

Londonderry United Soccer Club

Coaches Guide

Thank you for committing your time to coach for Londonderry United Soccer Club. Our club is built on the devotion of the coaches and the many other volunteers who support and assist the club. We hope you find the experience rewarding – there's nothing better than seeing a group of players develop their skills and their love of soccer under your guidance.

Whether you're a volunteer or a paid coach, it's important to know that your responsibilities do not begin and end on the soccer field. This guide has been created to assist you in understanding your roles and responsibilities as a Londonderry United coach.

PRE-SEASON (SPRING AND SUMMER):

Tryouts

- Participate in player assessment for age group, and when possible assist other coaches
- Prepare assessment training plans and evaluation criteria
- Communicate expectations of tryout process to parents prior to tryouts
- Communicate to those who made your team, as well as those who did not

League registration

- Register with the state's Kid Safe program (required every two years)
- Submit your request for division placement according to league deadlines
- The goal is to ensure your team plays in a division featuring teams with similar skill levels
- Familiarize yourself with the league's policies and procedures. See <http://www.soccernh.com/clubsite/?p=7532> for details
- All communication to the league must go through the Board

Communication with your team's parents

- Introduce yourself
- Summarize your experience
- Explain your coaching style
- Explain the club's coaching philosophy for your age group
 - Player development
 - Academy training (if applicable)
 - Playing time during games
- Hand out the weekly training schedule
- Communicate your expectations of players and parents
 - Practice attendance
 - Game attendance
 - Preferred communication method (email, phone)
 - Player conduct
 - Parent conduct
- League play
 - Which league (for new teams)
 - Which division
- Proposed tournaments
 - The club registration fee covers one fall tournament (in addition to Labor Day, which all Londonderry teams participate in) and one spring tournament

Appoint a team manager (parent volunteer)

- A team manager can take care of many of the administrative tasks that come with a team. These include:
 - Collecting league registration forms/fees
 - Communicating weekly schedules (practices, games, directions to away games)
 - Coordinating volunteers for Labor Day tournament

IN SEASON (FALL AND SPRING)

Training/Practices

- Consistently conduct one or two practices per week, no longer than 90 minutes for each session
- Practice only on your assigned field at your assigned time
- In U12 and younger divisions that have more than one team (i.e., an A and a B team), these teams must conduct one “academy” practice per week in which both teams are present. The “A” team coach can lead the practice, but all coaches and assistants should assist.
- All requests for additional (paid) training should be submitted to the board for approval
- Plan for and conduct training that addresses your team’s age, ability and deficiencies. League directors or other coaches can help you plan these training sessions, and there are a wealth of coaching aids and practice plans available on the Internet.
- Every effort should be made to follow the USSF framework (available at <http://www.londonderryunited.org/docs/USSF%20Coaching%20Best%20Practices.pdf>)

Games

- Game cancellations due to weather are made by the club president, not the individual coaches. Be prepared to notify the opposing coach in case of a cancellation. All cancellations are posted on the NHSL website. Non-weather cancellations are discouraged and must be requested through the club president.

Field Management

- All coaches are expected to assist (or get one of their team’s parents to assist) with field setup: preparing goals (pre-season) and lining fields according to the weekly schedule (published on the club website)
- Clean up trash on field and around bench area after all games & practices
- Do not practice in the goal mouths during practices – move goals to the sidelines (and move them back at the end of practice)

POST-SEASON (WINTER)

- Communicate winter training or indoor league schedules to your parents (note: all team paid training must be approved by the club)
- Communicate payment schedules for any outstanding club fees or additional training
- Confirm that all of your players will be back for the spring season
- Confirm with club directors your team’s division placement for the spring season
- Research and register your team for a spring tournament
- NOTE: Players are still considered “rostered” on their fall teams during the winter season. If you’re coaching an indoor team, DO NOT recruit players from other teams unless you speak to the other team’s coach first.

MISCELLANEOUS

Tournaments

- The Club pays for one fall tournament and one spring tournament. It is the coach's responsibility to find, register and request payment for said tournament.
- The Club will NOT pay for extra training in lieu of not participating in tournaments
- All teams are expected to participate in the Londonderry Labor Day tournament

Coaches meetings

- The club generally holds fall and spring pre-season meetings
- All head coaches are expected to attend these meetings, or have a representative (assistant coach or team parent) attend

Club training

- Coaches should attend and assist with any club-provided in-season or winter skills training
- The primary trainers will run the sessions, but coaches can provide assistance in coordinating field set-ups and monitoring/assisting those players needing additional attention.

Club Website - Londonderryunited.org

- Make sure to check website weekly throughout the year and communicate this to parents
- Each team has a web page for posting team rosters, bio's, pictures and any other team information
- Please send team pictures and write-up for any team achievement such as tournament championships/finalist

CLUB CONTACTS

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