

**ORYA Soccer Coach  
Handbook  
2019/2020**



## Contents

Initial Parent Communication .....	4
Coaching guidelines .....	4
Coaches' responsibilities.....	5
Coaches Equipment .....	5
Organizing Practices.....	5
Practice Field Guidelines .....	6
Divisions/Age Groups.....	9
Coaching during the game .....	12
Positions.....	13
Parental Behavior.....	14
Substitutions .....	14
Halftime .....	14
Postgame .....	15
The Coaches Role in Player Safety .....	15
Weather Guidelines .....	16
Cancellation Notifications.....	16
Care and Prevention of Injuries .....	17
Concussion Awareness and Treatment Training .....	17
Injured Player Policy .....	18
Medical Clearance is required for temporary to severe injuries .....	18
Playing with a cast or brace .....	18
Immediate Care.....	18
Heat Injuries Coaches Should Be Aware of:.....	18
General Principles When Handling an Injured Player:.....	19
ORYA Soccer Coaching Education Program .....	19
Recommended Reading.....	19
Recommended Web Sites.....	19

# Introduction

This handbook is dedicated to the hard-working coaches and team managers who are in the trenches working with the Oak Ridge Youth Association Soccer players and families. We appreciate the time, effort, and dedication you give to not only the sport of soccer, but also to the Oak Ridge Youth Association. The Board of Directors of the ORYA appreciates all that you do for the program. The goal is for coaches to utilize this handbook as a resource as it represents ORYA's ongoing dedication to the overall development of our players. Children can play the game without coaches, but a child's experience is greatly enhanced if the coaches, entrusted with the child's development, understand what is developmentally and cognitively appropriate for their players. We hope that you find this handbook helpful this season!

Sincerely,  
Tom Collins  
ORYA Director of Soccer

## Recreational Soccer Philosophy

The game of Recreational Soccer is just that--a game. The local children participate in our soccer program to have fun playing with their friends in the community. There are many options for players who want a more competitive experience, whereas with Rec soccer there are first time players joining teams in every age division each year. We do our best to create balanced teams, which means every coach will have the challenges that come with having a roster with a wide range of skills and abilities. The role of a coach is to continue to develop their players physically and mentally while trying to improve as a soccer team each week – while having FUN. As soon as your team stops having fun you have made it more about you than about your players. For some this comes naturally, and for others it is a daily struggle to avoid falling into that hole.

The ORYA expects all coaches to respect the game of soccer, respect the players, the opponents, the referees, and the parents. Go about your teachings in a thorough, positive, yet humble manner. Players should come out of their experience as better players, better people and better citizens. Please take the responsibility of instructing our youth with a great deal of care and joy.

## Prior to the Season

All Coaches are required to officially register as a volunteer coach during the SI Play registration process for their child. Background checks, Risk Management, Abuse Prevention and Concussion Training must be completed before your first practice. This is important to protect the safety of all the players and is a requirement of the North Carolina Youth Soccer Association.

# Planning for the Season

## Initial Parent Communication

All Coaches are required to establish effective lines of communication with the team parents as soon as possible. The SI Play app is the best way to communicate with everyone. Please familiarize yourself with this app and reach out to the Soccer Director if you are having any issues. The bullets below highlight the information which should be provided in your initial communications. We strongly suggest you ask for everyone to reply to ensure they are receiving the SI Play emails.

### Important details for the initial communication

- Introduce yourself, point out any previous coaching experience (if any)
- Point out which child on the team is yours, and any siblings that will be around practices and games.
- Introduce your assistant coach, or ask for a volunteer if needed.
- Inform parents of the practice day and time, including any extra preseason practices.
- Articulate your expectations of them and of their children.
- Remind parents each kid is required to wear shin guards and cleats, and must bring water, for all practices and games. Jewelry should never be worn.
- Remind parents which size ball should be used
- Request a volunteer to fill the role of team manager.

