



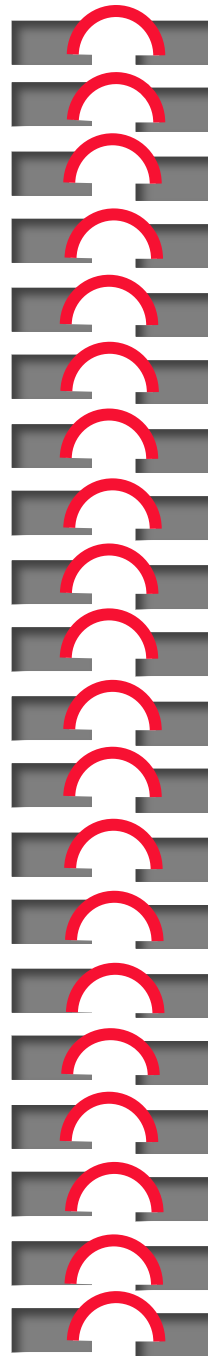
## Parent Handbook



## Midland Soccer Club

**The Mission** of the Midland Soccer Club is to provide all soccer players with an opportunity to learn, develop, and compete at the highest level of desired play.

**The Vision** of the Midland Soccer Club is to be the leading soccer program in the state, recognized for excellence in player and coach development, facilities, sportsmanship and competition.



## Player Development

Midland Soccer Club is committed to providing a competitive and fun atmosphere which will challenge our players technically, tactically, physically and mentally.

Players will be asked, at the youngest ages, to develop the competency and confidence to hold a ball at their feet.

Teams will be encouraged to value possession of the ball with purpose, be aggressive in attack and relentless in defense.

Playing indirect means that we will seek to link passes, learn to play out of the back and utilize our goalkeepers to maintain the ball when needed.

At young ages, patience must be practiced as our teams may give up goals in this process.

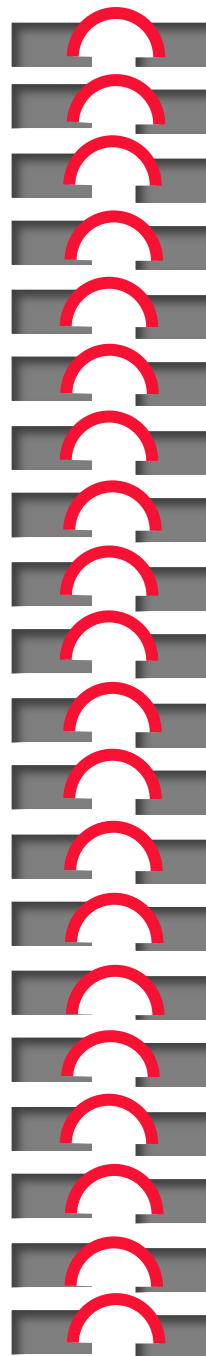
## Purpose of Individual Development

Our emphasis is on individual **player development**. We strongly believe that if a club develops better players, we will have **better teams**.

As coaches in the club, it is our responsibility to make sure that we are following our curriculum to develop the players on our teams in a manner that not only prepares them for success throughout the current season but sets them up for continued success as they get older.

This club's success rests on the one principle that the player, team and club is our family. All of us must recognize that we can continue to evolve and learn as coaches. Growth mindset is the new buzzword but that is exactly what we must embrace.

The information contained in this club booklet has been gathered from US Soccer, the United Soccer Coaches (developmental guides), the Dutch and German FA and from other sources/coaches I have had the luck to work with at sometime in my life. It is not the "bible". It is our guide.

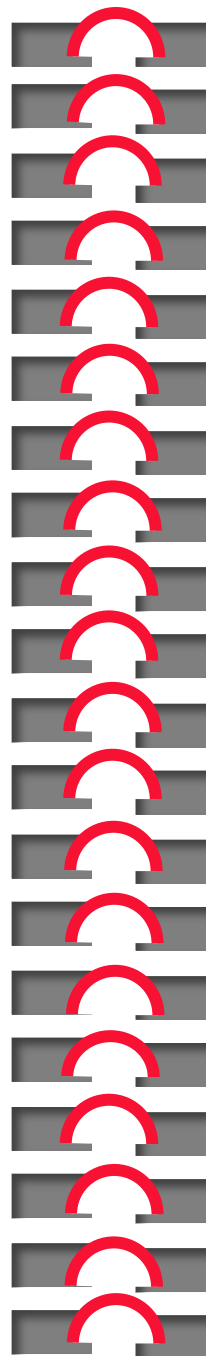


## Coach Responsibilities to Players/Parents

- Coaches shall place the safety and welfare of players above the value of winning.
- Coaches shall encourage all players to play within the Laws of the Game and within the spirit of the game at all times.
- Coaches shall encourage and condone appropriate behavior from players in any situation.
- Coaches are responsible to abide by Michigan Youth Soccer, US Youth Soccer, US Club and/or MSC Club rules of conduct and behavior.
- Coaches will balance individual growth, social development and the acquisition of soccer knowledge and skills in working with individual players and the team **BY** utilizing the curriculum recommendations adopted by MSC.
- **Coaches will promote a positive club atmosphere, which embraces support of all coaches, players and parents (recreational, fusion, top soccer, adult).**
- Coaches will be prepared to run training sessions in a professional manner.
- Coaches will give feedback to players and/or parents in a manner consistent with the age group curriculum.
- **Coaches will be available to meet with players and parents to discuss concerns if that meeting was scheduled in the proper manner as outlined in the resolution policy.**
  - Coaches will extend respect and courtesy to match officials. Coaches shall comply with the rules, policies and procedures established by USYS/US Club Soccer and the applicable Member Organization.
  - Coaches shall become aware of the rules, policies and procedures of USYS/US Club Soccer and the applicable Member Organization regarding player and team eligibility, team formation, and recruiting, poaching.

