



FUSION RECREATIONAL PROGRAM

HOW TO GET THE SEASON STARTED RIGHT – THE FUSION WAY

July 2024



**ARE YOU
READY?**





WELCOME

What is the objective of the Recreational program?

The program is designed to give each player the chance to play for the love of the game without the emphasis of high-level competition and time commitment. The purpose of the Recreation Program is to provide an opportunity for the participant to have fun, learn the sport and develop life skills including a life-long love of the game.



Livermore Fusion Team

- Tony Sorensen – President
- Ben Graham – Executive Director
- Greg Rubendall – Director of Coaching
- Alec Taylor – Boys Technical Director
- Gio Monroe – Girls Technical Director
- Marc Beard – Youth Technical Director
- Lacey Wyatt – Rec Program Coordinator & Club Administration Manager
- Summer Eichenberger – Club Operations Manager

Strategic Plan



Soccer GOALS

Goals that are related to the soccer aspects of our club



Business GOALS

Goals that are related to the business aspects of our club



Long term Goal
Club training facility – Club House

EVENTS

Fusion Frenzy Golf Scramble

Friday, August 16th

4-Man Scramble

Wente Vineyards Golf Course

9AM - 6PM



Fusion Night Out!

Saturday, October 12th

Location TBD

Live band, raffle, auction etc...

6PM - 11PM





Youth Soccer Players

- Why do youth play soccer?
- Why do you coach youth soccer players?
- What are the needs of youth soccer players?
- Are we meeting the needs of our players?
- Are we looking to improve?



Recreational Support

- Director of Coaching and Support
- Seasonal Curriculum – Play-Practice-Play Sessions
- Fusion Fridays
 - Start the second Friday in September
 - Details to follow in an email
- Coach Education & Assistance
 - In-person training sessions
 - Training session printouts & videos
- [COACH EDUCATION PAGE](#)
- [SKILLS LIBRARY](#)

Training Session Guideline



U13+ Age Group – 11v11 – Full Field (110y x 75y)

Warm Up

- Dynamic Warm Up/Coordination movements

Technical competency

- Dribble/Pass/Shooting/Tackle
- One focus, simple guidance and simple outcomes

Small numbered exercise (1v1 – 2v1 – 2v2 – 4v2)

- In small areas (10 x 15 yards) set up game situations that focus on the topic of practice. If dribbling, 1v1 to n-zones. If passing, 2v1 to n-zones. For example

Small sided games or attack vs defense

- Play a game or scrimmage which has a rule or condition that also can be awarded with a goal. Example: If you dribble over the goal line or pass to a teammate = a goal
- Att vs Def: Set up with numbers such as 4 attack vs 3 defenders. Focus on the topic still and play to a goal. Additional focus should be on positioning and roles.
- Finish with a scrimmage for 10 minutes. No rules.

7v7 Game (25 mins)



Organization:

- Regulation 7v7 game
- In game teaching moments

Coaching Points:

- Movement to create passing lanes
- Opposites (8 & 9)
- Support attack
- Patience
- Awareness (Scan shoulder)

Coach Equipment

- Every player receives a ball
- Coach receives 20 cones (2 colors)
- Bibs/Pinnies – Enough for 50% of your team
- Coaching Curriculum online
- Weekly Email Support & Assistance

Fusion DNA – Fusion principles

- Each week will focus on a principle which the coaches should incorporate into the practice and games for the players to learn from.
- EG: Teamwork – Sportsmanship – Respect – Positivity



Concussion Protocol

Cal. Health & Safety Code § 124235(b)(3).

- All youth sports organizations must offer concussion and head injury education, or related educational materials, or both, to each coach and administrator of the youth sports organization on an annual basis. Id. at § 49475(a)(4); The materials must, at a minimum, include the information related to head injuries referenced above. Cal. Educ. Code § 49475(b)(1);
- All youth sports organizations must require their coaches and administrators to successfully complete concussion and head injury education at least once, either online or in person, before supervising an athlete in an activity of the youth sports organization. Id. at § 49475(a)(5);

Concussion Protocol

Players in U-11 programs and younger shall not engage in heading, either in practices or in games.

Limited heading in practice for players in U-12 and U-13 programs. More specifically, these players shall be limited to a maximum of 30 minutes of heading training per week, with no more than 15-20 headers per player, per week.

Clubs should be aware of circumstances in which individual consideration is needed.

For example:

- A 10 year old playing at U-12 or older should not head the ball at all.
- An 11 or 12 year old playing at U-14 or older should abide by the heading restrictions in practice.

- Referees should enforce these restrictions by age group according to the specified rules. Referees will not be assessing the age of individual players on the field; they will enforce the rules for the age group.
- **In adherence to these requirements, referees have been instructed by U.S. Soccer of the following rule addition:**

When a player deliberately heads the ball in a game, an indirect free kick (IFK) should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred.



