

# **WASA Quick Facts for Coaches**

## **GENERAL**

The philosophy of WASA is for kids to have fun and to participate... not to emphasize winning. (Coaches and parents can have fun, too.) All players must play at least 75 percent of the game before any player can play the entire game. Since the purpose of the league is to teach soccer skills, all team members should play the same amount of time no matter what their skill level.

To be successful, coaches must be organized for each practice and each game. Make sure you have a plan for each practice: what drills to do, how long to do each one, when to take water breaks, when to scrimmage, etc. Samples are available on our website.

## **PRACTICES**

If run efficiently, practices should run about 45 minutes to an hour. Older players (U10 and up) may go a little longer, but not longer than 90 minutes. Quickly check the field for debris and other obstacles before practices and games. If possible, bring a small first aid kit and/or ice pack to practices and games.

It is suggested to have a quick warm up with some stretching before starting practice and games, especially for older kids. Make practices a mix of skills and scrimmages; stress constant participation and avoid having players standing in lines. Make sure that players bring water and that they drink frequently. Don't practice into darkness. Supervise the children to minimize fooling around.

## **GAMES**

Games will start promptly! Referees are instructed to start the game with as many players as are available at the scheduled start time. Tell your team to be at the field at least 15 minutes before game time. That means coaches must also be there 15 minutes before game time.

Our goal is for players to have fun, play hard, and play fair. There is to be no foul or abusive language used or uttered towards referees, coaches, teammates or opponents. Make sure all comments are positive and encourage, not discourage. It is expected that after each game for all players and coaches will line up and exchange high fives.

Always be considerate of the other team. Running up the score deflates the players on the other team. In a recreational soccer program there is no reason to do that. The winning team doesn't learn anything constructive and it makes the weaker team's players not want to play soccer. If your team is ahead by a lopsided score, the league expects you to make changes to reduce the likelihood that your team will continue to score. For more information on this see "WASA Position on Running Up Scores" in the *Coaches* section of our website.

## **REFEREES**

The referee's main responsibility is to maintain control of the game, not slow it down with lots of whistles. Because the final score is not the objective, there should never be a dispute over a referee's decision. As a coach, never disagree with a referee during play. If you feel the need to ask the ref about a call, do it in a calm and rational manner during a break, and always away from the children. Remember, the referee's word is final.

Two referees will be assigned to your game, but if neither one shows up, please ask a parent or an assistant coach to help referee.

## **RAINOUTS**

All games will be played unless the weather is very bad. WASA uses [www.cancellations.com](http://www.cancellations.com) to notify everyone when all fields are closed due to weather conditions. Coaches are NOT authorized to cancel games. Unless there is a web posting or you hear from a WASA staff member that your specific game is cancelled, **go to the field**. The decision to cancel any specific game will be made at the field by the referee. Please instruct parents to bring their children to games even if it's raining. Games in progress will be terminated if there is thunder or lightning.

## **UNIFORMS and EQUIPMENT**

WASA provides team shirts for all players. Coach shirts are also available from your division coordinator. Have the children looking smart, with their shirts tucked in and socks pulled up over their shin guards. Goalkeepers must wear a shirt that is a different color than either of the teams is wearing.

Hair restraints may not contain metal or plastic. They should be fabric or elastic. No jewelry (earrings, watches, necklaces, bracelets etc.) may be worn during games, and none should be worn during practices. Pierced ear starter plugs are not permitted under any circumstances, not even if they are covered with tape or band-aids.

Players cannot play without shin guards. It is up to coaches to enforce this rule. Referees are required to send players off the field if they do not have shin guards.

## **SNACKS and TRASH**

It is traditional to provide the kids with snacks at the end of each game. This usually includes a drink and something healthy to eat. Parents usually take turns in bringing the snack, and we have found that rotating alphabetically works well.

**IMPORTANT:** Ask players/parents about food allergies. If any player has an allergy, to peanuts for example, let parents know that they must avoid that type of snack.

Please emphasize to your players and their parents that trash must be placed in the trash cans provided at each field. Westerville is a beautiful community with nice recreation facilities. Let's keep it looking great.

## **FIELDS**

Maps to fields are on the WASA website, [www.wasasoccer.org](http://www.wasasoccer.org).