



Hoover Soccer Club

Tykes and Intramurals Frequently Asked Questions



HSC Contacts

■ Who are HSC staff and coaches?

- Executive Director Jason Neumann
- Registrar Matteo Peral

Jason Neumann is point people for Tykes and Intramurals

Please Contact Jason at jneumann@hooversoccerclub.com
for any issues related to the program except registration.



Age Group of Child

■ What age group does my child play in?

- U4 / Tykes Born between Aug 1st 2007 and July 31st 2008
- U5 Born between Aug 1st 2006 and July 31st 2007
- U6 Born between Aug 1st 2005 and July 31st 2006
- U7 Born between Aug 1st 2004 and July 31st 2005
- U8 Born between Aug 1st 2003 and July 31st 2004



Open Nights

┌ When are open nights and how long are they?

U5:	Monday Feb 20 th	[Pres Day]	5.00pm
U6:	Monday Feb 20 th	[Pres Day]	5.45pm
U7:	Sunday Feb 19 th		5.15pm
U8:	Sunday Feb 19 th		5.15pm

Location @ Shades Mountain Elementary School. Park either at the front or in lot to left of school where meeting will be held in Blue Ridge gym / classroom [towards I65 end]. All sessions last approximately 45-50 minutes.



Open Nights

- Who and why stakeholders should attend the open night?
- Open night serves as both an icebreaker for players, families and coaches and a chance to meet and ask questions of HSC Board and staff.
 - Even if some families have children in more than one age group it is still beneficial to attend. Although some of the information presented is the same at each meeting a large amount of information is specific to each age group. In addition, each meeting will allow each family to meet their respective coach. HSC also use the meetings to request volunteer coaches in areas of need.



Volunteer Coaches

- How come the club needs volunteer coaches and what does it do to help coaches ?
- Each season HSC sees a growth in the number of players. As a result, more coaches are needed especially with the growth between the Tykes and U6's age groups. The club prioritizes the needs of Tyke activity leaders and U5-U8 coaches by adjusting the game and practice schedule to reduce any possible conflicts with other events.
- Activity leaders and coaches attend a coaching / teaching seminar to help alleviate concerns about teaching movement education, age appropriate soccer movement and technique. In addition – each volunteer will receive the season's lesson plans as a hard copy as well as equipment needed for practice prior to their first practice.
- The club proactively seeks stakeholders on all teams to assist volunteer coaches / activity leaders by taking on team managerial roles - e.g. gm timekeeper, snack or communications team manager.



Coaching Curriculum

■ Teaching philosophy - Guided Discovery?

- All groups encompass age appropriate activities based on USYS's "Guided Discovery" whereby the child is empowered, they embrace challenges which lead to a strong self-esteem and desire to be both a leader and teammate. The goal is for the child to develop skills they can use far beyond the game - and translate into life.
- Guided discovery typifies a coach who is player centered. In contrast a coach who constantly commands, directs or "drills" can often imply the coach is coach-centered.
- HSC believe coaches should encompass both attributes as there is a time and place for each. Most of the time coaches should exhibit guided discovery a.k.a. Socratic teaching [active learning] 80% compared to command style 20%. The command period should be to organize activities and games.



Coaching Curriculum

■ Age group teaching philosophy?

- Studies have shown that players engaged in active learning are more likely [68%] to remember information long term compared to command or passive learning [18%] - player tunes out or has not reinforced information by participating in the process and implementing or enacting upon their decision. Furthermore, other studies have consistently stressed a major reason for burnout or players leaving the game is coach centered command style and no FUN environment.
- Tykes undertake activities and games to help with movement education, basic soccer orientated movement as well as tons of **FUN** playing the world's game.



Coaching Curriculum

■ Age group teaching philosophy?

- **U5 - U6** continues the youth soccer player's journey. Besides continuing to enhance their movement education, players are exposed to more soccer-orientated movement. Although the players encounter new challenges, they are still enveloped in a **FUN** environment. The highly egocentric player works predominately on their own with one ball as they begin ball mastery.
- **U7 - U8** Programs begins to prepare the youth soccer player's progression into the Academy - more players, larger fields and goals. Having developed a strong ability to control their body's movement, players continue to hone their soccer-orientated movement. The slightly less egocentric player now works with a partner as they expand their technical ability and ball mastery. A **FUN** environment is still essential, as children constantly state in surveys, the major reason they play is to have fun.



