



SYA Recreation  
Coaches  
Meeting  
U7-U19

FALL 2024



# SYA Soccer – Club Vision/Mission/Philosophy

## **Vision**

Maximize each players potential as young people and players.

## **Mission**

To have a soccer organization that is committed to promoting and providing a safe, enjoyable and top-level experience for our all of our players at every level of the program pyramid.

## **Philosophy**

We will strive to have our teams and players have the highest order of sportsmanship in our sporting play. Playing high quality, possession oriented, creative, skill full attacking soccer, played the right way will be modeled and promoted by all leadership; coaches, parents, club board members, referees, players. Individual development in each player is the key.



**The road to success... “The Vision of Development”**

**IMPORTANT  
DATES**

MARK YOUR  
CALENDAR!

Event	Date
Coaches Meeting – u7-u19	Wed. Aug. 14, 7:30pm
Practices can start	Monday Aug. 19
Opening Day – Rec. u7-u12	Sat. Sept. 7
Opening Day – Rec. u13-u19 (NCSL – Rec.)	Sat. Sept. 7
Opening Day – Rec. u4-u6	Sat. Sept. 14
All Star Nominations Due (yes we know it's early!)	Mon. Sept. 16
Pictures held at Bull Run ES	Sat. Sept. 28
In-house Tournament u9-u12	Sat. Nov. 2 and Sun. Nov. 3
All-Star Tournament	Sat. Nov. 16 and Sun. Nov. 17
<b>* NO games – Sat. Oct. 12</b>	

# Club Structure

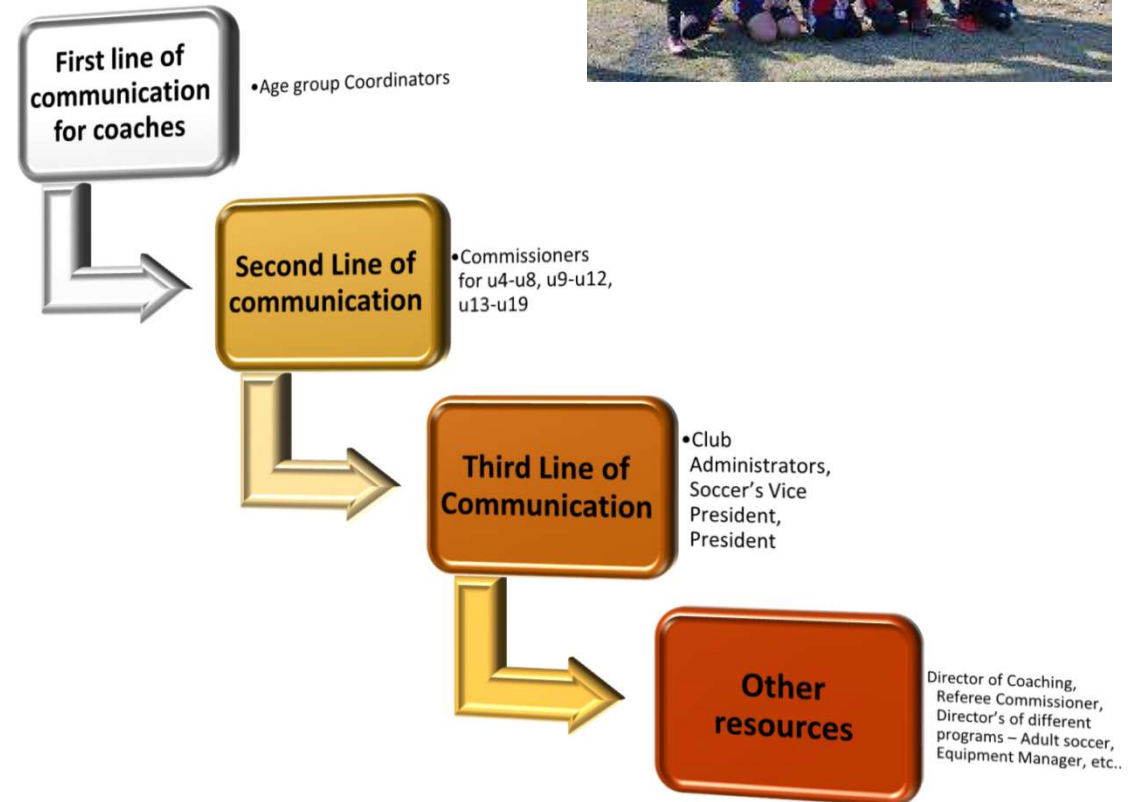
SOCCER BOARD	
SYA Soccer President	Neil Kronimus
SYA Soccer Vice President & Rec. u15-u19 Commissioner	Kristen Elder
Recreation u9-u12 Commissioner	Ed McCarthy
Recreation u4-u8 Commissioner	Trevor Feigleson
Referee Commissioner	Dave Kwieraga
Secretary	Judy Crumpler
Treasurer	Brian Hunt(SYA)

