



# Coaching Manual 2010



# P.S.C.

Pelham Soccer Club  
P.O. Box 1223, Fonthill, Ontario, LOS 1EO  
<http://www.pelhamsoccer.ca>

## **Coaching Guidelines**

1. The Coach's main goal is to assure that all players, regardless of their ability, are treated equally, are involved and learn how to play the game.
2. Emphasize that participating and doing one's best are more important than winning or losing. To win is desirable, but to win at all costs defeats the purpose of youth sport.
3. Strive to ensure all players enjoy the game and develop a strong team spirit. Coach them as a team, and not as individuals.
4. Coaches shall do their best to assure all players receive equal playing time, in House league, Interlock soccer and Level 6 soccer ([OSA Pyramid of Play](#)) in the NYSL and NRGSL. Equal playing time should be as close as possible, within the constraints of the game, especially at the younger age groups. This is not applicable for Level 1 to 5 competitive teams ([OSA Pyramid of Play](#)).
5. Coaches shall not ridicule, criticize, discredit, or intimidate players, referees, other coaches, or spectators. Maintain dignity under difficult circumstances. Be a leader and an example of good sporting behaviour for the children and spectators.
6. All coaches are required to complete a club coaching registration form and obtain a police check. Coaches are also required to attend the coaching clinics to obtain the coaching levels relevant to the age group they are coaching in. These requirements are also outlined on the Travel League websites.

7. If you need assistance, contact your convener. This information can be found on our website <http://www.pelhamsoccer.ca> in the “About Us” tab.

Thanks for being a Coach!

Pelham Soccer Club Executive

# **Rules and Regulations**

## **1. Assignment of Players**

Assignment of house league players is done by the convener in the Peanut, Timbit, Pre-Squirt, Squirt and Interlock divisions.

Travel teams will be organized as registration for each team allows. Any players cut from a travel team will be re-assigned to the house league team in that age group (if one exists).

If you need a Call-up player:

- Call your PSC convener for call-up players and ask for names of coaches that you could call for players.
- You must obtain the borrowed player's parent's and coach's verbal permission to use that player
- You must have that player's book and present it to the opposing coach and referee before the game for verification
- Be sure to return the player's book to the borrowed player's coach after the game or at the very least, the next day
- Call-up players should be used only as substitutes or to make the 11th player if you have less than the full compliment of players.
- League Rules about call ups can be found at each league's website.

## **2. Playing Up in an Age Group**

All players must tryout for the team in their age group if there is a team. The Pelham Soccer Club does not consider playing in an older age group as playing at a higher level of competition. Playing at a higher level means playing in a higher competitive level e.g. moving up to level 5 competitive from level 6 recreational is considered to be playing at a higher level (moving from an NYSL team to an SRSL team in the same age group is considered moving up). The club will consider all written requests to play in an older age group on a case by case basis if there is a team in the child's age group. If there is no team in the age group then the child can tryout for the team in the next older age group.

## **3. UNIFORMS**

Regular uniform jerseys, shorts and socks become the property of the player after being distributed (goalies are also issued a regular uniform). If special sizing is required, contact the convener.

GOAL KEEPER SHIRTS remain the property of PSC. Coaches are responsible to maintain them for the season and return them to the Club at the season's conclusion, along with the remainder of the coaching equipment.

#### 4. **ALTERNATE JERSEYS**

All teams will be issued alternate uniforms. The jerseys are to be returned at the end of the season to the convener. Teams competing in the SRSL may keep both sets of shirts as the alternate shirts are also screened with a sponsor's name.

#### 5. **EQUIPMENT**

At the beginning of the season your PSC league convener will distribute the following to each team coach:

- Ball bag
- One ball per player and a game ball.
- First Aid Kit
- Air Pump
- Goal Keepers Jersey
- Pylons/Cones
- Alternate Set of shirts\*\*\*

**ALL OF THESE MUST BE RETURNED AT THE SEASON'S CONCLUSION. \*\*\*(SRSL ALTERNATE SHIRTS BECOME THE PROPERTY OF THE PLAYER)**

*If you have problems with any of your equipment or need to replenish your first aid kit, please call your PSC convener.*

#### 6. **NEWSPAPER REPORTS AND TEAM PICTURES**

Sponsors help us to reduce registration costs by off-setting uniform expenses. The sponsors expect some exposure for this contribution. Therefore, please make sure that your TEAM PICTURE is taken by the club appointed photographer. These pictures are used as gifts to the sponsors at the season's conclusion.

