**Montgomery Travelers Soccer Club**

**Youth Development Program (YDP) Parent Handbook**

**YDP & Club Web Site:** [**www.montgomerysoccer.org**](http://www.montgomerysoccer.org)



**Section 1: Youth Development Program (YDP) Philosophy**

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1. **Youth Development Program (YDP) Philosophy**
2. **“*Development” Not “Winning”***
3. **Play small sided games on small fields to *offer many touches on the ball* and many opportunities to learn by experiencing the play**
4. **Deliberately *avoid constant instructing*, correcting and coaching - especially in games (no trainers present)**
5. **“Guided discovery” is the primary coaching methodology**
6. **Create environment to help children discover the game – “let   
    the game be the teacher”**
7. **Expectations Must Be Age Appropriate**
8. **“At the younger ages (e.g. 3 –6 or7), soccer is NOT a ‘team’ sport. On the contrary, it is the time for children to develop relationships with the ball.”**
9. **As they become 7 or 8, they are just beginning to enjoy playing in pairs and being comfortable “sharing” the ball with a friend**
10. **Do not expect them to understand “spatial” or” team work” concepts much before ages 8 or 9.**
11. **Guidelines for Parents**
12. **Do not coach the players from “play to play.” Do not tell them what to do, when to do it or how to do it. Avoid comments beginning with verbs, e.g. don’t shout “shoot,” “pass,” “dribble,” “move up,” or “move back,” etc.**
13. **Let them learn and experience the consequences without being judgmental.**
14. **Applaud their effort, encourage them to try things and do their   
     best. Laugh with them and celebrate with them!**

***Please Remember: Development is a journey…not a short trip!***

1. **YDP Season Overview**
2. **There are two separate seasons, one in the Fall and one in the Spring**
3. **Fall season starts in the 2nd week of September and runs 8 weeks**
4. **Spring season starts the 1st week of April and also runs 8 weeks**
5. **All “home” activities at** [**Mill Pond Complex**](http://www.montgomerysoccer.org/Default.aspx?tabid=90677) **(GPS address 11 Mill Pond Rd, Belle Mead. YDP uses Field #3 + adjacent fields)**
6. **Rest rooms and portable toilets available, but trainers *CANNOT* accompany children to bathroom**
7. **Activities scheduled by age groups:**
8. **U6/U7s (will turn either 6 or 7 from Aug 1st thru next July 31st)**
9. **U8 – U10s (will turn 8, 9, or 10 from Aug 1st thru next July 31st)**
10. **Practice Uniform:**
11. **T shirts with numbers: Gray for U6/U7s and White U8/U10s**
12. **Any soccer shorts and soccer socks**
13. **Shin guards are REQUIRED**
14. **NO jewelry, bracelets, watches or gum**
15. **ALWAYS BRING SOCCER BALL AND WATER**
16. **Safety glasses are allowed with a head band**
17. **Scheduled Practice Times: See web site** [**YDP Schedules**](http://www.montgomerysoccer.org/Default.aspx?tabid=44617)
18. **U6/U7s will train Thursday afternoon/evening**
19. **U8 – U10s will train Wednesday and Friday afternoons/evenings**
20. ***Optional* Practices usually Mondays at Field #2 at the following times:**
    1. **5:00 – 6:00 PM for U8 – U10 Goal Keeper Training (plus travel players goal keeper training & ball skills training)**
    2. **6:00 – 7:00 PM all YDP players (U6 – U10) ball skills training**
21. **Training Emphasis:**
22. **Train by ability level (players evaluated at their first practice)**
23. **U6/U7s: Fun with the ball, coordination, introductory technique**
24. **U8 – U10s: Technique, individual defending and attacking, and beginning to play in small groups**
25. **Saturday Game Days**