## Player Responsibilities

- All players have a responsibility to make sure all teammates are treated with respect.
- Players should understand how to play within the Laws of the Game.
- Players shall encourage and condone appropriate behavior from teammates in any situation and conduct their own personal lives in a manner that brings honor to themselves, team and club.
- All players strive to give their maximal effort in training and at games.
- All players should wear club gear at all events.
- If a player must miss a practice, they must inform the coach either directly or through our app.
- Players are expected to seek understanding and resolution when questions or problems arise with teammates or coaches.
- Players shall not engage in any physical or verbal confrontation with an opposing player, coach, supporter or referee.
- Players shall share the responsibilities of team leadership and shall be accountable for the conduct of their teammates.
- Players shall comply with the rules, policies and procedures established by USYS/US Club Soccer and applicable member organizations.
- Your commitment, per MSYSA and US Club soccer is for one year from tryout to tryout.



## Parent Responsibilities to Players and Coaches

- Parents shall encourage players to play within the Laws of the Game.
- Parents shall encourage and condone appropriate behavior from players, parents and coaches in any situation.
- ALL comments by parents and their guests from the sideline will be encouraging and complimentary.
- Parents agree to refrain from coaching their child or other players during all games and practices.
- Parents will discuss player and team concerns directly with the Head Coach
- Parents will support and if necessary, assist their children to meet the player expectations.
- AWAY FROM THE FIELD PLAY AT ALL TRAINING SESSIONS, GAMES, OR TOURNAMENTS, IT IS THE RESPONSIBILITY OF THE PARENT TO MONITOR THEIR PLAYERS BEHAVIOR.
- Parents shall not engage in any physical or verbal confrontation with any opposing player, coach or supporter.
- Parents shall support team leadership
- Parents shall respect match officials.
- Parents shall use their influence and authority to deter inappropriate conduct by supporters toward officials, teammates and opponents AND report poaching activities to the Director.
- Parents shall become aware of the rules, policies and procedures of USYS/US Club Soccer and applicable Member Organizations regarding player and team eligibility, team formation and recruiting/poaching.
- PARENTS ARE RESPONSIBLE FOR VOLUNTEERING FOR THE FIT and MIT Tournaments.

## Why Kids Quit

- 70% of youth athletes quit playing by age 13
- Soccer studies- Meta-regression indicated that annual dropout rates are stable from the ages of 10–19 years, with higher rates for girls (26.8%) compared to boys (21.4%). The present study suggests that youth soccer players are prone to dropout rates in which close to one-fourth of players leave the sport annually, which appears to be a consistent finding across ages 10–18 years.

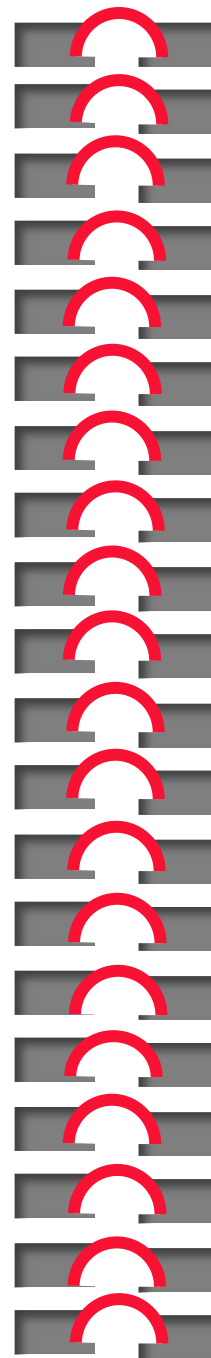
### **A Systematic Review and Meta-Analysis of Dropout Rates in Youth Soccer**

[Nina Elise Møllerlækken](#), [Håvard Lorås](#), and [Arve Vorland Pedersen](#)

[Journal of Parks and Rec](#)

#### Positive Coaching Alliance

- Main Reasons Kids Quit
  - Lack of Fun
- Pressure to perform (can include injuries...)
- Their own perception of their own lack of competency
- Time demands are too great...burnout



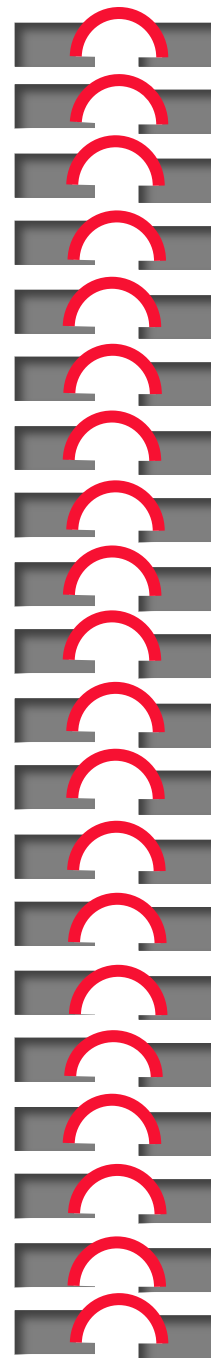
## Resources for Parents



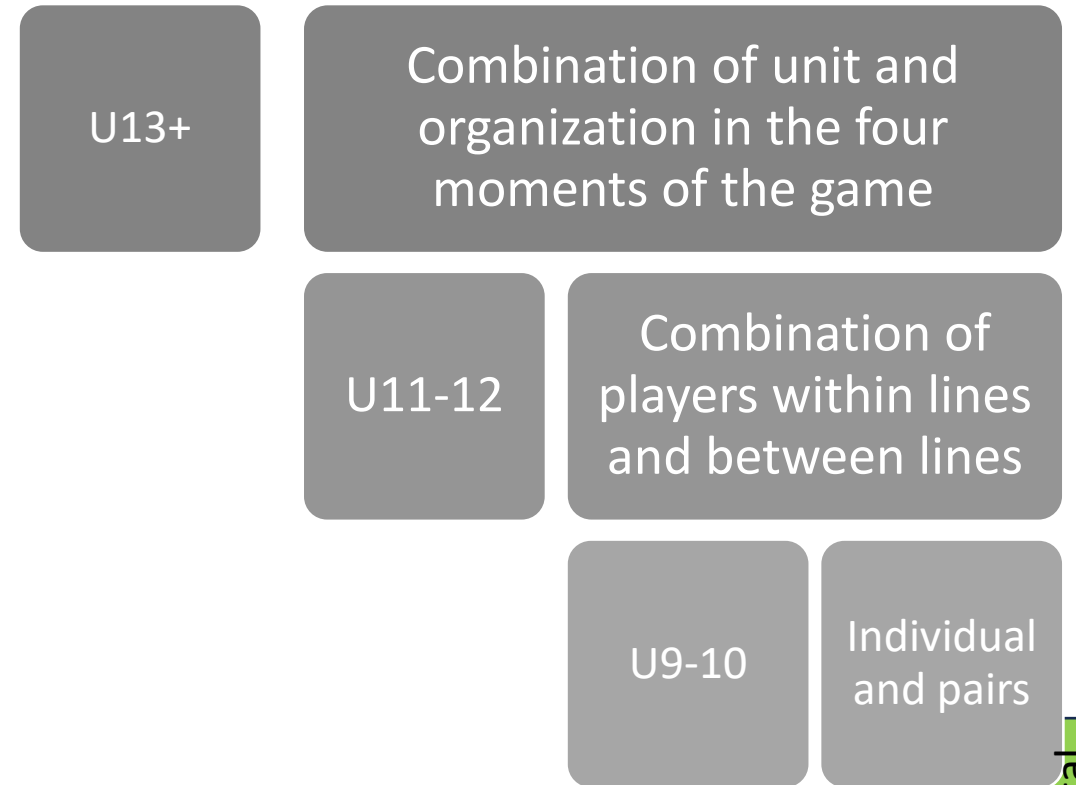
[The Coaching Manual](#)