## Coaching guidelines

ORYA encourages all soccer coaches to approach their role keeping the following bullets in mind:

- Regardless of skills, each player deserves to get the most they can out of their soccer experience.
- Your emphasis should be on having fun, teaching the game of soccer, and developing technique.
- Players should not be put in positions that will turn them away from the game of soccer or team sports.
- Players will play at least 50% of each game. Additional playing time should be balanced out.
- Players, coaches and parents on the opposing sideline have the same goals as we do – raising healthy kids - and should not be considered as adversaries.
- Referees at the Rec level have diverse skills and experiences just like the coaches and players. Coaches need to work with them, not against them.

## Coaches' responsibilities

- Communicate important information in a timely manner
- Demonstrate leadership, sportsmanship, and respect for the game and all participants.
- Treat each player fairly.
- Conduct planned practices that teach the game through age appropriate and enjoyable activities/games.
- Ensure practices and games occur in a safe environment.
- Arrive at practice and games on time and remain until a parent picks up every child.
- Contribute positively to the development of each player's self-esteem.
- Give regular feedback to players and families.
- Balance playing time.
- Respect referees, know the rules, and conduct yourself respectfully on the field.
- Respect and protect our grass fields.
- Continue to improve as a coach.

## Coaches Equipment

Coaches will be provided with Coaching bags at the beginning of the season which contain:

- Extra balls: Each player should have his/her own ball and bring it to practice. However coaches should have spares because someone is likely to forget one.
- Pump and inflating needle
- Cones and Disks: Use these to set up small areas for practice activities, or to mark boundaries for a game field.
- Pennies: These are used to divide up teams for activities and games.
- Clipboard – Available on request
- Goalkeeper jerseys: Available on request
- Medical Kits - A simple kit for games and practices is a good idea for every coach. A kit should include, but not limited to:
  - Ice packs, zip-lock bags, Band-aids, and Vaseline
  - Sterile pads, Adhesive tape, Elastic wraps
  - Antibiotic ointment, Bee sting relief ointment

## Organizing Practices

To be able to give your players the best you have, you must prepare properly before arriving at practice. If you turn up at practice and “wing” your session, then the players will soon realize that you are cheating them out of a terrific learning experience. Parents will certainly sniff out poor coaches quickly. Despite being volunteers there are still expectations that we deliver a quality experience.

Here are some pointers to help you run an efficient practice:

- Be organized and observant.
- Arrive at your practice before your players in order to be prepared for when they arrive.
- Start practices with a repeatable warm up activity so your players get engaged as soon as they arrive.
- One activity should flow into the next one with a minimal amount stopping and reorganizing.
- Identify quickly when an activity isn't working and don't be afraid to start a new one.
- Observe what the players are doing. How they are working? Are they having fun? Are they getting maximum touches on the ball?
- Don't stay in one activity too long (especially for the younger ages), but yet stay long enough so they understand what you are asking of them.
- Avoid elimination games where players have to sit out for extended periods of time if they don't perform something well (for example, their ball gets kicked out of the area). You will always end up with the lesser skilled players leaving the activity early, thus drastically cutting down on their opportunities to improve. Allow the players to continue to play and to find their own level within your format.
- End on time. This is important for parents and also for the team waiting to practice on the field next.

## Practice Field Guidelines

We are extremely fortunate to have access to both the Oak Ridge Elementary School fields and the Oak Ridge Town Park fields for practices. It is extremely important we educate our players and their families on the importance of cleaning up at the end of practices and games. Make sure to curb any activities which are damaging the grass, both from your players and, quite often, their siblings in attendance.

Coaches assigned to practice at the Elementary School will be provided with the procedure to unlock the bathrooms if needed. It is the responsibility of the last coach to leave the school practice fields each night to turn off the lights. Instructions will be provided. The lights at the park will be scheduled to automatically turn off based on the specific practice times each day.

Failure to comply can result in both the school and the park revoking or limiting our privileges.