* 1. **Game Times**
  2. **Each game day session is three games of 20 minutes each – players meet with Team Assignors in between each game**
  3. **Usual games times are as follows:**
     1. **1st Session (U6/U7s) 2:30 – 4:00 PM unless hosting other towns**
     2. **2nd Session (U8 – U10s) 4:00 – 5:30 PM unless traveling or hosting other towns**
  4. **Parents Set Up/Take Down Process:**
  5. **1st session parents should arrive 15 minutes early to set up   
      fields and goals to ensure children’s games start on time.**
  6. **1st Session parents mark scheduled U6/U7 fields with cones. Also place and anchor 5 X 10 portable goals. Players report to their Team Assignor.**
  7. **At completion of 1st session, parents pick up all cones, goals and anchor stakes and lock up goals in designated areas.**
  8. **2nd Session parents arrive 15 minutes early to help clear fields of cones and portable goals.**
  9. **Field Numbers:**

1. **Large Field # 3 at end of parking lot contains YDP field #s 1, 2, 3, 4, 5, 6 & 7 (#s on goal posts)**
2. **Field #2 on right side of parking lot nearest tree line contains YDP fields # 8 & 9 (if needed)**
   1. **Teams**
   2. **Teams are established by end of first week & communicated via email and put on web site under “In House Teams”**
   3. **Team Assignors schedule different subgroups to the scheduled fields (fields may change each game)**
   4. **1st Session: U6/U7s – Coed Teams designated by colors**
   5. **2nd Session: U8 – U10s – Generally teams by gender**
   6. **2nd Session – one team must wear scrimmage vests each game**
   7. **Players**
3. **Wear complete uniform and shin guards (no jewelry, gum, etc)**
4. **Players should take water and ball with them to their field every time**
5. **Players who are not assigned to a field will play in a “pick up” game**
6. **U8 – U10s will generally have one substitute per field**
7. **U8 – U10s – Girls teams will play a game against each other (if sufficient numbers) and two games versus U8 boys**
8. **Game balls provided by players (who should always bring their ball☺)**
   1. **Game Process**
9. **Players meet as teams depending on age (usually at 2:30 or 4:00 PM)**
10. **Team Assignors share a few coaching points for the day**
11. **Team Assignors assign players to scheduled fields for first game**
12. **Players take their soccer balls and water to designated field**
13. **One parent per field familiar with simple game “rules” designates direction of play and gets game started quickly (does not “referee” or coach). Individual also calls for water breaks when appropriate.**
14. **Parents assist by keeping soccer balls readily available to   
     keep game moving.**
15. **Teams can play “short” or over the designated numbers aside (3 v 3 for U6/U7 and 4 v 4 for U8 – U10s unless announced otherwise). And yes, they might have to play with uneven numbers occasionally.**
16. **After each game, PLAYERS SHAKE HANDS and take ball and their water back to team meeting with assignor.**
17. **Process repeats for next game….**
    1. **Playing “Guidelines” for Games (for use by game facilitator)**
18. **No referees…just a facilitator. Do not coach. Please stay on sideline.**
19. **Do not stop game unless absolutely necessary…keep balls ready and keep game flowing**
20. **No penalties. If a player is too rambunctious, invite them to have a drink of water for a few minutes to settle down**
21. **No throw ins (unless announced), only kick ins…players back 5 yards**
22. **Corner kicks…players back 5 yards.**
23. **No kickoffs (unless announced). *After a goal is scored, team that scored backs up to mid field and opponent dribbles or passes into play from end line. Ball is live as soon as it enters field.*** 
    1. **Desired Game Day Atmosphere (PARENTS ARE KEY TO THIS)**
24. **Objective is to achieve a “street soccer”/playground environment…  
    requires minimal parental supervision…just cheering, encouraging,  
    enjoying and helping keep balls available. Lots of scoring is great but   
    *please do not “coach” the players or keep score.***
25. **Teams may not always be even but we should not care who wins or loses, only that we encourage the children to do their best and to help them feel good about doing so.**
