

Zeeland Rec Soccer Coaches Meeting

July 30, 2024



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Intros



Approach

The sign of a great coach won't be found in trophies or wins, but rather the number of kids who sign up to play again the next year... that means their coach created an environment that made the game fun for those kids.

- Darren Fenster



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Approach

- Teach kids how to handle failure/losing
- Teach kids how to handle winning
- Foster environment that kids WANT to be there

Kids at this age are limited by athletic ability. The kid you coach today will be a totally different athlete at 14 years old. How you mold their HEART this season can determine what they do at 14.

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Approach

Character Hustle Attitude Learning Interest

Winning



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Approach

Development is reps. It's opportunity. It's seeing an athlete's ability and helping them learn how to use it. It's teaching them and then letting them play. It's using failure as an opportunity to get better. It's helping them learn to compete like bulldogs. It's not holding them back. It's pushing them. It's teaching them to think. It's allowing them to be different. It's equipping them with what they will need in the future. It's teaching them the game. Coaches, this game IS NOT about us. If they show desire to try something, let them try. If they fail, help them learn from it and then let them try again. We are here for them, not the other way around.

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New Website – Team Sideline



Brandon L

- Home
- Registration
- Little League
- Coaches
- Officials
- Game Schedules
- Sign Up for Text Alerts
- Calendar
- Downloads
- Locations
- Contact Us
- About Us

Zeeland Recreation Sports

Check Back for Important Updates!

	MONDAY 2/26 6:00 PM Bison vs 5 Macatawa Bank	MONDAY 2/26 6:00 PM 6 vs 4 Request	WEDNESDAY 2/28 6:00 PM 3 vs 2 Request	MONDAY 3/4 6:00 PM 2 vs 6 Macatawa Bank	MONDAY 3/4 6:00 PM 4 vs Bison Request				
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Zeeland Youth Sports

Your Page for ALL Zeeland Recreation Youth Sports



New Website

- Rosters
- Schedules
- Communication
- Enter scores
- See refs
- Mobile App

The logo for Zeeland Recreation features a stylized blue bird-like shape on the left and a green arrow-like shape pointing upwards and to the right on the right.

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Administration

- ZPS Background Check – MORE INFO LATER
- Concussion Certification
 - Only if you have not coached for Zeeland Rec in school year 2021-2022



Safety

- First aid kits at each field
- If injury occurs that results in seeing a physician:
 - Incident report to Zeeland Rec
 - Confirm return to play (head injuries)



Team Formation Practice

- POTENTIALLY FOR FALL 2025
- 3rd-6th grade only
- Players go through drills to be evaluated
- Divide teams based on skill level from evaluation
- Do this in soccer?



Team Formation

- Teams put together based on:
 - Coaches' kids
 - Requests
 - School
 - Skill rating (1-5) from registration
- Helps kids have at least one teammate they know
- Keep teams as even as possible
- Teams formed and announced by August 5...

Equipment

- Each field has a shed
- Lock Combo is 5-4-5-4
- Balls, cones, jerseys
- After practice/game - return equipment, **LOCK SHED**



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Uniforms

- Uniform pickup will be at Zeeland Rec
 - Will send email when ready!
- Random sizes ordered for each team
 - Hand out sizes with what makes sense
 - Will have extra jerseys
- Names on Shirts?
 - REC cannot afford to put names on shirts
 - Multiple companies can do it, just reach out
 - Usually about \$3-5 per shirt
 - Probably won't have time...

