

RESPONSIBILITIES

1. *Coaches Responsibilities and Liabilities:*

As a coach you will have the custody and control of someone else's child for approximately 20 to 40 hours this season. This means you have the potential to both create and prevent accidents and injuries.

You should be aware of your responsibilities as a coach. Attention to them will help minimize your personal risk, prevent sports-related injuries, and avoid claims of coaching negligence. Your responsibilities include:

- a. Providing adequate supervision.
The health and safety of your players are entrusted to your care. You must provide adequate supervision to avoid foreseeable accidents and injuries. **NEVER** leave players unattended! **NEVER** leave after a game or practice until parents or guardians safely pick up all players.
- b. Sound planning.
Carefully plan all your practices and drills so players progress and learn skills at a safe pace. Don't move too fast and force improvement. This will lead to frustration, which will hamper further learning.
- c. Warn players and parents of inherent risks.
Do this at your first practice. Quickly and adamantly correct players using potentially dangerous techniques.
- d. Provide a safe playing environment.
Be certain that practice and playing fields are free of hazards (e.g., holes, rocks, glass, etc.) and that equipment is in proper condition. Warn your players not to hang from goals.
- e. Provide proper first aid.
Have a first aid kit available along with a plan, which outlines emergency procedures. (Contained later in this manual) Know where to find emergency help and a telephone (a cellular phone would be most helpful). Don't attempt to provide aid beyond your abilities. Always have your players' emergency medical release forms with you. DO NOT let your players practice or participate in games unless they have given you this form.

Coaches will:

1. Deal with the children in a positive manner.
2. Lead by example and conduct themselves in a controlled manner on the field.
3. Develop high self-esteem and help each player feel a part of the team.
4. Teach soccer fundamentals appropriate to the age groups.
5. Arrive at practice on time and not leave the field until each child has been picked up by their parent or guardian or other authorized adult.

2. *Player Responsibilities:*

- a. Arrive at practice and games on time.
- b. Bring proper equipment to each practice and game.
- c. Treat teammates and coaches with respect.
- d. Inform the coach if they will miss a game or practice.

3. *Parents' Responsibilities:*

- a. Provide transportation to and from all practices and games ensuring that your child is prompt, not only in arriving but also in departure. (Remember, the coaches would like to go home immediately after practices and games.)
- b. Ensure your child brings equipment to and from all games and practices when appropriate.
- c. Be available to kick the ball around with your child.
- d. Build the attitude that winning is not everything. The rewards lie in the fun of playing.
- e. Be a good listener. Make your child feel important and let them know they are contributing to a team effort.
- f. Lastly, allow your child to be a child.

PLAYER EQUIPMENT

1. Shin Guards

- a. These are an absolute requirement for games and should also be worn for practices.

2. Soccer Shoes

- a. Baseball or football type shoes with square or rectangular cleats are not to be used. Soccer cleats must be rubber or molded plastic (no metal cleats). Coaches should check their players' shoes for illegal cleats, protruding nails or sharp edges to avoid injuries to other players. Sneakers are also acceptable.

3. Water Bottle

- a. Each player should provide his or her own water bottle for practices and games.

COACHING EQUIPMENT