure that all equipment is available, in boxes, etc.

Arrive early to secure goals, place corner flags

Provide directions to opponent via e-mail and make sure you receive confirmation from the visiting coach.

If you're the Away team, make sure you confirm game location and time in writing and get directions to field

Entering game scores on LIJSL website – you will receive a login and password. All game scores must be entered by 6 pm the day of the game. If they are not entered by the end of the weekend, a fine will be levied. Home team is responsible to enter the score. Both coaches can enter the score.

Referee evaluation – you are strongly encouraged to complete the referee evaluation, which is located in the same system in the game system.

Cancellation and rescheduling – follow the guidelines of the league in which you play. For example, for LIJSL, no game may be cancelled within a 2 hour window of kickoff by anyone except the referee. Thus, both teams must appear at the field or risk a forfeit, even if the game is eventually cancelled.

## **Managing Parents and Players**

### **Expectations of players**

#### **Practice**

Attendance to all practices is expected

Reasons for excused absence – academic related program/religion/sick

Notify coach of absence/ lateness PRIOR to practice

Excessive absences/lateness will have impact on playing time

Conduct @ practice- punctual/100% effort/attentive/respectful

Cell phones/Blackberry-not permitted for use during practice unless a need to contact parent arises.

#### **Games**

Attendance to all games is expected

Reasons for excused absence – academic related program/religion/sick

Notify coach of absence/ lateness PRIOR to game

Be punctual for warmup. Arrive dressed & ready to play.

Cell phones/Blackberry-not permitted for use during games.

### **Expectations of Parents**

To assist their child in fulfilling their commitment to play on a travel team i.e. transportation/traveling for tournaments etc. and to provide positive and encouraging words to your own child as well as his/her teammates

#### **Players Only Weekend**

One weekend per season (prescribed by LIJSL) whereby the following should be adhered to:

1. Coaches-will refrain from instructing from the sidelines
2. Spectators-will cheer for players on either team for good play

3. Referees & Coaches- will acknowledge subs by having players wait at halfway line ready to go in.
4. If coaches/spectators do not adhere to the above "0" points will be awarded for sportsmanship rating

**Player Goal setting** – along with your trainer, you should agree to a process for setting goals with players and providing feedback to them on a regular basis. For example:

- a. Individual player goals sheet to be handed in by Aug 15<sup>th</sup> for Fall/March 1 for Spring
- b. Mid- season review with player, coach & trainer/ modifications made if needed.
- c. Post season review with player coach, trainer & parent
- d. Team Goal Setting
- e. Completed collectively at end of team camp for Fall or by March 1<sup>st</sup> for Spring with assistance of coach&/or trainer
- f. Mid- season review with team, coach & trainer/modifications made if needed
- g. Post season review with team, coach & trainer
  - i. (Great to do @ team dinners with each player contributing to setting goal(s) for team)

## **Player Movement from team to team**

If you have a question about player movement within a season or between seasons, please refer your question to the Boys or Girls Travel Coordinator and the Director of Coaching. Different rules and guidelines apply for movement within the club (very unusual) and among teams from different towns (governed by league rules).

## **Other opportunities for player development**

LJSL's ODP - <http://www.lijsoccer.com/odp.html>

Long Island Rough Riders (see Appendix B for summary) <http://www.liroughriders.com/juniors/>

Super Y League (see Appendix B for Summary)

## **Coach development**

### **Resources for you**

National Soccer Coaches Association of America ([www.nscaa.com](http://www.nscaa.com))

Magazines e.g. Success in Soccer

You Tube training videos

Ask a more experienced coach to come train your team to share ideas

## **Create a Coaching journal**

Document practice plans that you ran and that your trainer ran – what worked and what didn't

Record games what we did and if it was good or not, other team's best players, etc. you'll be seeing the same teams a lot

Tally which kids can hit PKs on the first try to make your decision easy when the time comes

## **Certifications (see LIJSL website for schedule of courses)**

C

B (Regional)

A (Advanced Regional)

Etc.

## **Appendix A: Long Island Junior Soccer League Zero Tolerance Policy**

### **Purpose**

To help prevent physical assault and verbal abuse during sanctioned events the Long Island Junior Soccer League (LIJSL), has adopted a ZERO TOLERANCE POLICY. This policy applies to all coaches, players, parents, spectators and other supporters and referees effective immediately.

