

Prior Lake Soccer Club Coaches Handbook

2024-2025 Season



WELCOME

SEVEN TASKS OF A COACH

1. Coach games: create an environment which supports and guides players toward giving their best contribution to the game and compete at their highest level.
2. Training sessions: create a fun, safe environment for all players. Make sure it is game based and experiential in teaching. Ask guided questions instead of telling.
3. Lead the team: be a role model and promote the training habits of LEDGE.
4. Lead the players: give players individual, unconditional attention.
5. Manage the Performance Environment: BETTER ENVIRONMENT = BETTER DEVELOPMENT.
6. Leadership: demonstrate coaching actions which are guided by a player centered philosophy in order to accomplish defined team and player goals.
7. Parent communication and engagement: be transparent, be honest, and be open to conversations.

CLUB INFORMATION

STAFF CONTACT INFORMATION

Executive Director: [Kari Ornes](#)

Director of Operations: [Melissa Becken](#)

Administration, Managers, Social media, Uniforms, everything you could possibly need!

Technical Director: [Mike Shebuski](#)

- Training and development plans
- Leading, assisting and mentoring during PLSC trainings

Technical Director: [Jake Jensen](#)

- Equipment
- Lead Keeper trainer
- Video and VEO
- Leading, Assisting and mentoring during PLSC trainings
- Bridge players from recreation league to travel

Technical Director: [Julie Lundquist](#) 952-818-1732

- Coaches resources
- ODP
- Leading, Assisting and mentoring during PLSC trainings
- Tournaments: club development and exposure

Field and Referee Coordinator/Mentor: [Wes Schaller](#)

Recreational Director: [Garth Thoulouis](#)

Executive Board: [PLSC Soccer Board](#)

Age Group Coordinators:

[George Limberopoulos](#) (Girls Coordinator) & [Ryan Flanagan](#) (Boys Coordinator)

- Volunteers who help facilitate interactions amongst Club Staff (Coaches, Directors, Parents, Trainers & Admin).
- Assist staff with activities needing additional organizational support.

CLUB HISTORY

Prior Lake Soccer Club was founded in 1976. In the past 48 years we have built a strong soccer club offering our players the tradition of a community club with high level training and coaching focused on excellence and leadership. Our strong connected culture is one in which all our players know they belong as they discover the joy of learning, being challenged and knowing how great it feels to bring your best. We offer multiple player pathways designed to meet your child where they are at - AND we continue to develop players into elite, collegiate, high school, as well as fun loving recreational players. Prior Lake Soccer Club is interested in developing players of all ages both on the pitch and as leaders in life.

"I am proud to be a part of a strong and passionate non-profit striving to develop intelligent technical and tactical players as well as compassionate people who make positive contributions in their worlds. Our staff provides great care and attention to both individual player development and team dynamics. Our club continues to grow and we now serve over 40 teams in travel soccer in the TCSL Leagues: Cities - Super NPL teams."

Kari Ornes, Executive Director

CLUB CULTURE STATEMENT - LEDGE

WHOLE CHILD DEVELOPMENT THROUGH THE SPORT OF SOCCER

Prior Lake Soccer Club is a community club with coaches who believe and are invested in our community. Our coaches are passionate, knowledgeable about soccer and, most importantly, committed to whole child development. PLSC coaches and trainers are truly invested in your child's growth as a person and as a player.

By focusing on relationships, character development, standards and expectations in sport we bring a uniqueness to the process that we believe is a pathway to success on and off the field.

We believe in whole child development through the sport of soccer and strive to empower players to participate in decision making and problem solving while enjoying themselves and learning about leadership, excellence, discipline, GRIT. LEDGE

We are all striving for excellence with a commitment to maximum effort.

LEDGE: Leadership-Excellence-Discipline-Grit-Enjoyment

COACHING PHILOSOPHY

Philosophies guide our behavior every day by helping us interpret events that happen to us, by serving as the foundation through which our lives develop meaning, and by keeping us consistent and goal – directed.

How to write a coaching philosophy: [Writing Your Own Coaching Philosophy](#)

Coaching philosophy of staff coaches

Kari Majjala Ornes

My coaching philosophy emphasizes individual accountability, respect, mental toughness, team unity and a commitment to hard work. My leadership style would be defined as having high standards in a structured and disciplined but caring environment. My goal for all of my players is to provide a positive experience through sport by creating a climate for athletic development and personal growth. My purpose is to help create life skills that the players will be able to draw upon throughout their lives

Mike Shebuski

The reason I coach is because I love teaching. I enjoy sharing my passion for the sport with others, and the challenge of helping them define and achieve success. I value teamwork, and will challenge players to recognize the enjoyment in working hard and working together. Respect, effort, and communication are of high importance to me. My purpose is to help players recognize the value of hard work and the importance of having good relationships with those around them. As a leader, I try to motivate and inspire players to give their all and create an environment where they feel comfortable taking risks in order to continue improving as players, and as people.