Opening Day

- When is the schedule released and when is opening day?
- **Schedule released Wednesday March 19th 2012**
- **Opening Day for U5 – U8 is Friday March 30th 2012**
Location @ Trace Crossing



Provisional Schedule

- When are gamedays?
- U5-U8 Provisional Gamedays are:
Mar F 30, Apr M 2 **or** Tu 3, Sa 14, Sa 21, Sa 28
May Sa 5, Tu 8 **or** Th 10, Sa 12
Various weather make up days listed in calendar
- Typical Kick Off Times
Saturday U5 / U6 Games 8am, 9.20am and 10.40am
Midweek U5 / U6 Games 5.50pm and 6.50pm
Saturday U7 / U8 Games 7.45am, 9.15am and 10.45am
Midweek U7 / U8 Games 6pm and 7pm
- Location @ Trace Crossing



Staggered Kick Off Times

- ┌ Why does each age group kick off games at different times?
- **Primarily to help with parking congestion while also creating some flexibility for stakeholders.**
 - HSC is aware that many stakeholders attend more than 1 game at Trace Crossing, attend other HSC sites on gameday as well as travel to see HSC team's play on the road. Furthermore, the club is aware many stakeholders travel to watch family members at other athletic / leisure events (e.g. Football) thus, their need for convenient and safe access to and from Trace Crossing.
 - ┌ HSC suggests stakeholders park facing Regions Park or close to field 2 and leave by the side road that leads to the Regions / Hoover Met parking lot.