SUPPORT	
Administrator	Beth Bogemann
Director of Operations & Director of Coaching	Rob Olson
Equipment Coordinator	Vacant
Free Play Coordinator	Jim Richards
Adult Pickup games Coordinator	Jim Richards/Neil Kronimus

Age Group	Coordinators
U13-U19 Boys and Girls	Beth Bogemann
U11/U12 Girls	Dorothy Owen
U11/U12 Boys	Ed McCarthy
U10 Girls	Meghan Rubio
U10 Boys	Rebecca Yoo
U9 Girls	Jaime Hoover
U9 Boys	Mari Estrada
U8 Girls	Julia Hoglund
U8 Boys	Cesar Lopez
U7 Girls	Bobby Taylor
U7 Boys	Beth B. - acting
U6 Co-ed	Beth Bogemann
U4/U5 Co-ed	Beth Bogemann

# Communication – Recreational

- SYA wants to be a helpful resource for all their Recreational Coaches.
- Our website contains a lot of information that parents and coaches can use to obtain answers to their questions.
- We have many volunteers that support the coaches.



SYA Soccer office – Phone: 703.539.8630

SYA Address: 5950 Centreville Crest Lane,  
Centreville, VA 20121

Mailing address: P.O. Box 471, Centreville, VA  
20122

**SYA website – [syasoccer.org](http://syasoccer.org)**

# Practice Field Assignments

- **Requests**
  - Submit requests for practices to your Age Group Coordinator
    - Preferred practice day(s), back-up practice day(s)
    - Preferred area of town, e.g. “near Stone Middle School”
    - Early or late preference or no preference
    - Number of practices
      - U10 and above – 1 or 2 team practices
      - U9 – 1 team practice
      - U8 – optional 1 team practice in addition to pre-scheduled U8 Academy (Boys: Tue; Girls: Fri)
      - U7 – no team practices, just pre-scheduled U7 Academy (Boys: Tue; Girls: Fri)
- **Practice Times for Fall**
  - Grass Fields (no lights)
    - Early session: 5:00-6:15pm
    - Late session: 6:15-7:30pm
  - Turf Fields (lights)
    - Three one hour slots: 5:00-6:00pm, 6:00-7:00pm, 7:00-8:00pm
- **Field setups**
  - Grass fields – two teams per field
  - Turf fields
    - U13-U19 get one half of a full turf field
    - U10-U12 get one quarter of a full turf field
    - Letters in alphanumeric field assignments e.g. “Arrowhead #1C” just mean multiple teams are sharing field
    - SYA tries to get each team playing on turf for one practice if possible, older teams get preference, no one gets two turf practices

# Your Responsibilities as an SYA Coach

## Communication

- Make sure parents are aware of practice and game schedules, and to have their kids at the fields on time and prepared to play
- Emphasize appropriate spectator behavior: only positive comments, and zero communication between spectators and game officials
- Communicate cancellations and field closures
  - Hotline for Field Closures - **703-644-8046**
  - Hotline updated weekdays by 3:30pm and Saturday by 7:00am

## Game Day Field Management

- Turf fields – first and last coaches of the day should set up/put away corner flags
  - Corner flags are in storage sheds near the fields; the shed combinations are all available from SYA
  - SYA Park main gate combination is available from SYA
- Ensure spectators are not between fields, on the same sideline as coaches/teams, behind goals, or within two yards of the sideline
- Trash – after every game coaches should check their bench area and have their players pick up all trash and equipment