Abusive and obscene language, violent play/conduct, fighting and other behavior (including, but not limited to sarcasm, taunting, etc.) deemed detrimental to the game will not be tolerated. The ultimate responsibility for the actions of coaches, players and spectators resides with all LIJSL member clubs. It is the responsibility of the coaches to provide referee support and spectator control, and it is the responsibility of the LIJSL member club to provide instructions to their coaches on how to implement sportsmanlike behavior.

**This policy applies before, during and after the sanctioned event at the soccer field and its immediate surrounding areas.**

**Remember; the referee does not have to show a yellow card before showing a red card.**

### **Parents & Spectators**

No parent or spectator shall persistently address the referee or assistant referees at any time.

This includes, but is not limited to:

- a. Parents and spectators shall not dispute calls during or after the game.
- b. Parents and spectators shall not make remarks to the referee(s) or advise the referee(s) to watch certain players or attend to rough play.
- c. Parents and spectators shall never yell at the referee(s), including criticism, sarcasm, harassment, intimidation or feedback of any kind before, during or after the game.

Additionally, parents and spectators shall not make derogatory comments to players, spectators or coaches of either team.

### **Penalties (Parents & Spectators)**

In the opinion of the referee, depending on the severity of the offense, the referee may take any of the following actions:

- a. The referee may issue a verbal warning to the coach of offending party's team.
- b. The referee may stop the game and instruct the coaches to direct the parent /spectator to leave the field.
- c. The referee may abandon the game if the parent/spectator does not leave the field which will result in the offending team forfeiting the game and being assessed the appropriate fees and/or fines.

The ultimate responsibility for the actions of the spectators resides with LIJSL member clubs. Clubs will be held accountable for the actions of their parents/spectators and may be subject to penalties and/or fines for grievous actions. A club taking **NO** action with a parent/spectator after being issued a warning by LIJSL may be put in bad standing with LIJSL. Additionally a team, player or coach may be suspended from all future competitions until such time appropriate action has been taken with the parent/spectator to the satisfaction of the LIJSL.

### **Players**

The conduct of the players is governed by the Laws of the Game as stated by FIFA and USSF. The Laws themselves describe penalties associated with violating the Laws of the Game. Additional penalties for players who engage in misconduct may be established by the club or LIJSL but may in no case be less severe than penalties established by FIFA, USSF, ENY or the LIJSL. In severe cases of unsporting behavior and violent conduct players **will be** called into a hearing with either LIJSL arbitration and or the LIJSL supervisory committee with his/her coach and/or parents for further disciplinary action. A club may also be fined for such matters. A player called to a hearing that does not appear, will be suspended from play until such time of appearance.

### **Coaches, Assistant Coaches & Trainers**

It is the responsibility of all coaches to maintain the highest standards of conduct for themselves, their players and supporters in all matches. Failure to do so undermines the referee's authority and the integrity of the game resulting in a hostile environment for players, the referee(s), coaches, assistant coaches, trainers and parents/spectators.

As role models for all of the participants and spectators, coaches participating in a LIJSL, ENYSA or USYSA sanctioned event are expected to be supportive of, and to acknowledge the effort, good play and sportsmanship on the part of ALL players from either team in a game. By example, coaches, assistant coaches and trainers are expected to show that although they are competing in a game, they have respect for their opponent, referees and spectators at all times.

The Long Island Junior Soccer League will not tolerate negative behavior exhibited either by demonstrative actions and gestures, or by ill-intentioned remarks, including those addressed toward the referees or members of an opposing team. Coaches exhibiting hostile, negative, sarcastic or otherwise ill-intended behavior toward referees, opposing players or coaches will be subject to disciplinary action by the Long Island Junior Soccer League. Additional sanctions may be imposed by the club that the coach or assistant coach represents, or as allowed by Long Island Junior Soccer League policies.

- Coaches shall not interact directly or indirectly with the coaches or players of the opposing team during the game in any manner that may be construed as negative, hostile or sarcastic either by way of demonstrative actions and gestures or by ill intentioned remarks.
- Coaches shall not offer dissent to any call made by the referee(s) at any time

- Coaches are not to address the Referee(s) during the game except to:
  - a. Respond to a referee who has initiated a conversation.
  - b. Point out emergency or safety issues.
  - c. Make substitutions.
- Absolutely no sarcasm, harassment or intimidation is allowed.

NOTE: It is recommended that coaches or other team members do not engage in any conversation with the referee(s) once the game has concluded.

**Penalties (Coaches, Assistant Coaches, Trainers)**

In the opinion of the referee, depending on the severity of the offense, the referee may take any of the following actions:

- a. The referee may issue a verbal warning to the offending coach, assistant coach or trainer.
- b. The referee may eject the offending coach, assistant coach or trainer. Once ejected, the individual will be required to leave the field immediately.
- c. The referee should abandon the game, if the coach, assistant coach or trainer does not leave the field or any immediate adjoining area after having been instructed to do so.