Administration

- Livescan
- Team formation (geographic, parity)
- Contacting players
- Player registration – Done via website
- Team Names
- Player Passes (U13-U19 only)
- Game Cards (U9-U12 only)



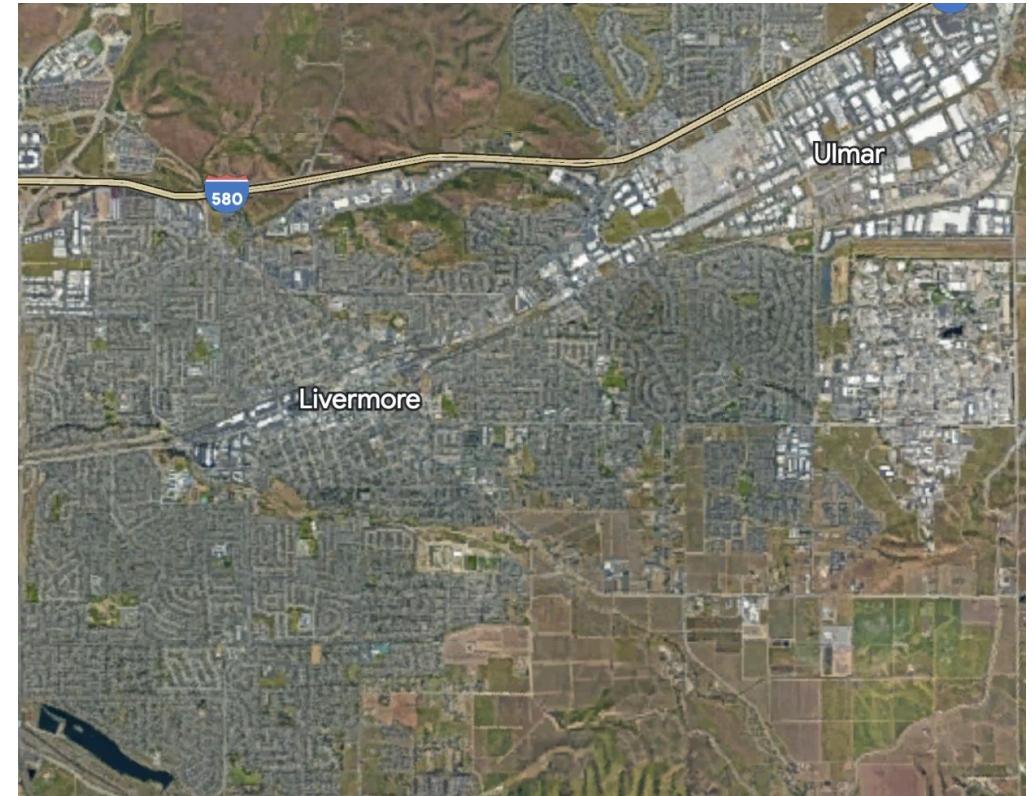
Practice Fields

Fields NOT available for use

- ❑ Max Baer
- ❑ Independence Park (Kellman)
- ❑ Robertson Park Turf Field and Grass
- ❑ Cayetano
- ❑ Altamont Creek
- ❑ Croce

Locations available to use for practice

- ❑ Robert Livermore
- ❑ Hagemann
- ❑ Sunset
- ❑ Bill Payne
- ❑ Any small neighborhood park
- ❑ Some school fields are open. Please ensure they don't lock before you finish





Practice Fields

*Please remember that we do not rent the fields for practices, and they are all on a first come, first served basis.

*Work with each other at the fields to fit as many in as possible

*Be aware of Daylight savings. Change your practice times to ensure you do not go into darkness suddenly (November 6th)
Example: August daylight ends at 7:30pm and end of September by 7pm, etc

*Codes will be provided the Friday before Kickoff Weekend to ensure all equipment is in season ready condition.