Julie Lundquist

Love, encouragement, curiosity, and joy are my foundations in coaching. I want players to take pride in personal AND team effort and develop a greater sense of confidence. Individual accountability, determination, hard work and team unity is essential. Love is gratitude, abundance and translating goodness into our every action (much different than just being nice). I hope that others can see that in everything we do. I want to help players think critically and creatively, work together, and learn to handle challenges. I will always try to encourage players to compete with themselves and others and to find joy in the challenges. The success other people experience is never a limiter of our own. I have high standards for myself and the players I work with. Good contributions are made when we all work towards bringing out the best in ourselves and in others. Commitment is essential to grow in confidence, development and connection.

PLSC SEASON GOALS

(what you want to accomplish as a club)

Insert 2024/25 season goals here

A to Z COACHING INFORMATION

ADDITIONAL PLAYERS/ SUBSTITUTES

If you are short players for a match and would like to look for additional players, you may call another coach or ask your manager to reach out to another coach in your age group or an age group below to request a “play up” for the game.

Things to include in your email when asking for a play up:

- Date, location and time of game as well as arrival time
- Kit to be worn to game (jersey color, shorts and socks)
- Number of players you are looking for and positions

Once you have secured a player, you will need to acquire player’s information - full name, jersey number and birthdate to “Club Pass” (term used for subs) the player for the game.

Managers will know how to Club Pass players and create a Match Sheet for the particular game

ASSISTANT COACH

Roles and Responsibilities:

- Responsible for assisting the head coach with organizing the team. Position assists with conducting practices, motivating players, and instructing players in game strategies and techniques.
- Organize and direct individual and small group practice/activities as directed by head coach.
- Help provide feedback and encourage growth mindset.
- Attends Coach Development Meetings and other professional activities to improve coaching performance.

CALENDAR AT A GLANCE

AUGUST	<ul style="list-style-type: none"> ● Coaches Fall Kick Off Meeting* ● Coaches and Managers Meeting - August 27 7:00pm - PLSC Clubhouse* ● Team meeting - coaches meet your teams* ● Fall Season Practice Begins* ● Fall Season Play Begins*
SEPTEMBER	<ul style="list-style-type: none"> ● TCSL League play begins September 6 ● Coaches Meeting - September 12 @ 7:00pm at PLSC Clubhouse (Training) ● Observations and evaluations by Technical Directors
OCTOBER	<ul style="list-style-type: none"> ● 10/2 Coaching in the Game: PLHS Boys vs Eastview 7:30pm (working session in stands)* ● Coaches Meeting - October 10 @ 7:00pm at PLSC Clubhouse (Winter) ● Fall League Ends (final TCSL game day Oct 6, final NPL fall match day Oct 27)* ● Fall Tournament Play (TCSL Final 4 - Oct 11-13, Fall Festival - Oct 12-13)*
NOVEMBER	<ul style="list-style-type: none"> ● Mini camps training in the Dome ● Navy team dome time*
DECEMBER	<ul style="list-style-type: none"> ● Coaches Appreciation - December 12 @ 7:00pm at Savage Dome ● Holiday Festival - December 27* (small sided games for PLSC teams in the dome during Prior Lake Winter Break) ● Navy team dome time*
JANUARY	<ul style="list-style-type: none"> ● ADT

	<ul style="list-style-type: none"> ● Navy team dome time* ● Coaches Training Sessions* ● Futsal Tournament * ● Futsal at Prior Lake High School * ● KnowLEDGE Series every Futsal Sunday ● U8-11 Winter Tryouts - as needed ● Coaches Meeting* - Tournament Talk
FEBRUARY	<ul style="list-style-type: none"> ● ADT ● Coaches Training Sessions* ● Navy team dome time* ● Club General Meeting
MARCH	<ul style="list-style-type: none"> ● ADT ● Navy team dome time* ● Coaches Kick Off Meeting* ● Team Dome Time*
APRIL	<ul style="list-style-type: none"> ● Begin coach observations and evaluations by Technical Directors ● Team Dome Time*
MAY	<ul style="list-style-type: none"> ● Coach observations and evaluations by Technical Directors ● League Play begins*
JUNE	<ul style="list-style-type: none"> ● Coach observations and evaluations by Technical Directors ● Technical Tutor ● Town Hall Meetings
JULY	<ul style="list-style-type: none"> ● TCSL Final Four Tournament* ● LEDGE Camp ● U8-12 Tryouts ● U13 - 19 Tryouts

COACHES CERTIFICATION

Safe Sport

Background Check

PLSC will pay for the \$26 background check - code is Background2025. This code will also be provided in the instruction email from melissa once you have registered with GotSport

Got Sport

New Coaches - please fill out this PLSC Coach Registration Link. You will need a headshot of yourself, (no hats or glasses, please), so have that ready to upload

LINK: <https://plsc.sportngin.com/register/form/110351237>

Soon after you fill this out, Melissa Becken will send directions on how to access your Got Sport account, complete your background check, safe sport, and adverse eligibility review. You will need to complete these tasks prior to receiving your coaches card for the season. If you already have a Gotsport account, you can access that and use the

links provided on your dashboard to complete these tasks. But, the registration link above still has to be filled out so I can roster you on your team.

CHC Heads Up

30 minute training on concussion and head safety [Heads Up](#)

[USSF Grassroots Coaching License](#) REQUIRED FOR ALL COACHES (see Coaches Licensure)

COACHING CONTRACTS

Each coach will receive a coaching contract in August for the upcoming year. Please read through the contract, sign and send it back as soon as you receive and sign it.

