

2023 Healing Place Athletics Soccer Coaches' Manual



Our Mission Statement:

To create environments for children to know and experience Jesus along with growing in their knowledge and skill of any given sport through instruction in our leagues.

Healing Place Athletics

Coach with Ephesians 6:4 philosophy — “. . . do not exasperate your children; instead, bring them up in the training and instruction of the Lord.”

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Coaches,

Welcome to Healing Place Athletics! You are now a part of a ministry that has the privilege to bless, encourage and teach a precious group of kids, ages 4 – 14 years. Here at HP Athletics, we want to create environments for children to know and experience Jesus along with growing in their knowledge and skill of soccer.

As a coach, you are on the front lines of this ministry. Each week you have the opportunity to interact with the families that have been placed on your team. You are a direct reflection of our league, our church, and ultimately, Christ. Coaches are among the most influential adults in the lives of young players.

It is our job as a staff to *“create the environments”* but it is your job as a coach to help *“children to know and experience Jesus along with growing in their knowledge and skill of any given sport”* as written in our mission statement.

We are Here for You!

You can expect from the HP Athletics staff that we will be timely in our communication and do our very best to provide a positive and encouraging atmosphere for you as a coach. We will be here to discuss any issues that might arise during the season. With help from your fellow coaches and parents, we will do our best to make sure the facility is in the best shape possible for your practices and games.

Our primary role as staff and leaders of HP Athletics is to protect the atmosphere and environment of the league and to make sure we are fulfilling the mission of HP Athletics through Spiritual Development and Skill Development.

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Expectations/Standards for an HP Athletics Coach

- Lead by example, by demonstrating fair play and sportsmanship to all players, coaches, and officials.
- Proper Language – no cussing or tearing down a player, parent, game official, or fellow coach. We will treat EVERYONE with respect.
- As a coach, we expect you to refrain from any activity that would grieve the heart of God and possibly cause someone in the Athletics Ministry to stumble. Some of the stumbling blocks that can be detrimental include, but are not limited to domestic violence, substance abuse, and sexual immorality (cohabitation, pre-marital sexual affairs, same sex relationships, transgenderism, or any attempt to change one's biological sex) **1 Cor 8:9-13, 6:9-10, 10:31, Rom 1:26-32, 14:1-23, Phil 2:14-15**
- Teach kids to play multiple positions; each child should learn and play a minimum of 2 positions and work hard in teaching the fundamentals of soccer.
- No negative physical contact of a child or parent under any circumstance.
- No being alone with a child that is not your own without another adult or child around. (3 person rule)
- Place the emotional and physical well-being of your players ahead of any personal desire to win.
- Understand as a volunteer of HP Athletics, you represent Christ and this church wherever you go and whatever you do. This includes posting to social media.

Characteristics of an Effective Youth Coach

- ❖ Honesty (Be fair)
- ❖ Communication (Appropriate words and body language)
- ❖ Ability to Motivate Positively (Develop self-confidence)
- ❖ Possess Leadership Qualities (Be prepared and organized)
- ❖ High Moral and Ethical Standards (Be an appropriate role model)
- ❖ Respect of Players, Parents, and Community (Develop positive relationships)
- ❖ Appropriate Temperament for Coaching Children (Sensitive, Calm, Patient, Sense of humor)

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Coach with Philippians 2:3 philosophy — “Don’t be selfish; don’t live to make a good impression on others. Be humble, thinking of others as better than yourself.”

Sportsmanship

First and foremost, Healing Place Athletics exists to teach all participants to walk in a Christ-like manner; this includes coaches, youth, parents and volunteers. Coaches are expected to teach sportsmanship to their players, as well as, be a good example of what good sportsmanship looks like at all times.

Code of Conduct

- Treat all players, parents, opponents and referees with respect and courtesy at all times.
- Teach each player, by personal example, to be humble in victory and courteous in defeat.
- Respect game officials at all times, and require the same of the players and parents.
- Remain calm, and do not make loud or offensive remarks and gestures.

NO DISRESPECT TO OFFICIALS, PLAYERS, OR COACHES WILL BE TOLERATED.
Game officials are volunteers just like you. Coaches should set the example for treating game officials with respect and insist that your players and parents do, too. Teach your players to focus on their own play and the team, not on criticizing officials.