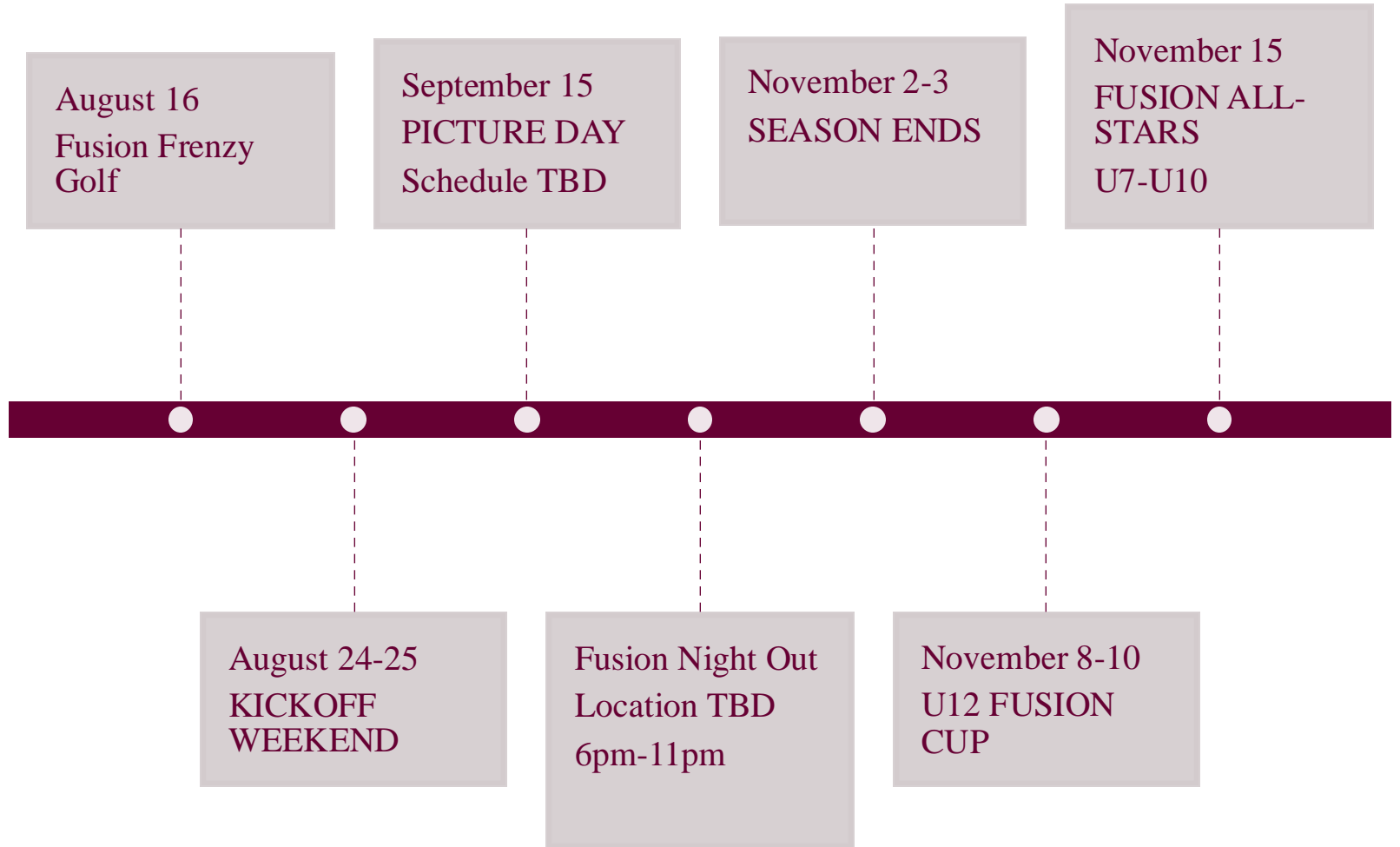
*If you use goals and equipment at any of the game day fields you MUST return it to the proper area and lock everything up.

Scheduling



- Kickoff Weekend > August 24-25
- U7-U10 World Cup > November 15th
- U12 Fusion Cup > November 8th-10th
- All Super Rec teams (U13-U19) - Matches are determined by NorCal Premier, schedules released early-mid August
 - Rec Program Coordinator will connect with coaches directly to schedule matches
- All U5-U12 team game scheduling is managed in-house by Fusion staff.
 - Requests shall be submitted via link provided; Reasonable accommodations will be made when possible

Recreational Calendar



Recreation Coach Tasks

- Get coaching equipment SATURDAY, July 27
 - NEW LOCATION! EDGE Performance Center
- Contact your players and let them know they are on your team ASAP & provide schedule info if possible.
- Connect new Assistant Coach volunteers with Lacey to get started on the clearance requirements BEFORE allowing access to the players.
- (U9 – U12) Standings will be determined by game cards so make sure to submit scores promptly.
- U13 – U19 NorCal Premier Super Rec Division
- Code for goals around Livermore to be sent via email the Friday before Kickoff Weekend
- Attend coaches training(s): Info sent via email and posted at fusionsc.org/communitycoach



Team publicity and stories

Please send in your team successes and stories throughout the season. We have a dedicated publicity position who will share on all social media, the website and in our new newsletter!!

PR@fusionsc.org



We have a lot of cool things to shout about and help us do that by sending in pictures and stories!

Contacts



- Fusion Office Number - 925-443-7570
- Soccer Post - 925-803-4435
- Executive Director - ben@fusionsc.org
- Director of Coaching - greg@fusionsc.org
- Youth Technical Director - marc@fusionsc.org
- Technical Director of Boys Programs - alec@fusionsc.org
- Technical Director of Girls Programs - gio@fusionsc.org
- Club/Rec Program Admin - lacey@fusionsc.org
- Field Conditions: LARPD Turf Hotline – 925.373.5702

REMEMBER...

Sportsmanship above all else