# Midland Soccer Club- Developmental Blocks

Age	Building Block	Focus
4-6	Motor Skill	<b>Why:</b> At the age where development of motor skills begins to take shape. Inspire players to love and grow within the game. <b>Activities: Fun based.</b> Short, fast paced games with the ball.
7+	Technique	<b>Why:</b> Building on motor skill development enables the introduction of soccer specific techniques. <b>Activities: Technical based.</b> Maximize ball touches and repetition.
9+	Individual/ Small group Tactics	<b>Why:</b> Technical development allows for the ground work toward individual tactics as the brain matures. <b>Activities: 1's, 2's-attacking and defending.</b> Introduction to decision making skills through games requiring players to solve problems (how to keep a ball, combine)
11+	Working in Lines and Between lines	<b>Why:</b> Increase their problem solving ,developing the understanding of working together to attack and defend. <b>Activities: Games focused on even (2v2, 3v3) and uneven (3v2, 2v3,</b>
13+	Team tactics	



# Midland Soccer Club- Tactical Progression



## Training Themes (Complete list in Appendix)

### Attack- Must be able to attack 1v1 and dribble out of pressure

#### Defensive Half

Combination Play  
Playing Forward

Scan  
1v1's  
Support pass  
Create Space  
Receive on half turn  
When to pass v Dribble

#### Attacking Half

Master Overload Scenario's  
Finishing on Goal (striking a ball)

Decision making  
Creative play  
over/underlaps  
1v1, 2v1, 3v2  
Running behind

### Defending- Must be able to defend 1v1, in pairs and 3's

#### Defensive Half

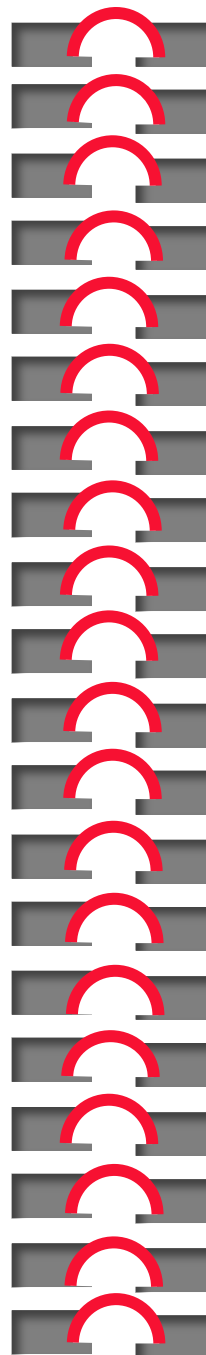
Organizing a block  
Defending even numbers

Cover and balance  
1v1, 2v2, 3v3  
Delay  
Dictate direction  
Communicate

#### Attacking Half

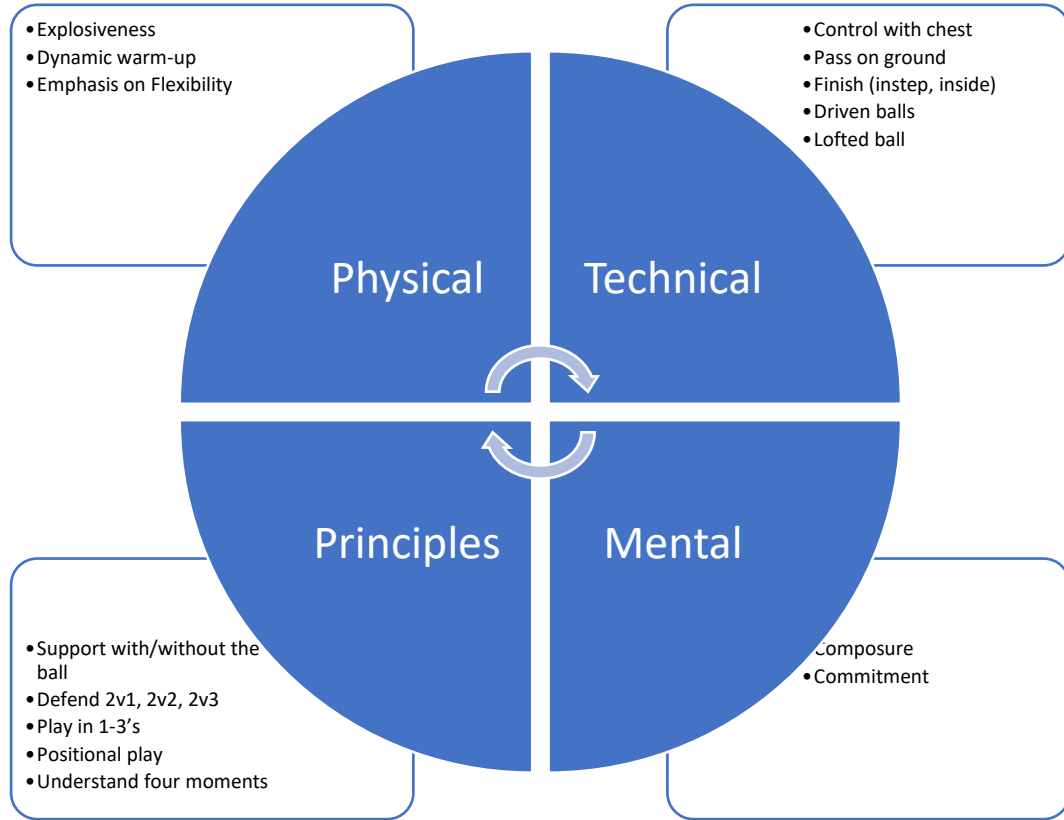
Pressure to win the ball  
Defend odd numbers