## Code of Conduct

It is a privilege to be a part of the Oak Ridge Youth Association and the North Carolina Youth Soccer Association. Your actions as a coach shall always reflect upon our organization and its affiliates.

Coaches and assistant coaches are expected to maintain a higher level of sportsmanship, professionalism, and integrity both off and on the field. A coach's primary responsibility is for his/her players to have fun, to develop soccer players, and to instill a passion for the game in all participants. The performance of coaches is not measured in wins and losses, but rather in what is taught to players in terms of technique, sportsmanship, and fair play. Coaches must maintain respect for the game as well as the referees. Coaches are charged with the responsibility of controlling their players and parents at all times during a match. Coaches lead and teach by example; players will be a reflection of each individual coach.

Coaches and assistant coaches are expected to:

- Have a basic knowledge of the game.
- Use positive reinforcement when dealing with players, never use foul or abusive language, and never abuse a player mentally, verbally, or physically.
- Have respect for the authority of the referee and his/her assistants. You should not harass, abuse, or berate the referee during or after the match. You should not enter the field of play without the referee's permission.
- Exhibit good sportsmanship both off and on the field. You should teach your players the rules of the game, fair play, and proper game behavior.

## Understanding Referees

A big role coaches play on game day is managing the Referees (including Assistant Referees) who are responsible for the safety of the players and coaches during a match. Referees must know the laws of the game and enforce them fairly. They have the responsibility for upholding the laws and spirit of the game. Referees should show respect for the players, coaches, spectators, and the game itself. Coaches should set the example by treating all referees with respect, and insist that your players and parents do the same. Accept their decisions as part of the game. Don't make calls for them, shout at, or argue with them. Teach your players to focus on improving their own play and that of the team, not on criticizing the officials. Coaches (and especially parents) need to be careful not to overreact to some of the inevitable bumping and incidental contact that occurs in a soccer game. Contrary to some misconceptions, soccer is a contact sport. Legal contact is clearly defined in the rules of the game. There will inevitably be calls with which you disagree. Don't let it become a distraction for you or your team. Over the course of the game the "bad" calls will probably even out. If the referee does a good job, be sure to let him/her know and thank them after the game, regardless of the result.

The section below is for you to understand the expectations ORYA has of their referees. If you ever feel a referee is not meeting these expectations please notify the Soccer Director after the game. Be mindful if you feel a referee is doing a particularly bad job there is nothing you can do during a game but manage around it. Both positive and negative referee feedback is always appreciated.

Referees are expected to:

- Always maintain the utmost respect for the game.
- Conduct themselves honorably at all times and maintain the dignity of his/her position.
- Always honor an assignment or any other contractual obligation.
- Attend training sessions, meetings, and clinics to know the Laws of the Game, their proper interpretation, and their application.
- Strive to achieve maximum teamwork with fellow officials.
- Show respect for other referees, coaches, and players and never promote criticism of them.
- Be in good physical shape.
- Control players, coaches and Parents/Spectators effectively by being courteous and considerate without sacrificing fairness.
- Do their utmost to assist fellow officials to better themselves and their work.
- Not make statements about any game except to clarify an interpretation of the rules.
- Not discriminate.



# Players

## Divisions/Age Groups

Before we can effectively coach the children that have been entrusted to our care, we need to understand the characteristics of whom we are developing. It is imperative that you understand you are dealing with children, and that you take the time to comprehend where they are currently in their own development. Please read through the section for the age group you are coaching. For their own safety players are required to practice in their “game gear” (cleats, shin-guards, no jewelry.)

### U5-U6

From a physical perspective (psychomotor), children in this age group perform activities at full speed. Then they need frequent rests and then they go again. Movements such as running, hopping, skipping and maintaining balance are not fully developed at this age. From a mental perspective (cognitive), they have a short attention span, can only perform one task at a time and only if it's given with basic instructions. They don't have a clear understanding of the team concept and tactics are useless. Everything revolves around themselves and the ball. From a social (psychosocial) standpoint the children need to feel secure in practice and in games. The coach needs to be sensitive in selecting activities that allow social interaction with the other players in their group. They are easily bruised psychologically. Elimination games are highly discouraged. They will also tend to exaggerate their accomplishments-let them.