League Breakdown

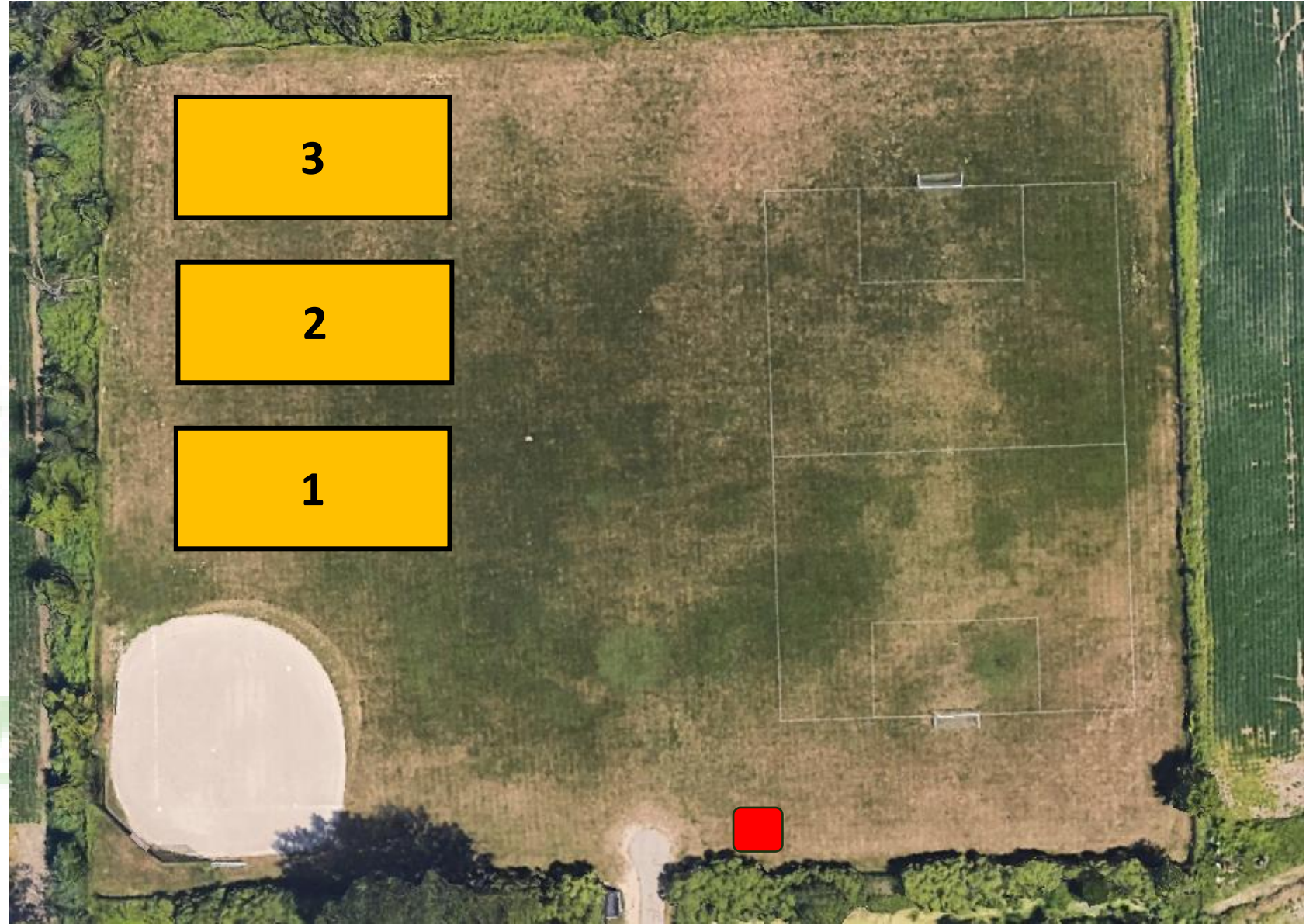
Division	Field Size	Players on Field	Goalies	Length of Game	Breaks	Record Score?
Kinder	30 x 20	4	NO	4 x 10min Quarters	3min each Quarter	NO
1 st – 2 nd	40 x 25	4*	NO	4 x 10min Quarters	3min each Quarter	NO
3 rd – 4 th	60 x 35	7	YES	2 x 25min Halves	6min btwn Halves	YES
5 th – 6 th	80 x 55	9	YES	2 x 25min Halves	6min btwn Halves	YES