Additional penalties associated with the ejection of a coach, assistant coach or trainer may be assessed by an LIJSL member club in accordance with their documented policy. These penalties may be no less stringent than sanctions and/or fines as may be imposed by LIJSL following a review of the incident.

All cases of alleged assault of a referee shall be reported to the ENYYSA Office and State Referee Administrator within 48 hours of the match. LIJSL will also conduct a verification of the complaint and subsequent actions and may at their discretion impose additional penalties to the coach, assistant coach, trainer and or club.

LIJSL member clubs are responsible for the behavior of their coaches, assistant coaches, and trainers at all times.

**Games Disbanded Prior to the Conclusion by the Referee:**

When a game is disbanded by the referee prior to it's conclusion due to unsporting behavior on the part of one or both teams, the LIJSL will conduct an investigation and **will** issue a forfeit to either one or both teams and possibly from further competitions. The offending club(s) **will** also be assessed a fine which must be paid prior to the next team registration or the LIJSL member club will be put in bad standing with LIJSL. In cases of extreme unsportsmanlike behavior, in the opinion of the LIJSL, a team, player, coach, assistant coach or trainer may be banned from any further LIJSL or ENY sanctioned events and competitions.



### Suspension, Banning of Players, Parents/Spectators, Coaches, Assistant Coaches or Trainers

**If a player, parent/spectator, coach, assistant coach or trainer is suspended/banned by LIJSL or any LIJSL member club he/she is not be allowed to participate or have any interaction with their team until they are reinstated. If a player, parent/spectator, coach, assistant coach or trainer is suspended they are suspended from all LIJSL and ENY sanctioned events.**

If a player, parent/spectator, coach, assistant coach or trainer wishes to attend a tournament they may request a temporary pass in writing from either the player or coach arbitration committee. The arbitration committees reserve the right to refuse to issue a temporary pass for a tournament if the suspension has resulted from a grievous action or the issuance of a temporary pass could endanger the health, welfare and safety of those attending the tournament. Tournament games missed will not be considered as part of the suspension.

LIJSL as a youth organization reserves the right to suspend/ban any participant that endangers the health, welfare and safety of its membership.

## Appendix B- Junior Rough Riders Program

### Junior Rough Riders Overview (<http://www.liroughriders.com/juniors/>)

The Junior Rough Riders is a year-round youth development program. Integrated with the Rough Riders men and women's soccer franchise, the Junior Rough Riders is designed for talented youth players destined for collegiate, professional or international careers. Individuals who are chosen for the Junior Rough Riders become part of an elite player community called the Long Island Rough Riders.

**Junior Rough Riders** consists of four entities:

#### **Stage I - Pre-Developmental**

The Pre-Developmental stage of the Junior Rough Riders develops children at the age of 6 and 7 years old, using fun-filled games to teach basic soccer skills while incorporating agility and coordination exercises to build upon a child's passion for the game of soccer.

#### **Stage II - Developmental**

From 8 to 11 years old the Developmental program provides tournament competitions while preparing players with the necessary technical, tactical, physical and psychological soccer elements to compete at the highest playing level of American soccer.

#### **Stage III - Premier**

At the age of 12 Junior Rough Riders teams strive to win a North American Championship each year held in Florida, playing in the Super Y-League of the United Soccer Leagues. Junior teams also play in regional, national and international tournaments.

#### **Stage IV – Long Island Rough Riders**

The goal of the Junior Rough Riders is to properly prepare players who intend to play college soccer, while providing the opportunity for talented individuals to play past college and potentially professionally.

Long Island Junior Rough Riders goal is to work with local soccer clubs and organizations. Players that participate with the Junior Rough Riders are encouraged to remain and continue to participate with their local club team and participate with their school soccer team during the year.

## Appendix C – LI Select ODP Program Overview

### Select PDP

This year, the Long Island Junior Soccer League has re-vamped the ODP or Olympic Development Program. Now called the **Select Player Development Program**, the Long Island Select teams being established reflect a re-organization and change of philosophy with regard to the training of the top players of the LIJSL. We are excited about the new direction of the program, and believe that the LISPDP will create better opportunities for our elite level players.

