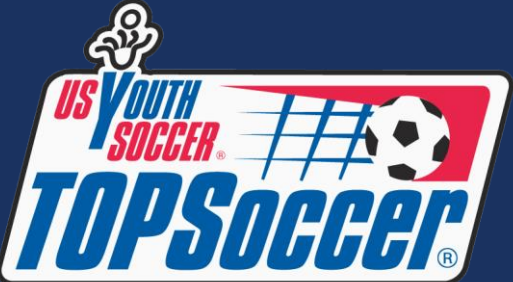




NORTHEAST
OKLAHOMAFC

OWASSO SOCCER CLUB – COACH’S MEETING

SPRING 2018!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!



OSC BOARD MEMBERS

- President - Dean Cummings
- 1st Vice – Kacey King
- 2nd Vice President – Open
- Treasurer – Jared Rogers
- Secretary – Angela Force
- Registrar – Tricia Lockett
- Public Relations – John Dean
- Head Referee – Ken Williams
- OSC DOC – Waylon Lewis
- Coaches Representative – Open
- Field Marshal – [OPEN]
- NEOFC Comp. Commissioners – Aaron Pollock/Terry Saul
- NEOFC DOC – Jaime Peterson
- NEOFC Academy Director – Mitch Sowerby

RULES & RESCHEDULES (RESCHEDULES ARE NECESSITIES NOT A CONVENIENCE)

- Game Cancellations – BOTH Coaches must agree & provide 72 hours notice
 - Any game rescheduled due to weather and/or team conflicts must be rescheduled within 2 weeks of the date of the original scheduled date.
- For U5 and U6 reschedules contact oscyp1@oscsoccer.com
- Bad Weather – 8 + 4 – but double check to make sure
- Game Leveling (U6 thru U8)
- Goal Guarding (U6 – U8: Get all players involved)

OSC ACCEPTABLE SPECTATOR POLICY

Parents – Please Remember:

1. The players in this game are *KIDS*.
2. The coaches of the teams are *volunteers*.
3. The referees are *human*.
4. No *college scholarships* will be given out at this game.
5. People will remember what you *say* and how you *act*.



OSC DIRECTOR OF COACHING

- THANK YOU!
- No Perfect Coach
- Call or Email if you have a question
- Waylon Lewis – 918-637-6650

OSCHeadcoach@oscsoccer.com



COACH'S RESPONSIBILITIES

- Keep It Fun!!!
- Good Sportsmanship – Zero Tolerance for unsportsmanlike sidelines
- Coaches Code of Conduct
- Parents are the coach's responsibility
- Coaches are critical to our success
- Focus on Player Development – and the wins will come!

COACHING RESOURCES

- OSC desires to help coaches grow & will support the process
- Many resources:
 - OSC website
 - DOC
 - Club-wide curriculum
 - Other Clubs Websites – www.edmondsoccerclub.com (lots of videos) – Youtube – CalSouth U5/U6
 - Parent education program
 - Coaching clinics
 - Mentor programs
 - Online coaching licenses

COACHING EDUCATION STARTS HERE

- National “F” License

- 2 hour course (entirely **online**)
- \$25 (OSC will reimburse coaches after completion)



COACH2COACH

- U5/U6 Mentorship and Development Program
- Age appropriate developmental coaching practices
- Continuous research and development of our curriculum.
- Deliver methods in order to offer our members the most up-to-date soccer programming

