

CAMBRIDGE YOUTH SOCCER

Coaching Resources (Fall 2008)

1. CYS Coaching Manual

The objective of the CYS Coaches Manual is to provide In-Town and BAYS coaches with helpful information on coaching soccer at the youth level, containing information on various topics including the following:

- CYS Mission and Coaching Philosophy
- Basic Coaching Methodology
- Age Appropriate Training Priorities (U8 - U14)
- Sample Practice Lesson Plans (U8 - U14)
- Team Management, Injuries, Safety and Other Relevant Topics

Download PDF from website:

<http://www.cambridgeyouthsoccer.org/coaching-binder.html>

2. CYS Website – Coaches Section

A centralized location where you will be able to find useful resources and information to help you in your coaching (e.g. links to coaching websites, coaching courses, FAQs).

Website:

<http://www.cambridgeyouthsoccer.org/coach-overview.html>

3. CYS Director of Coaching

If you have any questions about coaching, you can contact CYS Director of Coaching Roni Mansur (ronman_11@hotmail.com) and use him as a resource.

Some activities that Roni can help with include:

- Running a sample practice session
- Working with you to develop a practice plan; discussing age appropriate activities / “drills”
- Discussing coaching courses; other coaching related questions

4. CYS Coaches Code of Conduct

Please read the CYS Coaches Code of Conduct at:
<http://www.cambridgeyouthsoccer.org/conduct.html>

5. Coaching Courses

CYS supports your continued development as a soccer coach and will reimburse you for the cost of successfully completing all basic and intermediate courses.

To attend coaching courses hosted by CYS in Cambridge, please contact Susan Ruff (susan@cambridgeyouthsoccer.org)

The following courses will be hosted by CYS in Cambridge this fall:

- **Mass Youth Soccer G License (U6-U8)**
 - 9/21/2008 (Sunday) 1 – 5pm
 - No pre-requisites for G course; NO TESTING
 - **The G License is mandatory for all coaches** to complete by the end of the spring season
- **Mass Youth Soccer: F License (U10-U12)**
 - 10/5/2007 (Sunday) 9am – 6pm
 - The G course is a pre-requisite for the F course; NO TESTING

To attend courses outside of Cambridge, please confirm dates, times, location and registration information by going to the Mass Youth Soccer website:
http://www.mayouthsoccer.org/pages/188_calendar.cfm

A list of some upcoming G and F courses in neighboring areas:

9/07/08 Coaching Course G – Beverly
9/15/08 Coaching Course G – Newton
9/22/08 Coaching Course G – Wellesley
9/24/08 Coaching Course G – Natick
9/29/08 Coaching Course F – Wellesley (Part 1 – 4 hrs)
10/06/08 Coaching Course F – Wellesley (Part 2 – 4 hrs)

Please visit the “Coaching License Courses” section of the CYS website for more details:

<http://www.cambridgeyouthsoccer.org/coach-licensing.html>