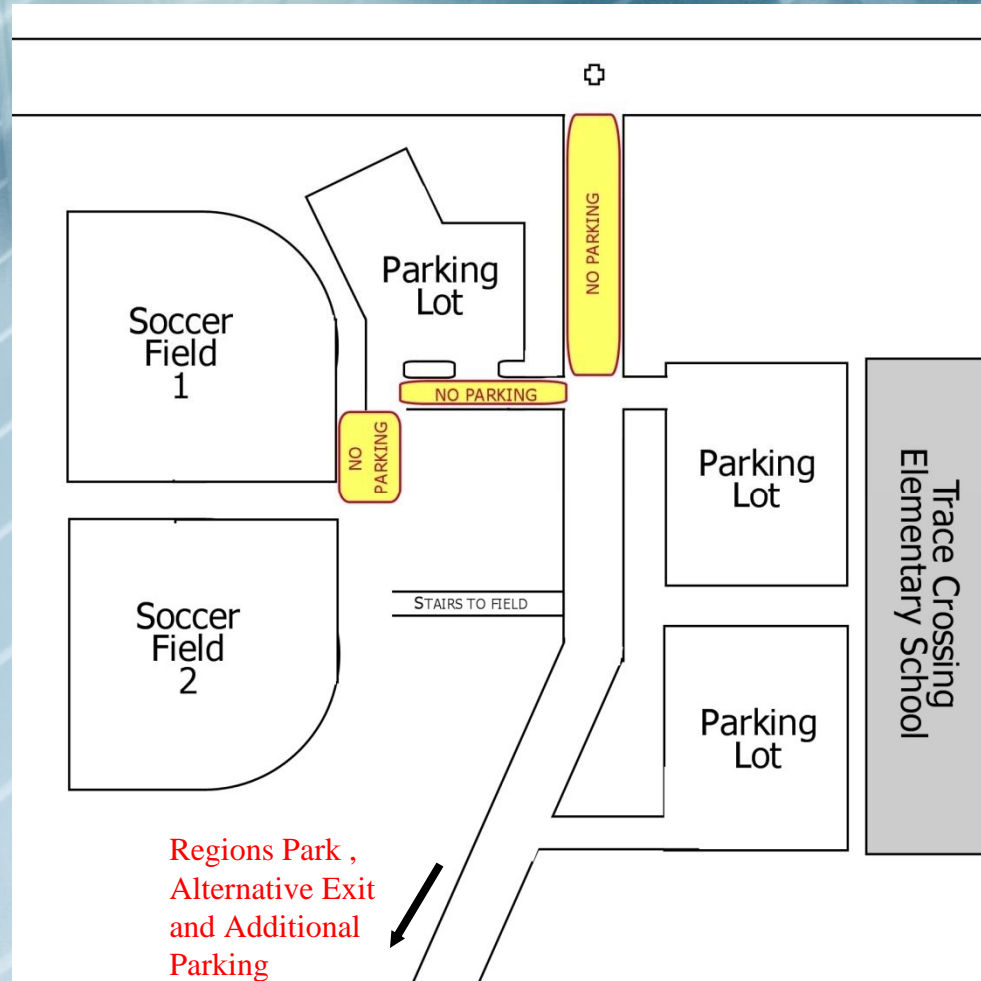
Parking

- ▣ What has the club done to improve parking?
- ▣ In short, staggered kick-off times.
Unlike previous years when all games kicked off at the same time, the Tykes, U5-U6 and U7-U8 will kick off within a 15 min timeframe.
- ▣ HSC recommends stakeholders arrive early - at least 25 minutes before kick-off.
- ▣ Besides helping the environment and reducing the burdensome cost of gasoline, HSC suggests carpooling. This also reduces the chance of a child / adult being struck by a car in the parking area.



Parking

- Where can I park?





Concessions and Restrooms

- Are the club allowed to offer more or improve facilities at Trace Crossing?