COACH2COACH – U5 & U6

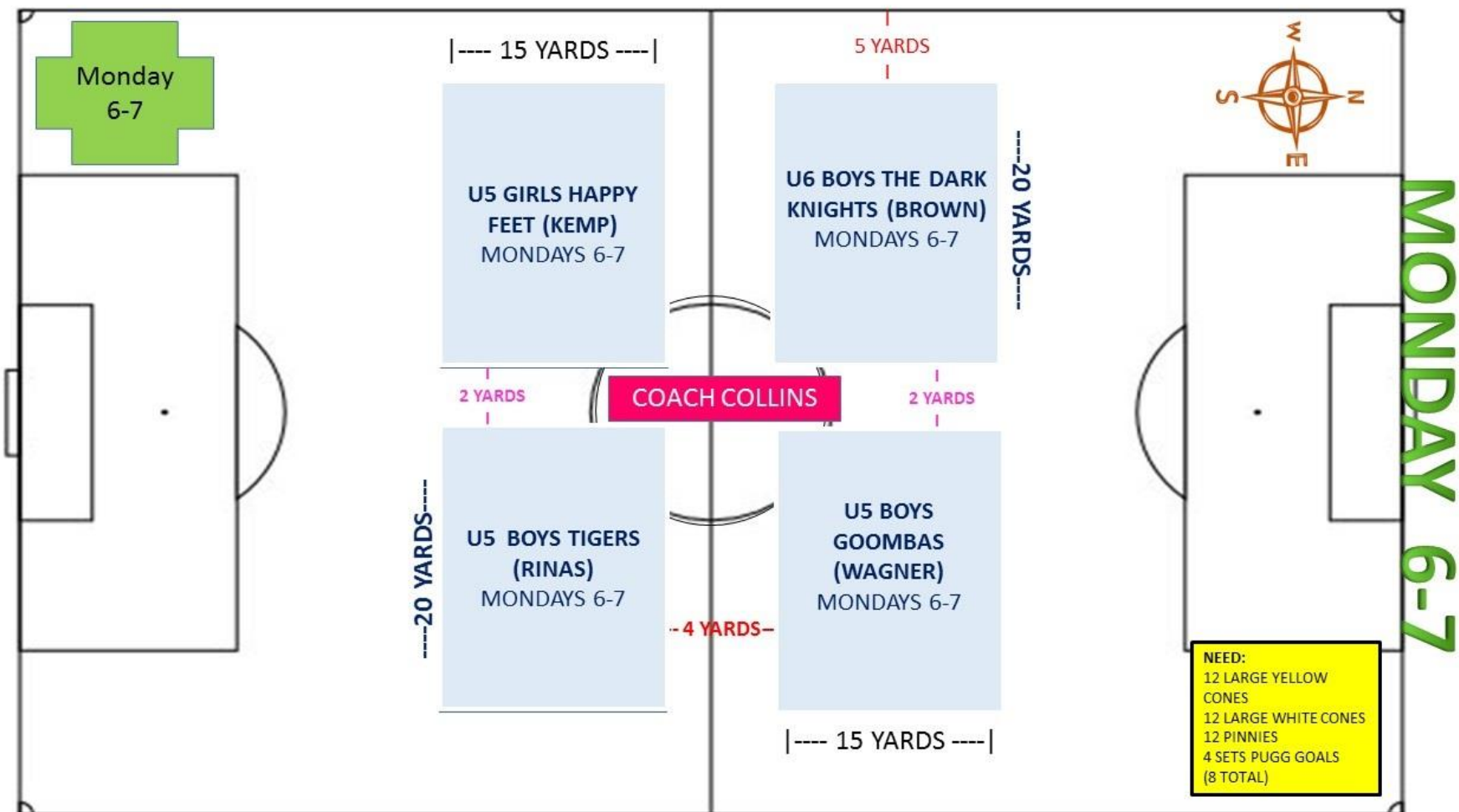
- Typically 45 minutes long.
- Every child should have a ball.
- Warm-up includes movement with and without the ball.
- Movement Education
- (approximately 10 minutes)

AT THE FIELDS

Typical U6 Training Session

- Game-like activities, mostly of a body awareness type along with some maze games.
- (approximately 20 minutes)
- Finish with 4 vs. 4 game to small goals.
- (no goalkeepers)
- (approximately 10 minutes)

COACH2COACH PROGRAM



GAME DAYS –FUN DAYS

- Teams Typically get there at game time
- Warm up once you get there
- Start the game 10-20 minutes later when both coaches are ready
- Try to not sub except at Quarters and Half
- Switch ends at half – they will get used to it
- Have fun – work together with the other coach – this isn't a super competition
- Biggest issues we have are typically with coaches that are over zealous.....is that you
- U5 has kids that are 3 and 4 years old....3!!!! Winning isn't the most important thing – sometimes just getting them to kick the ball is winning!!!!!!!!!!!!!! True story

GAME DAY & FORMS

- GotSoccer.com – manage your team, print forms, & email team too!
- Game Forms – OSCSoccer.com > Coaches Corner > Coaching Resources & Tools
- Green Mailbox for completed game forms (Closed League) Only.