* - May move to 5x5 if rosters are too large

K-League – Adams Elementary



1st-2nd BOYS – Quincy Elementary



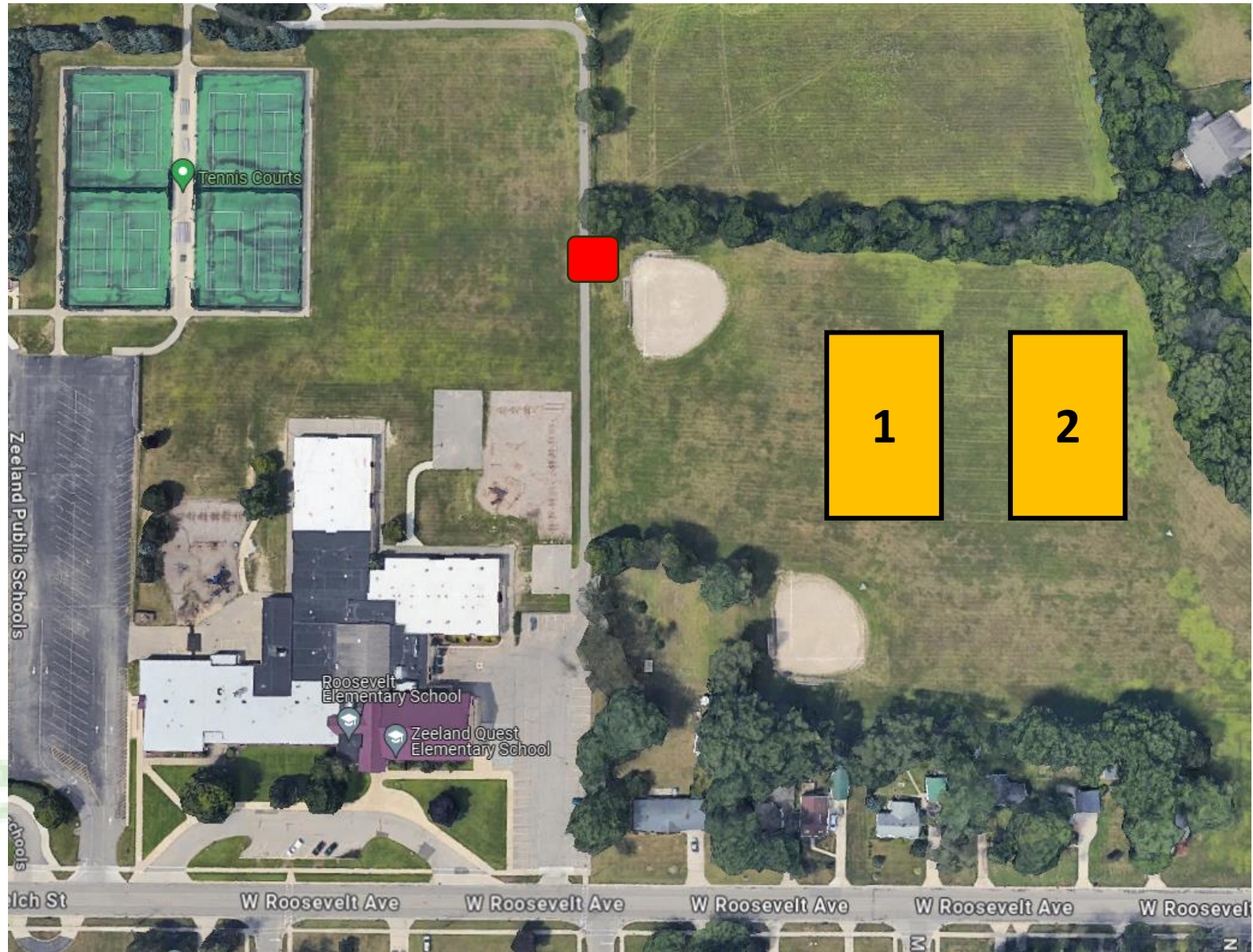
1st-2nd GIRLS – ZEELAND CHRISTIAN



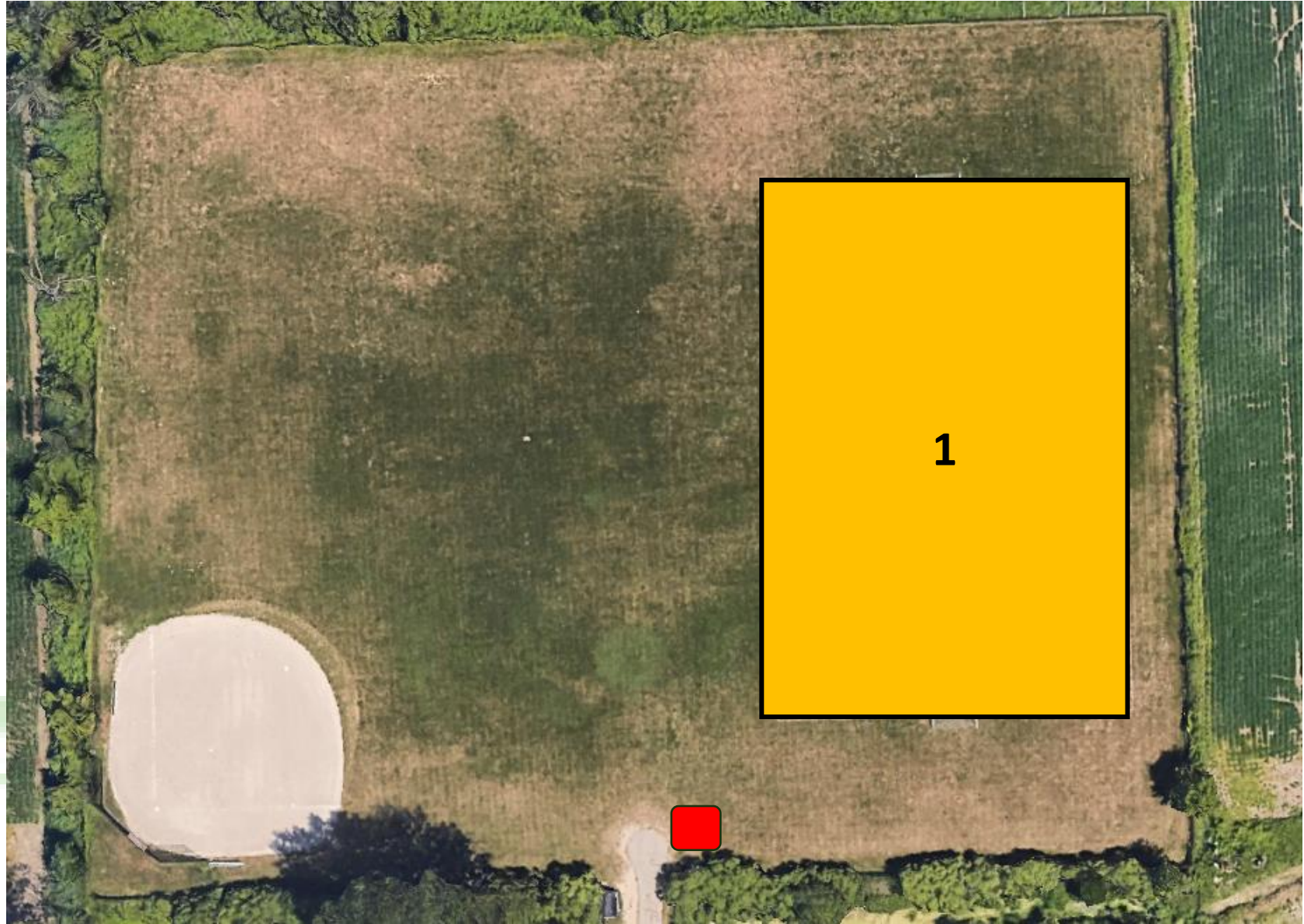
3rd-4th Boys – DeWitt Sports Complex



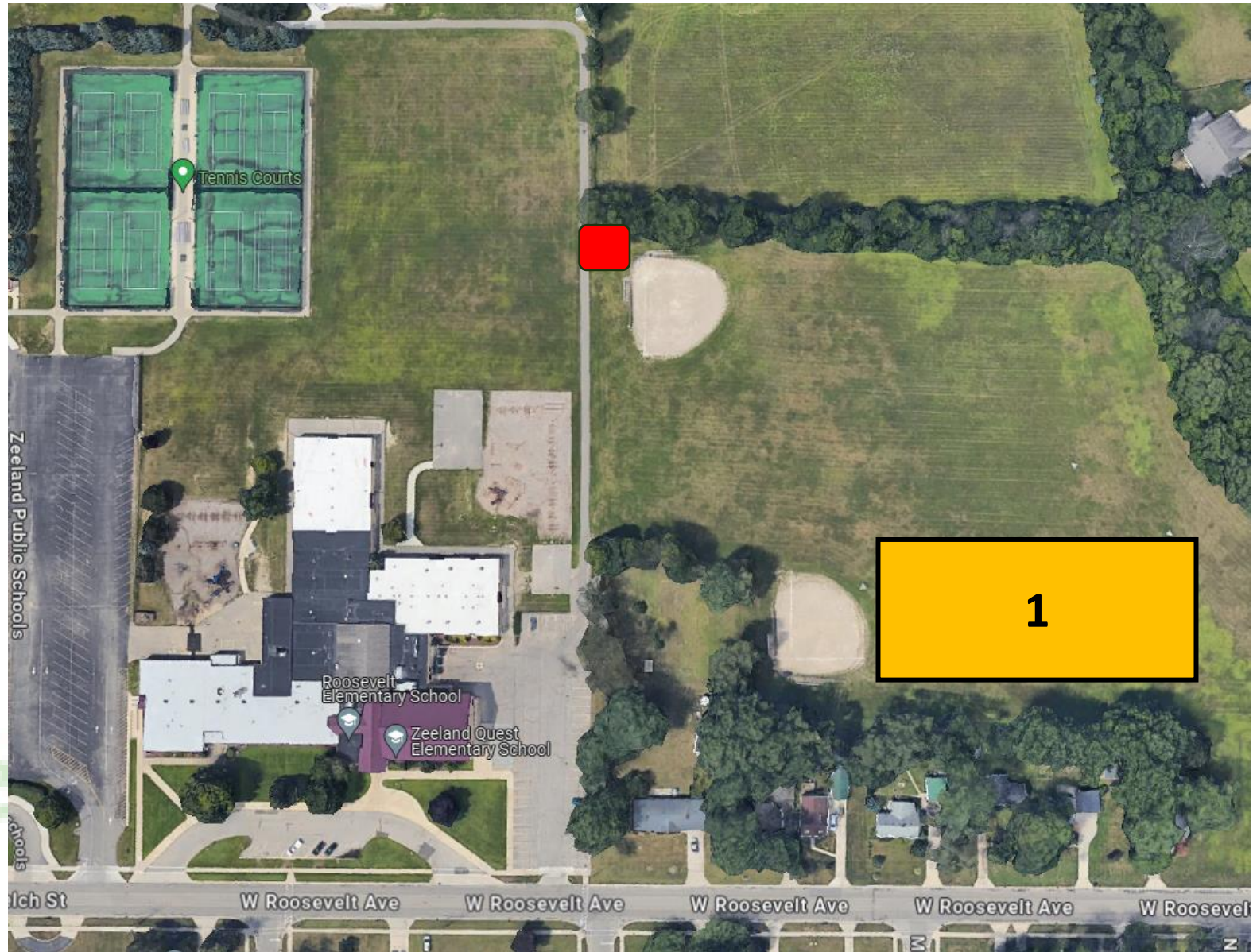
3rd-4th Girls – Roosevelt



