



Thank you for your willingness to volunteer your time to the youth who participate in the North Utah County Soccer League! Here is some information that will help you to have a successful season.

Why Are We Here? As always, we are emphasizing player development, sportsmanship and fun. Please make this fun and rewarding for all your players. We try to size the teams such that each player should be able to play half of each game. Please substitute your players accordingly. Your Assistant Coach or a parent might be able to help with this.

Steps to a Successful Season Launch:

1. Figure out who is on your team.

- Once your AGC (Age Group Coordinator – the nice person who called you and arranged your coaching assignment) tells you that your roster is final, then:
 - They will ask you to register as a coach – this is a free process described [here](#)
 - You tell them you've done it
 - They roster you to your team online
 - You can then download your roster with the instructions [here](#)

2. Contact your players ASAP.

- Many parents are waiting by the phone to hear the scoop on their child's soccer season. Please let them know they are on your team, so they don't ask us if we dropped them through the cracks.

3. Schedule a first practice.

- Practice fields and times are up to you; NUCS doesn't schedule this. A big backyard, a school field, a park, whatever works.
- *For your first practice, you may want to tell the parents to come early or stay late for a short Parents Meeting. This would be your chance to introduce yourself to the team, figure out a practice time that works for everyone, recruit any help you need (assistant / team parent if you don't already have one, etc.), talk about expectations, etc.*

4. Read the Game Protocol document (either [U4-U7](#) or [U8-U9](#), depending on what you coach)

5. Pick up uniforms and equipment from your AGC.

- Your AGC will let you know when they are handing this out from their house.
- You get a uniform and a Size 3 or (for U9) Size 4 ball for each player, and a net bag and cones for you.
- You will also get a pump needle for inflating the balls and a Sharpie to use to mark players' names on the balls.

6. Hand out uniforms at some practice before the first game.

- Give the largest uniform(s) to the largest players.
- If there is a problem with uniform sizes, contact your AGC and we'll work it.

7. Inflate and mark each player's ball with their name.

- Please inflate them gently – do not overinflate.
- Some will be duds; for replacement, contact your AGC – they'll have some spares.
- While the balls technically belong to the players, and they should get the ball when the season ends, we recommend that you keep the balls during the season (and maybe even over the winter break) so that all the balls actually make it to practice every week. The point of there being a ball per player at practice is to facilitate practice drills.

8. Go get your team schedule online.

- **Games begin Saturday, September 10th.**
- Schedules should be posted on our website by August 31st, and hopefully before then; your AGC will let you know when they are up. When you have that information, please relay it (or have your Team Parent relay it) to the team.

9. Have fun! This is supposed to be enjoyable for both you and the kids.

**If you have read all the material and you're still thinking
"Help! I don't know how to coach OR play soccer!"...**

- We will have on-the-field training sessions. The dates, time and venues will be published [here](#).
- There are several practice plans available on our website at <http://www.northutahcountysoccer.com/practiceplans.html>.
- We do NOT want you to feel adrift. So, please ask if you need help or ideas for game or practices, at president@northutahcountysoccer.com

Again, thank you so much for volunteering this year!

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