COACHES ON THE FIELD

- One Coach on the field during games unless there is a specific reason to have 2
- Additional Coaches stay on the coaches sideline
- No Coaches Specifically on the Endlines by the Goals
- Get your all of your players involved – no goalies – we do not want players sitting on the goal line, not involved in play. We certainly do not want a player standing on the goal line with a coach next to them telling them when to run out.
- Any Questions on that

COACH OF THE YEAR 2017 – DAVID DUNNAWAY

- Our Spring 2017 OSC Coach of the Year came from this age division – David Dunnaway U6G Force & U6B Wolverines
- Of the 72 total nominations – only 3 mentioned winning
- I would like to nominate Coach David Dunaway. He coaches my son's U5 team, the Wolverines, as well as the girls U5 team, the Force. He is amazing with the boys. I mean, they're a group of 4-5 yr olds, I feel like dealing with that would make anyone lose their cool, but not David.

He is always patient with them and makes sure they are having fun as well as learning to play as a team and have confidence in themselves. I'm sure he's the same with the girls. He is teaching these kids the basics of the game all while making sure they know how to play gracefully (win or lose), which I personally think is a valuable life lesson that they will take with them wherever their paths lead in life. I feel David is more than worthy of the title Coach of the Spring Season.

It really isn't about winning or your record – success is how many of your kids come back next season!!

UNIFORMS

- Uniform Providers

- Scoreboard Sports (86th St N. Owasso –Next to Big Lots)

- <http://www.challengerteamwear.com> <http://campaign.r20.constantcontact.com/render?ca=c92900c5-4860-4b4f-8d21-0f8dd105bdd9&c=5f10b410-a39d-11e3-8ee2-d4ae52754b78&ch=600acb80-a39d-11e3-8f04-d4ae52754b78>

- <http://www.scoresports.com>

- <http://www.soccer.com>

- <http://soccer.epicsports.com>

- www.reach-clothing.com

- Screen Printing (need 6” to 8” numbers on Back – NO first names on jerseys)

- Scoreboard Sports Center

- Reach Clothing

- Bigfoot Prints

THANK YOU TO OUR SPONSORS

- Dick's Sporting Goods
- Academy Sports and Outdoors
- Planet Sub
- ShirtNsign.com (Owasso, OK)
- RSU – OSC's TOPS program
- RCB Bank
- Andolini's Pizzeria
- Empire Fence
- Legacy Construction
- Green Country Nursery

RISK MANAGEMENT AND CONCUSSIONS

Key Points:

- **What is a Concussion?**

A concussion is defined as a complex pathophysiological process that affects the brain, typically induced by trauma to the brain. It can be caused either by a direct blow to the head, or an indirect blow to the body, causing neurological impairments that may resolve spontaneously. Symptoms usually reflect a functional disturbance to the brain, and may include physical (e.g., headaches, nausea), cognitive (e.g., difficulty with concentration or memory), emotional (e.g., irritability, sadness), and 'maintenance' (e.g., sleep disturbances, changes in appetite or energy levels) symptoms. A concussion is considered a brain injury.

- It's important to see a doctor trained in sport concussion management after a concussion. Not all doctors know about return to play protocols.
- Appropriate doctors are typically trained in sports medicine or neurology, and web searches will usually indicate whether they have training in sport concussion. The AMSSM is an excellent resource.
- You (or your child) have only one brain: treat it well and don't take chances with returning to play before properly going through a return to play protocol.

- http://www.usyouthsoccer.org/news/concussion_resources_from_cdc/
- http://www.cdc.gov/headsup/pdfs/youthsports/coaches_engl.pdf
- <http://www.concussiontreatment.com/concussionfacts.html>



IN CLOSING

- Make it Fun!
- Make it Fun!
- Child centered approach to coaching and competition
- Recognize the needs of the kids
- Remember what you were like at their age
- Make it Fun!
- Make it Fun!

QUESTIONS? COMMENTS...SUGGESTIONS!



THANK YOU!

- We couldn't do this without you!

