



WILLAMETTE UNITED FC

RECREATIONAL COACHING MANUAL



WUFC MISSION STATEMENT

The Willamette United Football Club will inspire and educate our members to be strong and productive soccer players, citizens, and leaders. We strive to help the whole child grow physically, emotionally, mentally and academically.

CLUB PHILOSOPHY

Willamette United Football Club will provide an environment in which players are encouraged to strive for excellence, based upon the foundation and philosophy provided by developmental soccer. Through athletic competition, players will learn and demonstrate core values, including integrity, sportsmanship, discipline, work ethic and teamwork.

CORE FOUR

Create a positive, supportive and challenging learning environment.

ENJOYMENT

All players enjoy themselves and play a lot of games during practice that include touches and scoring opportunities.

DIGNITY & RESPECT

All players are treated fairly and encouraged (not excluded) by the coach. All players learn respect for themselves, others, and the laws of the game – fair play). Every player plays at least 50% of every game.

SAFETY

All players have a safe learning environment that is free from physical harm, intimidation, harassment and bullying.

DEVELOPMENT

All players are challenged to make own decisions, take initiative and be responsible. Positive reinforcement whenever possible. All players learn to collaborate as teammates. All players experience the appropriate level of challenge in practice and games.

COACHING CALENDAR

- **AUGUST**

- Rosters are formed
 - Equipment Hand Out
 - Coach's Meetings
 - Fall Practices Start
 - Club Jamboree

- **SEPTEMBER**

- Games begin
 - Team Photos

- **OCTOBER**

- League games end last week of October

- **NOVEMBER**

- Co-Ed end of year tournament

- **DECEMBER**

- Futsal or Indoor Soccer (games only, no training)

- **JANUARY**

- Futsal or Indoor
 - Winter Academy

- **APRIL**

- Spring outdoor Rec

- **JUNE**

- Summer Camps

- **JULY**

- Summer Camps

WUFC VALUES OUR COACHES

1. WUFC will provide opportunities to attend coaching education clinics
2. WUFC will host informational meetings for coaches
3. WUFC will provide equipment for all rec teams and coaches
4. WUFC will provide practice fields and schedules.

COACHING EXPECTATIONS

Head Coach

- Attend ALL practices and games
- Plan and execute fun and age appropriate practices using WUFC methodology
- Provide consistent and regular communication to players and parents
- Organize and schedule team photo day
- No physical contact with a player other than high fives or fist bumps.
- A coach and or parent must complete a WUFC Injury Report Form (found in the resources section of the club's web site.) and turn it into the club administrator by email or in person. The club administrator's contact info can always be found on the club's web site. We ask that an injury report form be completed and turned into the club within 48 hours of when an injury occurs.

Assistant Coach

- Attend as many practices and games as possible
- Help provide consistent and regular communication to Team Parent, players and parents
- Help organize team and individual photos on photo day
- No physical contact with a player other than high fives or fist bumps.

At Practice

- All players must have required safety equipment - shin guards
- Two coaches/adults must be present at any time when players are at the field (before or after)
- Responsible to bring cones, first aid kit and clean vests to each practice
- If there is any confusion with another WUFC team or youth sports team about field use, be courteous and find a cooperative solution.
- Pick up your practice gear and hold players accountable to clean your space after your practice.
- Teams must not practice on any soccer field without written permission from the Club's Field Coordinator. Teams will be assigned specific days, times and fields for practices. Please stick with the assigned schedule and field to avoid conflicts.

At Games

- Each player must receive a minimum of 50% of game time each game! This is mandatory
- FUN is more important than winning, be positive at all times! No profanity at any time
- Treatment of Referees: Coaches MUST speak and interact with referees respectfully. You are providing a model that your players will follow.
- Coaches must manage team parents if there is any inappropriate behavior. Contact the club concerning parent behavior if needed

- Two coaches/adults must be present at any time when players are at the field (before or after)
- **3-10 RULE:** Coaches, players on the bench, and all spectators are required to maintain a minimum of a 3-yard buffer between themselves and the game field sidelines. For the safety of the players and pets we ask that our families leave their dogs at home. Spectators that must bring their dogs to the game are required to keep dogs 10 yards off the sidelines. This rule is **MANDATORY** and will be enforced by referees by stopping the game if they feel that a dog's presence is a potential danger to the players. We hope our members understand that this rule is in place for the **SAFETY** of all players and pets. No parent, coach, pet or spectator is allowed to sit or stand on, behind or near the field **ENDLINE**

Equipment

- Please bring your equipment to every game and practice.
- Field set up: Please make sure the field is safe for play. Check for any holes or hazards and please make sure goals are secured safely. **Please make sure your players do NOT hang on or swing from the goals/nets/equipment at any time.**
- Field clean up: Please leave all fields and facilities cleaner than you found them. We partner with the school district and cities and we want to be good partners. We also want to teach our children to respect community facilities.
- WUFC does NOT own fields at this time. All fields are rented and used by other entities. Coaches will need to arrive early to make sure that fields are playable and set up. Please stay after your game to clean up the fields and bench area. Please leave the fields cleaner than you found them.

COMMUNICATION

Coaches communication with players

- Practice and game expectations - (Gear, arrival, water, work ethic, playing time, behavior etc.)
- Coaches may NOT connect with players via personal social media platforms and accounts. Remember children under the age of 13 can NOT legally have social media accounts.

Coaches communication with Parents

- We ask that coaches clearly outline for parents their expectations of behavior and conduct at practices, games, and all team events.
- We ask that coaches communicate with parents early and often throughout the season
- The Recreational Director, Recreational Manager, DOC and Associate DOC are available to support our coaches if there is going to be any contentious parent interaction. You are not alone. When meeting with an upset parent it is a good idea to have your assistant coach with you.

Coaches communication with other Coaches

- Please be friendly and respectful when communicating with other coaches.

Coaches communication with WUFC Administrative Staff

- Coaches will be asked to keep up with and respond to all applicable information sent out by club administrators. Answer requests for information as quickly as possible and the club staff will be asked to do the same for you.
- Communication needs to be clear and responded to in a timely manner.

EQUIPMENT AND APPAREL

Apparel Expectations for Coaches and Players

- Players are expected to wear their club issued uniforms when playing for WUFC.
- NO competing brands allowed. We are a Nike club and they support us by providing gear. If you wear any competing uniforms we risk losing their support.
- There are no restrictions as to what brand soccer cleats/shin guards can be worn.

Equipment Expectations

- We ask that coaches maintain the equipment issued to them by the club. If equipment is broken while being used normally please make the Recreational Manager aware that replacement equipment is needed.
- If you are not coaching next season, we ask that all equipment be turned back in to the club.

TRAINING CANCELLATION

In the case of a weather issue it is the club and coach's responsibility to communicate as early as possible if there are cancellations or special circumstances to consider.

The club may cancel trainings for the four following reasons:

1. Lightning in the area.
2. Temperatures lower than 32 degrees or above 95 degrees
3. Dangerous road conditions - Ice or down trees due to wind
4. Dangerous Field Conditions - Standing water, mud etc

The DOC or Associate DOC will make the determination if trainings will be canceled by 3PM on the day in question.

CONTACT INFO

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