

LGUSL – Under 6 (U6) Coaches Meeting (August 20, 2008)

1. Friday practices
 - a. Why Friday – it gives them the best chance to retain the practice information for Saturday games
2. Responsible for setting up your own fields
 - a. Pug nets – each team will have one set of two
 - i. You are responsible for bringing them to each game and setting them up (ditto for practice)
 - ii. You are responsible for packing them up after each game
 - b. Setup your own field boundaries
 - i. 20 x 30 field
 - ii. Set up with cones (may be lined)
 - c. 2 teams each game
 - i. 2 4-on-4 games
 - ii. Really crucial to have 2 coaches at each game – or a parent who can act as a coach during the game
 - iii. No goalies – no hands
 - iv. Most teams play diamond formation (1-2-1) – back row is defender, not goalie (and should move)
 - v. Try not to stack teams – check in with other coach at halftime and adjust if needed
 - d. You coach and you ref
 - i. Each team handles one half of the game as a ref (so having a third parent or coach who can handle the sideline is a good thing)
 - e. Substitutions
 - i. Ideally between quarters (4 8-minute quarters)
 - ii. If needed can sub at other times (injury or tired)
3. Communication
 - a. Call all parents
 - i. Introduce yourself – looking forward to a fun season
 - ii. Anything we should know about your player? Allergy, injury?
 - b. Team meeting
 - i. Have before the season starts
 - ii. Get parents to know each other
 - iii. Get parents to help – snack parent, team party parent, field clean up parent
 - c. Weekly email
 - i. Practice will be on Friday at
 - ii. Game Saturday will be at (field and time)
 - iii. This week we will focus on ... (if you have one)
4. Coaching resources – at the 7 PM meeting
5. Questions?