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Safety

Care of an Injury

- Be focused on the game at all times, so that you can see when and how an injury occurs.
- Ask the player where it hurts. Don't take for granted that because you saw what happened, you know where the actual injury is.
- If the player is unable to continue, he/she should be checked to determine the extent of the injury.
- Decide severity of the injury.
- Look for swelling and deformity.
- Remove player from the game. It would be good, at this point, to have the parent of the injured player (or the adult who brought the player to the game) assist in caring for the player.
- If it is determined that the injury is severe (needs more than just an ice pack or bandaid), please notify the game official immediately. The official will assist in contacting appropriate medical assistance.
- Depending upon the injured part of the body, no player should return to a game until he/she can run straight without pain or a limp. They should also be able to do a toe raise on the injured side, without being supported.

Common injuries and Proper Care:

Basic first aid supplies are available at the concession stand. Basic supplies include ice packs, bandages and ointment.

- Sprain, Strain & Contusion – Care should include: Remove player from game; apply ice and a compression bandage and elevate.
- Abrasion & Blister – Care should include: Clean with antiseptic; apply antibiotic ointment; apply bandage.
- Heat Exhaustion – Characterized by pale, clammy skin and profuse perspiration. Care should include: Move to cool area; have player lie down with feet elevated; cool with wet towels; drink water; if player vomits – take player immediately to a hospital.
- Heat Stroke – Characterized by high body temperature, skin is dry and hot to the touch. Care should include: Call 911; treat as heat exhaustion above while waiting for medical support.
- Cramps – Care should include: Hydrate with water and stretching.

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Player Development

The coach should know each player's name and edify him or her at every opportunity. Build opportunities within your practice and game situations for your players to build character, build relationships, learn more about Jesus, and develop sportsmanship. The two primary elements of development that are most focused on in the HP Athletics Soccer Program is Spiritual Development and Skill Development.

Spiritual Development:

Teach players how we are to live a life pleasing God.

How you can accomplish this:

- Practice and Game Devotions
- Teach Discipline and Respect
- Lead by Example

Devotions:

In addition to teaching the basic skills of soccer, teamwork, and sportsmanship; Healing Place Athletics believes that devotions are the driving force of spiritual development in our leagues.

- Close all practices with the assigned devotion. Have time for prayer requests at the end of practice. This should be an important time for each coach. Preparation is the key, so that devotion and prayer time is not rushed through.
- Devotion Cards with scripture, commentary, and a prayer to use for devotional at the end of practice and games will be provided. It will also be available in Coaches Corner on the web site.
- Each Coach is responsible for reading and discussing the devotion to their players at each practice.
- A volunteer from HP Athletics will follow up with a presentation of that week's devotion at your game on Saturday.
- Please have your players ready 10 minutes prior to game time for the presentation of the devotion.
- We ask that you encourage your parents to join the team for pre-game devotions.

Skill Development: Teach players to work hard to be their best, because that is what God asks of us. How do we accomplish this? Practice time/fundamentals. In-Game teaching. Discipline.

Colossians 3:23 (NIV) - Whatever you do, work at it with all your heart, as working for the Lord, not for men.

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Team Management

Managing your team as a coach is your primary role. That looks different in different settings.

Performance & Discipline Expectations

Be clear about your expectations beginning with the first practice. It's easier to teach and discipline when boundaries are set. This begins at the first practice. We always want to be encouraging, but that does not mean we are not to have team rules, which the kids should follow.

Encouragement

Here at HP Athletics, we expect coaches to encourage players to perform at their highest level. We expect the best out of our kids. Just remember, someone's best does not always translate into skill. We want to build our kids up, not tear them down.

Recruit

Get the parents involved with the team. It helps to utilize parents to help with practices and game duties. Get them invested into the team. One very important position for your team is your Team Parent Manager. Recruit this person at the very beginning of meeting with your team. The Team Parent Manager is the "right hand" support of a coach. This parent will take the lead in communicating with your parents on the coach's behalf and assigning parents to team responsibilities on game day.

Communication

Over communicate with your kids. In some cases they are the ones communicating with their parents. Make sure they know what is going on and what you expect of them on and off the field.

Media

Multiple resources are available on the sports website, www.healingplaceathletics.org, to help you in communicating with your parents and managing your season. Web site information includes: Rain out conditions for practice and games. Schedules, including rescheduled games. Team Rosters. Parents' emails. League documents can be found in Coaches Corner.

This web site must be used for all media correspondence with players and parents. ***Neither coaches nor parents are allowed to create personal web sites, highlighting HPC, HP Athletics, families or children participating in the HP Athletics Soccer league.***

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Rainouts

Cancellations due to weather will be posted on our website www.healingplaceathletics.org. We will post by **4:00pm** on weekdays and **8:00am** on Saturdays in the event games or practices are canceled. No other notifications will be sent out.