26. **Playing Friendly Matches Against Other Clubs**
27. **Friendly matches against local clubs will be arranged for the U8 - U10s and possibly one or two for the U6/U7s.**
28. **Players may “travel” to play on a few Saturdays (some festivals may be on Sundays for older players)**
29. **Information is provided to parents in advance and you must sign up your child if they will play in designated games. RESPOND PROMPTLY!**
30. **NOTE: *If your child does not travel and low numbers of players remain locally, there may be no local games for their age group that day.***
31. **“Travel” teams are formed, usually by gender and age.**
32. **Other clubs use similar game formats (play 5 aside with a goal keeper)**
33. **Game times will usually be earlier on Saturdays when we travel or if we host a festival in Montgomery.**
34. **MONTGOMERY YDP - May Host a Festival in May or early June**
35. **Teams from other towns are invited to travel here to play.**
36. **Volunteers will be needed to conduct a successful event.**
37. **Miscellaneous Items**
38. **“Celebration Day” End of Spring Season**
    1. **Picnic and informal parent/child games and entertainment**
    2. **No charge…NEED VOLUNTEERS to help with food, door prizes, tents, etc.**
    3. **Player recognition includes participation medals (all), juggling and most improved player awards.**
    4. **May combine with travel program for a “Club” picnic.**
39. **Carding and Insurance – US Club Soccer provides *secondary* insurance coverage. Please note for late registrations and paperwork, this coverage may not take effect until the second week.**
40. **Car Pooling – Team rosters will be accessible on the web site and include telephone numbers and addresses by second week of the season.**
41. **Weather Cancellations**
    1. **Posted on web site Home Page at** [**www.montgomerysoccer.org**](http://www.montgomerysoccer.org) **under “News”**
    2. **Will also try to broadcast an email from either** [**president@montgomerysoccer.org**](mailto:president@montgomerysoccer.org) **or** [**doc@montgomerysoccer.org**](mailto:doc@montgomerysoccer.org)
    3. ***Announcements of CANCELLATIONS may be sent as late as 4pm***
    4. **We will try to make up any canceled sessions**
42. **Volunteers Needed** 
    1. **Please sign up if you have not done so already**
    2. **Team Assignors and assistants for each session**
    3. **Field set up and take down every week every session**
    4. **Four - six people to distribute uniforms and balls (tonight)**
    5. **Lost and Found (one for each session)**
    6. **Field Coordination Assistant for 2nd Session**
    7. **June Celebration Committee (food, etc.)**
43. **Montgomery Travelers Soccer Club FAN WEAR**
    1. **Show your support of the Club…and the kids love to wear it!**
    2. **See link on web site Home page at** [**www.montgomerysoccer.org**](http://www.montgomerysoccer.org)
44. **Closing Comments**
45. **Player evaluations will be provided on line at end of season**
46. **We strive to run a quality program…need your support and feedback**
47. **Major challenges…”no shows” break down game day plans and teams**
48. **RESPOND TO EMAILS ON A TIMELY BASIS, ESPECIALLY TRAVEL INQUIRIES**
49. **Please volunteer, especially on field set up and take down….**

**Uniform and Ball Distribution**

1. **Issued uniform and ball are used for “soccer year” (fall and spring)**
   1. **RECOMMENDATION: Wash uniform and T shirt in warm or cold wash and use low heat on dryer *or they will shrink*.**
   2. **REPORT ANY MAJOR UNIFORM ISSUES WITHIN 3 DAYS**
   3. **RECOMMENDATION: Mark your child’s uniform number on the ball with permanent ink before you leave. They can decorate their ball, put their name on it, etc. Just encourage them to play with it!**

***Questions?***

**Lewis Benton**

**MTSC Director of Coaching and Lead Trainer**[**doc@montgomerysoccer.org**](mailto:doc@montgomerysoccer.org)

**Bruce Guest**

**MTSC VP of Player Development**

[**vpplayerdev@montgomerysoccer.org**](mailto:vpplayerdev@montgomerysoccer.org)

**Jeff Callan**

**MTSC President**

[**president@montgomerysoccer.org**](mailto:president@montgomerysoccer.org)

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