



# CALCASIEU SOCCER CLUB



## Eagles Coaches Code of Conduct

This code of conduct is to ensure soccer can be enjoyed in a safe, positive environment. We have a responsibility to promote high standards of behavior around the game of soccer as well as provide an opportunity for every child to achieve their potential. Please play your part.

1. Place the well-being, safety and enjoyment of each player above everything
2. Comply with US Soccer and CSC guidelines related to player safety especially:
  - ✓ Concussion
  - ✓ Goal safety
  - ✓ Heat related illness
  - ✓ Correct equipment
3. Show respect to all involved in the game: colleagues, officials, opponents and spectators
4. Never engage in or tolerate, offensive, insulting or abusive language or behavior
5. Obey the rules and policies of Calcasieu Soccer Club & Louisiana Soccer Association
6. Adhere to the laws and spirit of the game
7. Promote fair play and high standards of behavior
8. Represent CSC in a professional manner at all times
9. Co-operate fully with others for the best interests of all teams & players
10. Be a positive role model for players, their parents and other spectators
11. Never tolerate any form of bullying or behavior that could be considered abusive
12. Never engage in any behavior that could be considered abusive or bullying
13. Develop mutual trust and respect with every player to build their self-esteem
14. Set team goals and objectives for the season
15. Teach sound skills & tactics in a structured, organized, positive manner
16. Provide constructive feedback and evaluations to players Fall & Spring
17. Be punctual and reliable for all team related events and activities
18. Strive to continually educate yourself about the game of soccer
19. Ensure each player wears the appropriate CSC attire and equipment
20. Wear the appropriate CSC coaching attire at practice and games

### **Failure to follow this code of conduct may result in the following:**

- Required to meet with the club board or a club director
- Monitored by the Director of Coaching
- Suspended or fined by the club

## Eagles Practice Session Guidelines

Following these guidelines can create a productive coaching environment and help coaches to have a more positive coaching experience.

- Arrive at practice with a plan and an objective.
- Be able to communicate the objectives of practice sessions to players and make your teachable moments clear and relevant to the practice session objectives.
- Design practice sessions that keep everyone, including goalies, involved all the time. Avoid activities with long lines of players standing around.
- Require your goalie to attend the Eagles Goalkeeper sessions.
- Set a target for each player to get a minimum of 300 touches each and try to achieve this in the first 20 minutes through ball skills and/or rondos.
- Include activities that simulate real game conditions and have a direct correlation to actual game situations.
- Restrict activities to set periods of time or target scores to create a competitive environment and avoid boredom.
- Use small sided games as often as possible to ensure maximum touches on the ball. Avoid playing long practice games or scrimmages just for the sake of it.
- Design game related fitness activities involving the ball as often as possible. Avoid complex laps where players jog at a pace that has no relevance to the game and takes away from critical ball time.
- Bring players together at the end of each practice to briefly review and reinforce.
- Find creative ways to make practice fun for your players.