- The club will continue the plan initiated four years ago to offer stakeholders concessions this season. The club is not allowed to add permanent fixtures to the site. The restroom facilities are courtesy of the City of Hoover.



Practice Begins

- When can a team start to practice?

- U5 / U6: Monday March 5th 2012
- U7 / U8: Tuesday March 6th 2012

Location @ Trace Crossing.

U78 teams practice Tue or Thu



Practice / Game Location

- Where does practice and games take place?

- Both practice and games take place at Trace Crossing (see right)

Typically all events take place at Trace Crossing unless specified

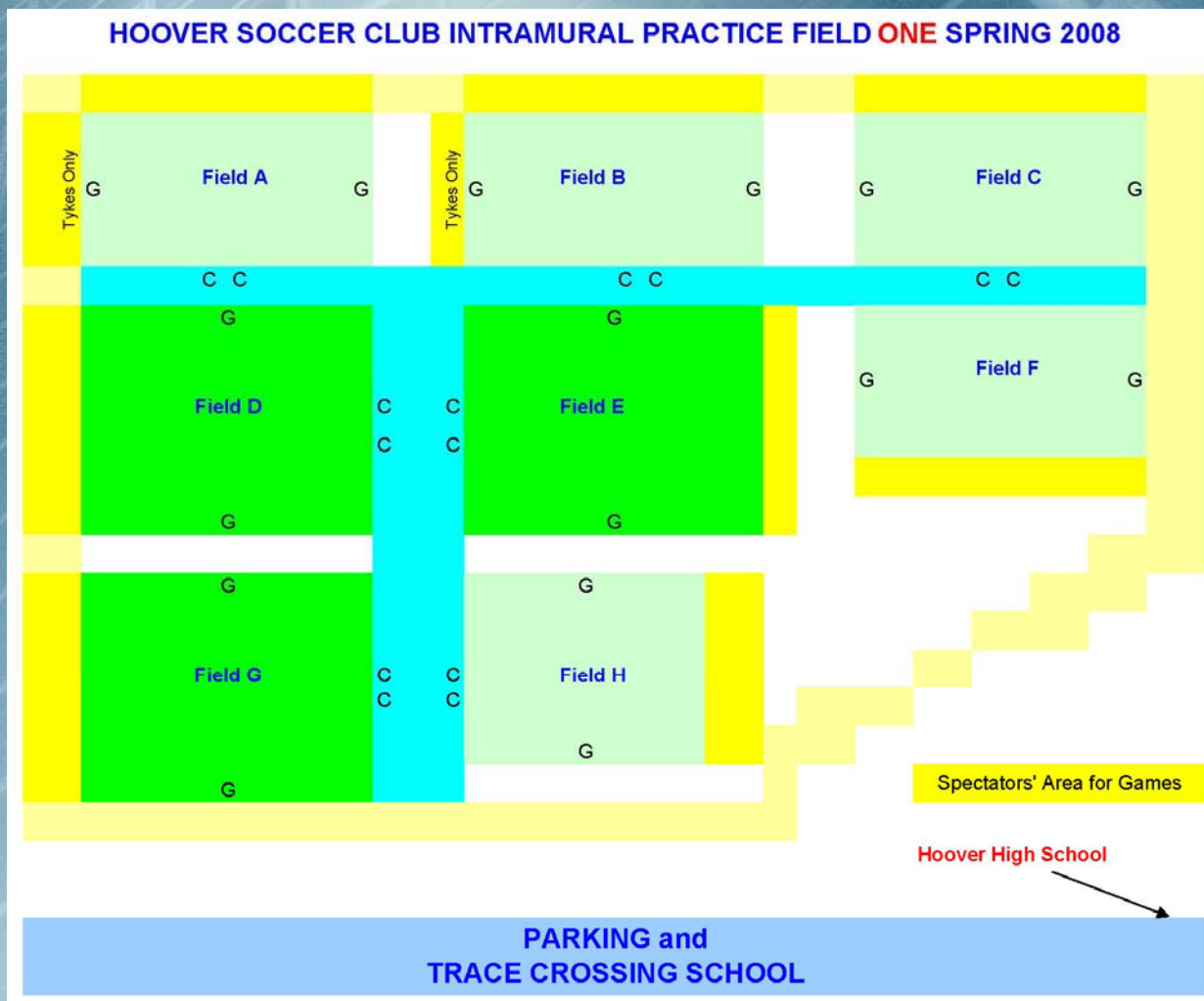
- The club uses 3 other sites for other programs within the club