5th-6th Boys – Quincy



5th-6th Girls – Roosevelt



Rules

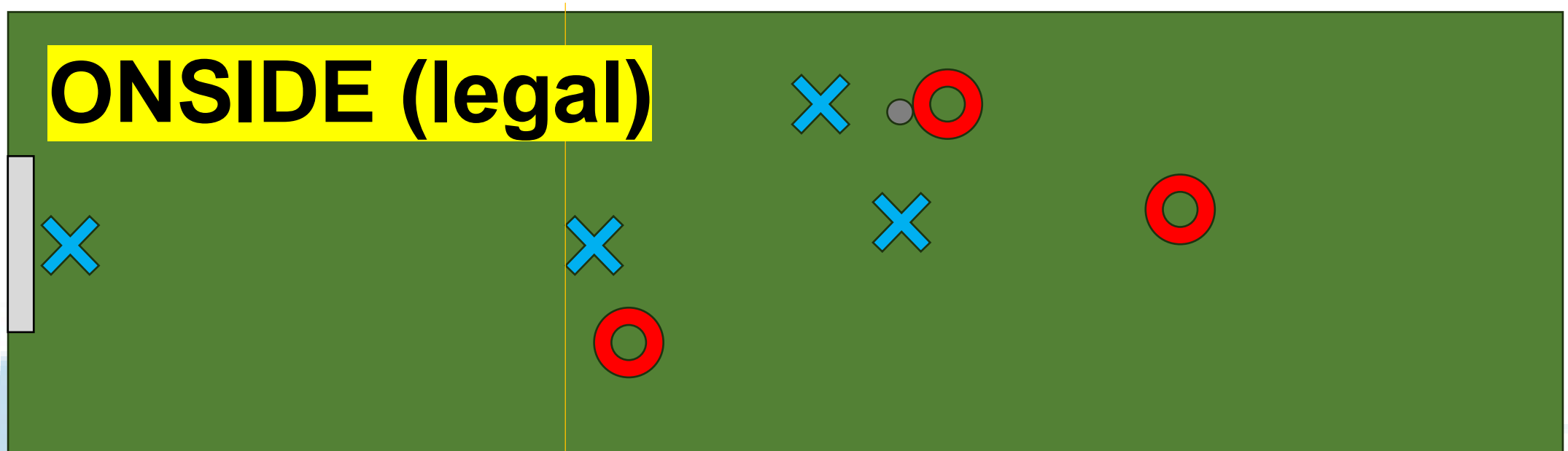
- Refs will check for shin guards before game!
- Running clock kept by ref
- Sub on stoppage in play – alert referee to hold play
- K & 1st/2nd – NO GOALIE – don't stick a player there
- 1 Timeout per half for 60 seconds