COACHES LICENSURE

- Grassroots: [TCSL Coach Course Offerings](#)
- US Soccer Licenses: D,C,B,A
[TCSL Coach License Offerings](#)
[Soccer Diplomas/Certification: United Soccer Coaches](#)

COACHES MANDATORY MEETINGS

Coach meetings offer increased technical and tactical learning, leadership, growth mindset, communication, feedback as well as mental aspects of the game. Coaches must attend a minimum of 80% of coach meetings and training sessions offered by PLSC. If coaches do not fulfill attendance of coach meetings and training coaches stipend will be affected.

CO-COACHES

Two coaches that have agreed to share roles and responsibilities for guiding the team. Coaches should have a discussion to understand how to split the roles that are required in a way that they both feel they are able to contribute and feel valued.

COMMUNICATION STATEMENT

Always remember the importance of courtesy in communication and how far our basic manners can smooth connections and relationships with parents and players. Focus on building trusting relationships by being honest, genuine and authentic. Treating others with care and respect goes a long way in building trust.

Things to reflect on prior to first meeting:

- How will you communicate with parents?
 - Written emails?
 - Post practice summaries?
 - After game chats?
 - One on one conferences with players and their parents?
- How do you want parents to communicate to you?
 - Email?

- Phone call?
- 24 - 48 hour rule?
- Season goals (what you want to accomplish as a team)
- Team captains (explanation of captains' duties and how captains are selected)
 - Do you want team captains?

Initial TEAM MEETING email:

- Send all families and an Introduction email.
- You can see samples here: [U8-U11 Team Meeting Template](#); [Team meeting template](#)

Feedback

- How will you give it?
- How and when would you like to receive it?

Parent communication and engagement:

- Be transparent, be honest, and be open to conversations.
- Learn to RESPOND vs. REACT.
- Listen. Listen. Listen.

CONDUCT

- a. Code of Conduct for Players and Parents - [Player-Parent Code of Conduct](#)
- b. Coaches Code of Conduct - [Coaches Code of Conduct](#)
- c. [Zero Tolerance of Referee Abuse](#)
- d. Player Accountability and responsibility
 - i. Teach your players to use tools and resources provided and the discipline to utilize them:
 1. Nutrition
 2. Sleep
 3. Fitness
 4. LEDGE
 - ii. Be competent and proficient.
 - iii. Positivity
 - iv. Growth Mindset
 - v. Encourager
 - vi. Stay Mentally Strong
 - vii. You have been selected to represent PLSC
- e. Bullying and Hazing Statement
 - i. *(insert here)*

EQUIPMENT

- PLSC provides coaches with pinneys, game ball, cones, first aid kit and corner flags for games. Additional equipment is available in the shed at Ryan.

- Technical Director Jake Jensen holds pick up and drop off times for equipment each season.

FIELDS

[FIELDS- priorlakesoccer.org](http://priorlakesoccer.org)

2024 FALL FIELDS

U8 Fields

2 fields:

- 2 at Community Park

U9/10 Fields

6 fields:

- 5 at Ryan
- 1 at Heatherton Ridge

U11/12

6 Fields:

- 3 at Ryan
- 1 at Redtail
- 2 at Community Park

U13+

4 Fields

- 1 at Ryan
- 1 at Redtail
- 1 at Community
- 1 at Schroeders

Field sizes by location:

Ryan: 6 U9/10 fields, 1 U13+ Field, 3 U11/12

Community: 2 U11/12 fields, 2 U8 fields, 1 U13+ field

Redtail: 1 U13 field, 1 U11/12 field

Shroeders: 1 U13 field

GAME SCHEDULE AND ROUTINES

Be clear and consistent about expectations, standards, and opportunities you will be providing.

- Most teams meet 30-45 (ready to go) minutes prior to the beginning of the game.
- Will there be consequences if players are late or not prepared?
- Does attendance affect starting positions?

- What do you expect from your team on game day? For example:
 - Bags lined up in straight line.
 - Players bring all necessary gear and water.
 - All players bring both jerseys to every game.
 - What does “bench” behavior look like?
 - What happens at half time

Consider: What are rituals and routines that can help you teach your team good character traits?

GAME CANCELLATIONS AND RESCHEDULING

Follow all TCSL rules

GOVERNANCE AND POLICY GUIDES

- Policies from national, state, and local governing bodies
 - Weather policies
 - Safety Sport
 - Background Checks
- Team policies
- Risk-management plan
 - Be sure to have your First Aid items packed in your coaching bags. If you are in need of a kit, please contact Jake Jensen. There are some First Aid supplies in the shed at Ryan. It is a good idea to keep Band-Aids, Neosporin, paper towels/Kleenex and wet wipes on hand!
 - Keep completed packet of Player Information/ Medical treatment Authorization/ Liability Waiver/ Release and Consent Form for all players in coaching bag.
 - Contact and emergency contact information
 - Medical release form
 - Signed Athlete code of conduct
 - Accident and injury reports

LEAGUES

- [Twin Cities Soccer League](#) - National, Regional, State, Cities, 5's
- TCSL - [NPL](#)

MANAGERS

Quality communication with your manager builds trust within our teams, within our community and our club. Trust means understanding each other and willing to take responsibility for what we say we are going to do. Always remember the importance of courtesy in communication and how far our basic manners can smooth connections and relationships with parents and

players and managers. We must focus on building these trusting relationships by being honest, genuine and authentic. Treating others with care and respect goes a long way in building trust.