### U7-U8

This is the stage where players begin to understand the concept of passing to a teammate. From a physical standpoint they still lack a sense of pace and tend to exert themselves hard and then drop. They are now starting to develop some physical confidence in themselves and they are still into running, climbing, rolling and jumping. From a mental perspective they feel if they tried hard then they performed well (regardless of the activity's outcome). They are beginning to show a limited ability to tend to more than one task at a time. From a social perspective they have a great need for approval from adults and like to show off individual skills. Negative comments carry great weight. Their playmates start to emerge and they will start to move towards small groups. They want everyone to like them at this age. You should be positive with everything that you do.

### U9-U10

Children at this age are typically in grades 4 and 5 and may have been playing soccer for half of their life. From a physical standpoint they gain a lot of strength, endurance and power during this period. Some children will grow faster than others and can approach 5 feet and weigh upwards of 80 lbs. or more. Be aware of the differences and how you match them up with each other during activities. From a mental perspective they have the ability to remember and follow

complex instructions, which enables them to solve higher-level problems. They will begin to think in advance and anticipate actions or ball movements. From a social perspective players will begin to initiate play on their own and are becoming more serious about their soccer. Peer group belonging, and pressure generated by peers becomes more significant. The need to belong becomes important.

## U11 – U14

Children at this age are on the edge of childhood and adolescence. It can present a multitude of problems, but also an abundance of potential. From a physical standpoint strength and power become a major factor in their performance. Their muscles mature and they realize how much more they can do on the field. Their coordination significantly improves and it shows up in the execution of child's technical ability. From a mental perspective the educators refer to this age range as the fertile period for learning. They can sequence thoughts and perform complex tasks. A coach can expect his players to understand the game and use teammates to solve problems. They are usually eager to learn. From a social perspective whether a child enters puberty early or late is significant. Girls tend to form cliques while boys take a broader approach to team relationships. The manner in which they feel about themselves can determine how they relate to their teammates. Sometimes popularity influences self-esteem.

## High School

Players are more aware of the game and the different elements that are required today, but this is the age where growth spurts and confidence can affect many players. At this age many of the highly talented players have already committed themselves to club level teams. Coaches will find many High School rec players have joined because they love the game or are looking forward to playing with their close friends. Skill development, in order to make a higher level team, is usually not the goal for these players. Instruction, demonstration and information is vital at this development stage. If movement and technique is left uncorrected bad habits form and it is much more difficult to correct them later. You should be seeing your team work as a whole with secondary units across the pitch e.g. midfield, defense and attack. Supporting, covering and tactical situations should form the basis of training sessions. Encourage plenty of communication between the players during the practice sessions and competitive games; you should also work hard at ensuring the players talk to you too. This is a difficult phase in their physical and psychological development, players confidence levels can be affected which can have a big impact on their overall game and as individuals. Players in this group tend to have other responsibilities besides their obligation to the soccer team. Studies, jobs, and other commitments can interfere with their ability to consistently attend practices, and in some instances games. Coaches need to be patient and find ways to accommodate them.

# Team Creation Approach

The ORYA Recreational Soccer Program understand how important it is to our local players and their families to be part of a team with their friends. Additionally, we also recognize how coaches and teams as early as U6 begin to form. We try our best to honor the many requests we get each year for specific coaches or teammates. With that in mind, it is extremely important that we balance this with the ability to create fair, well balanced teams. When teams are unbalanced games become negative experiences for both the winners and losers. Our players will improve by playing equal opponents in competitive games each week.

The measures below are leveraged to help us during the team formation process to create competitively balanced teams.