Press as a pair  
Cover and balance  
Delay  
1v2, 2v3

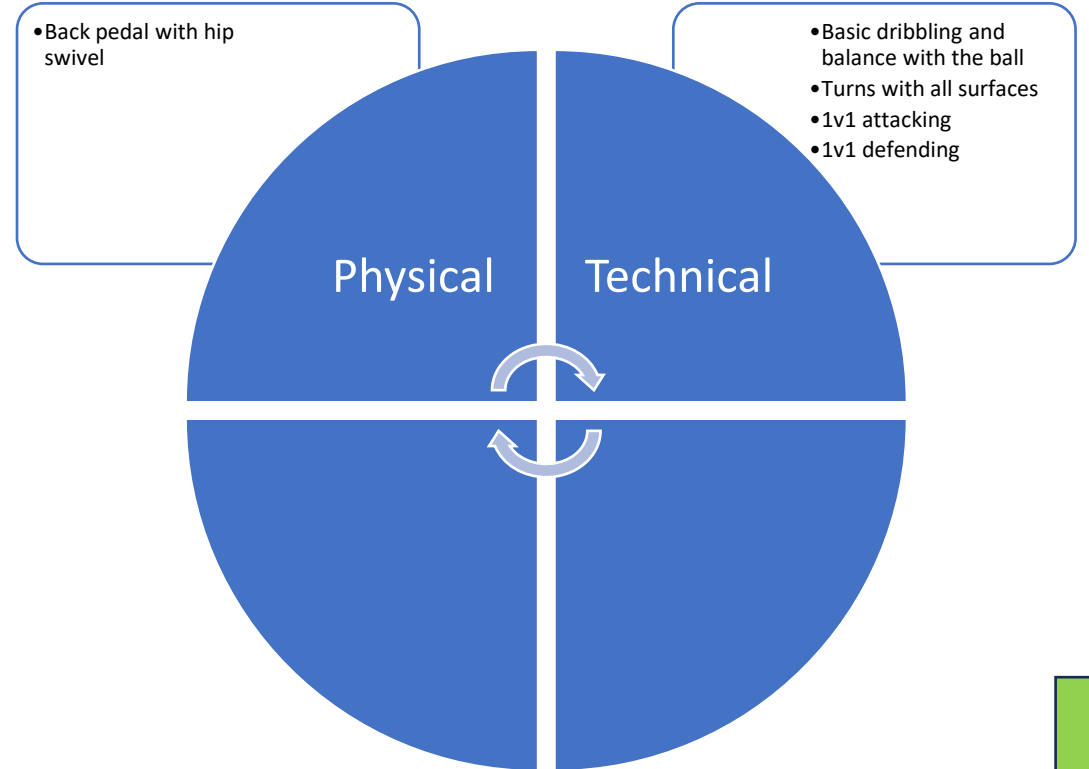


U8-10	
<b>Developmental Focus</b>	Technical Social Physical Tactical Psychological
<b>Specialized Training</b>	Attack and Defend in 1's and 2's
<b>Optimal Length of Training</b>	60 minutes/practice
<b>Training Format</b>	2-3 practices/week during the season 1-2 hours in winter
<b>Practices</b>	Practices in 1's, 2's and 3's. Small sided games which emphasize possession and problem solving
<b>Game Format</b>	7v7
<b>System</b>	1-3-1-2, 1-2-3-1, 1-4-1-1
<b>Psychosocial</b>	<b>Respect-</b> Learn to interact in a positive manner with coaches, teammates and referees <b>Discipline-</b> Learn the importance of focus at practice <b>Competitiveness-</b> Is introspective, becoming better individually. <b>FUN-</b> The FUN is in the organization of practice and loving the game
<b>Game Model</b>	Attacking half and Defending half

# Developmental Emphasis



# Competency





## Training Themes (Complete List in the Appendix)

### Defensive 1/3- Attack

Combination Play  
Possession to Play Forward

Scan  
Look to break lines  
Create Space (find pockets)  
Width (where/who)  
Create 2v1 with natural pair

### Middle 1/3- Attack

Master Overload Scenario's  
Finishing on Goal (striking a ball)

Decision making/scan  
Break lines  
Switch with pivot (who)  
Threaten behind  
Create pockets/half space

### Attacking 1/3- Attack

Master Overloads  
Maintain Possession (recycle)  
Finishing on Goal

Mobility  
Play in front to get behind  
Movement to receive (pos vs neg)  
Width  
Set Pieces

### Defensive 1/3- Defend

Organize a block  
Defend Numbers Down

Stay Compact  
Deny goal scoring opportunities  
Intercept passes  
Dictate play  
Set Pieces

### Middle 1/3- Defend

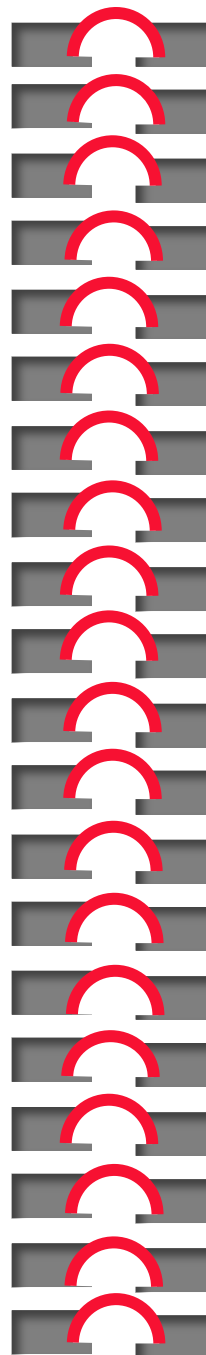
Organizing a block  
Recover

Deny Penetration  
Distance between lines (small)  
Screening  
Work to get behind ball  
Defend as a unit

