Notes from Region 2 Coach Meeting held Sep. 16, 2015 at Dana Middle School
Contact: Albert Yen (coachadmin@ayso2.org)

Attendees:
• 6:00 to 7:30 PM – U6, U7 and U8 head/assistant coaches
• 7:30 to 9:00 PM – U10, U12 and U14 head/assistant coaches

Goodies:
• Distribution of shirts to coaches and assistants who have completed their training
• Coach ID cards and card stock distributed

We know you job is HARD
• Coaches clearly have lots of responsibilities
• We’re trying to make it easier for you where we can (we still need to abide by the rules set by AYSO National)
• Please view your Division coordinators, the rest of the Region 2 Board, your fellow coaches and me (coachadmin@ayso2.org) as your Coach Support Group for any/all problems you encounter this season

Coach Certification
• Having age-appropriate coaching certification is a key aspect of AYSO’s accredited program
• Please think about upgrading your coach certification to the next higher Division now
• U12, Intermediate, Advanced coach course must be taken in order
• See www.eayso.org for scheduled coach classes
• Please wear Coach ID cards so refs, board members and parents know who should be allowed to provide coaching instructions to the players

Referees
• Contacts:
  o Will Hardy, Regional Referee Administrator: referee@ayso2.org
  o Mike Ressler, Director of Referee Instruction: rdi@ayso2.org
  o Chuck Heldebrant, Director of Referee Assessment: rda@ayso2.org
  o Dalila McKelvey, Director of Youth Referees: youthrefs@ayso2.org
• Responsibilities by Division
  o U6 – No referees: Let them play (safely)
  o U7/U8 – Home provides 2, Visitor provides 1 for own game
  o U10/U12 – Home provides 2, Visitor provides 1 for game after
  o U14 – Each team provides one AR for the game after
• Youth referees are available: Contact Dalila (youthrefs@ayso2.org) before 8 PM Wednesdays
• Referee mentoring available: Contact Chuck Heldebrant (RDA@ayso2.org)
• Please consider upgrading your referee certification. The number of Intermediate, Advanced and National referees we have affect the number of teams that we can submit for All-Stars.
• Kids of active refs have advantages in post-season selection
• TO GET CREDIT FOR GAMES REFFED, ALL REFEREES NEED TO SIGN UP FOR SLOTS ON http://www.ayso2.org/Ref

Training Fields (Bonita Park, Dana MS, City Hall Field, Clifton, County Park)
• Contact: MyTrang DaSilva (trainingfields@ayso2.org)
• Latest training slots: http://ayso2.org/training_fields.html
• Teams training at Dana and Clifton should know the lock combinations. Please contact coachadmin@ayso2.org if you need the combo.
• PLEASE “daisy chain” the locks so other users can get in using their locks in the chain.
• Issues at County Park? Call their administration office at 626-821-4619
• Issues with your practice field assignment? Contact your Division Coordinator.
• Please do not “crash” fields that you think might be unoccupied. Need to contact your Division coordinator first
• Please respect the time boundaries of your field assignments
• No use of City Hall on Friday, Oct. 30th

Challenger Trainers
• Demi, Dale and Dan are with us through Nov. 1st
• For U6, U7 and U8, trainers are available every day at County Park from 4:30 to 6:00 PM
• For U10, U10 and U14, scheduling is by appointment. Contact Demi (xdemix_92@hotmail.co.uk) and try to schedule multiple teams on same field at same time
• Keeper clinics: Fridays at City Hall starting 9/18. Moving to Clifton starting 10/9. U8/U10 from 6 to 7 PM. U12+ from 7 to 8 PM.

Coach Mentoring
• Don’t be afraid to admit that you need help!
• Contact Steve Parnass (training@ayso2.org) if you’d like some assistance, pointers and/or discussion of your games/training sessions

Sideline Behavior
• You set the tone for your team/parents
• Coaches wearing IDs can coach. Everyone else watches/cheers.
• Parents’ and coaches’ egos should not get in the way of kids having fun
• 70% of the 20 million+ kids that participate in organized youth sports in the US drop out by age 13. The primary reason cited is “I’m no longer having fun.”
• TED Talk presentation on youth sports: https://www.youtube.com/watch?v=VXw0XGOVQvw
All-Star Coaching

- Sectional, Area and Regional level All-Star coaching positions are available (U10-U14)
- Application and selection criteria for Sectional and Area coaches available on Region 2 website
- Coaches interested in Regional All-Stars should contact their Division Coordinators
- U10 coaches interested in taking team(s) to the Arroyo Seco Thanksgiving Tournament should contact their coordinator
- U14 Area and Regional All-Stars will be combined again this season
- U8 “Graduation Series” will be available in Spring. Contact your coordinator if interested.