- We look to avoid adding strong players to an already existing team that is already carrying a roster of skilled players.
- We attempt to let the coaches in each division contribute to the balancing out of rosters.
- We leverage last season's player rankings and parent assessments during registration to balance skills and experience across teams.
- If a team is already dominating their opponents we will look to schedule that team against more competitive, and sometimes older, teams and/or divisions.
- We look to ensure girls registered for Co-Ed teams are distributed in a manner that is fair to them and their teammates.

There may be instances where requests cannot be honored in order to keep the league competitive.

# Game Day Guidelines

The guidelines below should be considered to avoid any problems on game day.

- Prior to the game prepare the lineup and substitution schedule. Remember that over the course of the season, all players should have the chance to: 1) play different positions; 2) be captain; 3) start and finish games; 4) play goalkeeper. These things are important to your players (ask them!); they will notice.
- Remember to bring your equipment bag and lineup
- Ensure your players and their families are on the correct sideline.
- Have your team arrive at least 15 minutes before your scheduled kick-off time to properly warm-up. It is important to stress this message to parents as well as players.
- Field Preparation: If you have the first or last game on the schedule that day, then chances are that you will need to setup or breakdown the goals and flags. Be sure to get parents to help!
- Pregame Warm-Ups: Simple passing, dribbling, shooting exercises, maximize touches. Have an assistant work with the players who will be goalkeepers for

this game. Introduce stretching and flexibility, so players understand how to prepare their body in the future.

- Understand the rules: Rules for each division are available at [ORYA.ORG](http://ORYA.ORG). Coaches should bring a copy to each game just in case.
- Referee: Meet the referee and make note of his or her name. Ask any questions you may have about game duration, allowable substitution times, etc. Discuss any specific rules such as retreating to the mid line when the goalie has possession.
- Opposing Coach – Shake his or her hand prior to the game. Feel free to discuss how the team has been playing to get a feel for the type of competition you are facing. Remember, they are a volunteer parent too!

## Coaching during the game

Simple, even-keeled, encouragement from the sidelines is preferred. Naturally, the assistant coaches are not expected to remain mute during the games, but their information should not contradict the head coach's. Enlisting assistants to help on the sidelines with player substitutions is generally acceptable, but only the designated coach is allowed to communicate with the referee.

It is important to realize that although we as coaches are permitted to instruct from the sideline, this is not a license to take over the game from the players. Coaching is best done during practice time, not during the game. Let the players make their own decisions on the field, so they develop a feel for the game.

### **A Few Things to Avoid:**

- Don't continually shout instructions - they often reach the players too late and may be distracting.
- Do not get into the habit of telling each player what to do with the ball once they receive it.
- Assistant coaches and/or parents should not be on the opposite side of the field or behind the goals.
- Do not allow your parents to coach their players from the sidelines during games.

### **A Few Good Ideas:**

- Your sideline coaching should be limited. Prepare your players to think for themselves as much as possible. Take notes of situations and skills that your team has problems with and work on them during practice.
- Watch how the opposition plays and point out to your substitutes anything that can be used to your teams advantage (e.g. all their goal kicks go to a certain area, their defense plays far back or far forward, etc.).

- The less time spent shouting and the more time observing, the better understanding you will develop of your team, and the more information you will have to help them during your next practice.
- Remember that as coaches we are in a supporting role. It is the kids show!
- Parents should encourage and cheer players from both teams.

## Positions

As players grow older the fields get larger and the number of players on the field for each game gets larger. At each age group it is important to balance teaching positions while also allowing for the natural flow of the game to occur.

