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Recreational Coach Meeting  
September 4<sup>th</sup>, 2024

# Agenda

- Southlake Staff/Board Members and 2024 Recreational Head Coaches (Eric)
- Compliance Requirements (Eric/Abby)
- South Sound United League Information (Abby)
- Registrar Updates (Abby)
- Director of Coaching Updates (Bryan)
- Open Q&A / Walk on Topics (All)

# Introductions

## Southlake Staff/Board Members

- Eric McIver
  - Select and Recreational Program Director
  - Head Coach B09 Red Select and B18 Mod
- Bryan lotte
  - Director of Coaching
- Abby Ruelas
  - Registrar
- Mike Wiegering
  - VP of Competition
  - Head Coach B12 Red Select
- Lawrence Soliven
  - MOD Director
  - