

Coach Packet



Hendersonville Soccer Club

Recreational League Policies

TRAFFIC AND PARKING

1. Do not stop and unload players on the road between the low water bridge and the back parking area. This impedes traffic flow and creates a potential hazard.
2. There is no parking anywhere along the road between the low water bridge and the back parking area.
3. There is no general public parking behind the concession buildings. All spaces posted are reserved.
4. Violators are subject to being ticketed and/or towed by the Hendersonville Police Department.

FORMATION OF TEAMS:

1. The league goal is to form teams that have parity.
2. Players are rated by their coaches at the end of each season. These ratings are utilized to assign players to teams for the next season. The intent is to form teams that are balanced.
3. “Playing up” is not recommended by HSL. Players that desire to play up must have the approval of both Division Directors affected.
4. Permission may be granted by the Board of Directors to “play down” in special circumstances.

TRADING PLAYERS:

1. Trading players after teams have been formed is avoided if possible. Circumstances do occur that makes trading necessary.
2. If a trade occurs, it can only be conducted by the Division Director.
3. If you are aware that trading has occurred in any other manner, please contact a HSL Board Member.

CASTS and JEWELRY:

1. Adult Referee and/or trainer approval for hard cast. Cast must have protective wrap.
2. A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewelry). Jewelry shall encompass any hair accessories deemed dangerous by the referee. Earrings must have flat backs or silicone protectors – if not they must be removed. No dangling earrings.

PLAYING TIME:

1. Each player must be provided the opportunity to play three quarters of a game before any other player is allowed to participate in the entire game. The goal of this league is for equal playing time for all players.
2. Coaches may not arbitrarily disregard this rule.
3. Players need to play both offensive and defensive positions each game.

PRACTICES:

1. Practices are limited to the team's two (2) assigned practice days (U8-19). 1 practice/week U5-U7.
2. Each practice session is not to exceed forty-five (45) minutes for U5-U6 divisions and sixty (60) minutes for U7 and older divisions. Scrimmages or other practice activities continuing beyond the assigned practice session are not permitted. Practice with a paid trainer or coach is not permitted.
3. Coaches are not allowed to require more practice time than is outlined here. In addition, coaches are not allowed to schedule practices at any location other than the one assigned by HSC, specifically Drakes Creek Park or Volunteer Park at Arrowhead.

MINIMIZE PLAYS IN GOAL AND PENALTY AREAS:

1. No practice activities other than finishing drills are to be conducted within the goal and penalty areas.
2. **There are to be no practice activities conducted in these areas when the areas have received heavy rain.** This is necessary to minimize the amount of compaction that occurs in the goal and penalty areas. A "bowled-out" area is created by the compaction. The "bowled-out" area holds water. It is the combination of compaction and holding water that prevents the Bermuda grass from recovering and reestablishing itself.

GOAL SAFETY

1. All of the goals have been anchored for safety purposes.
2. Do not unanchor or move goals as this creates a safety and liability problem.
3. There is to be no hanging from the cross bars or climbing on the nets.
4. Violators are subject to separation from league activities.

GAMES

1. Games are generally scheduled on Saturdays but may be scheduled during the week.
2. See calendar attached and check website for updates throughout the season.

RAINOUTS

Practices:

- Call the City Sportsline, 264-5313 or go to www.hendersonvilleparks.org
- Download rainout app - <https://rainoutline.com/subscribe/notify/6152051255/0>
- If the fields are closed, practices are cancelled. Practices will be made up for U5-U6 later in the week and all other division practices will not be rescheduled or made-up later in the week.

Games:

- Download the rainout app – <https://rainoutline.com/subscribe/notify/6152051255/0>
- Park's department updates the app when fields are closed.
- Players should report to the fields, ready to play their scheduled game if fields are open
- Only the President or his/her designee may cancel games if fields are listed as "open" by the parks department.

COACH/PLAYER POLICY

Head Coach and Assistant Coach (children playing) - always have their children on their team.

Head Coach (no children playing) - allowed 1 player to play on their team if the family agrees. If that player also has a sibling in the same division, that player will also be on the same team.

Weather Safety

See Hendersonville Soccer Club website for Weather Policy

PICTURES:

1. Team and individual pictures are taken at the beginning of each season..
2. Coaches should have players at the picture area 1 (one) hour before their game.
3. Pictures are taken at the concession stand near Field 10 and at Arrowhead Park.
Coaches should look at our website outlining the date and time of photos. If a team can't make that scheduled time, the coach should email Jim Young at Dimage@nashville.net.

LOST & FOUND:

1. An area is maintained at the concession building for this purpose.
2. Items not claimed within thirty (30) days are donated to Goodwill.

CONCUSSION SAFETY:

In April 2013, Tennessee became the 44th state to pass a sports concussion law designed to reduce youth sports concussions and increase awareness of traumatic brain injury. The legislation, [Public Chapter 148](#), has three key components:

1. To inform and educate coaches, youth athletes and their parents and require them to sign a concussion information form before competing.
2. To require removal of a youth athlete who appears to have suffered a concussion from play or practice at the time of the suspected concussion.
3. To require a youth athlete to be cleared by a licensed health care professional before returning to play or practice.

Both public and private school sports and recreational leagues for children under age 18 that require a fee are affected by the new law. The law covers all sports. The following website contains all the resources coaches, youth athletes and parents need to fulfill the intent of the law. <http://heath.tn.gov/tbi/concussion.htm>

In order to provide further information: The NFHS has developed a free 20-minute course online entitled "Concussion in Sports—What You Need to Know." The course may be accessed at <https://headsap.cdc.gov>

CARDIAC ARREST SAFETY

In compliance with Tennessee Code Annotated Section 68-54-101, TSSA has adopted policy, guidelines, and forms as developed by the Tennessee Department of Health (TDH) to inform and educate coaches, athletes, and their parents or guardians of the nature, risk and symptoms of sudden cardiac arrest.

[Tennessee Law: Public Chapter 325](#)

ABUSE AWARENESS

S.534 Protecting Young Victims from Sexual Abuse and Safe Sport Authorization Act of 2017 – Federal passed in 2018 to prevent the sexual abuse of minors and amateur athletes by requiring the prompt reporting of sexual abuse to law enforcement authorities. This also includes bullying, harassment, and hazing. Training is required. HSC will send an email with the link to complete this training.

REFEREES

1. All referees are certified by USSF.
2. To become certified, a referee must attend sixteen (16) hours of instruction and pass a written examination.
3. To maintain certification, the referee must attend a minimum of five (5) hours of continuing education annually and also pass a written examination.
4. Referees must be in proper attire for all game assignments and as with players in the league cannot participate with a hard cast.
5. The league is always in need of new referees. Please contact Benji Davis or a league representative if you are interested.

Coaching Resources

Hendersonville Soccer Club partners with VDOC which is a virtual Director of Coaching having practice plans and resources to contact. Contact your division director for access.

Tennessee State Soccer Association www.tnsoccer.org

Tennessee State Soccer Association how to videos: http://www.tnsoccer.org/quick_clips/

US Youth Soccer www.usyouthsoccer.org

US Soccer www.ussoccer.com

THE COACH

The following thought is from “**Best Practices for Coaching Soccer in the United States**”. The entire booklet can be found at <http://www.ussoccer.com/coaches/resources.aspx>

The most fundamental skill in soccer is individual mastery of the ball and the creativity that comes with it. This should be a priority in training and games, especially in the early years. As this skill is mastered, the rest of the game becomes easier - both to teach and to learn. Practices should be built around facilitating the development of the skills necessary to move and control the ball well. As these individual skills and the creativity to make them come alive in the game are developed to a level of competence, the finer points, first of passing skill and later of team organization can be taught.

Working with 6- to 14-year-old children requires patience, kindness and respect.

Set up situations where the players can learn by playing the game. The game is the best teacher for young players.

Allow your players to develop these requisite skills in an environment where the main goal is to have fun with the ball.

Coaches and parents should think of themselves more as facilitators, monitors, guides or even participants, to provide a rich environment for the kids to learn from and enjoy.

Small-sided games allow more touches per player. Small-sided games facilitate more opportunity to acquire ball skills while the player learns to make good decisions during game play.

Guidelines for Conducting a Team Meeting

All coaches should plan to conduct a team meeting with the parents to provide general information for the upcoming season. Provide written information for your parents to include the following information.

1. Name of Coach and Assistant Coach.
2. Phone number of Coach and Assistant Coach.
3. Practice days, field number, and practice times.
4. Provide team roster, game schedule or link to game schedule on HSC website.
5. Provide refreshment schedule for games or delegate this responsibility to the team parent.
6. Review league policies:
 - Shin guards, shoes, water, and ball to each practice.
 - Issue of playing in the goal and penalty areas, compaction/holding water.
 - Rainout policy for practices and games.
 - No jewelry (this includes hard hair accessories) or casts allowed during practices and games.
7. Ask for a volunteer to serve as team parent.
 - Develops team phone chain, distributes to parents,
 - Obtains team email addresses, distributes to team parents.
 - Plans end of season team party.
8. In the event of an injury to a player, the player or the player's parent will notify the coach. The coach will notify the division director. The Tennessee State Soccer Association provides our players with supplemental insurance. Please contact your division director for insurance claim forms.
9. Any other information as appropriate.



CODE OF CONDUCT: REVISED 2015 EDITION

PLAYERS CODE OF PLAY:

- Have fun and enjoy the game of soccer for yourself!
- Follow the 'Laws of the Game' during play.
- No foul language is permitted. Foul language will result in an immediate red card.
- Referee decisions are final, never argue or complain about a call on the field.
- Be a good sport by cheering all good plays, whether it's your team or your opponent's.
- In soccer as in life, treat all players as you would like to be treated.

PARENTS/SPECTATORS CODE OF CONDUCT:

- Safety comes first; please position your seating area at **least 1 yard** from the sideline (touch line).
- Setup your seating area on the opposite side of the coach and players.
- Never setup your seating area directly behind the goals, or **inside 10 yards** from the goal line.
- Respect the referee at all times, never confronting/engaging a referee during game play.
- No foul language is permitted. Foul language will result in immediate removal from the fields.
 - **Referees may visit the sidelines during quarter/half breaks to ask if you have any questions.**
- During the games, always positively encourage your child/players and the opponent players.
- Do not solicit advice to the coach during game play or breaks during the game.
- No smoking on the fields during games or practices.
- No alcoholic beverages are allowed in the park at any time.
- Relax and enjoy the game!

Failure to comply with this code of conduct may possibly result in the removal of the offending spectator(s). Play will be suspended until the offending spectator(s) leave the area of game play. Failure to respond to an official's request to leave within ten minutes may result in the game being permanently stopped. All ejections will be reviewed by the HSC Disciplinary Committee Board of Directors.

HEAD COACH & ASSISTANT COACH CODE OF CONDUCT:

- Coach volunteers will be required to attend age specific clinics as defined by HSC each season.
- For everyone's safety, remain at **least 1 yard** from the sideline (touch line) during game play.
- During game play, all coaches remain on their respective halves of the field between midfield and penalty area.
- **Only 1 Head Coach and 1 Assistant Coach** can be permitted on the sideline during game play.
- Prior to game start, take a moment to introduce yourself to the other coach(s) and the referee for the game.
- No foul language is permitted. Foul language will result in immediate removal from the fields.
- Respect the referee at all times, never confronting/engaging a referee during game play.
 - **Referees may visit the sidelines during quarter/half breaks to ask if you have any questions.**
- Explain the principles of the game when coaching, as shouting & bellowing at players is not acceptable.
- Remove any player becoming overly aggressive or disrespectful, giving them time to calm down.
- If a player receives a yellow card, the coach will immediately remove said player from the game. The player may return to the game at the next substitution opportunity.
- Hold a preseason meeting to address acceptable player, parent and coach code of conduct behaviors.
- Be the positive example for your team, your opponent and all parents and spectators alike during the game.

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