Ask your manager about how they are doing and what tasks they are working on. Ask how they do their work, or what contribution they are concentrating on and what results they expect. As coaches and managers we must communicate with each other about what OUR strengths are, how WE work best, what our values are, and how we plan on making an impact this season.

Your manager is one of your greatest assets and allies.

General Tasks of a Team Manager:

- Schedule practice parents
- Provide coaches with completed packet of Player Information/ Medical treatment Authorization/ Liability Waiver/ Release and Consent Form for all players
- Print off Match Sheet for each game and tournaments
- May plan for other special events/ team bonding events/volunteering or work with volunteer parent
- May plan team dinners at tournaments
- Update the calendar on Sports Engine
- Club Pass guest/substitute players and create a Match Sheet for a particular game when coach requests a “play up”
- Registers for tournaments after coach selects them in conjunction with team
- Checks team in for tournaments
- Helps to reserve hotel room block for tournaments
- Budgets tournament costs, team dinner costs, coaches daily stipend/lodging/transportation etc. that are outside of the “included” PLSC Competitive Soccer Costs

OLYMPIC DEVELOPMENT PROGRAM - ODP

Olympic Development Registration and Tryout Information. Registration must happen prior to the ODP Tryouts. This is a great opportunity for players looking for more competition, training and more great soccer.

<https://www.mnyouthsoccer.org/mnodp>

PLAYER EVALUATIONS AND FEEDBACK

- Middle of season
 - PLSC will provide you with a Mid Season Feedback form.
 - THIS IS A MANDATORY EVALUATION that must be shared with your players.

- Players in the bottom third of your team shall be informed of their placement.
- These are shared with players and family
- End of season
 - PLSC will provide an End of Year Player Evaluation form.
 - These are shared with PLSC.
 - May be used at time of tryouts at the end of the season.
 - Includes a “forced rank: of players into top third, middle third and bottom third
- Feedback (how it’s given, formal and informal)
 - Every moment of feedback both shapes and reflects culture. It can teach teams and individuals but also builds or erodes relationships.
 - Feedback can build trust with players. Trust is both an outcome and a prerequisite of feedback.
 - As youth soccer coaches, we give feedback because we want our players to learn and grow. We want them to succeed. Feedback is not judgment. It is a caring and compassionate guide for our players to reach their dreams.
 - Give constant feedback at practice.
 - Keep it positive (7 positive comments for every 1 negative)
 - There is a nuance of difference between feedback and delivery of factual knowledge and clear instruction.
 - Feedback tends to encompass more than just learning how to move the body and execute skill. It can encompass key concepts of play, leadership, communication and behavioral experiences.
 - Instruction is clear guidance provided to athletes after an initial effort at executing a skill, movement or pattern. Feedback MUST be high on personal care.
 - Feedback is telling someone what we think of their performance and how they can do better. This doesn’t always help players thrive and excel and sometimes can hinder learning. HOW we do this greatly affects performance improvement.

PLAYING TIME

Different levels of play will have different expectations and challenges for players and coaches when it comes to playing time. Playing time is something defined throughout an entire season (practices and games), not a single game. Consider these factors when determining what’s right for your team: age, playing level, commitment/communication, coachability, special events, travel, injuries, and score.

- AGE – Teams at younger ages should attempt to have fairly equal playing time – the goal is development. As players get older, additional factors MAY impact playing time.
- PLAYING LEVEL – Decisions on playing time may look different for a team according to their league. Coaches with specific questions for the group they have should use this resource and reach out to the PLSC Directors with questions.

- COMMITMENT/COMMUNICATION – Quite simply put, attendance may impact playing time or starting lineups. Expectations should be clearly laid out prior to the season - be careful not to overdo rules and paint yourself into a corner. “If you’re not at practice, you can’t play/start” can be tricky if players are gone for a family emergency or other acceptable reason. “Playing time, or decisions on starting lineups, may be impacted by attendance at team events” allows room to approach situations individually. Communication and conversations are a must if using commitment to determine playing time. Please keep in mind all players are not able to drive, and therefore are not always in control of their ability to get to practice. Communication from families in advance of being gone allows for appropriate planning/adjustment and can impact a team differently than a player that doesn’t attend and doesn’t let anyone know. Please be sure to think these situations through carefully. Reward players that are present, but don’t punish players that are not.
- COACHABILITY – Rewarding players that are doing all the right things in practices and games by giving them opportunities is important. As players get older and are on more competitive teams, coaches may have some non-negotiables that have been communicated to the team - it may be OK to let your team know that players repeatedly not _____ *(insert team non-negotiable) after positive encouragement and reminders may have their playing time impacted. For example, players that continue to push forward and not get back defensively after encouragement and reminders may need to come off and discuss. When players are unsuccessful at implementing tactics or techniques, be aware of their energy level (are they tired?), are they trying (have you broken down the skill and explained it?) and are you asking players to perform skills and tactics you have coached.
- SPECIAL EVENTS – Older teams playing in tournaments with substitution limits, teams playing in showcase events, teams traveling to out-of-state tournaments – examples of special events that may impact playing time decisions both ways.
- TRAVEL – Committing to, and paying to, travel out-of-state for games or a tournament is certainly a factor to recognize and think about when looking at playing time on the road. As always, be upfront and honest about your strategy for substitutions if it will be different from past games.
- INJURIES/FATIGUE – Player health and safety is always a priority, and spreading out playing time can help protect some players from overuse or injuries due to fatigue if games are stacked together. Adjust accordingly, and don’t let “team rules” take priority over player health and safety.
- SCORELINE – If the game result is no longer in doubt, can playing time be adjusted accordingly?