## Game Management

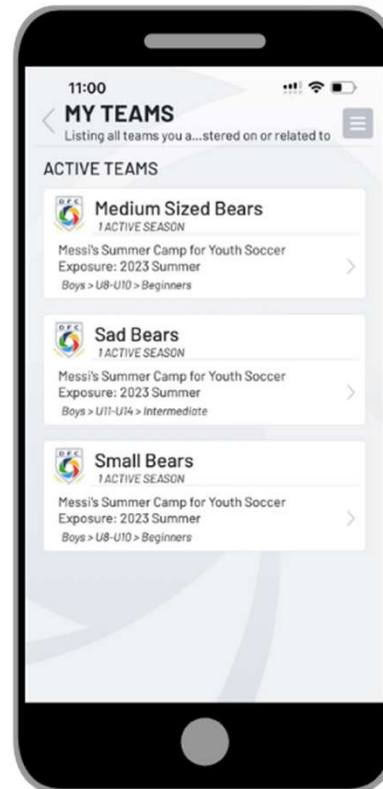
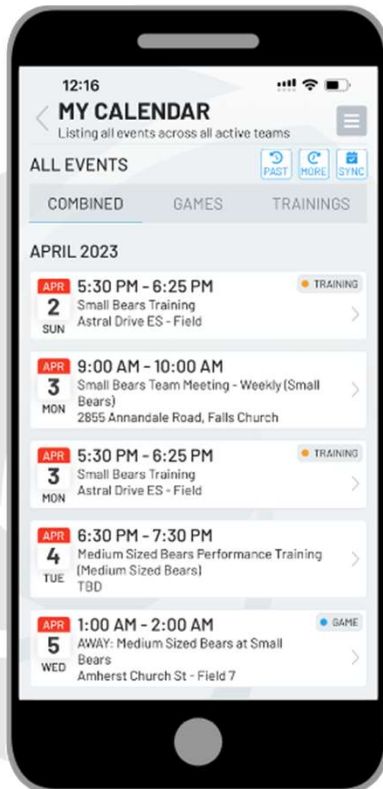
- Ensure players are ready to play – wearing shin guards, no jewelry, no outerwear over their SYA jerseys, etc.
- Ensure max and min participation requirements are met
- Make no comments to the game officials regarding their calls or no-calls; **it is not the responsibility of the coach to explain rules to the officials or let them know when they think a bad call was made**
- Monitor player behavior and take corrective action regarding overly aggressive play, excessive celebrations, and breaches of sportsmanship
- Whether we are keeping score (U9 and up) or not (U8 and below), keep the games fun for both teams; if one team is dominating, adjust number of players and your approach
- Work with your opposing coach to support the game officials and keep the game fun and safe for all participants
- Monitor handshake lines for appropriate comments and good sportsmanship

## Administration

- U9 and up – Both coaches report scores to your age group coordinator within one hour following your game
- Report any issues (behavior, facilities, conflict) to your coordinator – we'd much rather hear about an issue from you first before we hear about it from a spectator or game official



# DemoSphere App





# Coaches Clinics and Training

Training for coaches coaching u10-u19 age groups -

**Course is called US Soccer - Grassroots 11 v 11 Certificate**

- \* **Sat. Aug. 24<sup>th</sup>.**
- 1:00pm to 3pm - Classroom Training at Valor FC Office
- 3:45pm - 5:45PM – Field Training with players at SYA Sports Park
- US Soccer Certificate after completing the course.
- \* 4 hours of Coaching Development

Training for coaches coaching u7-u12 age groups -

**Course is called Coach in the Community**

- \* **Sat. Aug. 24**
- 9:00am – 10:00am – Classroom Training at Valor FC Office
- 10:30am – 11:45am Field Training with players at SYA Sports Park
- 2 hours of Coaching Development

**Virtual On-Line Training at [www.ussoccer.com](http://www.ussoccer.com)**

- STEPS: 1. click coaching. 2. click Learning Center 3. click Coach Education 4. click Free Intro course. 5. Register for a course.
- The cost is \$70.00; contact SYA ahead of time to get a code so you can take the course without paying





# Coaching Development

- **Website** – Library of Lesson Plans, videos of training.
- Go to [syasports.org](http://syasports.org), click soccer – go to coaching education section.
- Passcode – SYASoccer!
  
