



NASA

Coaching

Packet

General Guidelines for Coaching

1. First, we would like to THANK you for volunteering to coach a team and taking time away from your family. It is very much appreciated by NASA.
2. Make sure to be watching for emails from “Newton Area Soccer Association” for important information. If you don’t see these emails in your inbox, make sure to look in your spam or junk folder or in the “Promotions” folder for Gmail. There is also a Newton Area Soccer Association Coaches FACEBOOK page that you can follow.
3. Make sure your players are having FUN!
4. If you are coaching a recreational team, as per Iowa Soccer rule 9.10 all players should play at least 50% of the game.
5. Please meet with your parents by the end of the first day of practice and explain to them your guidelines and expectations for practices. This way they are aware of what you are expecting out of their children while they are at practice with you.
 - a. If you find you are having issues with players not doing what you are asking them to do, you will need to come up with a disciplinary plan. If you need help with one, please contact our Director of Coaches (U11 and above) or Director of Small-Sided (U7 through U10).
6. You will need to teach your players that sportsmanship comes above all else and that includes us as coaches, even when things don’t go our way. Please be courteous to referees whether it be at home or away games. Remember that some of these referees are just learning and may make a mistake. We don’t want to make them feel bad and therefore lose them as a resource.
7. You must do your best to model positive behavior always. We are mentors to these young developing players and they will take in all that we present to them. This includes behavior outside of soccer practices or games. We need to practice what we preach which can be difficult at times because we are all human.
8. Also, please listen to what your parents are telling you. If there is an issue, please do your best to address it as quickly as possible.
9. We hope to never have this occur but if we get complaints from parents, we will setup up a meeting to address those complaints with the coach.
10. If your team moves up to a different age group, you may need a different size soccer ball. These are available in the storage room at Agnes Patterson. Please bring your old size soccer ball and exchange them for the new size. Here are the ages and sizes: U7-8-Size 3; U9, U10, U11, and U12-Size 4; U13 and above-Size 5
11. If you have decided to no longer coach, please turn in the soccer balls and equipment to the storage room at Agnes Patterson. Please then turn in your key to a board member and let them know you will no longer be coaching.

Practices

1. Contact your parents letting them know that their child is on your team for soccer. Include practice days and times and what is required for them to bring. Ex. Soccer Ball, Cleats, Shin Guards, Water Bottle, etc.
2. Please be sure to come to practice with a practice plan in hand. The best practices are the ones that are laid out ahead of time. If you need assistance with practice plans, please contact our Director of Coaches (U11 and above) or Director of Small-Sided (U7 through U10) or any other veteran coach.
3. Be sure to get to practice at least 15 mins prior to the start time. If you want your players to be on time you will need to ensure you are setup and ready to go at start time.
4. It is mandatory that all players are wearing shin guards during practices and games. No shin guards = no playing. Safety comes first.
5. Also, you are **NOT ALLOWED** to practice on game fields, so please abide by that rule. There are plenty of other areas around town where you can practice. We will call you out if we find out you are practicing on the game fields. Remember you do not have to have goals to practice.

Uniforms

1. It is the coaches' job to ensure that all players have a uniform prior to the first game.
2. If you are coaching an existing team, please touch base with the parents to ensure they are not needing new uniforms for their kids.
3. It is up to you on whether you want to purchase a complete uniform or if you would like to have the kids just wear their own solid black shorts. I would suggest you do your best to have them look very similar.
4. If you are a U8 team you will only need a red jersey at this level. U10 and above will need a red jersey and an alternate jersey. The alternate colors are grey, white, and black.
5. Uniforms can be purchased from:
DC Sports (Missy Cupples) at Dcsports1@yahoo.com and <https://nasasoccer22.itemorder.com/shop/>
Newton Apparel (Steven Terlouw) at 641-521-6659 and <https://newtonapparel.printavo.com/merch/nasa>
6. If you need help about sizes don't hesitate to reach out to the vendor for help.

Home Games

1. You are required to put out the corner flags if no one has played before you and you are also responsible for putting them away if you are the last game of the day. The flags can be found in the equipment room. Please make sure you have locked the door once you are done for the day.
2. I would suggest having on hand with you the Director of Referees number on game days in the off chance that the assigned referee does not show up. This is available on the "Contact Us" page of newtonareasoccer.com.
3. Please ensure that all trash around both benches is picked up after your game. We want to keep our fields as clean as possible.
4. When playing at home If the visiting team has the same color of jersey on as you, you are expected to change to your other color of jersey or wear pennies.
5. You will need to provide a game ball.
6. **Iowa Soccer Team Roster, Coaches Hard Passes, and Player Cards are required at all games. All player cards MUST have pictures on them. The team roster, coaches passes, and players cards are all good for an entire soccer year. This includes both the fall season and the spring season. Don't throw them away after the fall season.**
7. Iowa Soccer has made it possible that if a team is short players, they may use up to 3 guest players. This is **NOT** to be abused by using guest players instead of regular season rostered players. There is a form that **MUST** be filled out each time guest players are used. The form is available on iwasoccer.org—Leagues—ISL Rec Central—Guest Player Form

Away Games

1. I would suggest contacting the away coach the week of the game to make sure that you are still on to play. You would hate to travel all that way only to find they had canceled the game. There is also a "Field Closures page if an entire club closes their fields. That page is available on iwasoccer.org—Leagues—FACILITY STATUS
2. I would also ask that your players arrive ready to go ½ hour prior to the game time to properly warm-up.
3. You will need to provide a game ball.
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Rescheduling or Cancelling Games

1. Contact the team you are supposed to be playing as soon as you know you can't play.
2. If the game was here in Newton, contact the Director of Referees for our club so he can cancel the referees.
This should be your second phone call !!!! The phone number for the director of referees is on the "Contact Us" page of newtonareasoccer.com.
3. After you have agreed to a new time to play, change the game for the schedule by filling out the form available on iowasoccer.org—Leagues—ISL Rec Central—Game Reschedule Form

Recording your game scores and viewing schedules ((U9 teams and above))

Also, finding the contact information of the coaches for the team you are playing.

1. Go to <http://iowasoccer.demosphere.com/PhoneItIn/>
2. Enter the Game #: (*This can be found by looking at your schedule, far left column*)
3. Enter the Event Pin: **1157**
4. Put in the score for the home team and the away team
5. Click on the submit button.
6. Schedules for teams are available at: <https://iowasoccer.demosphere-secure.com/schedules/click-here-for-isl-rec-central-schedules>
7. Choose the appropriate age group under either the COED listing or the FEMALE listing.
8. Choose the team for the schedule wanted.
9. The coaches contact information is listed along with the games of the schedule.