GENERAL THOUGHTS FOR EACH AGE GROUP

- U8 – Players should play fairly equal amounts. Finding a rotation/pattern to use can be quite helpful to ease the burden of tracking who goes where, and when, during games.
- U9-U10 - Players should play fairly equal amounts. Coaches may start to tie some behavior and attendance into starting roles.
- U11-U12 – Some adjustments to playing time can start at U11 and continue at U12 based on factors mentioned above. Also, there’s the reality that sometimes we have players on teams that allow others around them to be more successful when they’re out there. These players may see more field time than others, but other should still see equal amounts – meaning there are not certain individual players that are consistently seeing a lesser amount of time without

- U13+ - Gradually working towards earning time based on the factors mentioned above. Coaches should look to get players a fair amount of time and are expected to communicate procedures with the team/parents as well as the PLSC Directors.

REGARDING POSITIONS AND GOALKEEPERS

At the younger ages, we encourage coaches to rotate players to allow them the opportunity to play different positions. At the same time, we also want to set players up for success. At times we have to be aware of not putting players in a position where they may be in over their head – also important to talk with parents if feeling the need to make this kind of adjustment.

Here are two different approaches to rotating players:

- Within the game, plan a rotation that allows players to see different spots on the field. A U10 team with 11 players that plays a 1-2-3-1 may choose to think of the 2 defenders and the 1 central midfielder as a block, and the 2 outside midfielders and the 1 forward as a block; then if you just played in one block, you'll go back into the other. You may also consider having players play mostly spots within the same block for a single game. This can aid players who may get confused moving into multiple roles on the field.
- Allow players to focus on a certain position for the game and rotate positions from game to game. For example, a U10 team with 11 players that plays a 1-2-3-1 may choose to play with 1 GK, 3 players rotating in the 2 defensive spots, 6 players rotating in the 3 midfield spots, and 2 players rotating up front.

GK's – younger ages should plan/allow a goalkeeper rotation. Some may gravitate to the position, but have the conversation with the player/parent about what's right in terms of allowing them to experience field play as well. Come up with a plan on what it can look like, and who is interested. Strongly encourage coaches to have the plan for the goalkeeper set prior to arriving at the field for the game – as sitting with the team at warm-ups and asking for a volunteer or having to assign a goalkeeper is never fun. Plan ahead! Encourage players to give it a try – have them attend keeper training and find ways to make the position less stressful.

When is the right age to start looking for a full-time goalkeeper? Tough question to answer. Typically we see rotations in 9's and 10's, and start to see the number of players included become limited at 11. From our coaches experienced in working with goalkeepers, if you do have players interested in playing full-time keeper, it may be good to have them try playing full games at 11 instead of just a half. This allows them the experience of playing a full game in goal.

PRACTICE SCHEDULE AND ROUTINES

Be clear and consistent about expectations, standards, and opportunities you will be providing at practice. Things to consider

- Practice Nights locations and times
- What are your expectations as players arrive? What activities would you like to see them doing?

- What is your warm up routine? Can you provide players opportunities for leading during it?
- Have you established a respectful culture of listening, keep soccer balls quiet and still during demonstrations/coaching points?
- Are you constantly working on building a good team culture of cooperation, trust and how to be good team mates?
- Have you incorporated expectations of what hard work and focus looks like?
- Are you clear about what behavior is acceptable during water breaks?

Practice Parents are a necessary part of our club.

- Be sure to have a Practice Parent at every practice. It is so helpful to have an extra set of hands if needed. Invite the parents to sit close enough to be a good observer of your session!
- Managers schedule practice parents

Player Absences:

- Follow up with players when they miss practices.
- Ask parents to text you prior to practice and let you know why their child will be missing (even if they rsvp to SportEngine).
- Stay connected with your players and follow up with them before they miss a handful of practices.
- Check in and inquire how they are doing and feeling about soccer - especially if they are missing without reason.
- Sport is a great place for players to learn about team, connection and belonging.

Coaches Absence

- Reach out to other coaches and switch team dome training nights
- Reach out to coaches who are sharing the same time as you and see if they are willing to combine teams for training that night.
- Contact another coach to see if they are willing to cover. Many coaches "trade practices" to help cover for each other.

Team Dome Time Training

Each training session is ONLY 60 minutes on a 1/3 of a small field in the dome come organized with your plan and ready to go

We want the players working with the ball as much as possible during the 60 minutes, so get them going right away!

You will find pug goals, pinneys and cones between fields 1 and 2.

If you are the last team to practice, be sure to put the gear away in the storage area behind the dome office. We have the bottom of the shelf section located in the far left hand corner.

If you can't make it at all and are going to cancel, please let us know because we can offer that space to another team. The club covers the cost to rent the space so we don't want it to sit empty.