- Each player should be given the opportunity to play both offense and defense. This is not the time to start specializing in positions.
- You may have players that do not want to enter a game, or substitute back in. In this situation you are encouraged to allow the player to sit out, but let the parent know what is going on.
- Don't emphasize positions too much. This does not mean that players should all wildly chase the ball, but don't inadvertently teach your players inflexibility in the name of positions.
- In the U6 games, and sometimes U8, the kids will tend to follow the ball like bees around honey. Give them either a forward or defending name (so they get used to the terminology) but don't get too worried if they are not staying in their positions. They don't have the psychological capacity yet to understand conceptual ideas and tactics. Try to coach them along the way to be aware of their position and their piece of the field they are responsible for.
- At the U8 level goalies get introduced. Players should be rotated in goal, unless a player absolutely refuses. We never want to force a kid to play a position they are uncomfortable with.
- Caution against inflexibility: your forwards should know they may at times have to help the defense, and they shouldn't stay so far up field that the defenders can't clear the ball to them. Also, a defender should know if he or she has the ball in midfield and has a clear path into the attacking area, the player doesn't have to relinquish the ball but can continue into the attacking zone. A teammate can fill in for the attacking defender until he/she is able to recover.
- Don't make the mistake of placing all of your best players on offense. If you have only weak players on defense, the other team may spend most of the game in front of your goal while your forwards wait in vain for the ball that never comes.
- Another common mistake: Don't play your defenders too far back. If they are positioned at the edge of your own penalty area while the ball is down at the other end of the field, then when the other team clears the ball you will have

given up a significant amount of space without a contest. Instruct your defenders to step up and challenge for the ball.

- You want your team to move up and down the field as a unit without too much space between them.
- You don't want your defenders too near your own goalkeeper. They will often block his/her view and keep the opposition on sides at all times. If one of your defenders is standing next to the goalkeeper, an opposing forward can be positioned near your goal without any fear of being called offside. (Offsides is introduced in U12)

## Parental Behavior

Below are the guidelines for parent/spectator behavior. Coaches should be reminding parents if they are not behaving as expected, or bring the issue to the attention of the Soccer Director.

During the game parents should:

- Cheer for all members of the team, not just their own child.
- Allow the coaches to coach, and not shout instructions to the players.
- Not yell at members of the opposing team.
- Not yell at the opposing coach.
- Not yell at the referee.
- Stay off the field of play.
- Keep two yards off the sideline.

## Substitutions

The coach's main duty during games, besides watching out for the safety and welfare of his or her players, is to keep track of playing time and to substitute players in and out so that every player plays a comparable amount of time. Know the situations when it is permissible to substitute. For U6, substitutions occur between quarters. For U8 and up substitution can only occur during specific times, such as when your team is throwing the ball in. If you do not fully understand when you can substitute you risk having a team totally gassed on the field for too long.

TIP: Have the substitutes sit together, near you, and away from the parents, so you know exactly where they are when you want to make a change.

## Halftime

- Move the team into a shaded area when possible.
- Make sure they all have their water bottle.
- Keep the team together, away from the parents, so you are able to focus the group.
- Give positive feedback about the team's performance.

- Do not criticize individual players.
- Make only one or two statements regarding points to concentrate on in the second half.
- Ask the players if they have any questions.
- Have a team huddle and cheer before restarting the game.

## Postgame

- Immediately after the game, applaud both teams.
- Line up with your team to shake hands with the opponent.
- Shake hands with the referee.
- Players should thank the referee.
- Your team manager should have someone assigned to bring the post-game snack.
- Forget about the game results and only give praise and encouragement.
- Check for injuries.
- Have everyone clean up the area before leaving.
- Remind them the time of the next game or practice.

# Risk Management

## Critical Notes

- Never leave a player alone after training or games.
- Be certain that players depart with their parents or a designated individual.
- Avoid being left alone with players who are not your children
- Do not hesitate to call 911 if needed

## The Coaches Role in Player Safety

As a volunteer coach you will have the care, custody, and control of someone else's children. In this capacity you have the potential both to create and prevent accidents and injuries. You should be aware of your responsibilities as a coach. Attention to these aspects will help minimize your personal risk and prevent sports-related injuries.

Your responsibilities include:

- Providing adequate supervision (general and specific to the game) - The health and safety of your team members are entrusted to your care. You must provide adequate supervision to avoid foreseeable accidents and injuries. NEVER leave players unattended! NEVER leave after a game or practice until parents or guardians have arrived.