### Attacking 1/3- Defend

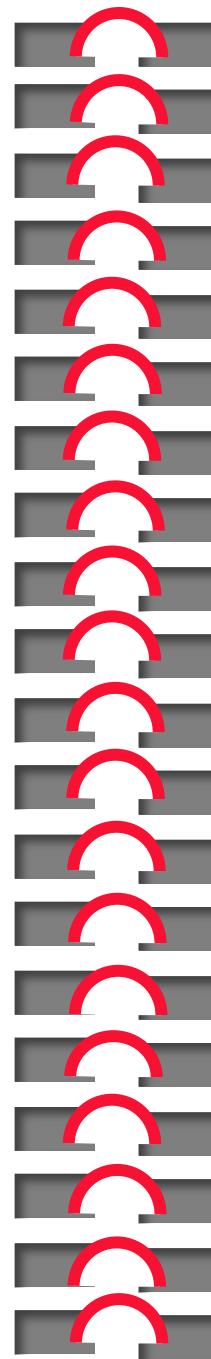
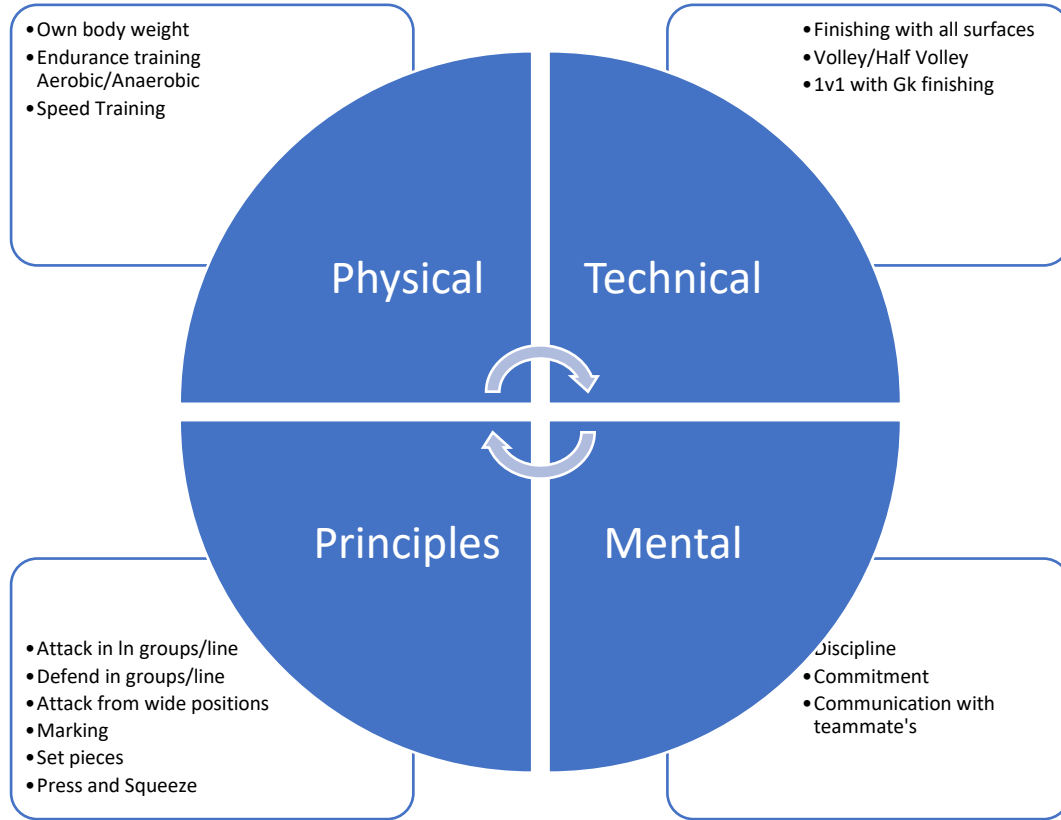
Defending Even Numbers  
Recover

When to Press  
Make play predictable (dictate)  
Delay  
Reset line of confrontation  
Defend as a unit and between units