PLSC RESOURCES SECTION

- **Nutrition, speed and agility, leadership, etc.**
- **Certifications for Coaches**
- **Reference Library (link)**
- **Rules of the Sport**
- **[TCSL League Rules](#)**
- **Technical and tactical skill books, tapes, and articles**
- **Physical conditioning and nutrition articles**
- **Mental training articles**
- **Character development articles**

SOCIAL EVENT PLANS AND TOURNAMENT TEAM ACTIVITIES

- Team meeting agendas – be organized!
- Plans for other special events
- Working with your Manager
- Volunteer activities

TEAM CULTURE

Team Leadership Training and KnowLEDGE Series on Futsal Sundays at PLHS

Always work on TEAM CULTURE every minute.

How to develop culture

Develop a sound coaching philosophy

Adopt long and short term perspective and goal

Stick to your well thought out plan when adversity hits

What is your leadership style as a coach?

Coaches' leadership style affects culture!

Create behavioral Guidelines

How many rules? What is below the line?

Positive Team Culture

- Involve athletes in team goal setting
- Give athletes responsibility

- Respect
- Teach athletes to reward each other
- How we practice
- Nature of sport (creative/ soccer)
- Power/structure/status

TEAM CAPTAINS

- Consider how you will select captains for games.
- Be clear and consistent about how you are choosing captains. Some examples include:
 - Rotation
 - Reward leadership during practice
 - Must have attended practice the game/week prior to game
- Be clear about what the “duties are for your captains.
 - Coin toss
 - Speaks to referee
 - Leads warm ups
 - Checks in with goalkeeper/ coach to see what end they would like to defend

TEAM MANAGER

Financial Records

- Income sources
- Expense sources
- Receipts
- Reimbursement requests and receipts
- Fundraising

TOURNAMENTS

We recommend talking about tournaments at your first team meeting and deciding how many tournaments you would like to play in during Fall season and Spring/Summer season. January is a great month to set your tournament calendars for the summer season. It seems early! However, families appreciate the advance planning - AND you can score some discounts if you get going soon.

OUT OF TOWN TOURNAMENTS

When you are considering your tournament choices, please know out-of-town tournament travel is always optional. Many teams LOVE to include an out-of-town tournament in their schedules. We recommend considering an early season out of town tournament (April, if possible!) to help your team connect and build cohesion by spending quality time traveling,

enjoying meals together and playing good quality soccer. Early tournaments can help prepare you for your upcoming league play. Younger age groups (U10-12) could consider tournaments in Iowa, Kansas or Illinois. Indeed, there is always the potential for snowstorms and inclement weather – but the benefits far outweigh the risk. It can be even more fun if we can travel more than one team together as a club and enjoy watching other games and cheering each other on. It is typical for younger teams to choose tournament locations where families can drive. Older teams may choose to consider flying to Arizona, Texas, Florida, Las Vegas, etc. I have included some links to tournaments that our clubs have had experience playing in. You can find many more by searching in the Got Soccer links below.

Coaches stipends for out of town tournament is \$45.00 per day per coach. Coaches do not need to turn in receipts for the \$45 per day. However, please keep receipts for Hotel and transportation. These expenses will be paid for by the team. Work with your manager to set a budget and per player cost for tournament play.

Another good way to increase team bonding and build good culture is to consider adding “extras” to the tournament. A few ideas that have proven track records are 1. Assigning Tournament “Buddies” and ask that buddies create a door decoration for each other. (be sure someone brings masking tape!!). 2. Buddies can be asked to provide a small” welcome bag of healthy snacks or a favorite treat for their buddy on arrival. 3. Ask your manager or parent volunteer to plan a team dinner or other activity 4. For U15 and above you can incorporate college visits/tours. If you are unable to make an official college visit work, you can do a DIY tour on your own. Even ask small groups of players to lead the tour – one who has the map and can point out areas of interest; another who knows main majors and how long does the average graduation take, maybe a bit about the college culture and cost/number of students, etc.

Finally, when choosing a tournament it is a good idea to talk with your team first and ask your team what type of travel players and parents are interested in. It can take a bit of work to find tournaments that match up with the availability of your families, but it is worth the extra effort. Be clear with families that you will work to select options where everyone can attend – but sometimes spring and summer personal schedules are already full. At times, players do miss tournaments. Be clear about how you are going to handle the cost of tournaments (divide by team? Divide by the number of players in attendance?). Typically, if players have committed to the dates, they are responsible for paying their share of the tournament fee costs even if they can’t attend.

TRAVEL POLICIES

[Traveling Expectations](#)

UNIFORMS

Home game uniforms are NAVY Jerseys, NAVY Shorts, NAVY Socks or Maroon Tryout Jersey, Navy Shorts, Navy Socks

Away game uniforms are WHITE Jerseys, NAVY Shorts, WHITE Socks. or White Tryout Jersey, Navy Shorts, White Socks.

VEO

You can reserve the VEO for recording your games and scrimmages
Contact Jake Jensen. devtech@priorlakesoccer.org

Veos will be checked in and out at the PLSC Clubhouse (15975 Franklin Trail SE). Availability will be based on when requested, age, number of games recorded, and level of play.

