



Coaches Meeting

Prepared for San Carlos Winter League at Carlmont High Schools

YEPSF For Youth, Not-profit Youth Enhancement Programs through Sports & Fitness

- ▶ Sportsmanship
 - ▶ Life lessons
 - ▶ Respect
 - ▶ Perseverance
- ▶ Fun
 - ▶ Everyone has a smile
- ▶ Encouragement
 - ▶ Positive Reinforcement
- ▶ Kaizen - Continuous Improvement



Welcome to the YepSF Family

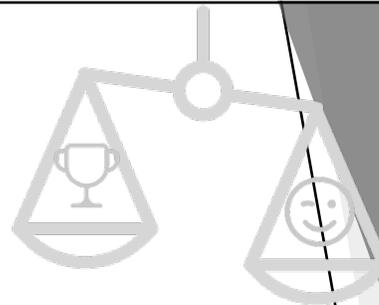
- ▶ Goals:
 - ▶ Create best atmosphere for our players
 - ▶ Every player has fun, learns and comes back
 - ▶ Be the best by making sure every child is involved & smiling
 - ▶ Ensure parents that this is a great program
 - ▶ Make sure our coaches get the support they need

- ▶ Thank You! We couldn't do it without you



Expectations

- ▶ Primarily our goal is fun. League is for the kids
- ▶ This is recreation league
 - ▶ That said, we do compete to win
 - ▶ There will be a winner in division
 - ▶ One set of trophies
- ▶ We try to balance competition with fun and good sportsmanship



Coaches Rules

- ▶ Always be positive
 - ▶ Try to find positives in every situation
- ▶ Don't yell at the Refs
 - ▶ They are high school kids, most former players, they are doing their best
 - ▶ Use you challenges (1) per half
- ▶ When in doubt follow the golden rule
- ▶ Don't be on the phone, be present
- ▶ Report any abuse or harassment to league directors
- ▶ If you see bullying or ridicule, please intervene
- ▶ Give as many High 5's as you can



Prohibited Behavior

- ▶ Profane and degrading language
- ▶ Threatening or inflicting physical injury on a minor
- ▶ Committing any sexual offense or engaging in sexual contact with a minor
- ▶ Making any kind of sexual advance to at players, staff, refs, or parents
- ▶ Inappropriate touching. No going to any room behind closed doors
- ▶ All coaches are required to report any incidents of suspected abuse they witness.



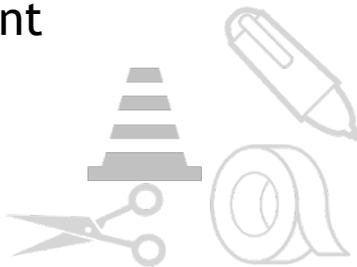
Games at at Carlmont

- ▶ League is about 150 players
- ▶ Games are played Sunday Afternoon at Carlmont's football field
- ▶ Time is 12:30 - 4:30 pm
- ▶ 4 Games can be played simultaneously with our field configuration



Coaches Equipment

- ▶ Good to have
 - ▶ Cones
 - ▶ Scissors
 - ▶ Tape
 - ▶ Sharpie
 - ▶ Wrist Coach
- ▶ Provided
 - ▶ Balls, Flags, spare mouth guards



First Team Meeting

- ▶ Smile and give a warm welcome
- ▶ Tell them what your goals are
- ▶ Three Team goals:
 - ▶ Have fun
 - ▶ Make friends
 - ▶ Learn about football and life
- ▶ Optional (learn each others name with the name game)
- ▶ Put names on flags with sharpie and trim to size with scissors



Game Time

- ▶ Huddle up and make sure the team knows they should play together. That they are all there to support one another
- ▶ See, Hear, Feel:
 - ▶ Give every player a high five or pat on the back
 - ▶ Make sure parents see you high five and use their child's name
- ▶ Quickly Sub! Maximize game time by not wasting it
- ▶ Compete and have fun



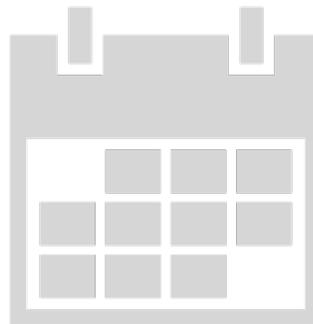
Game Times

	Field 1	Field 2	Field 3	Field 4
1:30 - 2:30	Nanos	PT	PT	PT
2:00 - 2:50	PT	Minis game 1	Minis game 2	PT
2:30 - 3:20	Juniors game 1	PT	Juniors game 2	PT
3:30 - 4:20	Seniors game 1	Seniors game 2	Masters game 1	Masters game 2



Game Dates

- ▶ Jan 14, Pre-season game
- ▶ Jan 21, Game 1
- ▶ Jan 28, Game 2
- ▶ Feb 4, Game 3
- ▶ Feb 11, Game 4
- ▶ Feb 18 Ski time, no football
- ▶ Feb 24, Game 5
- ▶ Mar 4 Playoff Tournament
- ▶ Mar 11 Playoff Finals



Masters & Legends

- ▶ Some flexibility with the Masters & Legends division
- ▶ We've decided to combine them & go 4-on-4 as the fields are narrower than what we're used to
- ▶ 5-5 is OK if coaches agree to it

