



WELLESLEY UNITED
SOCCER CLUB



Fall 2023 Season

Agenda



- WUSC Intros
 - Coaching Staff
 - AGCs
 - Curriculum
- Practices
- 3rd Grade Program
- Game Day protocol
- Fields / Net Safety
- Transition to BAYS
- Tryouts

WUSC Coaching Team



Chris Howard - WUSC General Manager
Email address - wuscdoc@wellesleysoccer.org

Dale Carr - WUSC Travel Director (BAYS)
Email address – programs@wellesleysoccer.org



Lewis Wright - WPL Director
Email address - premierleague@wellesleysoccer.org

Joe Morais – Intown Director
Email address- joe@wellesleysoccer.org



Curriculum



We recommend that all practice sessions follow the **S.C.O.R.E.** method:

SIMPLE. Stick to one theme during your practice session. Choose 2 or 3 core coaching points and reinforce them throughout the session.

CHALLENGING. Ensure that the players are posed problems that they need to find solutions to. Provide guidance and help when they need it.

ORGANISED. Plan every detail of your session - how many players, space and equipment. Ensure that your sessions have the appropriate pace and progression to challenge all of your players.

RELEVANT. Ensure that the exercises in your session are relevant to the game.

ENJOYABLE. The players should walk away from every practice having thoroughly enjoyed the session and learning at least one new aspect of the game. Ask questions of your players throughout.

WUSC Curriculums, available online, are coach login and password protected

Password - WUSC2021

Curriculum Continued

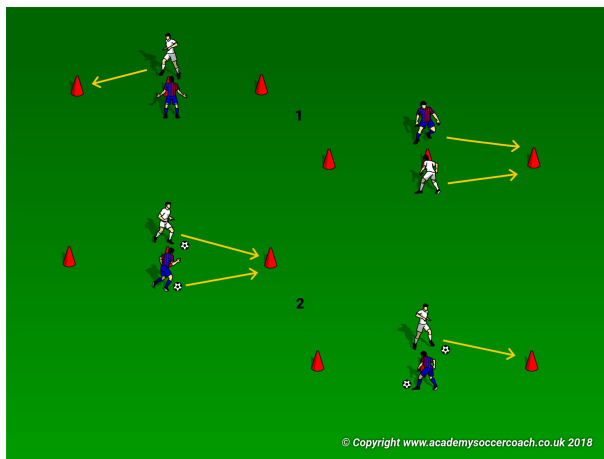
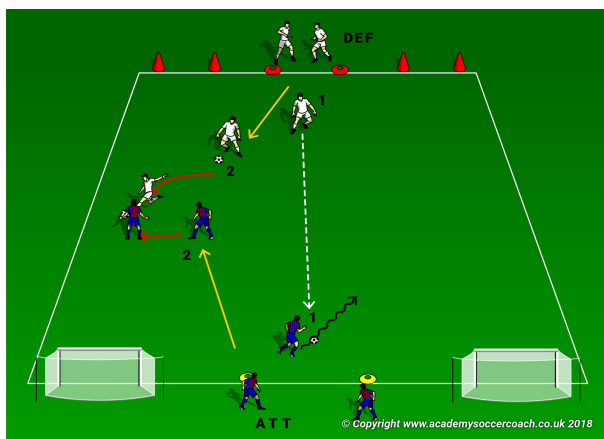


Diagram 1. Cones set up as shown, players get into two's go to an area with the three cones. Players go 1v1 trying to beat their opponent to the cone and back to the middle using dummies and feints to gain an advantage. Rotate who is the attacker and the defender every 2/3 goes.
Diagram 2. Introduce a ball to each player so they can start to use skill moves to create the advantage. Encourage different skill moves and ask players to demonstrate their skills to the group.



Players set up as diagram shows, defenders where the gates are, attackers start at the end with the goals. Defender plays into attacker and defends as normal. Attacker will attempt to beat the defender and dribble through either of the two gates at the end of the field. Points are rewarded for every successful dribble through the gates by the attacking team. Rotate once each player has had 2/3 attempts. Shown with players 1.
Coaching points, attack the space, use skill moves to beat the defender, dribble at pace once the defender is beaten.
Progression. For defending players, if they win the ball can they get the ball into either goal. Talk about when they have won the ball can they then play out. The attacker then has to win the ball back and attempt to beat the defender through skill. As shown with players 2.

Curriculum is available on our website – wellesleysoccer.org under coach's corner. We have archived sessions from previous years as well as this season's curriculum.