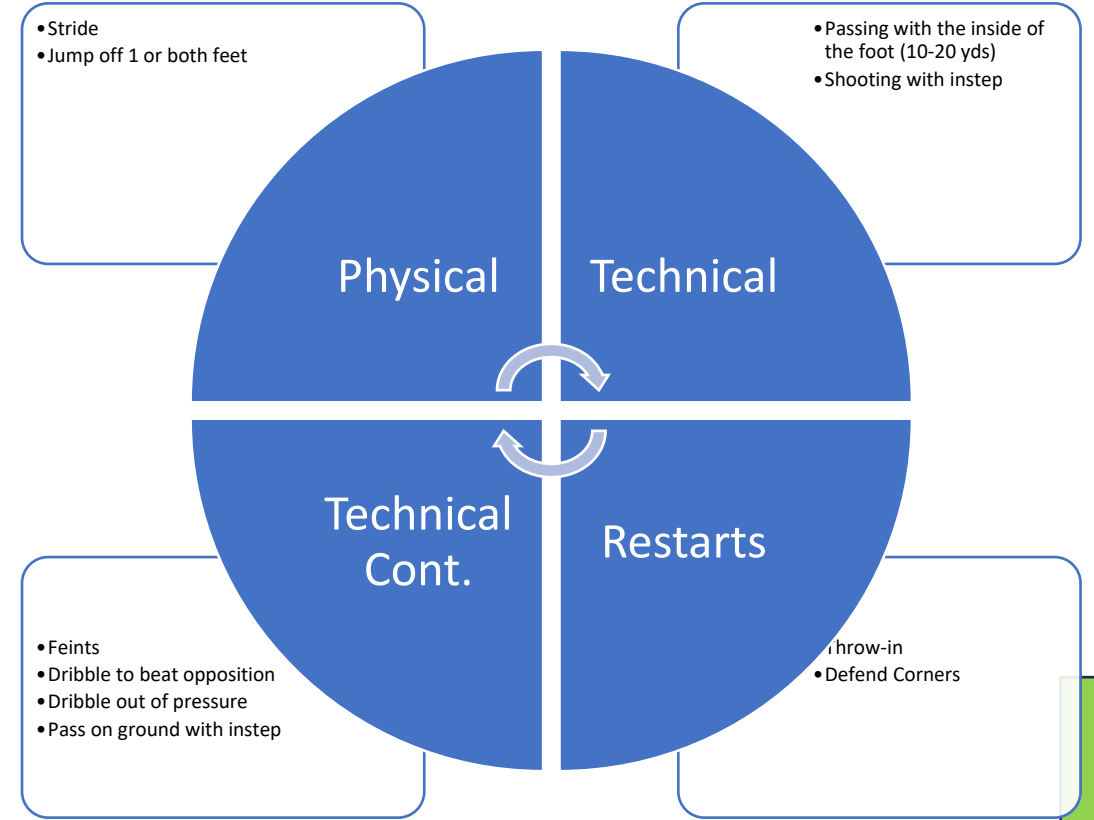


U11-12	
<b>Developmental Focus</b>	Technical Social Tactical Physical Psychological
<b>Specialized Training</b>	Positional, specialized to lines, how we play
<b>Optimal Length of Training</b>	90 minutes/practice
<b>Training Format</b>	3-2 practices/week during the season 1-2 hours in winter
<b>Practices</b>	Developing how we attack, defend, transition in each 1/3. Introduction of free kick importance- small games in thirds
<b>Game Format</b>	9v9
<b>System</b>	1-3-2-3, 1-2-4-2, 1-4-1-3, 1-4-1-2-1
<b>Psychosocial</b>	<b>Respect-</b> Learn to interact in a positive manner with coaches, teammates and referees <b>Discipline-</b> Learn the importance of discipline and that details matter <b>Competitiveness-</b> Learn the adversity is present in sports and that the effort to overcome adversity is most valued <b>FUN-</b> The FUN is in the organization of practices and games
<b>Game Model</b>	Attacking, Middle and Defending 1/3

## Developmental Emphasis



## Competency



## Training Themes (Complete List in the Appendix)

### Defensive 1/3- Attack

Combination Play  
Possession to Play Forward

Scan  
Look to break lines  
Create Space (find pockets)  
Width (where/who)  
Create 2v1 with natural pair

### Middle 1/3- Attack

Master Overload Scenario's  
Finishing on Goal (striking a ball)

Decision making/scan  
Break lines  
Switch with pivot (who)  
Threaten behind  
Create pockets/half space

### Attacking 1/3- Attack

Master Overloads  
Maintain Possession (recycle)  
Finishing on Goal

Mobility  
Play in front to get behind  
Movement to receive (pos vs neg)  
Width  
Set Pieces

### Defensive 1/3- Defend

Organize a block  
Defend Numbers Down

Stay Compact  
Deny goal scoring opportunities  
Intercept passes  
Dictate play  
Set Pieces

### Middle 1/3- Defend

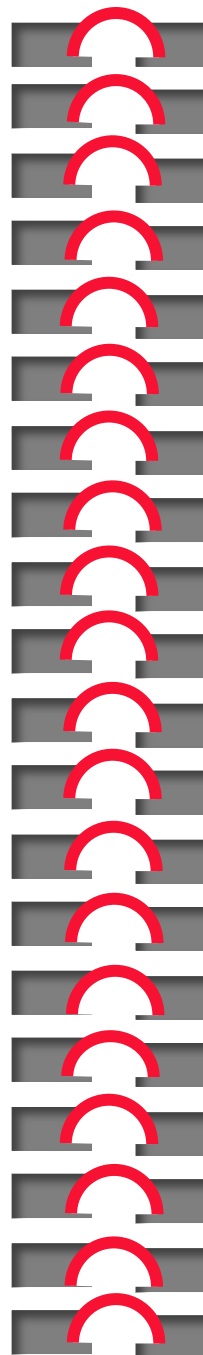
Organizing a block  
Recover

Deny Penetration  
Distance between lines (small)  
Screening  
Work to get behind ball  
Defend as a unit