- Academy U9-U10 @ Riverchase
- Competitive U11-U18 @ Riverchase
- Competitive U12 & U14G @ Rocky Ridge
- Recreational U11-U18 @ The Met and Rocky Ridge





Trace Crossing Field 1 [Closest to Hoover High School]

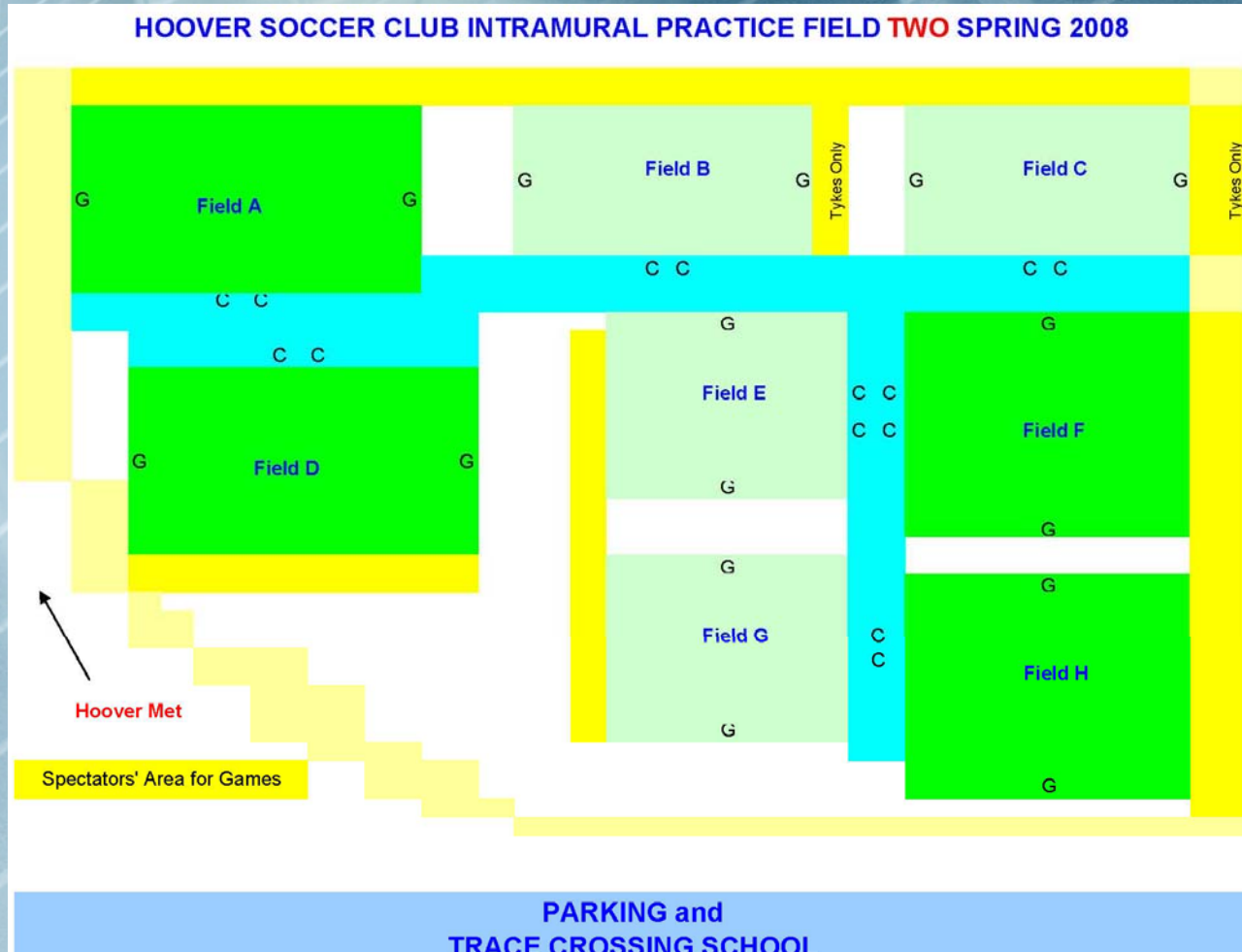


Field layout likely to change if Tykes or U5 or U6 have an increase in number of registered player's.

Check Emails, gameday, or website



Trace Crossing Fields 2 [Closest to Hoover Met / Regions Park]





Spectator Areas

- Where can stakeholders sit and why?
- Sit on SPECIFIED side opposite players and coaches. [See bright yellow highlight area on field maps]
 - Stakeholders are requested to sit on the OPPOSITE side and not on the side of players, coaches or team managers. This is for a number of reasons. HSC wants the players to thrive in the environment that the game belongs to them and that they have a special place. Their side is for their team on gameday - coach/tm manager [no more than 3 adults] and teammates.
 - Safety and legal issues are better met if the number of adults are minimal and managed on the player's side of the field e.g. restraining order, potential for abuse directed towards a child or child overhearing adult abuse towards another adult.



Field Usage

- What age group normally uses what fields?
 - U5 / U6: Use either 2C, 2E, 2G or 1C, 1F, 1H.
 - U7 / U8 Boys: Use either 2A, 2D, 2F, 2H.
 - U7 / U8 Girls: Use either 1D, 1E or 1G.

Please note the aforementioned field assignments are based on historical usage and are only a guide until registration is complete and team formation has taken place. Please check the club website, club emails and gameday program for the latest information in March 2012.



Practice / Game Times and Days

- ┌ When do U5 / U6 practice and play games?
 - U5 / U6 players practice once in midweek
Practice is typically Monday, Tuesday or Thursday.
The club suggests Wednesdays and Fridays only be used if all parents on a team are in agreement.
 - ┌ Practice is typically 5.45 - 6.30pm
Teams may start earlier if all parents in agreement.
The practice should last no more than 45-50 mins per HSC and USYS (United States Youth Soccer) guidelines.
 - ┌ Gameday is typically Saturdays
Kick off Times 8am, 9.20am and 10.40am.



Practice / Game Times and Days

- ┌ When do U7 / U8 practice and play games?
 - U7 / U8 players practice once in midweek with their team and as initiated in 2008 once every 2nd week in a session led by HSC Exec/Technical Director [**Player Development Night**]
 - Team practice is typically Tuesday or Thursday. The club suggests Wednesdays and Fridays only be used if all parents on a team are in agreement.
 - ┌ Practice is typically 6.35 - 7.30pm
 - The practice should last no more than 55-60 mins per HSC and USYSA (United States Youth Soccer) guidelines.



Practice / Game Times and Days

- What and when is the U7 / U8 practice led by HSC and when are games?
- The session's led by HSC Exec/Tech Director and Director's of Player and Program Development is to supplement and enhance the practices led by the team coaches who are using the club's teaching curriculum. Practice is 6pm - 7pm
Practice will encompass movement education, individual ball control. Older HSC competitive players will be in attendance to interact with U7-8 players
- Gameday is typically Saturdays
Kick off Times 7.45am, 9.15am and 10.45am.



Additional Playing Activities

- ▢ Are there any additional events of training activities or games for players?
- **U5 / U6: Open Play @HSC Club Day** [Strongly Encouraged]
 - **Saturday March 31st 2012 @ Riverchase Complex**
 - Premise of open play is to encourage children / siblings / parents [families] to play soccer on occasions other than practice or gameday. This event is also to help prepare the stakeholders for the U7/8 programs that begun to offer an additional practice every other Monday. This year's event is in conjunction with Hsc's plan based on parental feedback of promoting club more than 1 program. **[U78 8am, U6 9am and U5 10am]**



Additional Playing Activities

- Are there any additional events of training activities or games for players?
 - **U7 / U8 Player Development Nights**
[Strongly Recommended]
 - **Every second Monday**
Girls Mar M 5, Apr M 9 and M 23
Girls Mar M 12, Apr M 16 and M 30
- See previous information pertaining to U7 / U8 practice.



