



COACHES INFORMATION MEETING

SPRING '24 LEAGUE

AGENDA



- Season overview
- Coach registration
- Demosphere
- Equipment / Uniforms
- Game Format Summary
- Weather
- Pre-season preparation
- Soccer coaching resources
- Player safety
- Conduct & Feedback
- Age Group Coordinator (AGC) list
- Questions

SEASON OVERVIEW



- THANK YOU for volunteering to be a coach in the WSC spring league
- Practices
 - Start the week of April 1.
 - Complete practice field request if you haven't.
 - 1 practice per week, 1.5 hour (G3+) or 1 hr (GK,G1,G2).
 - Share field with another team.
- Games
 - Start Saturday, April 6. Last games May 11 or 18.
 - Game schedule is being created now.
 - G2-G8 schedule will be posted on [THJSL site](#). Micro schedule will be posted [here](#).

COACHES INFORMATION



WESTSIDE SOCCER CLUB

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Wednesday, March 20, 7 pm
(Zoom link to be posted here)

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G2-HS Game schedule change
request

COVID-19 Info

My Demosphere Login

Demosphere Guide

Parent Email Template

Team Meeting Template

Equipment information

Referee Feedback Form

COACHING EDUCATION

Coaches Education Document

OYSA Soccer lesson plans

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head_coach@westsidesoccerclub.com

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THANK YOU FOR VOLUNTEERING!

COACH REGISTRATION



- In order to be on the field with players, all coaches must complete the following:
 - Registration on WSC website
 - Concussion training
 - SafeSport training
 - OYSA background check
- Make sure ALL your assistant coaches have completed ALL requirements before they coach. If the coach is not on your roster, their requirements are not complete.

DEMOSPHERE



- Once teams are released to APPROVED coaches, rosters can be retrieved from the Demosphere website by following the [Demosphere Guide](#) found on the [Westside Coaches Information](#) web page.
- Contact head_coach@westsidesoccerclub.com for your roster if needed.
- Use the mobile app for team communication, instead of the website. To log in, use the same email and password you used to register.

Demosphere Mobile App Communication Demo - March 21, 12:30 ([Registration](#))

EQUIPMENT / UNIFORMS



Equipment

- Coaches with an assigned team can pick up an equipment bag during the following times.
 - March 23 & 30
(8231 SW Cirrus Dr, Bldg 16, Beaverton - shipping door on west side of building)
 - After March 30
Self-help bin (@ Bill Kanable, wwsc.kanable@frontier.com)

Uniforms

- GK/G1
 - Jerseys are given to coaches by the Micro Coordinator. The coach distributes to players.
- G2-HS Uniforms
 - Purchased by the players at Tursi's Soccer. It is OK to reuse uniforms as long as they fit.



