



INDIANOLA SOCCER TRIBE

Thank you and welcome as a volunteer coach for the Indianola Tribe Soccer! Whether you have been involved with soccer for years or know nothing of the game, this document is intended to point you in the right direction to get your season off to a great start. We will cover more information at the pre-season coaches meeting so don't worry if you have questions.

Required Training (Complete before season starts)

- There are three different requirements that coaches need to complete in order to coach for the Tribe
 - Pass a Background Check (Do not pay for it on the US Soccer Learning website, Iowa Soccer pays for all coaching background checks)
 - Complete concussion training
 - Complete SafeSport training
- Please see the "Required Coaches Training How To" PDF on our coaches webpage for how to accomplish all of the above. <https://www.indianolasoccertribe.com/Default.aspx?tabid=1916153>

Coaching education

- <https://learning.ussoccer.com/coach>
 - Please take the "Free Intro Course" for grassroots coaching put together by US soccer (it's free and only takes about 15-20 mins). It covers some good basic concepts to get you started.
 - It is highly encouraged that you take the grassroots course for the age you are coaching. There are in person and online only options (takes about 2 hours) and the board will refund the cost (\$25) of the course once you complete it. The board may also organize an in person course for Tribe coaches towards the start of a season and we will send out info on that if we are doing so.

Basic game info per age

- U5/U6/U7/U8
 - Number of players: 4v4, no goalies
 - Size ball: 3
 - Time: 2x15 min halves (U5/U6), 2x20 min halves (U7/U8)
 - Uniform: White and purple jersey provided, shorts and socks are not. Players may wear any color style of shorts and socks. All players are required to wear shin guards, and cleats are highly encouraged.
- U9/U10
 - Number of players: 7v7, including goalies
 - Size ball: 4
 - Time: 2x25 min halves
 - Uniform: White and purple jersey provided, shorts and socks are not. Socks should be white or black and shorts should be black. All players are required to wear shin guards, and soccer cleats.
- U11/12
 - Number of players: 9v9, including goalies
 - Size ball: 4
 - Time: 2x30 min halves
 - Uniform: White and purple jersey provided, shorts and socks are not. Socks should be white or black and shorts should be black. All players are required to wear shin guards, and soccer cleats.
- U13+
 - Number of players: 11v11, including goalies
 - Size ball: 5
 - Time: 2x35 min halves
 - Uniform: White and purple jersey provided, shorts and socks are not. Socks should be white or black and shorts should be black. All players are required to wear shin guards, and soccer cleats.



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Other info for all ages

- **Game schedules:** U9+ schedules are put together by the state, the IST board puts together the U5-U8 schedules after the U9+ ones are released to deconflict game times for our coaches who coach multiple teams. Normally we don't get a finalized schedule until the week before the first games.
- **Practice times:** Please send your desired practice times to our Coaching Director. For fall, it gets dark around 7 PM at the end of September/6:45 PM in mid-October, so keep that in mind for practice times. Not an issue in the spring.
- **Weather cancels:** The board will push out cancellation information if the field condition warrants it. However, the fields may be good but you will still want to cancel if it will be too cold/hot/windy/rainy/etc. to make it worthwhile, that's your call as the coach.
- **Team photos:** Nothing is set up by the Soccer Tribe. Some teams have one parent take all the individual and a team photo before one of the games each season, other teams have each parent take their own pictures. Nothing is required, but most parents seem to appreciate it if this happens.
- **U9+ coaching equipment:** The board provides up to a \$50 refund for all U9+ coaches for any equipment (goalie gloves, team folding bench, etc.) you purchase for your team. Send a picture of your receipt and send that, along with your venmo account (if you have one) to indianolasoccer@gmail.com and our treasurer will reimburse you for your purchase.
- **Team communications:** It is highly recommended that you use an app to communicate with your team parents. This makes it much easier for you and them to keep track of all the info for the season as opposed to text chains and digging through emails to find info sent earlier in the season. Iowa Soccer sponsors the Spond App and it's great, but you can use others if you would like.
- **Coaching info/resources:** The Soccer Tribe coaches website has lots of information to help your season: <https://www.indianolasoccertribe.com/Default.aspx?tabid=1916153>