- Providing a safe playing environment - Be certain that practice and playing fields are free of hazards (e.g. holes, rocks, broken glass or other debris) and that equipment (e.g. goal posts) is in proper condition. Warn your players NOT to hang from the goal cross bar!
- Evaluating players and determining any limitation required participation - Be sure players are physically capable of performing the required skills, this includes mental and physical. Evaluate old injuries as carefully as you can before letting players return to action.
- Providing proper first aid - Have a first aid kit available. Know where to find emergency help. Don't attempt to provide aid beyond your qualifications.
- It is to your advantage to have a 2nd adult in attendance at practices. This reduces the risk that you could unjustly be accused of inappropriate behavior.
- Coaches who successfully perform the above duties not only reduce their personal risk, but also demonstrate to parents and other coaches, his/her desire and willingness to act responsibly.

## Weather Guidelines

Coaches have a responsibility to adjust practice based on weather. Soccer is an outdoor sports and gets regularly impacted by foul weather. Please follow these guidelines when determining if practice should be cancelled.

- Lightning – Lightning requires an immediate stop to practice. The rule is to wait 30 minutes after seeing the final lightning bolt before starting up practice again. Because of this rule Lightning typically cancels practices for that day.
- Rain – If there is no lightning you are allowed to practice in the rain. Make sure you know your team's tolerance for this, including your parents. Do not practice in heavy rains.
- Field conditions – If it is raining all day but looks to be clear by the time afternoon practices begin be aware that if the fields are muddy and puddly we shouldn't be on them. These conditions result in us heavily damaging the fields, which truthfully just isn't worth it.

## Cancellation Notifications

Oak Ridge Town Park has a Rain-out hotline - (336) 298-4673. If they close their fields then we cannot practice or play on them. You may practice on alternate grass at the park if it turns out they cancelled prematurely and the bad weather never came.

If games or practices are cancelled for weather or other reasons, the Soccer Director will cancel them on the website, which automatically alerts the teams impacted. This also marks games as *waiting to be rescheduled*.

If you practice or play at GUSA controlled fields, GUSA will use the Text Alerts feature to make notifications of Field Closings and Weather Alerts. To sign up simply text "GUSAsports6095" to 84483.



## Care and Prevention of Injuries

The first line of defense in the treatment of athletic injuries is to prevent them. A well-planned program accomplishes this: competition among equal ability groups, proper warm-up, and adherence to the Laws of the Game. Other factors that can lead to the prevention of injuries are as follows:

- Proper use of equipment (shin guards, no jewelry, uniforms designed for climate).
- Upkeep and monitoring of playing surfaces.
- Proper fitting shoes/boots.
- Ample water supply and sufficient number and length of rest periods.
- Avoid scheduling practice during the hottest periods of the day and when there is intense humidity.
- Full rehabilitation of an injury prior to return to play, determined by a physician.
- It is recommended that the coach follow-up a player's injury with a conversation with the player's parent.

## Concussion Awareness and Treatment Training

Concussions are a serious and delicate issue in youth sports. Soccer is a physical sport and concussions can occur from several different scenarios. In order to prepare our coaches, the ORYA Soccer Program requires all coaches to take an on-line training course offered by HeadsUp, a program created by the CDC focused on safety in youth sports. After watching these training videos a coach should see the important role they play in the education and protection of our young athletes. Coaches will be asked to access the course via the link below.

<https://headsup.cdc.gov/training/intro>

The course consists of:

- 90 second introductory video
- 25 question Pre-Test
- Six interactive training videos (less than 3 minutes each)
- 25 question Post-Test

After completion of the course the Certificate of Completion with the coach's name and awarded date must be emailed to the Soccer Director. This is a requirement prior to starting your first practice.

The below HeadsUp Concussion reference materials are available on the ORYA.ORG Soccer homepage.

- HeadsUp Concussion - Coaches Fact Sheet
- HeadsUp Concussion - Parents Fact Sheet
- HeadsUp Concussion - Action Plan

## Injured Player Policy

When a player is injured, and the condition affects the player's ability to physically compete or train with the team, the following guidelines are used by the coach and parent of the player to discuss and agree to the extent of the injury.