GAME FORMAT SUMMARY

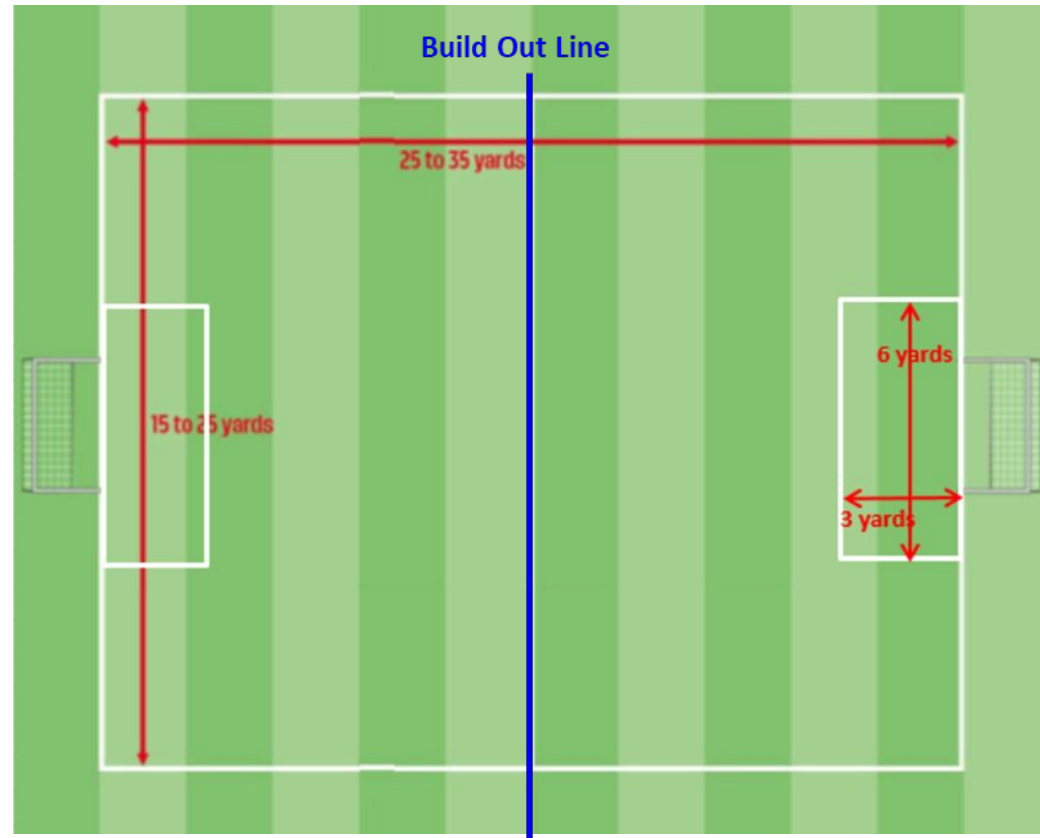


	GK/1	G2	G3/4	G5/6	G7/8
Ball Size	3	3	4	4	5
# of Players	4 v 4	4 v 4	7 v 7	9 v 9	11 v 11
Field Size (LxW, yds)	25-35 x 15-25	25-35 x 15-25	55-65 x 35-45	70-80 x 45-55	100-110 x 55-70
Game Time	4 x 10 min	4 x 10 min	2 x 25 min	2 x 30 min	2 x 35 min
Offsides?	X	X	✓	✓	✓
Goalie?	X	X	✓	✓	✓
Goalie Punting Allowed?	X	X	X	✓	✓
Intentional Heading?	X	X	X	X	X
Slide Tackling?	X	X	X	X	X
Build Out Line?	✓	✓	✓	X	X

[Complete Westside Soccer Club Micro Rules](#)
(>Game Information/Rules)

[Complete THJSL G2-HS Rules](#)
(>About Us>THJSL Rules of Play)

BUILD OUT LINE (Micro/G2)

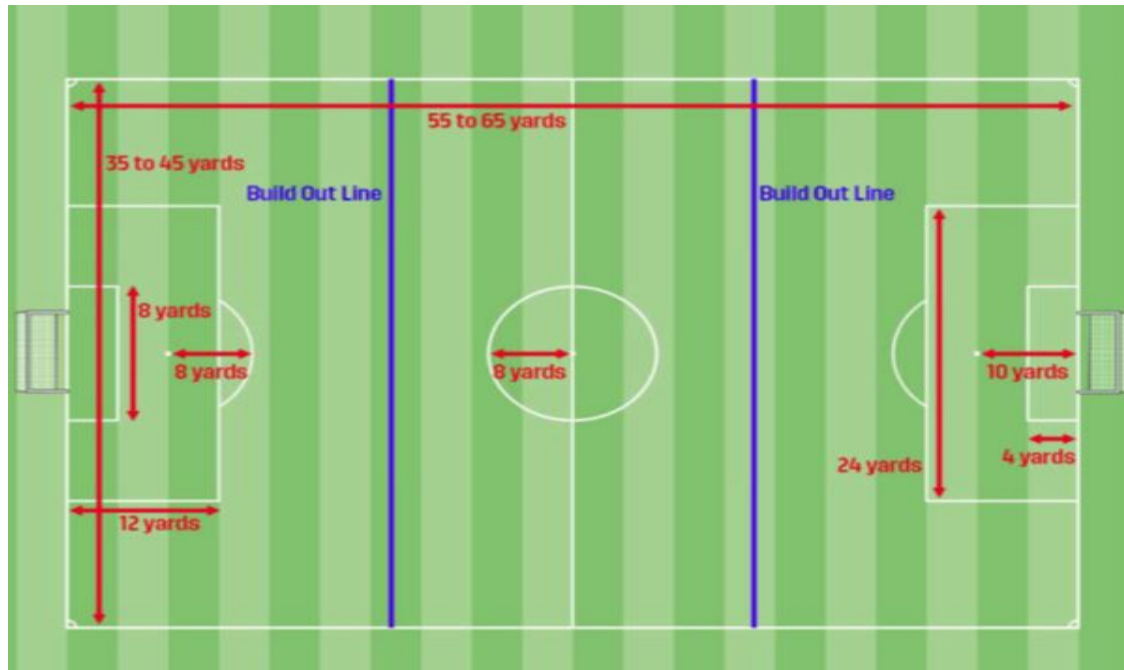


Opposing team **MUST** move behind the Build Out Line during goal kick or distribution until ball is put in play.

