



2009-2010 U14 Girls



Coaches:

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Team Website:

<http://www.rockledgesoccerclub.org/Teams/CompGirls95/>

Philosophy:

Coaching is all about doing what is right for the development of the players, at all times. Practices need to be well structured, focused on an area of improvement, and should demand a level of focus and effort from the players in order to help them improve. Practices need to give the players a chance to take risks and try new things without fear of being ostracized if they do not succeed. Even though practices need to be structured, they also need to allow the players a chance to play and work some things out on their own. Soccer is a game for the players, and although we are looking for success, we can't turn it into a job for the players. It needs to remain fun. That is why we play. We can never forget this.

Winning games is important, but not as important as the players giving their best effort every time they step on the field. Sometimes we are faced with an opponent we can not currently defeat or circumstances arise that conspire against us. As players, we can not control this. But we can control the effort we always give. If players always give their best effort in practice and games, improvement is a given. If we take this approach and always give our best, success will eventually follow.

Team Goals:

Our focus is on long term success rather than short term gain. We will place an emphasis on player development as we feel each player deserves the opportunity to become the best player they can be. By helping our players achieve this, we can help inspire personal confidence, a true passion for the game, and long term success for the players.

For 2009-2010, we would like to work towards competing in the final four at Region B Cup in the spring. To help achieve this, we will look to place an emphasis on 1) Bringing the ball down out of the air and getting the ball to our feet 2) The importance of a good 1st touch and playing the ball away from pressure 3) Staying connected during games and up

on our toes, not taking a nap 4) Good body shape and position and 5) The importance of movement off the ball.

League Affiliation:

Greater Central Florida Youth Soccer League (GCF)

Anticipated Tournament Participation:

September 5 th – 7 th :	11 th Annual Melbourne Area Girls Labor Day Challenge
October 10 th & 11 th :	20 th Annual Seminole Girls Fall Festival
February / March 2009:	Region B Cup
May 29 th – 31 st :	32 nd Annual Seminole Memorial Soccer Tournament

Anticipated Training Schedule:

July 7 th :	Start of Optional Summer Practice Sessions.
July 27 th :	Start of Regular Practice Sessions.
November 25 th :	Last Regular Practice For Fall 2009.
December 1 st & 3 rd :	Optional Practice Sessions.
January 4 th :	Regular Practice Sessions Resume.

Team Policies:

Practice Attendance:

- In order for players and team to improve, we expect attendance at the majority of all regular practice sessions. We realize and understand there are times when other responsibilities (school, civic, etc.) or illness make absence necessary.
- Please notify us if a player will miss practice so we can plan accordingly.
- In the spirit of fairness, repeated absence from practice may limit playing time in games.

Game Attendance:

- As with practice, we expect players to participate in the majority of games. We do realize there may be times when other responsibilities or illness prevent this.
- Outside of illness, we request at least a two week notice if a player will miss a game. This will allow us time to find a guest player, if necessary.

Playing Time:

- We will do our best to insure fair and equitable playing time.
- Attendance at practice may affect this.

Expected Player Behavior:

- I will encourage good sportsmanship from fellow players, coaches, officials and parents at all times.
- I will remember that soccer is an opportunity to learn and have fun.
- I will do the best I can each day, remembering that all players have talents and weaknesses the same as I do.
- I will treat my coaches, other players and coaches, game officials, other administrators, and fans with respect at all times.
- I will concentrate on playing soccer, always giving my best effort.

- I will play by the rules at all times.
- I will at all times control my temper, resisting the temptation to retaliate.
- I will always exercise self-control.

Expected Parent Behavior:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, game officials, and administrators, at all times.
- I will place the emotional and physical well being of all players ahead of any personal desire to win.
- I will support the coaches, officials, and administrators working with my child, in order to encourage a positive and enjoyable experience for all.
- I will remember that the game is for the players, not for the adults.
- I will ask my child to treat other players, coaches, game officials, administrators, and fans with respect.
- I will always be positive.
- I will always allow the coach to be the only coach.
- I will not get into arguments with the opposing team's parents, players, or coaches.
- I will not come onto the field for any reason during the game.
- I will not criticize game officials.
- Alcohol, illegal drugs and unauthorized prescription drugs shall not be possessed, consumed or distributed before, during or after any game or at any other time at the field and/or game complex.

Coaches Behavior:

- We will never place the value of winning before the safety and welfare of all players.
- We will always show respect for players, other coaches, and game officials.
- We will lead by example, demonstrating fair play and sportsmanship at all times.
- We will demonstrate knowledgeable of the rules of the game, and teach these rules to the players.
- We will never use abusive or insulting language. We will treat everyone with dignity.
- We will not tolerate inappropriate behavior, regardless of the situation.
- We will not allow the use of anabolic agents or stimulants, drugs, tobacco, or alcohol by any of the players.
- Youth have a greater need for example than criticism. We will be the primary soccer role model.
- We will at all times conduct ourselves in a positive manner.
- Coaching is motivating players to produce their best effort, inspiring players to learn, and encouraging players to be winners.