Medical Clearance is required for temporary to severe injuries – All players are required to provide written verification from a medical doctor stating they are cleared or released to resume train and play. The written verification is to be presented to the coach.

Playing with a cast or brace - Injured players may practice and play in games while wearing a brace or cast as long as their parents provide written verification from a medical doctor stating they are cleared to resume soccer activities.

## Immediate Care

The care of the injured athlete should begin the moment an injury occurs. Immediate care will reduce the severity of the injury and possibility of long-term disability. The coach, upon seeing an injured player on the field should:

- Stay composed.
- Make sure that the airway is clear.
- Determine if the player is conscious.
- Determine how the injury occurred.
- Question the player to determine the location and severity of the injury.
- If the player is unable to continue, assist him/her to the sideline unless it is a head or severe injury, then do not move the player and call for emergency help.

A player's parents should be consulted to determine if a player should be taken for a medical checkout or if an ambulance is required. Family contact info is available via their profile on the SI Play app.

## Heat Injuries Coaches Should Be Aware of:

- Heat Cramps – an involuntary contraction of muscle or a muscle group that is repetitive and rapid in nature. Care – rest, drink water, and stretching.
- Heat Exhaustion – surface temperature approximately normal, skin pale and clammy, profuse perspiration, tired, and weak, headache – perhaps cramps, nausea, dizziness, possible vomiting and possible fainting (the player will most likely regain consciousness as the head is lowered). Immediate Care – move to a cool area, air-conditioning best, have the player lie down with feet elevated, remove restrictive apparel as appropriate, cool with wet cloths or by fanning, if alert – water may be given (1/2 glass per 15 minutes), if player vomits – take to hospital immediately and always refer to physician for further diagnosis, treatment and prior to return to activity.

- Heat Stroke – body temperature is high, skin is hot, red and dry, sweating mechanism is blocked, pulse is rapid and strong, player may lose consciousness. Immediate Care – seek immediate medical care (Call 911), while waiting; treat as above for heat exhaustion keeping in mind that if you reduce the body temperature too rapidly it can cause internal bleeding.

### General Principles When Handling an Injured Player:

- Avoid panic; use common sense; seek professional help.
- Check for breathing, bleeding, consciousness, deformity, discoloration, and shock.
- Dependent upon the nature of the injury, avoid moving the player.
- Inspire confidence and reassure the player; determine how the injury occurred.
- Always error on the side of caution.
- It is recommended that if a player has had medical attention, he/she must have written permission from the doctor to return to activities.

## ORYA Soccer Coaching Education Program

Prior to each season the ORYA Soccer Program will hold a coaches meeting to discuss program details, rules, best practices, and to distribute important pre-season information. The ORYA Soccer program aims to have one training session each Fall for new and returning coaches.

We strongly urge all new coaches to read and watch online videos to best prepare for the rigors of coaching youth sports.

### Recommended Reading

- Quinn, R. (1990) The Peak Performance Soccer Games for Player Development.
- QSM Consultants, Cincinnati, Ohio Miller, G. (1994) Coaching Soccer - 20 Easy to Follow Practices for Coaching 5,6 & 7 Year Olds.
- Sport Development Publications, Salt Lake City, Utah Miller, G. (1995) Coaching Soccer - 20 Easy to Follow Practices for Coaching 8,9,10 & 11 Year Olds.
- Sport Development Publications, Salt Lake City, Utah van Lingen, B. (1997) Coaching Soccer - The Official Coaching Book of the KNVB.

### Recommended Web Sites

- [ORYA.ORG](http://ORYA.ORG)
- [USSOCCER.COM](http://USSOCCER.COM)
- <https://www.usyouthsoccer.org/>
- <https://www.ncsoccer.org/>
- <https://www.cdc.gov/headsup/youthsports/training/index.html>