- No headers
- No using hands (free kick for other team)
- No “offsides”
 - Referee will call a clear “cherry pick” in 3rd-6th

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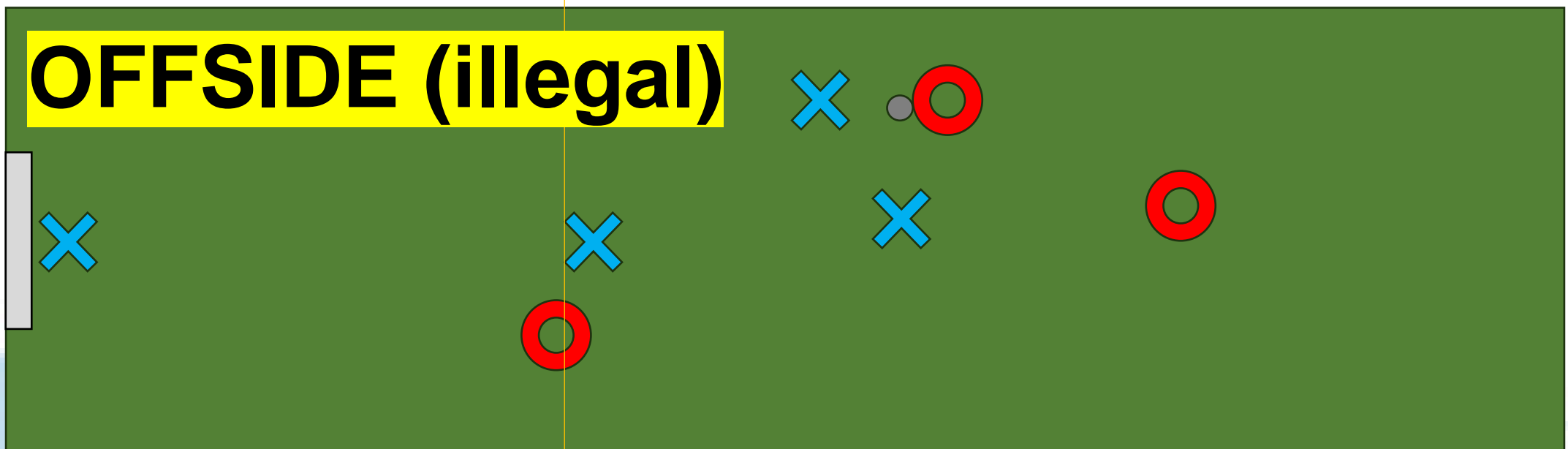
Offsides

- Offensive player closer to goal than farthest back defensive player when ball is kicked



