

COACHING INFORMATION OUTDOOR SOCCER 2021

Practices: The season begins the week of July 12, 2021. Teams may practice two times per week, with a maximum of seven practices for the entire season. Coaches do not have to practice the maximum number of practices (some weeks coaches may opt not to practice, especially if a team has two games that week). Games start the week of July 19th. Call Green River Recreation Center Front Desk at 872-0511 to add or change practices. Coaches will be contacted if there are any game or practice schedule changes due to conflicts in scheduling.

Team & Individual Pictures: Team and individual pictures will be scheduled at the beginning of the season at the picnic shelter area of Stratton Myers Park (next to soccer fields 1-2). Picture envelopes are in the coaching packet which is given out at the Coaches Meeting scheduled June 29th.

Game Shirts: Game shirts were given out at registration. Game shirts are available at the Recreation Center if a player paid for a shirt and did not get one or if the player needs to exchange shirt sizes.

Rules: Rules are contained within the coach packet.

Injuries: If any moderate to serious injuries occur to a player at practice, please fill out the injury report form in your coaching packet get the Field Monitor and/or contact appropriate medical services as soon as possible. If an injury occurs at a game, the Field Monitor will fill out this report.

Concussion Protocol:

1. Become familiar with the signs and symptoms of a concussion found on www.cdc.gov/headsup.
2. Coaches are strongly encouraged to view the "Heads Up: Concussion in Youth Sports" online course from the cdc.gov/headups website.
3. Any participant exhibiting the signs, symptoms, or behaviors associated with a concussion or head injury (1) must be immediately removed from the activity and (2) may not again participate in any activity until cleared by an appropriate health care professional. REMEMBER WHEN IN DOUBT, SIT THEM OUT.
4. Coaches need to fill out an injury report form provided in your coaching packet if a child is suspected of having a concussion at a practice and submit it to the Green River Recreation Center. If the suspected concussion occurs at a game, the Field Monitor will fill out this form and submit it to the Green River Recreation Center.
5. The injured participants' parent or guardian should be immediately notified of the suspected concussion or head injury so that they can be evaluated by an appropriate health-care professional.

Cancellations of Games and Practices:

Coaches will be contacted if there is any cancellation of games due to bad weather. The Green River Parks and Recreation Department will text players if there is a cancellation. In many circumstances, a cancellation will not be able to be determined until game time due to rapid weather changes and lightning.

Coaches should always cancel or cease practices if lightning is less than 6 miles away (can use a weather phone app to determine this or the count method. The Count Method: measure the elapsed time from the flash to the bang. Every 5-second count equals a distance of a mile. For example, a count to 30 seconds equals a distance of 6 miles.

Unable to Contact Player on Roster or Need to Replace Equipment

Contact the Green River Recreation Center at 872-0511 if you are unable to reach a player on your roster and need to replace ice packs or soccer equipment.

Coaching Resources

Soccer practice and drill websites:

www.Soccerhelp.com

www.usyouthsoccer.org

www.top-soccer-drills.com

www.coachingsoccer101.com

www.soccercoachweekly.net

PLEASE CONTACT PLAYERS ON THE ROSTER ON OR BEFORE JULY 7.