If you have any questions regarding the Long Island Select Team program, please feel free to contact one of our program representatives:

Long Island Select Technical Director Ronan Wiseman ([ronanlijsl@aol.com](mailto:ronanlijsl@aol.com))  
Long Island Select Administrator Tobias Bischoff ([tobilijsl@gmail.com](mailto:tobilijsl@gmail.com))  
LIJSL Long Island Select Liaison Mario Maltese ([martyfalcon@msn.com](mailto:martyfalcon@msn.com))

The goal of our Program is to give each player the opportunity to develop to the best of his/her ability. This is done through weekly training sessions driven by the latest in coaching methodology for young players. Each age group, Developmental through High School Juniors, has specific technical and tactical goals set by our curriculum based on the guidance of our National Team Program. This training experience is augmented by participation in various playing opportunities in tournaments or other travel/training experiences. We believe that this approach will give each player the greatest likelihood for a successful, rewarding and enjoyable experience, and allow the LISPDP to improve the overall talent pool, build to academy status, and become a significant feeder system to higher level programs at the state, regional, and national levels.

It is our hope that with the strong support of the Long Island Junior Soccer League, the Long Island Select Player Development Program can build an affiliation with the New York State ODP program, and attract higher level players.

Any player registered with the Long Island Junior Soccer League is eligible for consideration. However, as an elite level program, we expect a high level of commitment from all players. Any player granted admittance to the program will be expected to fulfill the following **mandatory** requirements:

1. Team Training Sessions: All players are expected to be at ALL training sessions, which take place weekly, beginning the first Monday after the LIJSL Convention in March. The 2000 through Junior teams will meet each Monday throughout the LIJSL Spring season. Developmentals will meet on Sundays. A second weekly practice on Thursday's will be added in June and continue through the first week of August. Developmental players will practice outdoors once a week from September-November and March-June, culminating with a local tournament in July. All teams will also take part in winter indoor training (schedules TBD).
2. Long Island Select Camp: All players will participate in a half day camp to be held in late June or early July (TBD). Dates, times, and location will be provided in the near future.

3. Tournaments & Travel: Each age group has a specific program tailored to their experience and level of play.

a. Developmental: There will be five boys teams and five girls teams in this age group that will participate in a small local tournament (driving distance) in July.

b. U12: This group will include two ability-based teams for boys and girls. The teams will play in one local tournament (driving distance) between July and the 1st week in August.

c. U13: The U13 group will also feature two ability-based teams for boys and girls. In addition to local summer tournaments, players travel to Rider University in Lawrenceville, NJ for a four-day training camp that concludes with a tournament at Fort Dix in NJ. The training program features coach bus travel to NJ, three nights in the Rider University dorms, meals, practices with Long Island Select and NCAA coaches, campus tour and sightseeing in Philadelphia, and games against local clubs.

d. U14: The highlight of the U14 training season is an overseas training trip. The itinerary includes meals and lodging, games against high level local teams, tickets to a tournament, and sightseeing opportunities throughout the area.

e. HS Freshmen: First year high school students take part in our week-long Northeast college tour in July. This trip includes coach bus travel, housing in college dorms, games against local club teams, and Q & A and training sessions with college coaches at Fordham University (NY), Western New England College (MA), Springfield College (MA), Providence College (RI), University of Connecticut (CT), University of New Haven (CT), and Yale University (CT).

f. HS Sophomores: Tenth graders make a similar college tour in the Southeastern US. Athletes fly to North Carolina for visits at Guilford College, Catawba College, University of North Carolina-Greensboro, University of North Carolina at Chapel Hill, Duke University, and High Point University.

g. HS Juniors: Our most experienced players will either travel to the west coast for a high level showcase tournament or make a return trip to Europe (TBD).

4. Fulfillment of Passback requirements (Time requirement is different for each age group). This component is aimed at building character both on and off the field.

#### **Appendix D – Super Y League**

Founded in 1999, the Super Y-League is dedicated to the progression of future professional players. Averaging 700 teams since 2004, the Super Y-League has steered the course for development of elite clubs, players, and coaches. Affiliated with US Soccer, the Super Y-League ODP Program has opened countless doors for players to be identified for U.S. National Team Programs. The Super Y-League contains the youth academies of Major League Soccer clubs, USL PRO clubs, League and W-League clubs. The league also serves clubs looking to develop the game from the ground up. Top youth academies such as the Chicago Magic, Mass Premier Soccer and TSF Academy have been members of the league for several seasons. Super Y-League has revolutionized youth player development in North America

Super Y tryouts for eligible age groups in the Massapequa Soccer Club are held in late February/early March. Teams are selected by a club approved trainer and parent administrator. Super Y League runs late spring through the summer.