



**Hyde Park United Soccer League  
Creek Road Fields  
343 Creek Road, Poughkeepsie, NY 12601**

**RECREATIONAL LEVEL**

**VOLUNTEER Coach Packet & Guidelines, FAQ's**

WELCOME! On behalf of Hyde Park United Soccer League, THANK YOU for stepping up to be a VOLUNTEER Coach. Our soccer program is run by a dedicated team of VOLUNTEER Board Members, but we cannot all be a coach. We cannot do this without YOU!

Your time and commitment to our community is very much appreciated. This is an opportunity for you make a positive impact on many young lives forever. This packet is designed to layout important reminders, contact info, FAQ's, etc... along with the leagues' expectations of a Hyde Park RECREATIONAL LEVEL Volunteer Coach. We are so THANKFUL for your choosing to Volunteer.

CONGRATULATIONS! You are now a representative of Hyde Park Soccer!

*Please read entire packet prior to coaching.*

**Contact Info:**

Website: [www.hydeparkunited.com](http://www.hydeparkunited.com)

Facebook: Hyde Park United Soccer League

Email: [hydeparksoccerleague@gmail.com](mailto:hydeparksoccerleague@gmail.com)

## **Communication:**

We use our Facebook page, email and website to communicate effectively with families. We'll also send info to you about the SportsPlay App Link option, for you to communicate with your team families.

Please LIKE our Facebook page. Encourage team parents to LIKE the page. If you do not participate with Facebook, please check email frequently during the season to keep up to date with weather cancellations, changes, announcements.

## **Expectations:**

1-All coaches are required to complete Risk Management Registration (an online registration form/list of questions/background check), prior to first practice session. This does not take long.

2-Read and adhere to Code of Conduct available on our website. Report to Board any violations/issues in a timely manner in order for Board to handle.

3- Attend one of our Pre-Season Coach Meetings and read this packet prior to coaching.

4-Model & Expect Good Sportsmanship. EXAMPLE: Is a player hurt? Have your team get down on one knee and be quiet. Have your team clap when the player gets back up. Always end the game with a "Good Game" line up of both teams.

5-Once notified of your team roster, schedules and SportsPlay App Link option, we ask you reach out to your team parents/guardians to introduce yourself. This can be via email, group text or app, or all. Families are usually anxiously awaiting information.

EXAMPLE; Introduce yourself as the team VOLUNTEER Coach, provide your contact info, a little bit about yourself, what to bring to practice, encourage everyone LIKE our Facebook page to receive updates/cancellations, refer families to website to begin reviewing practice/game schedules.

(\*We find that coaches who reach out early with information often have a great start to the season with less parent questions.)

6- Participation in every other week practice with a Dutch Elite Soccer Academy Coach. You will co-run the practice, facilitated by a Dutch Elite coach. The purpose of this partnership is to facilitate a learning environment to support and enhance training/coaching efforts for players *and* volunteer coaches. \*Feel free to talk directly with your Dutch Elite partner. Communicate & work together. You are partners. This program is in place to support you and the team. Let us know how it is going!

7-Opening Game Day arrive 30 minutes prior to your game time & stop by the pavilion to pick up your team uniforms, coach ID tag & game ball. Expect parent questions, players running late and

arriving last minute, etc... Many coaches ask their players to arrive 30 minutes prior to game time on a regular basis thereafter for pregame warm up.

8-Try to allow players equal playing time, however, we understand some young players may be more interested in playing some days more or less than other days...that's ok. New young players still get to be part of the FUN by hanging out on the bench with their teammates, observing the game.

9-Near end of SPRING Season, we will provide you with a metal or small trophy to hand out to each player on your team! (This is only done in the Spring, not the Fall Season.)

10-Keep practices/games fun with focus on skills development.

### **Did You Know?:**

*Did you know?* There is No score keeping in Recreational Soccer Games U4 to U12. We are a skills / development/ learn to play league. Score keeping / playing to win takes place in the rec level older age groups U15 & U19 and in the Travel Program. Coaches may need to remind players & parents of this at times.

*Did you know?* Referees for Recreational Soccer Games have been thru a training/certification program BUT many are just starting out on Rec Level Games. Experience levels vary and some are very young. Coaches need to be aware and support our young refs...you may need to remind parents of this at times.

*Did you know?* Your First Practice is also like a Meet & Greet. EXAMPLE; Have players get into a circle, go around tell their name, school they go to, say if they ever played soccer before. Good way to break into the first practice. Gather parents/guardians for another quick intro of yourself, ask if everyone read the parent code of conduct, does anyone have any questions.

*Did you Know?* Recreational Soccer Teams have a team photo day in the FALL Season, however, not in the Spring. We will email you the date for photo day about a week prior. (Travel Teams do a photo day in Spring, not Fall.)

*Did you know?* We encourage you to ask for help.

#### EXAMPLES:

Game Days- Ask a team parent to sit on the bench with the players, *not to coach*, but to help keep kids under control/remind them to watch the game/cheer on their team while *you coach*.

Practice Sessions- Ask an older team player from Hyde Park Soccer, FDR Soccer, or maybe someone with Marist/Vassar/CIA Soccer to volunteer help

you coach on occasion. Someone might be available to help you. \* Let us know if you have someone in mind so board is aware. (*Anyone* 18 years of age or older will be required to complete Risk Management Registration online prior to any help.)

**Important Reminders:**

*Approach to Coaching:* Please keep in mind the age group you are coaching and coach with age appropriateness. To help you better understand, please visit our website to review the downloadable practice plans available for each age group. You do not have to use these specific plans. *However,* we especially like the "Characteristics of an Under Age 6 Player", "Characteristics of an Under Age 8 Player", "Characteristics of an Under Age 10 Player" and so on. Know your age group.

*Coaching Multiple Teams:* If you are coaching more than one team for us, we ask you keep in mind the differences between the teams you coach. EXAMPLE: Recreational Level Soccer is where player skill development is placed ahead of winning AND Travel Level Soccer is where player skill development is a focus and playing to win is part of the fun/more competitive atmosphere.

No Dogs Allowed. No Smoking Allowed. Violation of our insurance policy.

**Emergency: As required, an Automated External Defibrillator (AED) is located in the small equipment storage bin attached to chain link fence, located near pavilion.**