U5/U6/U7/U8 Coach Specifics

- Expect 6-8 players on your team
- You will get an equipment bag (balls, cones, bibs) at the pre-season coaches meeting
- The coaches also are the referees for each game
- Wear a watch to keep track of time, and swap players ~ every 5 minutes.
- At the end of this document is a sample email for new coaches that you can use to send out to your parents, adjust as needed.
- Practice
 - U5: Saturday mornings at 9:00 AM for first two weeks of season
 - U6: Once a week. Recommend 30-60 mins
 - U7/U8: Twice a week. Recommend 45-60 mins
- Games
 - U5: Saturday mornings at 9:00 AM
 - U6/U7/U8: Saturday mornings at 10:00 AM/11:00 AM/12:00 PM and Sunday afternoons at 1:00/2:00/3:00 PM
 - Schedule is sent out by board

Practices

- The board has put together curriculum packs for all U5-U8 age groups that have practice plans, and those, as well as other resources are linked on our coaches page. You are not required to use them, but they are designed to be a 90% solution for your season.
- Be flexible! Show up with a plan, but don't get frustrated if some drills work better than others. After a couple weeks, you'll have a good idea on what works best for your team.



Games

- Do your best to ensure all players have equal playing time. Easy to do when eight kids show up and no one gets hurt, tired, asks to sit out, etc. so show up with a plan based on your team, but adjust as needed when things change.
- U5/U6 coaches can be on the field. U7/U8 coaches need to be on the sideline (opposite sidelines to help officiate the game)
- Basic rules for you as the referee
 - Kick Off- ball can go forward or backwards
 - Goal Kicks- kicked from the edge of the small box in front of the goal
 - Defending team back to the half way line until the ball is kicked.
 - Corner Kicks- be sure defending team is back at least 5 yards
 - Throw ins- Done to restart play after the ball goes out of bounds along the sidelines. Use two hands, ball behind the head, and keep feet on the ground. Doesn't have to be perfect, just trying to get the basics down.
 - Fouls- Normal laws of the game apply. Most fouls at this stage are unintentional and provide an opportunity for the coach to explain what happened.
 - Start play with a dead ball and have the opposing team to back up 5 yards
 - There are NO penalty kicks.

U9+ Coach Specifics

- Schedule:
 - Go to: <https://www.iowasoccer.org/rec-central/>
 - Select the blue "schedule" button on the page, then select your age group and filter by team on the next page.
 - If changing/canceling a home game, let the referee coordinator know ASAP so that can be communicated to the referees. The referee coordinator can also let you know when there are open fields for rescheduled games.
- Away field open/closed:
 - To check status of away fields (open/closed), on the same schedule page from above select the "more" drop down and click "field closures"
 - If unsure, contact the opposing coach. Find their info by going to your schedule, clicking on the opposing team, and then select the "staff" button. This will provide the opposing coach's contact info.
- Rules
 - Go to: <https://www.iowasoccer.org/rec-central/>
 - Select the blue "rules" button on the page
 - Couple of highlights:
 - U9/U10: No drop kicks or punts from the goalie, the opposing team must get back to the half line when the goalie has the ball or there is a goal kick. No intentional headers.
 - U11: There is no longer a build out line where teams have to get back to the half line on a goal kick or when the goalie has the ball. Drop kicks and punts are allowed by the goalie at U11. No intentional headers until U12.
- Player cards
 - Iowa soccer will not release player cards until all coaches on the team (head and assistants) have completed all three required training items listed at the start of this document
- Older soccer opportunities:
 - Inviting the kids to all watch an older game is a great team building activity and can help them see and learn some of the concepts you are trying to teach them. Check the Simpson college website for their men's and women's games each fall, and Indianola high school for their boys and girls games each spring.