### Attacking 1/3- Defend

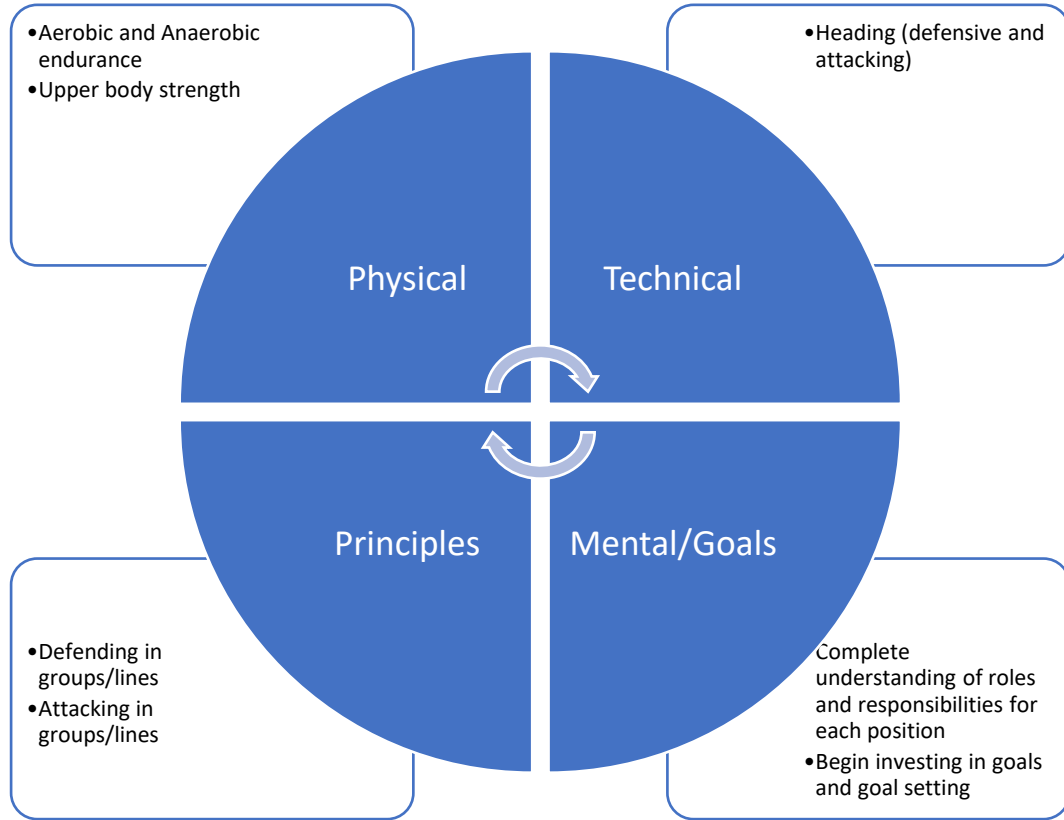
Defending Even Numbers  
Recover

When to Press  
Make play predictable (dictate)  
Delay  
Reset line of confrontation  
Defend as a unit and between units

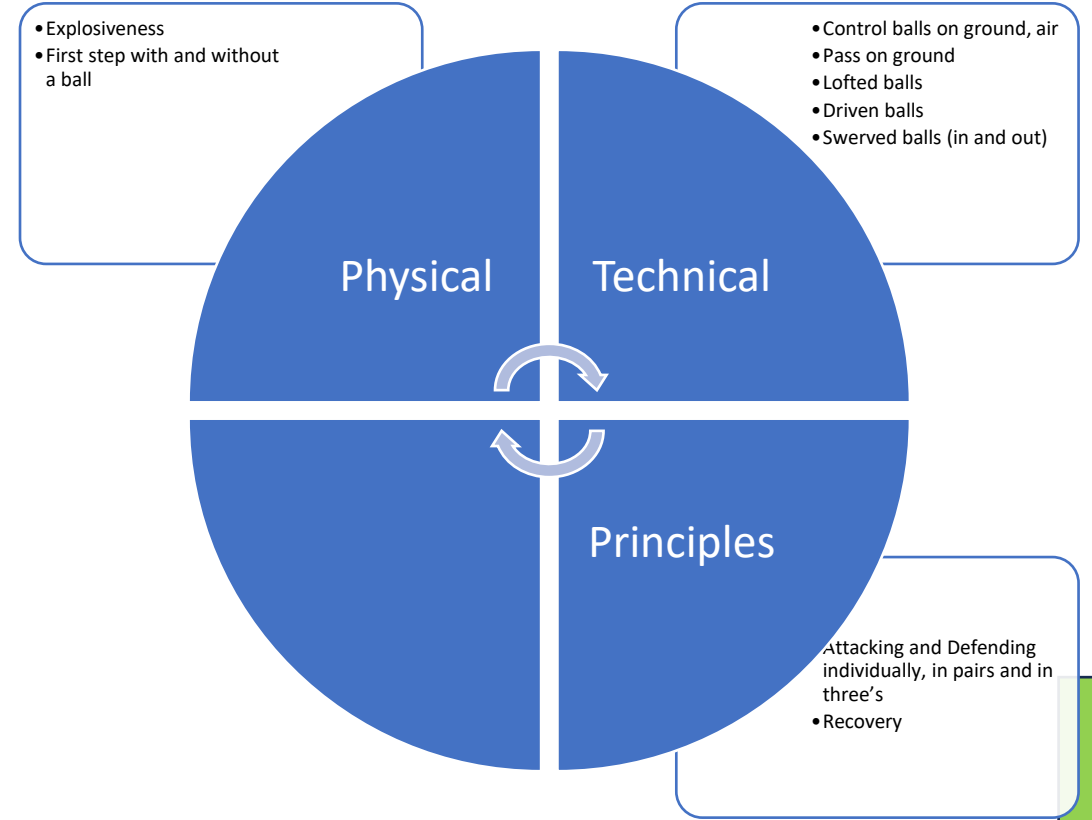


U13-14	
<b>Developmental Focus</b>	Technical Tactical Physical Psychological Social
<b>Specialized Training</b>	Tactics in lines and between lines and units
<b>Optimal Length of Training</b>	90 minutes/practice
<b>Training Format</b>	3-2 practices/week during the season 1-2 hours in winter
<b>Practices</b>	Small sided games in specific thirds or to solve specific "problems"
<b>Game Format</b>	11v11
<b>System</b>	1-4-3-3, 1-4-4-2, 1-3-4-3, 1-4-2-3-1
<b>Psychosocial</b>	<p><b>Respect</b>- Process of how to communicate especially in times of adversity</p> <p><b>Discipline</b>-Develop the connection between continued development and discipline in training</p> <p><b>Competitiveness</b>- Continue to develop ways to attack and overcome adversity and handle success</p> <p><b>FUN</b>- The FUN is in the organization of practices and how it relates to games</p>
<b>Game Model</b>	Attacking, Middle and Defending 1/3 Set pieces, Transition

# Developmental Emphasis



# Competency



## Training Themes (Complete List in the Appendix)

### Defensive 1/3- Attack

Combination Play  
Possession to Play Forward  
Build from the Back

Create width Immediately  
Look to break lines  
Create Space (find pockets)  
Pattern Play (roles)  
Create 2v1 with natural pair

### Middle 1/3- Attack

Play Forward  
Switch Point  
Maintain Possession

Unbalancing runs  
Break lines  
Switch with pivot (who)  
Threaten behind  
Create pockets/half space

### Attacking 1/3- Attack

Penetration  
Maintain Possession (recycle)  
Finishing on Goal

Mobility, unbalancing runs  
Play in front to get behind  
Get in behind wide/central  
Box Organization  
Set Pieces

### Defensive 1/3- Defend

Organize a block  
Defend Numbers Down

Stay Compact  
Deny goal scoring opportunities  
Intercept passes  
Dictate play  
Set Pieces