Coaching Curriculum

- ┌ What is movement education?
 - Physical Education in many US schools has been greatly reduced. This component in the player development scheme is most important in the players' preteen years. Before a player can be expected to learn to master and be skillful with the ball, the child must first control their body. This growth in athleticism, from gross motor skills to fine motor skills, is a long term growth process.
 - ┌ It is imperative for children to acquire a base of general balance, coordination and agility before soccer skills. Running and jumping are the two most often executed and crucial movements in soccer, yet are often overlooked.
 - ┌ Both running and jumping [improve performance and help reduce the possibility of knee injury]. Body awareness and with / with out ball activities that incorporate agility, running, hopping, turning and jumping will be used enhance the child's development.



Coaching Curriculum

- What is festival or street soccer?
 - “The magic of the Dutch players of the early seventies, or Brazil’s great players of the sixties, however, was not created from an organized practice routine. It began when they were children, in pickup games or street soccer where the player and the game were the dominant factors. There were neither adults nor a set schedule of mandatory practices and games. That said, we live in a different world today. Adult supervision is often necessary to ensure proper safety. The presence of adults, however, does not have to inhibit the opportunity for children to be creative and experimental in their approach to learning soccer [and playing games with no adult control of game]”. From Best Practices published by the United States Soccer Federation. Thus, HSC is beginning to introduce “street soccer” throughout the club beginning with the younger ages to supplement practices utilizing player centered guided discovery.



Coaching Curriculum

- What is individual ball control - Dribble not passing or kicking aimlessly?
 - “At the younger ages (3 to about 8), soccer is not a team sport. On the contrary, it is a time for children to develop their individual relationship with the ball. The fact that younger children are placed into team environments is not their fault .
 - Do not demand that the more confident players share the ball. Encourage them to be creative and go to goal. Do the same with the rest of your players. Work to bring all your players up to that level of confidence and comfort with the ball.
 - Coaches should avoid the impulse to “coach” their players from “play to play” in order to help them win the match. Coaches should not be telling their young players to “pass rather than dribble,” to “hold their positions” or to “never” do something (like pass or dribble in front of the goal)....continue next page



Coaching Curriculum

□ Player, friends and family playing together?

- The coach should encourage the players to make dribbling their first option. It may also help to make the U8 players who do recognize when to pass [not just how to pass] to take at least two touches on the ball before they can look to pass. Encourage risk-taking and applaud effort". From Best Practices.
- In today's hectic environment HSC is aware of the many challenges facing families. 4 years ago HSC introduced the Parents Game at half time of games as well as Parent / Child sessions to help families to begin to play activities or games in the off-season. This Fall, HSC will continue to help families enjoy the world's game by not only providing individual development for players but "Open play nights" where families can come and play pick up games. Besides helping families spend time playing together another goal is to help players be more active & to get up and get moving @www.whatmovesu.com



Trophies

- ┌ Who gets trophies, when and what happens if player's name is incorrect?
- Every player Tykes, U5, U6, U7 & U8 will receive a participation trophy.
 - Unlike previous seasons, Tykes now receive a trophy based on strong feedback from HSC stakeholders.
- Tuesday May 1st 2012 [Preliminary Date]
 - ┌ Trophies will be available from office check website, club emails and gameday program.
 - ┌ The club will assist parents' of players whose names are incorrect to remedy the situation. Please note the name is based on the name registered.



Picture Day

- ┆ When is picture day and why?
- **Saturday April 14th and Saturday April 21st 2012**
Make Up Rain Date TBD
 - Times to be released - check website, club emails and gameday program. Location @ Trace Crossing.
 - Date chosen to allow players to have jerseys in the result of late registrations, player changing teams or initial jersey incorrect size.
 - ┆ Pictures are mailed directly to families



Thank you

- HSC would like to thank its stakeholders for their patronage. Please do not hesitate to contact the club or respective members of the club to express your opinions.
- Please read your respective age groups soccer program information on the HSC Tykes / Intramural web page.