Rainout notifications will be displayed on the ticker below the header picture. Example pictured below.



Uniforms

All divisions will be provided a jersey and socks for each player. All players are required to purchase their own **BLACK SHORTS**. (Please make sure they are an appropriate length.) All jerseys must be tucked in. HP Athletics issued socks must be worn during games. Players are not allowed to wear their own soccer socks. Shin guards **MUST** be worn underneath the socks. Shin guards are required for every player. Cleats are optional. Coaches are not allowed to ask parents to purchase additional items for a uniform. Parents must sign for their child's uniform.

*Coaches are not allowed to pick up their players' uniforms when issued.

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Keys to Managing Parents

Initial Phone Call

When you first receive your roster, you need to contact each parent by PHONE. Emails are great follow-ups, but the initial contact should be made by phone. They may have entered in an incorrect email; we want to make sure we speak to the parent for the first contact.

Weekly Communication

You should have weekly contact with your parents either by email, phone, or team meetings. The best thing you can do is meet with parents at the end of each practice and game. Practice handouts and weekly calls or texts should be used for practice recaps, any housekeeping things that need to be dealt with, practice or game changes, etc.

Set Expectations and Stick to Them

Expectations are boundaries. When parents know what you expect of them, you are likely to have their support.

Parent Expectations can be:

- On time for practice/games

- Ask questions when unsure

- Positive support for kids, coaches and officials

- Assist with practice and games as needed including keeping your bench area clean.

Organization

At the first practice, ask parents for the best way to contact them. Their contact information may have changed since they first registered. Be organized. Always have the most up-to-date information. Ask parents to check their contact information on the web site. Some may not have given permission to receive texts or may have checked "No Email" when registering.

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Make Practice Fun!

Keys to Managing A Successful Practice

- Preplan your practice. Know what you want to teach the kids and the drills you need to accomplish it. In order to utilize your practice time wisely, assign a time interval for each drill and stick to it.
- Be prepared, not only to teach soccer skills, but also to look for ways to instill confidence, boost self-esteem, and share Christ with your players.
- Arrive earlier than the players and have your equipment on the field, ready to go. Equipment will be provided by the staff of HP Athletics and will be stored in the orange equipment bins in the dugout or behind the backstop.
- Equipment: One ball, per two players and cones. Cones help organize your playing space and can be used for boundaries, goals, and target areas.
- Identify a starting and stopping method for the players to follow throughout practice. This could include the use of a word such as “freeze” or a whistle command.
- When dividing players for drills make sure all players have a group or partner. For odd number players, the coach can partner up with the extra player. No player should be eliminated or have to wait their turn.
- Teach the fundamentals. Engage each kid and keep them moving. Avoid the mistake of having your kids standing around. For assistance in age appropriate skill development, see a list of resources below.
- Close practice with prayer. Have time for prayer requests at the end of practice. This should be an important time for each coach. Preparation is the key, so that this time is not breezed through.
- There are many helpful resources on line for age appropriate soccer drills.

www.soccerexpert.com

www.soccercoaching101.com

www.wecoachkids.com

www.freeyouthsoccerdrills.com

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League Dates

- Practice Begins** COED begins practice on August 12th and will only practice on Saturdays. All other age divisions will begin the week of August 14th, on their assigned weeknight and time. (B6, B7-8, B9-10, B11-13, and G6-7, G8-9, G10-11, G12-14.)
- Last Practice Day** COED – September 2nd
All other divisions will practice throughout the season.
Exception: There will be no practice on weeknights when rainouts are scheduled.
- Games Begin** Saturday, September 9th; games will occur on Saturdays, with the exception of weeknight games the week of October 2nd.
Exception: There will be no games played on Saturday, September 16th. Instead, COED will play weeknight games the week prior. All others will play a double header on October 28th.
- Rainouts** Rainouts will be rescheduled on weeknights.
- League Ends** Saturday, November 4th. Award ceremony following your last game.
- Picture Day** The photographer will contact Coaches directly to schedule.
- Uniform Pick up** An email will be sent out to parents, when they are ready for pick up. Pick up will be at the HPAC, usually not until the week before games begin.

It is expected that coaches of school teams or teams that are composed of players that share a common activity inform the HP Athletics staff of any dates within the season that will cause the team to not be able to attend a scheduled game. The coach is expected to inform the staff prior to schedules being developed and released to teams. Any last minute forfeits will not be rescheduled.