### Middle 1/3- Defend

Organizing a block  
Make play predictable

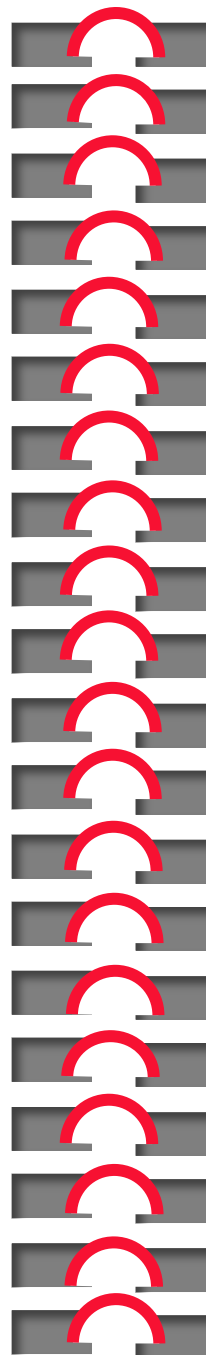
Deny Penetration  
Distance between lines (small)  
Screening  
Defend Wide Channels or central  
Defend as a unit

### Attacking 1/3- Defend

Defending Even Numbers  
Recover  
Defend odd numbers

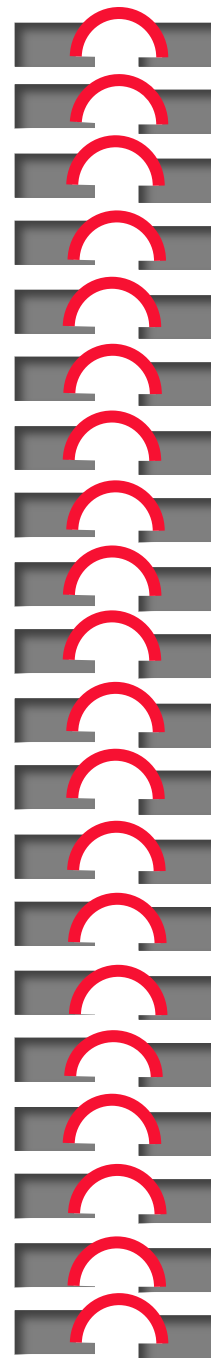
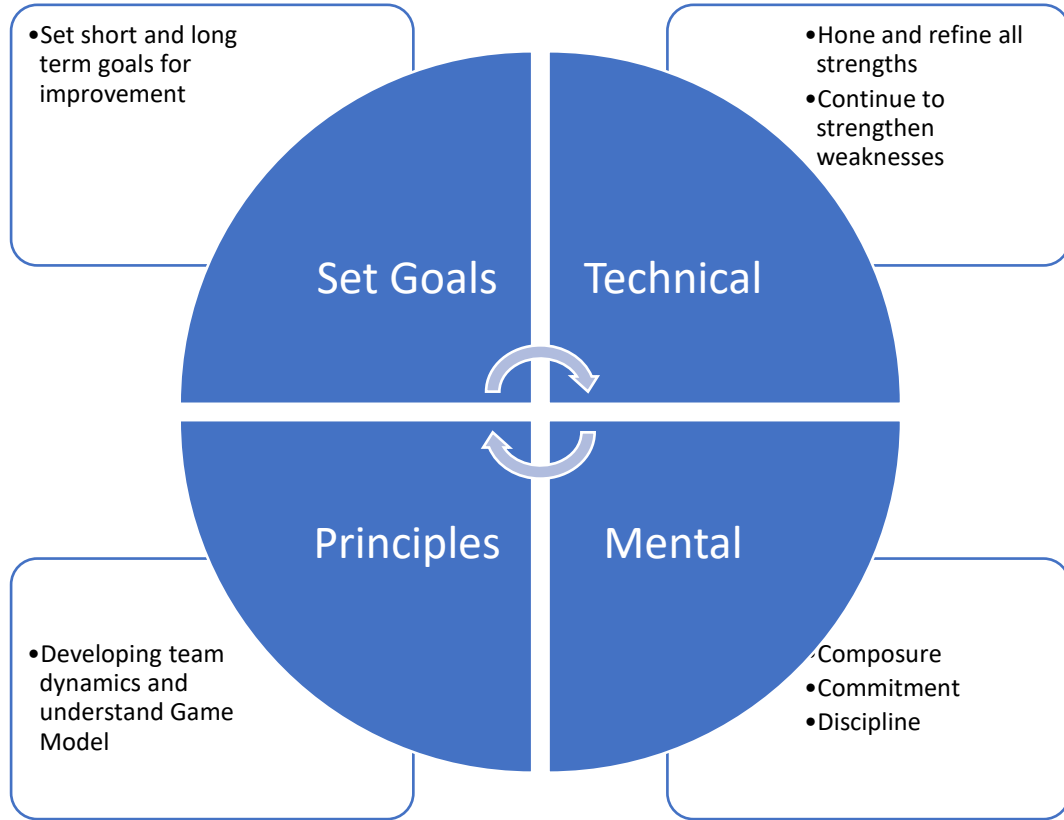
When to Press  
Make play predictable (dictate)  
Delay switch of point to recover  
Reset line of confrontation  
Defend as a unit and between units

### Transitional Moments



U15-19	
<b>Developmental Focus</b>	Tactical Psychological Technical Physical Social
<b>Specialized Training</b>	Whole team Game Model/Tactics
<b>Optimal Length of Training</b>	90 minutes/practice
<b>Training Format</b>	3-2 practices/week during the season 1-2 hours in winter
<b>Practices</b>	Small sided games in specific thirds or to solve specific “problems”
<b>Game Format</b>	11v11
<b>System</b>	1-4-3-3, 1-4-4-2, 1-3-4-3, 1-4-2-3-1
<b>Psychosocial</b>	<b>Respect</b> - Players apply their ability to communicate to push teammates <b>Discipline</b> -Players understands the training process and what it takes to reach their peak <b>Competitiveness</b> - Understand that adversity is a part of all games and looking forward to the challenge of overcoming it <b>FUN</b> - The FUN is in journey and all the challenges met together as a team
<b>Game Model</b>	Attacking, Middle and Defending 1/3 Set pieces, Transition

# Developmental Emphasis



# Competency

