

All LUP Soccer Coaches,

First, some important information:

1) Our season starts in two weeks, the week of Monday April 2nd. You will begin your practices on your designated day and time that week.

2) Our first game will be Saturday April 7th. I don't know the times of the games yet... We will hopefully have the league schedule by the first week of practice and we will forward that to you as soon as we get it. Please have patience and give your parents the head-up that this info will come at the last minute so they should check their emails and voicemails even as late as Friday just to be sure. Hopefully we will get it earlier.

3) We have balls, cones, goals, pinnies, and other equipment available for your practice! It is all located in an equipment shed next to the practice field. The combo lock is Text/Email Tracy Sweet for combo. The wooden equipment shed is kind of hidden behind the trees on the south side of the field (kind of behind the backstop but to the right a bit). You'll see a dirt and wooden plank path to it. It's actually attached to the property next to the field. Please let us know if you have trouble locating it... Please use the equipment as you need during your practice. Remember to return all equipment to the shed after your practice! Please find and gather any loose balls that happen to fall into the creek, too...

Just THREE of my rules regarding the equipment:

A) Share with the other teams that practice the same time you do.

B) **No taking equipment home with you** (we don't have enough for people to do this)

C) **Keep the equipment shed clean and tidy!** Stack stuff up along the walls or tie to the interior chain link divider.

D) Repeat! **Keep the equipment shed clean and tidy!** Make sure all goals are folded up before they get put back in the shed.

E) Repeat Again! **Keep the equipment shed clean and tidy!** Susan Berkan has volunteered to help clean out and organize the shed. Everything has its own place now, bags are labeled, and you can walk through the floor without stepping on the equipment. Don't let Susan's efforts go to waste! Keep things nice!

4) At your practice this week, be sure to **update all of your contact information of your parents**. Please ask all parents to confirm their email address and phone numbers. Sometimes the info in the registration system is old... Just print out your roster sheet and bring it to your practice and have the parents provide any new information. If anything is changed, please drop me an email and let me know so I can also update the info in the registrations system.

5) Now some training information:

Especially for new coaches this season - please reach out to Tracy Sweet if you need any help getting started with coaching or with running a practice. She can arrange to have other coaches and volunteers to help you at your first practice.

Also, here's a link for good coaching instruction from the US

Youth Soccer Association: http://www.usyouthsoccer.org/assets/1/15/2012_coaching_manual_for_web.pdf

You'll find all kinds of good information for running a practice and teaching the kids.

I've also attached a training manual with lots of good games to play. Many of the games are applicable to all age groups, too.

If anyone else has run across good training material, please share with the group!

Have a great season and let us know if you run into any issues.

- Joe Schultz and Tracy Sweet