Player Ratings

- Mid-year ratings due: October 5

Proper Warmups

- Shannon Vandevelde provided information and examples of dynamic warmups. Her notes are attached below.
- Also see FIFA 11+ Manual: http://f-marc.com/11plus/home/

Systems of Play

- Formations for 7 v 7, 9 v 9, and 11 v 11 were briefly discussed
- No single system of play will be appropriate for every team. Need to design it around your players’ strengths and weaknesses.
- Find a combination that works to integrate your weaker players into the game

Resources (Need help?)

- Contact your Division coordinator or members of Region 2 board (see www.ayso2.org)
- Ask other coaches in your Division for referee help (you’ll return the favor in the future)
- PLEASE consider coaches in your Division as part of the team that will help you make soccer an enjoyable experience for your players.

Team Management Site (TMS): Contact Yui-Bin Chen (web@ayso2.org) if you have any issues/questions about the Team Management Site
DYNAMIC STRETCHING VS STATIC STRETCHING
Shannon Vandevelde, P.T., C.S.C.S.
On the Move Physical Therapy
Shannon@onthemovept.com 626-840-6384

• WHAT ARE THE DIFFERENCES?
  ➢ Static stretching is taking a muscle to a point of tension or end range of motion and holding it
  ➢ Dynamic stretching involves moving parts of your body in a controlled manner and gradually increasing reach & speed

• WHY STRETCH?
  ➢ To warm up the muscles
    ▪ Dynamic stretching gets the blood flowing and gets the muscle ready for sport specific movements
    ▪ Static stretching relaxes the muscle
  ➢ Prevent injuries
    ▪ Static stretching may do the opposite
  ➢ Enhance performance
    ▪ Research has shown that dynamic stretching can in fact increase speed, power, & coordination and that static stretching can actually be detrimental to performance

• WHEN TO STRETCH?
  ➢ Before an activity- dynamic stretching
  ➢ After an activity- static stretching
  ➢ When injured- both are needed

• HOW TO DO A DYNAMIC WARMUP?
  ➢ Start slow 50-60% and progress to 90-100%
  ➢ Don’t hold more than 1-2 seconds- keep moving
  ➢ Think about the sport & movements you want to get your muscles ready to perform
  ➢ Take your static stretches and put them into constant motion

• SOME EXAMPLES:
  ➢ Toe and heel walks
  ➢ Knee hugs, knee to elbow
  ➢ Front/Back, Side/Side straight leg swings
  ➢ Forward, Side, Backward lunges
  ➢ Ankle grabs
  ➢ Hip over & back
  ➢ Step and reach
  ➢ Butt kicks
  ➢ Skips, with twist
  ➢ Hops
  ➢ Stop & Go-forward, back, side
  ➢ Side shuffles, switch & spin
  ➢ Carioca
  ➢ Ladder drills
  ➢ Sprints
REFERENCES


INTERNET RESOURCES


http://www.therapeuticassociates.com/events/dynamic-flexibility-versus-static-stretching-for-warm-up/

https://www.youtube.com/watch?v=Lt6YvDaFmPU

https://www.youtube.com/watch?v=OAUTY4WwE6k

https://www.youtube.com/watch?v=KZpETFmPS5v

DYNAMIC WARM UP VIDEOS

Soccer Dynamic Stretching with Marcelo Balboa by Fitwise Training, Inc. http://www.youtube.com/watch?v=v1q4I1bkKY4

U12 soccer team dynamic warm-up
https://www.youtube.com/watch?v=da3qUhawqd8

Manchester United Training Session - Coaching video 1 https://youtu.be/QKSOkcRO5PY

Soccer Warm Up
https://www.youtube.com/watch?v=g5qbPTsd0vU

Professional Warm Up for Any Sport!
https://www.youtube.com/watch?v=INDe3HPjhw