

Parental Interaction Equipment Needs & USYSA/HSC Playing Rules

Hoover Soccer Club

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Parental Interaction

- **Coach is a volunteer**
- **Parents are part of team**

Parental Interaction

- It is imperative that coaches get the parents involved. Not only are they a major resource for your team, but even the U-8 player still views their parents as the most significant people in their lives. A meeting should be held, soon after teams formed, with the parents so that objectives and team policies can be addressed. Some topics that you may want to address at this meeting are:
- A means of contacting everyone without one person doing all of the calling. (Phone chains. Seek out 2 Team Managers - should not be coach or spouse) . Coach has already taken on enormous responsibility and quite often a spouse is left to pick up void when coach is now not available as a result of volunteering when others did not (based on many coaches took the role when no one else would).
- As above choose at least **2** administrators someone to handle all of the details e.g. communication or snacks or fundraising..

Parental Interaction

- Carpool needs.
- All contact information, cell, work and home, other family members.
- Medical or allergy issues – is player a diabetic or suffers from asthma?
- Snack responsibilities?
- Availability of players / parents throughout season
- Training and game schedules. How you feel about starting and ending on time, what your attendance expectations are, what you think is a good excuse to miss training.
- What each player should bring to training: inflated ball, filled water bottle, soccer attire, shin guards. (Cleats are not mandatory but most suitable and safest.)
- Most importantly, your philosophy about coaching players. Let them know that everyone plays; that the game does not look like the older player's games; that you are there to ensure that their player is safe and has a good time, as well as learn about soccer.

Parental Interaction

- What your expectations for them is during game time. How do you want them to cheer?
- Do they know that they should not coach from the sidelines? Remember from the minute children are born they are taught to listen to Mum and Dad so any parental communication stop the player from playing e.g. going to goal, as they naturally look at Mum and Dad.
- Parents to play in parent games at half-time
 - First to help players, especially those who have not played the game – the challenge of using their feet and not their hands to control the ball [unlike baseball, basketball, football, golf, hockey and lacrosse]. In addition, for parents to understand the amount of physical contact that take places
 - So the children get a chance to watch parents or grandparents play...role play
 - No excuse not to play with child 1 vs. 1 at home or park - both in and out of season
- Above all, as a coach try to have fun. If you do everyone else probably will too.

Equipment Needs

- **Ball**
- **Shin Guards**
- **Soccer Shoes**
- **Sports Drink and/or Water**
- **Shirt, Shorts and Socks**
- **Change of Clothes**

Equipment Needs

- **BALL** - Encourage each player to have his or her own ball and to use it often, not just during team practice. Players will not derive maximum benefit from practice unless they each have their own ball for warm-ups and individual Activities. Soccer balls come in a variety of sizes, each designated by a number:
- Size #3 - smallest standard size, for the youngest players (e.g. U-4 to U-8)

Equipment Needs

- **SHIN GUARDS** - An absolute requirement for games, should also be worn for all practices, the pull-on "legging" type with foam padding protecting the front of the leg from ankle to shin is an excellent shin guard. Those with plastic inserts offer additional protection, especially for the older player. Consider wash ability when selecting a shin guard.
- **SOCCER SHOES** - Recommended, flat shoes will not offer traction on a wet field. Baseball or football type shoes with square or rectangular cleats are not legal for soccer. Soccer cleats for most recreational play must be rubber or molded plastic (no metal cleats), and no less than 3/8 inch in diameter.

Equipment Needs

- **SPORTS DRINK or WATER [BOTTLE]** (with player's name on it). All players should bring either a sports drink or water to each practice and game regardless of the weather.
- **SHIRTS, SOCKS, SHORTS – HSC** requires all players to purchase a HSC reversible jersey. In order to offset the cost...registration fees were lowered. Players' families should provide the players' shorts and socks - ideally black.
- **CHANGE OF CLOTHES** parents should provide a change of clothes regardless of the type of weather so the player has something dry and comfortable to wear after playing in practice or a game.