



EXPECTATIONS

A successful season depends upon the players, coaches and parents working together to accomplish common goals. Each group has responsibilities and expectations.

I. Players

- Be prepared and attend practice sessions. Practice sessions are 90 minutes long.
- Compete to the best of your ability 100% of the time.
- Treat practices like games. Be on time! That means on the field ready to play (shin guards and shoes on, ball and water). Dress for the weather!
- Extra running and extra work on ball skills on non-practice days.
- Have a great attitude, listen, pay attention and ask questions if you don't understand - be coachable.

II. Parents

- Leave the coaching to the coaches.
- Be positive, supportive and encouraging. Don't criticize our players or place unrealistic expectations upon your child. Reward the effort, not the result.
- Show good sportsmanship toward opposing team, coaches, parents and referees.
- If you have questions or concerns bring them to the coaches' attention. You are always welcome at our practice sessions.
- Volunteer your time to support BISA.

III. Coaches

- Teach soccer skills and prepare for practice sessions and games.
- Develop physical and mental conditioning of players.
- Evaluate player performance.
- Communication with players and parents.

IV. Coaching Philosophy

- Training sessions are competitive and fun. If players enjoy soccer, their skills will improve significantly. Winning games is a natural result of consistent effort on the practice field.
- **Practice! Practice! Practice!** - That's what develops good soccer players. Training sessions are developed around three areas - techniques (passing, dribbling, shooting, trapping...etc...), tactics (1v1, 2v2 and 3v3...) and conditioning. Technical skills are developed through repetition; tactical skills through small-sided games where players learn to develop team play, skills and conditioning.
- Soccer is a creative game where players are forced to make many rapid decisions (who, what, when, where and how is involved in every decision). Putting players in control of making their own decisions creates learning experiences (both good and bad) that foster development. We encourage players to make their own decisions recognizing that many mistakes will occur. However, the process of decision-making, like the development of soccer skills, improves with repetition.



MSYSA Coaches' Code of Conduct

Coaches are key to establishing and upholding the ethics in soccer. Their concept of ethics and their attitude directly affects the behavior of players under their supervision. Coaches are, therefore, expected to pay particular care to the moral aspect of their conduct.

Coaches have to be aware that almost all of their everyday decisions and choices of actions have ethical implications.

It is natural that winning constitutes a basic concern for coaches. This code is not intended to conflict with that; however, the code calls for coaches to disassociate themselves from a "win-at-all-costs" attitude.

Increased responsibility is requested from coaches involved in coaching young people. The health, safety, welfare and moral education of young people are a first priority, before the achievement or the reputation of the club, school, coach or parent.

- Coaches must respect the rights, dignity and worth of every person and treat each equally within the context of the sport, regardless of gender, place of origin, color, sexual orientation, political belief or economic status.
- Coaches must place the well-being and safety of each player above all other considerations, never placing the value of winning over the safety and welfare of the players.
- Coaches must adhere to all guidelines laid down by governing bodies.
- Coaches must direct comments or criticism at performance rather than the athlete.
- Coaches must not exert undue influence to obtain personal benefit or reward.
- Coaches must encourage and guide players to accept responsibility for their own behavior and performance.
- Coaches must ensure that the activities they institute are appropriate for the age, maturity, experience and ability of players.
- Coaches must abstain from the use of tobacco products and alcohol while in the presence of athletes.
- Coaches must co-operate fully with other specialists (e.g. other coaches, officials, sports scientists, doctors, physiotherapists) in the best interests of the player.
- Coaches must always promote the positive aspects of the sport (e.g. fair play) and never condone violations of the Laws of the Game, behavior contrary to the spirit of the Laws of the Game or relevant rules and regulations or the use of prohibited substances or techniques.
- Coaches must consistently display high standards of behavior and appearance.
- Coaches must not use or tolerate inappropriate language.
- Coaches must regularly seek ways of increasing professional development and continuing coaching education.