If the Veo is available, the team will be responsible for picking it up from the clubhouse and transporting it to and from the game.

Teams will record their games and then return the VEO to the PLSC Clubhouse.

Jake Jensen will upload the game and send a link to the coach/manager. The link can be shared with the team.

WEATHER POLICY

Please be patient! We will be notified at 3:00pm of any field closures via email from PLSC Admin. Please do not email or call prior to this time.

SEVERE WEATHER POLICY

5.1. Lightning Policy

The safety of the players, coaches, management and spectators are of primary concern during any weather event that occurs during a match. The Referee has final say over delaying a game due to weather (with the exception of TCSL-sponsored tournament events, where tournament administrators own this responsibility). Waiting to stop play and clearing the area may result in a serious injury or loss of life. Act responsibly when dealing with such events during all games.

For all TCSL league matches that are scheduled by the home club, who is also responsible for assigning referees to the match, any visible lightning should result in an immediate suspension of the match with all players, coaches, spectators, and referees

seeking shelter immediately. The match may not resume until 30 minutes has elapsed since the last lightning strike.

For all TCSL-administered tournaments, any lightning that is tracked via an approved application within eight (8) miles of the facility will result in an immediate suspension of the match with all players, coaches, spectators, and referees seeking shelter immediately. The match(es) may not resume until 30 minutes has elapsed since the last lightning strike.

5.2. Hot Weather/Heat Index

Teams and Referees should reference the heat index as reported by OSHA.

Up to 89 degrees: normal play.

90-99 degrees: two-minute water breaks (running time); each half shortened by five minutes.

100-105 degrees: two-minute water breaks (running time); each half shortened by 10 minutes.

106 degrees and above: play suspended

5.3. Cold Weather

“Feels like” temperatures of 40 degrees and higher: normal play.

“Feels like” temperatures of between 33 degrees and 39 degrees: each half shortened by 5 minutes.

“Feel like” temperatures of 32 degrees or below: play suspended

5.4. Air Quality

Air quality is rated by the Environmental Protection Authority (EPA) with an air quality index (AQI) ranging from 0-500 that reflects the five major air pollutants: ground-level ozone, particle pollution, carbon monoxide, sulfur dioxide, and nitrogen dioxide. The EPA has established national air quality standards for each pollutant to protect our health.

Any athlete or team personnel who develops cough, chest tightness, wheezing, or shortness of breath should not exercise outside when the air quality is bad.

TCSL matches are to be postponed if the AQI reaches greater than 200.

STYLE OF PLAY

FORMATIONS

[Player Centered Development](#)

Game Models

[Numbering Systems](#)

U8: 5 v 5

U9/U10: 7v7

U11/12: 9v9

U13+: 11v11

COACHES RESOURCE PAGE PLSC

KEY CONCEPTS OF PLAY

PLAYER DEVELOPMENT PLAN

[PLSC Development Tracks](#)

STRIVING FOR TECHNICAL EXCELLENCE. COMMITTED TO MAXIMUM EFFORT
PRIOR LAKE SC
 LEADERSHIP EXCELLENCE DISCIPLINE GRIT ENJOYMENT