We will also give you the opportunity to work directly with Joe Morais to produce session plans for your team practices. If you have certain areas you would like to work on with the team, please contact joe@wellesleysoccer.org.

Practices



- Use WUSC curriculum with practice plans from WUSC website – wellesleysoccer.org.
- WUSC staff available to help with practices
 - Contact Joe Morais with requests – joe@wellesleysoccer.org
 - Support WUSC staff will design a practice based on recommendations from coach. Be specific, concentrate on one topic.
- Practices: 3rd Grade is 1 practice per week.
 - Choose day/time/location that works for coach and players



Practices cont..

Appointment plus website will be open after this zoom call

To login to Appointment Plus to schedule practice times:

www.wellesleysoccer.org- Coaches

Corner/Fields/Practice Field Schedule or use direct link to login:

<https://booknow.appointment-plus.com/36qnegh0/>

- Coach's login:

TeamSnap App



We will be using the TeamSnap app this season to organize all team's practices and games. It's a great way to keep updates on who is going to be available for practice and games each week and to send updates on anything game/practice related.

Coaches are responsible for inputting the practice / game schedule into Teamsnap. Arrival time should be noted as well. Assigning a team manager (another parent) can help in data input

WUSC 3rd Grade Program



- Games to begin on Saturday September 16th
- All games will be played at Perrin Park throughout the day.
 - Girls games in the morning; Boys in the afternoon.
- Please make sure you look over the field map for Perrin park thoroughly and make sure that parents are aware of the changes for spectators.
- Practice fields will open for the 3rd grade from September 5th
- 1 practice per team, per week. Practice fields for 3rd grade are Perrin Park, Sprague 1 and 4, Upham, and Hardy
- Make sure all games start on time. All games are

Cheat Sheet Rules



	Fall and Spring				
	Pre-K	Kindergarten	1st grade	2nd Grade	3rd Grade
Format	3v3	3v3	4v4	6v6	7v7
Game Time	2 x 15 min	2 x 15 min	2 x 15 min	2 x 15 min	2 x 25 min
Heading	NO	NO	NO	NO	NO
Ball Size	#3	#3	#3	#3	#4
Offsides	No	No	No	No	No
Goalkeeper	No	No	No	yes	yes
Penalty Mark	N/A	N/A	N/A	8 yds	12 yds
Referee	N/A	N/A	N/A	yes	yes

Additional rules are on the website

MYSA Requirements



- **All Coaches should have completed:**

- Mass Youth Soccer Registration with photo upload if needed
- SafeSport Abuse Training and Concussion Training

These must be complete to get Lanyard ID. Sue will notify coaches that have any outstanding requirements.

For info and link to register: <https://www.mayouthsoccer.org/adult-registration-process/>

Links to the required **Safesport Abuse** training and **Concussion Training** can be found on your account under the word '**Certificates**'.

Concussion Training Certification: You must have Concussion certificate dated within last 2 years. Keep your login/password so you can go back in to upload your concussion certificate when you complete the course.

Abuse Prevention Training: If you took the training in 2020, you need to do the shorter Refresher course now. If you took training in 2021, you are set. Once completed via this link it should upload your certificate automatically.

WUSC Concussion Policy



- Take the course at the CDC website
- Sit the player if you suspect a concussion
- Notify the parents
- Notify the age group coordinator in writing
- Players are not allowed to return without medical clearance
- Referees have discretion to require an injured player to leave the match and/or stay out for the duration

Game Day Cancellation



- Rules for game-day cancellation (weather/other):
 - WUSC will make decision:
 - Morning games by 7:00 am,
 - Afternoon games by 10:30 am
 - Please check WUSC website (www.wellesleysoccer.org- twitter feed)
 - Emails will be sent out from WUSC to players and coaches
 - We will cancel for lightning/thunder
 - **If the Town closes the fields we will cancel**
 - Make-up dates are scheduled

Referee Feedback



We asked our Referees this year for feedback on how we can improve our program and here are some of the questions and feedback given

Why do you referee?

I referee because I love soccer and I wanted to see a new perspective on the game

exercise, help the community in Wellesley

Interested in the game and seeing how I can help the younger players.

How can WUSC make the experience better?

Maybe notify all the coaches the rules you gave us, because sometimes, coaches will stand on the field, and it's hard to tell them to move when you are paying attention to the game

No comments from coaches or parents toward referees.