BUILD OUT LINE (G3/4)



Players cannot be penalized for an offside offense between the halfway line and the build out line.



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WEATHER



- In extreme weather conditions, practices/games may be postponed/cancelled.
- Common reasons for weather cancellations include:
 - saturated fields
 - lightning
 - excessive heat
 - poor air quality
- See THPRD inclement weather policy at [Westside Soccer Club | Weather Guidelines](#) .

PRE-SEASON PREPARATION



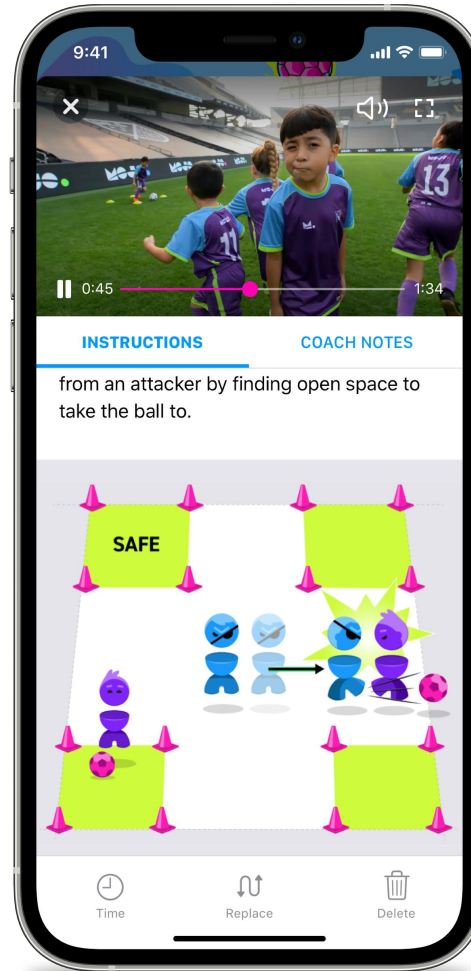
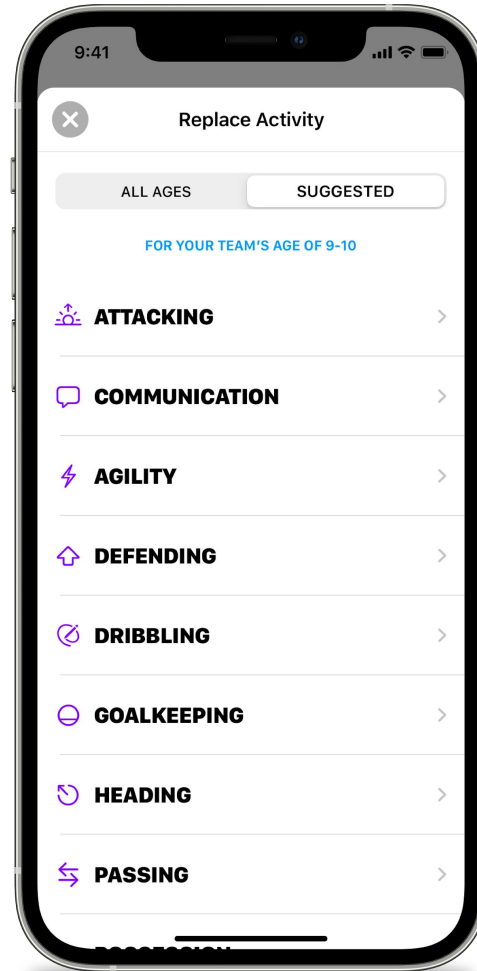
- Send a pre-season email to families. See the [Parent Email Template](#) on WSC website.
- Create a notebook with roster, parent cell phone numbers, medical info, etc.
- Create several practice plans. Use [OYSA](#), [MOJO](#), or other resources.
- Have a parent/player meeting at the first practice. See the [Team Meeting Template](#) on WSC website.