It is also important to report your team's results in the local papers (The Voice of Pelham and Pelham News). There is an outline on how to write an article on the PSC website coach's corner:

[Http://www.pelhamsoccer.ca/Downloads/Pelham/sportswritinghints.pdf](http://www.pelhamsoccer.ca/Downloads/Pelham/sportswritinghints.pdf)

You can FAX, e-mail or drop them off at the local newspaper office.  
The Voice of Pelham, 111 Hwy 20 E, Fonthill [thevoice@vaxxine.com](mailto:thevoice@vaxxine.com)

Pelham News articles can be dropped off at the Welland Tribune on East Main Street in Welland or via e-mail to [pelhamnews@wellandtribune.ca](mailto:pelhamnews@wellandtribune.ca)

Please participate as this provides newspaper exposure for the sponsor. This procedure is for U10 teams and older. Pre-squirt, Squirt, Peanut and Timbit games are reported to the press by the league convenor.

## **7. BAD WEATHER AND GAME CANCELLATION**

The various leagues (NRGSL, NYSL and SRSL) have different policies regarding game cancellation. ONLY THE REFEREE may delay, postpone, terminate, or cancel a game. If a team does not show up, most league rules disqualify that team, a loss is recorded against the delinquent team by the referee and a fine is levied by the league. Call your convener (league and club) to reschedule a cancelled home game.

If THUNDER and/or LIGHTNING occur during a game (and the referee does not notice) bring it to his/her attention and ask if the game should be delayed until the weather passes. Referees are trained to respond to these serious weather conditions if they believe that players are threatened. If the referee doesn't react and thunder and lightning prevails, call it to the referee's attention and PULL your team from the field, away from light standards, bleachers and goal posts. SAFETY OF THE PLAYERS IS MORE IMPORTANT THAN THE GAME. A coach is well within his/her rights to pull their team off the field in a thunderstorm if the referee fails to postpone the game. Please be responsible. Please refer to the article about thunder and lightning found on the Pelham Soccer Website at <http://www.pelhamsoccer.ca/Downloads/Pelham/Lightening.pdf>

## **8. PRACTICE TIMES AND FIELDS**

Practice field scheduling for Interlock house league teams and travel teams is arranged through the club field convener. The contact information for the field convener can be found on the PSC website at:

<http://www.pelhamsoccer.ca/DisplayPage.aspx?ID=849&TopID=173>

You must confirm your practice date and time to ensure field availability.

Practice times for the Peanut, Timbit, Pre-Squirt and Squirt house leagues are arranged through the division convener.

If you want additional practice times, confirm a practice field location and time with your PSC convener and/or the PSC Field convener, before you announce the additional practice time(s) to your team.

## **9. GAME FIELDS**

Should you arrive at a “Pelham” Game Field and the field is not prepared for your game (i.e. No nets, or lights not on for late games) please contact the field convener.

If a referee is not in attendance (for U14 and younger games) at the designated game time, call the PSC referee convener (their contact number will be provided at the beginning of the season) .

For all other games, the DISTRICT REFEREE ASSIGNOR (not Pelham Soccer) assigns referees. Contact your league.

## **10. TEAM PARTIES**

PSC distributes money to each travel team coach to help pay for a small team party. All other teams will have a “Finals Day” where they will receive trophies, food and refreshments.

## **GENERAL SAFETY GUIDLINES** **(For Coaches)**

1. Know the general health and limitations of the players on your team.
2. Have your FIRST AID KIT on hand at all games and practices.
3. NEVER GIVE ANY ORAL MEDICATION OF ANY KIND TO A PLAYER.

## **SUPERVISION OF TEAM PLAYERS**

1. Make sure that you are at the field well in advance of games or practices so that players are supervised upon arrival.
2. Stay at the field after games and practices until the last player's parents have arrived to take them home. Never leave a player unattended after games or practices. Wait with the player in an open area. If a player's parents are chronically late, make it very clear to them that they should be on time to pick them up.
3. NEVER EVER DRIVE A PLAYER HOME ALONE IN YOUR CAR. If you agree to pick-up or drop-off players, make sure that there is someone else in the car with you (i.e. your son/daughter, or another adult) until the last player is dropped off.
4. Avoid touching players anywhere on their body. A pat on the top of the head, handshake, or "high five" should be the limit of player and coach physical contact.

Pelham Soccer Club Executive