Offsides

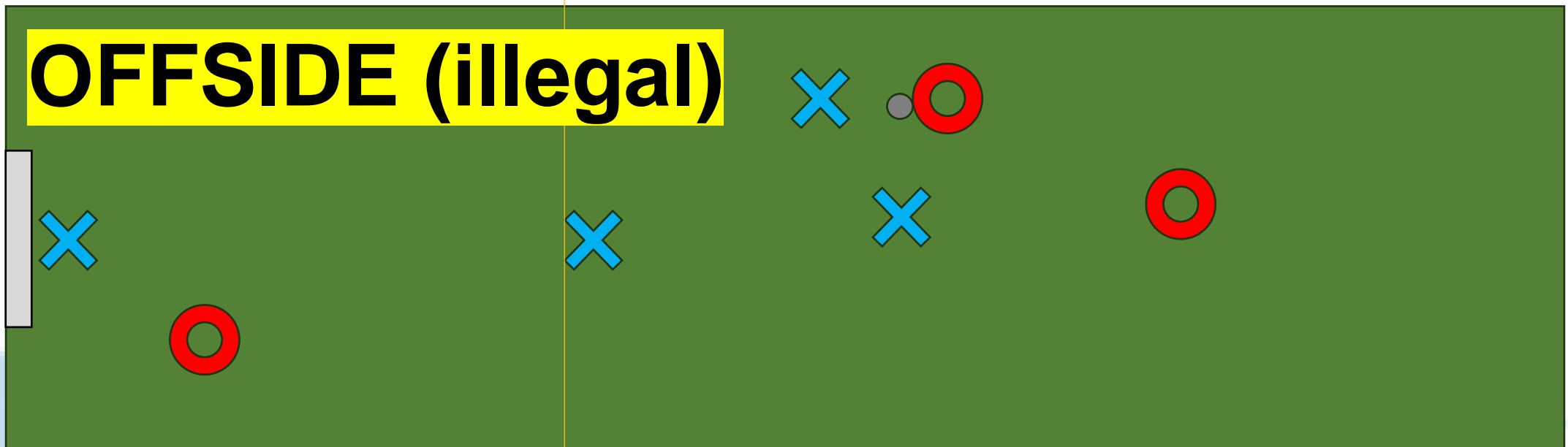
- Offensive player closer to goal than farthest back defensive player when ball is kicked



REFS WILL NOT CALL THIS

Offsides

- Offensive player closer to goal than farthest back defensive player when ball is kicked



REFS WILL CALL THIS – FREE KICK FOR BLUE

Practices

- Practices are built into schedule
- Start times are 5:30 / 6:30
- Start August 12
- 1 per week
- Reach out if you need to change
- Field availability and editing practice schedule on Team Sideline

Practice Plans

- Know what you are doing before you show up
- Break into groups and stations – more reps and less waiting
- Add something FUN
- Work with other teams to setup scrimmage
 - Recommend only doing this for ½ practice time max
 - Wait until 2nd or 3rd practice to scrimmage
 - K and 1st-2nd can setup game with own team (intrasquad)

Practice Recommendations

- First practices – keep it light and get to know the players
- Fundamentals = dribble, pass, shoot, defend
- Incentives and competitions keep kids engaged
- Less talk, more action
- 3rd-6th – remember to teach how to play goalie!



Practice Recommendations

- Dribble a lap
- Sharks and minnows
- Kick the coach
- Hungry hungry hippos
- <https://www.soccercoachweekly.net/drills-and-games/fun-soccer-games>
- <https://opengoaaalusa.com/blogs/news/fun-soccer-games-for-kids>

