



Coaches Handbook

3rd and 4th Grade (7v7)

North Clackamas Soccer Club





**NORTH CLACKAMAS
SOCCER CLUB**

ncsoccerclub.com

CONTACT

info@ncsoccerclub.com



LET'S GET STARTED!



PRESEASON CHECKLIST

OYSA Registration & Background Check

Make sure this is completed ASAP. It can take up to 2 weeks to complete. You will not be able to start practices until this is complete. Applies for assistant and team parent as well.

SafeSport Training

SafeSport is an educational program designed to keep all our players safe. It is required by OYSA and it must be completed by any adult engaging with players during practice or games.

Identify an Assistant

Our club requires that every team have an OYSA approved (background+SafeSport) assistant or team parent to assist the head coach. Look for this person early!

Pick up Gear

Stay tuned for information about gear pick up! We will supply balls, cones, pinnies, first aid supplies, and any other items you need.

Contact all Families

Please look for an email from PlayMetrics. This is our club communication platform and how you will connect with individual families about your first practice, game schedule, changes, etc.

Coaches Cards

All coaches are required to have a coaches card on hand at games. Upload a photo to Affinity to ensure you will be issued a card.

PARENT MEETING

Set a meeting
with families
at the first
practice

Code of Conduct

Review the NCSC code of conduct with families

We have a zero tolerance policy for abuse of any kind. Throughout the season, please forward any concerns to

president@ncsoccerclub.com

Ask for Volunteers

Coordinator for snacks
Canopy set up
End of season party

As a volunteer run club we need all hands on deck! Assess interest for volunteers to help stripe fields, party plan, or fundraise!

Season Overview

Discuss practices
Game schedule
First game/last game

Game schedules always come out at the last minute. We appreciate your patience! Refer parents to inclement weather policy found on our FAQ page.

Answer Questions

Don't know that answer? Have them check out the FAQ page at ncsoccerclub.com

Our website has a ton of fantastic information! Or email us at info@ncsoccerclub.com

PRACTICE

HAVE A PLAN!

PLAY-PRACTICE-PLAY

PLAY

- Set up an environment that is safe and fun.
- Activities that allow players to warm up and have fun e.g. Sharks and Minnows and Red Light Green Light

PRACTICE

- Focus on targeted learning activities like dribbling, passing, and finishing
- Remember, no lines!

PLAY

- The goal is to allow for play that is uninterrupted and allows the coach to assess learning during the session e.g. scrimmage

PHILOSOPHY

Coaches should focus on making soccer fun! We aren't keeping score and success is measured in smiles and laughs. We emphasize equal playing time and want to get players as many touches on the ball as possible.





COACHING RESOURCES



[EasiCoach U9-10](#)

ACTIVITIES



[FUN SOCCER DRILLS BY MOJO](#)

PRACTICES SHOULD ALWAYS BE FUN,
BUT PREPARATION IS IMPORTANT.
SPEND 5-10 MINUTES THE NIGHT
BEFORE WRITING OUT A LIST OF
ACTIVITIES FOR YOUR SESSION. USE
THE RESOURCES BELOW FOR
TEMPLATES AND IDEAS. TALK WITH
OTHER COACHES AND SHARE YOUR
FAVORITE ACTIVITIES.

PRACTICE PLAN

WEEK OF:

DAY 1 PLAY

DAY 2 PLAY

DAY 1 PRACTICE

DAY 2 PRACTICE

DAY 1 PLAY

DAY 2 PLAY

NOTE:

3RD/4TH (7V7) OVERVIEW

SOCCKER 5 RULES



Format	7v7
Max Roster	12 players
Keeper	Yes
Offside	Yes
Ball Size	Size 4
Game Time	2 halves, 25 min each
Breaks	10 min
Referees	Yes; ARs optional

- NO extra time
- NO slide tackling
- NO headers
- NO goalie punts
- Offside rule applies; Referee may call loosely during September
- Throw-ins may be repeated during September



Coaches Cards

- Required for all adults on sidelines with players
- Can be a photo of your card saved on your phone
- As a coach you can proactively offer your card to the referee
- If an adult does not have a card they will be asked to join the parents as a spectator

Don't forget your coaches card!



GAME DAY!

What you need to know!



Home Field Set Up

1st game of the day is responsible for field set up. Equipment in field box (code 3831).

- Unlock the porta potty (code 3831)
- Set up goals, make sure to add weights
- Set up flags at the corners

Home Field Take Down

Last game of the day is responsible for field take down.

- Lock the porta potty
- Put goals and flags back in box and lock
- Roll goals together

Arrive to Games 30min Early

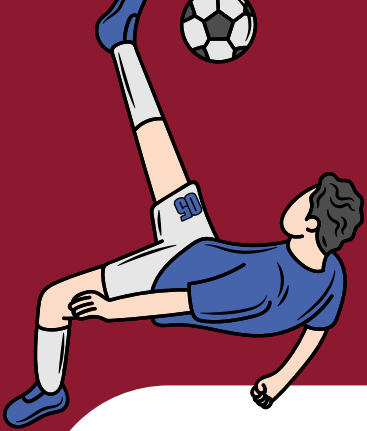
Allows time for set up and warm up for players

- Field locations can be found on our website ncsoccerclub.com
- Check field policy regarding dogs prior to game (OC and Molalla have strict rules)

Feedback for Referees?

Want to share feedback on how the referee did? Please use this form and refrain from talking to ref during the game.





SOCCER 5 HIGHLIGHTS

NO JEWELRY of any kind is allowed. This includes especially earrings, nose studs, rings, and necklaces. **TAPING** over earrings is not allowed. This is strictly enforced in US Soccer.

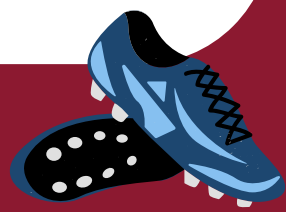
If a team is ahead by **five goals**, the opposing team can add a player if they wish. If a team is ahead by eight goals, a second player can be added. Remove the extra players as the goal spread diminishes.

ALL Spectators are to be on the sideline **OPPOSITE** of the teams. Coaches & players will remain on their own half of the side they are on. Neither coaches nor parents are allowed behind the goal.

Only club registered coaches who have completed all requirements may be on the sidelines with the team. Coaches will be asked to show their **coach's card** at check-in.

For **substitutions**, players must enter the field of play at the **midfield** on the team's side of the field. When your subs are ready, tell them to wait at the centerline. Wait for the referee to signal the subs onto the field.

Coaches must stay near the bench. **Avoid loitering** in the centerline area—keep that for subs, and do move down the line to the other half. Once the game begins, do not enter the field unless beckoned by the referee.



YOUR GO TO

RESOURCE LIST



PLAYMETRICS SUPPORT
THIS IS OUR SOLE PLATFORM FOR
COACH TO FAMILY COMMUNICATION



OYSA
COACHING RESOURCES, FAQs,
BACKGROUND CHECK INFORMATION
CAN BE FOUND HERE!



SAFESPORT
NEED HELP WITH SAFESPORT! USE
THIS HELPFUL GUIDE!



AFFINITY SUPPORT
CALL 1-800-869-3921 FOR SUPPORT
FROM A REP