PLAYER DEVELOPMENT PLAN (PDP) <i>Defines what is important to PLSC, what we want to achieve and how we are going to achieve it. The PDP can be used to determine areas of focus for ALL players.</i>							
	PRIORITIES Key Qualities	CONCEPTS Understanding of an Idea	PLAYER ACTIONS				
U6-U8 (4v4)	<ul style="list-style-type: none"> • Enjoyment • Engagement • Ball Mastery • Scoring goals • Prevent goals from being scored • Sportsmanship • Laws of the game • Physical literacy 	<ul style="list-style-type: none"> • Shape <ul style="list-style-type: none"> ◦ When and how to spread out ◦ When and how to make it compact 	<table border="1" style="width: 100%;"> <thead> <tr> <th style="width: 50%;">Attacking</th> <th style="width: 50%;">Defending</th> </tr> </thead> <tbody> <tr> <td> <ul style="list-style-type: none"> • Shoot with proper technique • Pass or Dribble forward to exploit space or maintain possession. </td> <td> <ul style="list-style-type: none"> • Protect the goal • Steal the ball • Make/keep it compact • Pressure ball </td> </tr> </tbody> </table>	Attacking	Defending	<ul style="list-style-type: none"> • Shoot with proper technique • Pass or Dribble forward to exploit space or maintain possession. 	<ul style="list-style-type: none"> • Protect the goal • Steal the ball • Make/keep it compact • Pressure ball
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U9/U10 (7v7) 1-2-3-1	<ul style="list-style-type: none"> • Decision making • Ball Mastery • Technical ability • Tactical understanding (offense/defense) 	<ul style="list-style-type: none"> • Attacking: build up throughout the thirds • Defending: prevent build up throughout the thirds • Create triangles on the field <p>Link will bring you to the library of US SOCCER. Choose the correct game model and look for the training topic you are focusing on. https://dcc.ussoccer.com/planning2/sessions/overview/official</p> <p>US SOCCER GRASSROOTS ROADMAP https://static.usdccc.com/users/3177/426129/grassroots-roadmap.pdf</p>	<table border="1" style="width: 100%;"> <thead> <tr> <th style="width: 50%;">Attacking</th> <th style="width: 50%;">Defending</th> </tr> </thead> <tbody> <tr> <td> <ul style="list-style-type: none"> • Spread out to create passing options • Create a 2 v. 1 or 1 v. 1 • Change point of attack • Ball Control <ul style="list-style-type: none"> ◦ Trap (ground/air) ◦ Composure with ball ◦ Dribble (in hula hoop) </td> <td> <ul style="list-style-type: none"> • Outnumber the opponent • Mark the player/mark the area • Get into passing lanes </td> </tr> </tbody> </table>	Attacking	Defending	<ul style="list-style-type: none"> • Spread out to create passing options • Create a 2 v. 1 or 1 v. 1 • Change point of attack • Ball Control <ul style="list-style-type: none"> ◦ Trap (ground/air) ◦ Composure with ball ◦ Dribble (in hula hoop) 	<ul style="list-style-type: none"> • Outnumber the opponent • Mark the player/mark the area • Get into passing lanes
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U11/U12 (9v9) 1-2-3-3/1-2-4-2/1-4-3-1	CUMULATIVE	<ul style="list-style-type: none"> • Take initiatives, be pro-active • Intentional, focused training • Take responsibility and accountability for their own development and performance • Leadership • Read & understand the game 	<table border="1" style="width: 100%;"> <thead> <tr> <th style="width: 50%;">Attacking</th> <th style="width: 50%;">Defending</th> </tr> </thead> <tbody> <tr> <td> <ul style="list-style-type: none"> • Change the pace and rhythm of game • Switch positions • Change directions of play • Combination Play • Create diagonal passing lanes • Support the attack </td> <td> <ul style="list-style-type: none"> • Stay involved • Pressure, cover, balance </td> </tr> </tbody> </table>	Attacking	Defending	<ul style="list-style-type: none"> • Change the pace and rhythm of game • Switch positions • Change directions of play • Combination Play • Create diagonal passing lanes • Support the attack 	<ul style="list-style-type: none"> • Stay involved • Pressure, cover, balance
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U13+ (11v11) 1-4-3-3	<ul style="list-style-type: none"> • Organization • Commitment • Optimal Physical • Optimal Technical • Maximize Training • Maximize Potential 	<ul style="list-style-type: none"> • Positional Dominance vs. Skill dominance <p>Link will bring you to the library of US SOCCER. Choose the correct game model and look for the training topic you are focusing on. https://dcc.ussoccer.com/planning2/sessions/overview/official</p> <p>US SOCCER GRASSROOTS ROADMAP https://static.usdccc.com/users/3177/426129/grassroots-roadmap.pdf</p>	<table border="1" style="width: 100%;"> <thead> <tr> <th style="width: 50%;">Attacking</th> <th style="width: 50%;">Defending</th> </tr> </thead> <tbody> <tr> <td> <ul style="list-style-type: none"> • Positional flexibility • Get numbers in the box </td> <td> <ul style="list-style-type: none"> • High Pressure and Low Pressure </td> </tr> </tbody> </table>	Attacking	Defending	<ul style="list-style-type: none"> • Positional flexibility • Get numbers in the box 	<ul style="list-style-type: none"> • High Pressure and Low Pressure
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PRACTICE AND TRAINING PLANS

Season instruction plans

Include Yearly Overlap with seasons, training, mini camps, ADT, Futsal, winter leagues

Practice schedules

Practice plans

[PLSC Training Plans](#)

Physical training and conditioning plans

Provide your athletes with information about the technical and tactical skills you will be teaching and practicing. This could be in the form of descriptions and photos of specific skills, offensive and defensive plays, and copies of articles you've collected about the technical and tactical skills of your sport.

Injury prevention guidelines (information on the importance of warming up and cooling down, proper use of equipment, unsafe practices, and personal hygiene)

SKILL DEVELOPMENT AND INDIVIDUAL DEVELOPMENT PLANS FOR NPL TEAMS

Focus: IDP Combined with Team Skills (See above for inspiration for Player Development Plan; good documentation for knowing what athletes are above or below expectation of certain skill sets)

1. Spring plan for training
2. 3 weeks defending
3. 3 weeks finishing
4. 3 weeks positional problem solving 4-3-3
5. 3 weeks positional problem solving 3-5-2

Creating an IDP w/ each player

1. Film Review (w/ coaches)
2. Trackable
3. Expectations
4. Functional
 - a. Training
 - a. Fuel & Strength

Mental Development

PHYSICAL FITNESS FOR NPL TEAMS

Extra 30 Minutes on Field

A. Fitness Tests - Spring and Fall

1. 20 yard and 40 yd sprint (agility and explosiveness)
2. T Run (accelerate, decelerate, change direction)
3. Push Ups In 1 min (strength)
4. Sit Ups in 1 minute (strength)
5. Squat to target (time)
6. 300 yd shuttle (anaerobic)...100yd or 50 yards. (1 Run 300 (x50 yard shuttle) , rest 2 minutes, repeat)

More fitness out & in season

- Physical conditioning
- Provide information on energy and muscular fitness training for your athletes pre-, in-, and postseason.
- Injury prevention guidelines (information on the importance of warming up and cooling down, proper use of equipment, unsafe practices, and personal hygiene.
- Athlete guide to nutrition
- Mental-training guidelines