- **Learn from other coaches**
- In our club we have some very experienced and talented coaches who are more than willing to help other coaches develop. Ask to practice next to another coach that you can learn from.
  
- **Watch high-level soccer**
- Have your soccer coaching notebook and watch a game and take notes on some soccer situations that you think your players could implement
- USA, ESPN+, FoxSports, and AppleTV broadcast professional soccer games in English and Spanish (English Premier League, MLS, Holland League, etc.)



**Reminder – DO  
NOT  
UNDERESTIMATE  
YOUR PLAYERS in  
their ability to  
LEARN.**

# U7/U8 Academy – SYA Recreational



- Tuesdays (Boys) & Fridays (Girls) @E.C. Lawrence Park #4
  - Flip-flop each season
- U7 Academy @5-6PM
- U8 Academy @6-7PM
  - U8 teams have option of additional team practice
- Full schedule on SYA website -> Program Information
- Pre-designed training sessions that each coach will use to work with their team
  - Emailed out early each week
- Exercises are demonstrated and explained by SYA staff coaches
- Play/Practice/Play format
- Focus is on decision making and technical development
- Coaches/teams may combine if necessary
- SYA staff coaches present to assist with player and coach development



# Player Development opportunities

## **Rising Valor Academy Program – u8 (birth year 2017)**

Who: U8 Players – Full time program, player just plays in this program not in Recreational soccer

Features:

- \*Directed by fulltime Valor Technical staff member.
- \*Training 2 times per week in Fall & Spring. Winter – futsal training, futsal games.
- \*Games – Fall and Spring; mixture of playing other clubs and intra-program games within Rising Valor Academy u8s.

Link – more information

[U8 RISING VALOR ACADEMY | Virginia Valor FC](#)

- Boys - Abdul Mohsini: [amohsini@virginiavalorfc.org](mailto:amohsini@virginiavalorfc.org)
- Girls – Gabriel Portillo: [gportillo@virginiavalorfc.org](mailto:gportillo@virginiavalorfc.org)

## **U7-U8 Rising Valor Lite – u7 and u8 (birth years 2018 and 2017)**

Who: u7 and u8 players who want more training. Players in this program still play for their recreational teams.

Features:

- \*Training only once a week. Fall, Winter, & Spring.

Link – more information

<https://www.virginiavalorfc.org/risingvalorlite>

Contact – Kyle Lewis – [Klewis@virginiavalorfc.org](mailto:Klewis@virginiavalorfc.org)



# Player Development Opportunities

## **Free Play (Mondays)**

### Features

- \* Sign up every Tuesday for free play the following Monday.
- \* Player-centric free play, adults just monitor, no coaching.
- \* Mondays starting Sept. 16<sup>th</sup>. Seven-week program.
- \* 6pm to 7pm.
- \* Director on site to set up play, facilitate proper play groups.

## **Goalkeeping (Fridays)**

### Features

Dates: Fridays starting Sept. 20<sup>th</sup> – Seven-week program.

Times: 5:15pm to 6:15pm for U8-U11

6:20pm to 7:20pm for U12-U16

Sign-up link will be sent out to all parents.

# All-star Competition – U8-U19 teams

- Coaches send nominations into coordinators by September 16th using the nomination form
- Our teams will play in the Herndon All Star Tournament, Nov 16-17
- SYA has done extremely well in all-stars over the last five seasons.
- One of the main reasons that our SYA all-star teams have fared well is that recreation coaches have done well in nominating players that are ready to meet the next level of play mentally, technically and tactically.
- Nominated players do not automatically get an all-star invite.
- Director of All-star program – Rob Olson
- All-star coaches:
  - U8-U10 – Travel coaches, College players, strong leaders from our HS travel player teams.
  - U11-U19 - Recreation coaches that are experienced and have a US Soccer License.