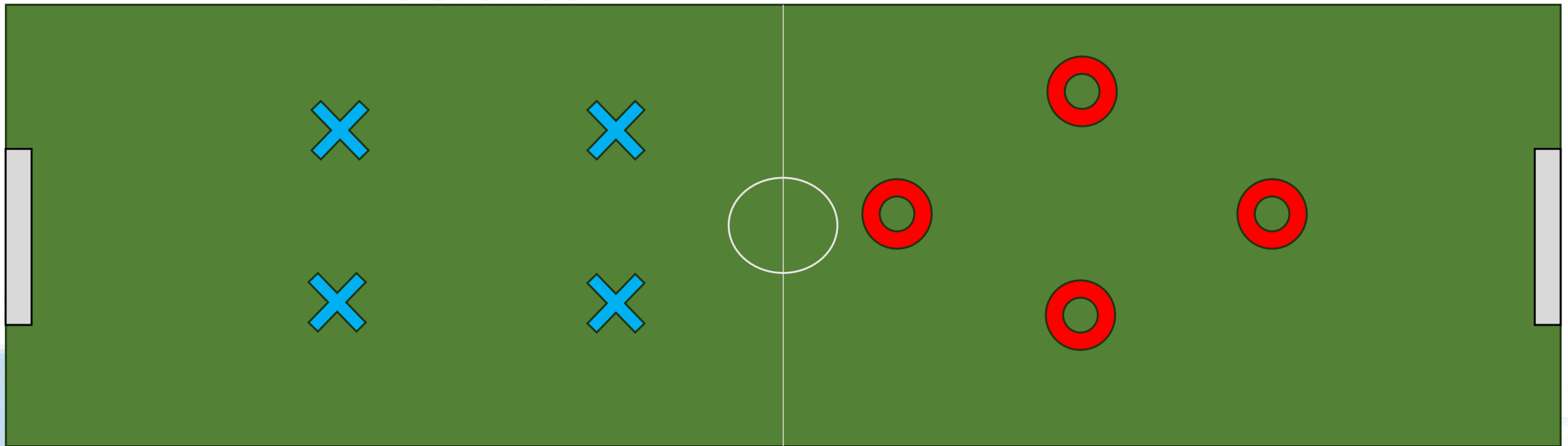
Game Planning

- Games start September 7
- Times are 9:00 / 10:30 / 12:00 / 1:30
- Every team plays 6 games
 - End October 12/19 unless postponed to 26
- Equal Playing Time
 - Plan out your sub rotations
 - Encourage parents to let you know attendance

Game Planning – K and 1st-2nd

2 forwards
2 defense

1 forward
2 midfield
1 defense

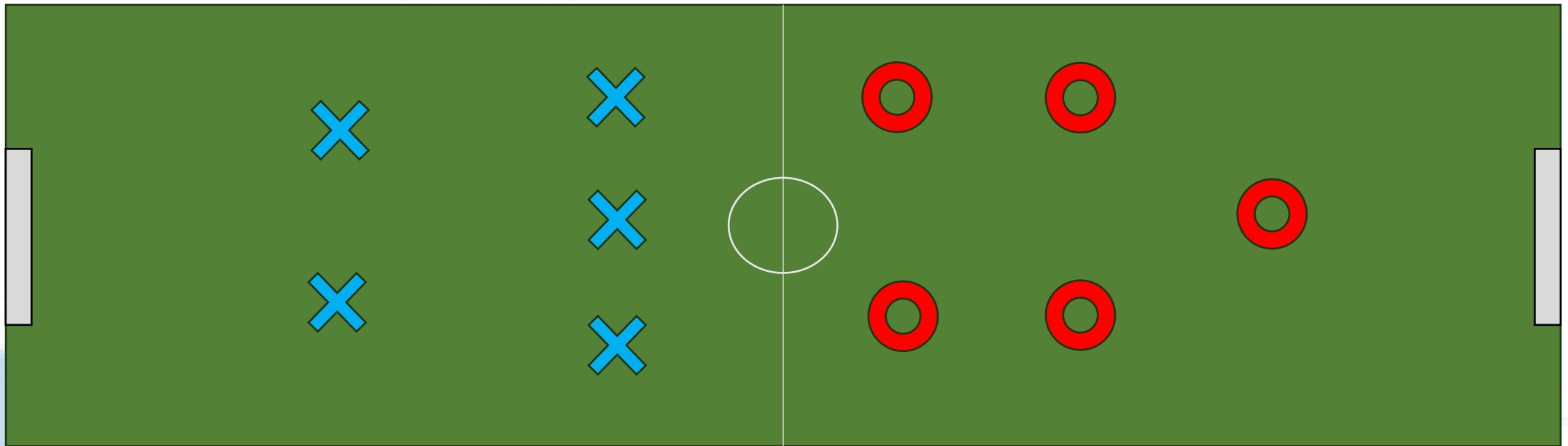


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Game Planning – 1st-2nd if 5x5