Reminders to the parent coaches from WUSC to be respectful of the refs.

Educate coaches about their responsibilities (e.g, preparing field for play) and encourage them to "model" better behavior for their players and respect for referees.

BAYS RESPECT Campaign



What do we want PLAYERS to do:

Do NOT make taunting, disrespectful, or hurtful comments to opponents, teammates, or referees.

Win with class, and lose with dignity: Celebrate the wins, but also congratulate your opponents when they come out on top.

Tell your coach DURING the game if you identify issues so that they can be addressed.

Understand that respecting the game, your teammates, opponents, coaches, and officials is showing respect for yourself.

What do we want REFEREES to do:

Wear your **RESPECT** armbands as a visible reminder to all that the game, and all participants and attendees, deserve to be treated with Respect. See [Armband and the Implementation Plan](#).

Continue to use the current [BAYS Zero Tolerance reporting process](#) in your game report to document coach/spectator violations: Zero means Zero.

Continue to use your cards to discipline players for misconduct during a game. Send off players/coaches who use offensive or abusive language in accordance with the Laws of the Game (LOTG) and the [BAYS Rulebook](#).

Speak with your Referee Assignor if you have questions or need support. They are there to help you!

BAYS RESPECT Statement - *to be read at games.*

BAYS expects the highest standards of sportsmanship from each of you.

Players, coaches, parents, fans, and officials should be positive and respectful.

Discrimination, criticism, or hurtful comments or actions of any kind have no place here.

Enjoy the game, have fun, and show respect for each other.

Game Management



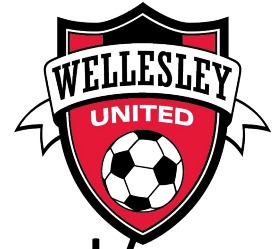
- Goal of the season should be to stay competitive and retention
- Follow the BAYS 5-Goal scoreline rule
- Ideas for managing a scoreline
 - Put scoring player in net
 - Take off a player; *7 vs. 6 players*
 - Rule-based goals; *x amount of passes before you can score*

Fields - General Points



- Please have your team pick up their own trash after practice and games (including orange peels) Players should not share anything.
- Please do not use goal mouths for practice on grass fields
 - Move goal off end lines, play in between fields if possible. Please make sure you sanitize your hands before and after movement
- Return goals to original location if moved for

Goal & Net Safety



- Always inspect goals before each match and/or practice.
- Always ensure goals are secured with sandbags on back bar or sidebars. If they are not, let a WUSC staff member know
 - 9v9 min 1 sandbag on back bar
 - 11v11 2 sandbags on back bar
 - 7v7 grass field need 1 on back bar
- Never allow anyone to climb or play on the goal or net
- Never allow anyone to hang on the goal crossbar

Transition to BAYS



- 3rd grade is the final year for Intown
- Players will move to the Travel Program in 4th grade
- Players can tryout for a Stratified team
- All players make a team regardless if they tryout or not
 - Stratified or Balanced

Team Selection for Travel



- Each player who attends tryouts is eligible for a Stratified team
- Players are given an Aggregate Score based on:
 - Tryout data
 - Fall Coach Evaluations
 - Spring Coach Evaluations
 - Staff Spring Game Evaluations
- A committee of our board members selects the teams at the end of the year


Fall Tryouts



- Tryouts are scored by independent assessors
- All dates are to be confirmed
 - Fall Dates are TBD at the moment
 - Team pick nights are TBD for the moment based on above
 - All meetings will be held via Zoom in 2023

Website





WELLESLEY UNITED SOCCER CLUB


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WPL CLUB


REGISTRATION
FOR 2020/21 IS
NOW OPEN!

WPL CLUB REGISTRATION - CLICK HERE




LIVE UPDATES

Tweets by @WellesleyUnited ⓘ

**Wellesley United**
@WellesleyUnited


Fantastic new pathway for the WPL Club teams!
<https://twitter.com/SoccerCCL/status/1271110036647968768>


Jun 15, 2020

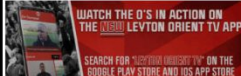



**Wellesley United**
@WellesleyUnited

[Embed](#) [View on Twitter](#)

WUSC Instagram

**wellesleyun...**
680 followers





WATCH THE O'S IN ACTION ON THE **LEVTON ORIENT** TV APP

SEARCH FOR "LEVTON ORIENT TV" ON THE GOOGLE PLAY STORE AND IOS APP STORE



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THANK YOU FOR COACHING!