SOCCER COACHING RESOURCES



- US Youth Soccer website
 - “Introduction to Grassroots Coaching” course.
 - Coaching resources at www.usyouthsoccer.org/coaching-resources/
- Oregon Youth Soccer Assoc (OYSA) website
 - Coaching Resources section at www.oregonyouthsoccer.org/coaches/ has practices plans.
- MOJO Sports app. Free on Google Play and Apple App stores.
 - Practice plans, send messages, schedule practices.
 - For videos of practice activities, go to [Coach’s Corner | MOJO Sports](#) .
- Positive Coaching Alliance (motivation, socio-emotional learning, teamwork).
- [Soccer Parenting Association](#) (tips on how parent’s can support their players).
- Your head coach or other experienced coaches.

MOJO APP – GETTING STARTED



Getting Started Video

CONDUCT & FEEDBACK



- Coaches are responsible for the behavior of themselves, their players, and their parents.
 - Be a positive role model for players, parents, referees, and other coaches.
 - Introduce yourself to the opposing coach before the game.
 - Deal promptly with any inappropriate behavior towards referees or opposing players.
 - Report any issues you see to the Westside soccer board at execboard@westsidesoccerclub.com .
- *** Coaches who exhibit inappropriate conduct or consistently poor behavior will be removed from their position. ***
- Provide constructive referee feedback AFTER the game, NOT DURING, using the form at <http://evaluation.compumetics.com/THJSLRefereeEvaluation.html>

BLOW OUT POLICY



- In keeping with the recreational nature of our league, coaches are expected to prevent games from becoming extremely one sided.
- Coaches from both teams work proactively and together to manage score.
- When one team is clearly stronger or ahead by 5 goals:
 - Leading team is expected to initiate methods to make it more difficult for them to score (re-positions players, play 5+ passes, 2 touches, only 1 attacker, etc).
 - Trailing team might add players.
- Elevate the challenge for leading team rather than asking them not to “try”.

PLAYER SAFETY



- The coach should always stay at the field until all players have connected with their parent or guardian.
- Keep visual contact with players at all times.
- Please do not invite any parents to help with practices or games unless they have completed all coaching registration requirements.

COACHING FEEDBACK



- “Connects with all players and learns how to motivate them.”
- “Cultivates an environment of respect, self esteem, confidence, and teamwork.”
- “Models work ethic, dedication, sportsmanship, and positivity.”
- “Knowledgeable of the game, drills, skill building, and supports a healthy competitive spirit.”

Strive for this type of feedback and you will be a great coach!

AGE GROUP COORDINATOR LIST



Micros	Jordan Frimkess	jfrimkess@westsidesoccerclub.com
Grade K Girls	Jordan Frimkess	jfrimkess@westsidesoccerclub.com
Grade K Boys	Jordan Frimkess	jfrimkess@westsidesoccerclub.com
Grade 1 Girls	Carrie Beatty	cbeatty@westsidesoccerclub.com
Grade 1 Boys	Corinna Yballe	cyballe@westsidesoccerclub.com
Grade 2 Girls	Jasmine Ortiz	jortiz@westsidesoccerclub.com
Grade 2 Boys	Scott Matulich	smatulich@westsidesoccerclub.com
Grade 3 Girls	Andy Oldenburg	aoldenburg@westsidesoccerclub.com
Grade 3 Boys	Teddy Wolfe	twolfe@westsidesoccerclub.com

Grade 4 Girls	Eric Vogel	evogel@westsidesoccerclub.com
Grade 4 Boys	Vacant	
Grade 5 Girls	Scott Buyserie	sbuyserie@westsidesoccerclub.com
Grade 5 Boys	Scott Buyserie	sbuyserie@westsidesoccerclub.com
Grade 6 Girls	Eric Vogel	evogel@westsidesoccerclub.com
Grade 6 Boys	Brett Okamoto	bokamoto@westsidesoccerclub.com
Grade 7 Girls	Bill Kanable	bkanable@westsidesoccerclub.com
Grade 7 Boys	Aaron Cantor	acantor@westsidesoccerclub.com
Grade 8 Girls	Gillian Rosicky	grosicky@westsidesoccerclub.com
Grade 8 Boys	Erin Tamblyn	etamblyn@westsidesoccerclub.com
High School	Gillian Rosicky	grosicky@westsidesoccerclub.com

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MARCH 20, 2024