3 forwards
2 defense

2 forward
2 midfield
1 defense



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Game Planning – 3rd-4th

2 forwards

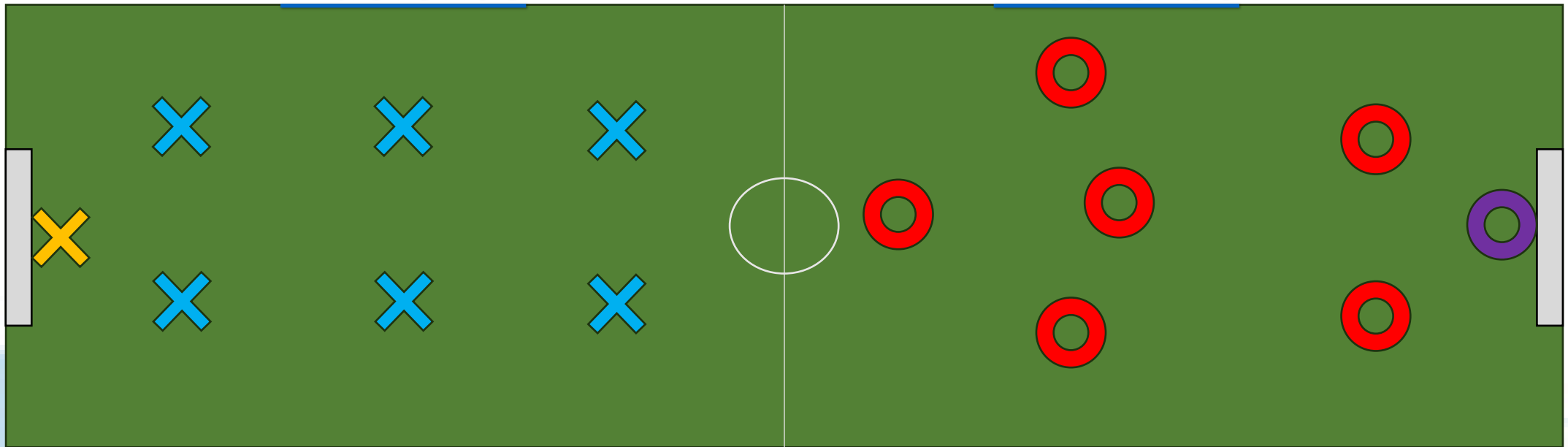
2 midfield

2 defense

1 forward

3 midfield

2 defense



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Game Planning – 5th-6th

3 forwards

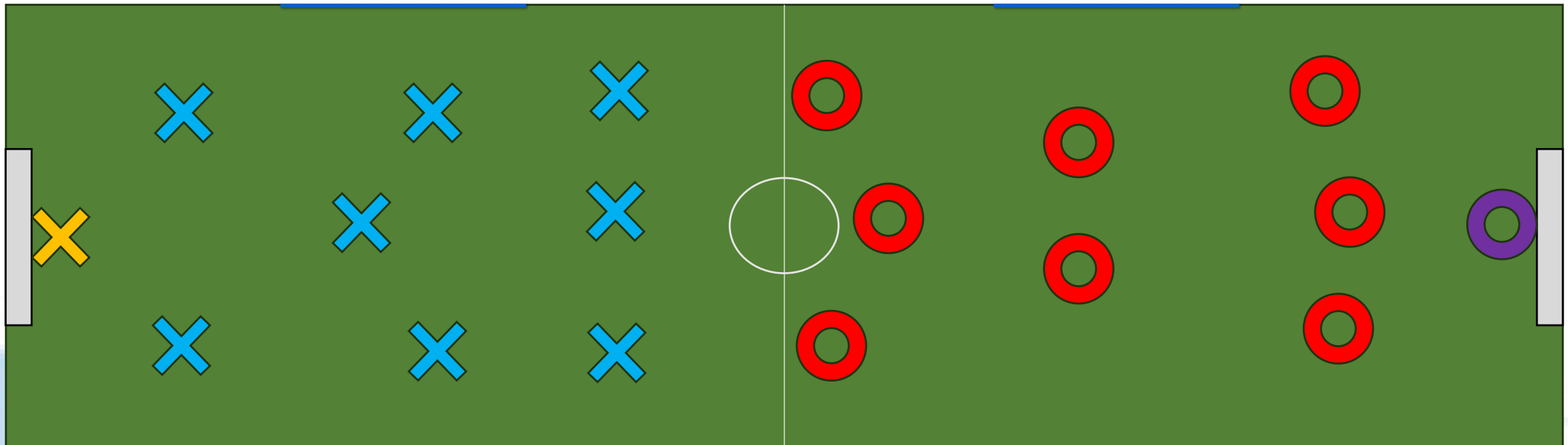
2 midfield

3 defense

3 forward

2 midfield

3 defense



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Equal Playing Time

- Goalies cannot play more than 1 half per game
- Player may not sit bench twice before all other players have sat bench once
- Players should get experience at multiple positions
 - Each coach can have their own strategy on positioning
 - Experience can be spread out over season or each game



Equal Playing Time – K & 1st-2nd

	1 st Half			2 nd Half		
	0:00 – 8:00	8:00 – 16:00	16:00 – 25:00	0:00 – 8:00	8:00 – 16:00	16:00 – 25:00
Goalie						
Right Forward						
Center Forward						
Left Forward						
Right Mid						
Left Mid						
Right Defense						
Center Defense						
Left Defense						

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Refs

- RESPECT
- Communicate when subbing
- Help where you can
- Asking for clarification or interpretation is OK
- If issue arises contact us
- **Please report any ref no-show**

Extra Coaches

- OK to ask parents to help at practice and games
- Parents may NOT run practice/game without an approved coach
- If they want to be a coach (even part time), get them signed up!



Weather Policy

- **TRY** to make decisions by 5:00PM
- Final decision will come from either Brett, Erica, or Brandon
- If something comes up mid-game = DELAY
 - Be smart and use your best judgement, i.e. Lightning strikes...
- Mid-Practice = you can delay or cancel
 - If you get message from us to cancel, SHUT IT DOWN!
- Look for communication (email) from one of us
- Call me if you are unsure and haven't heard
 - If I don't answer, I am probably talking to someone else or working on mass communication, please be patient

Status of Teams

Division	Players	Players Per Team	Minimum Teams	Coaches Required (2 per team)	Coaches Signed Up	Coaches Needed
Girls 1-2	131	10	14	28	28	0
Girls 3-4	111	12	10	20	19	2
Girls 5-6	99	13	8	16	19	0
Girls K	76	8	10	20	16	4
Boys 1-2	153	10	16	32	18	14
Boys 3-4	118	14	10	20	11	9
Boys 5-6	98	14	8	16	13	3
Boys K	65	8	9	18	8	10

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Thank You



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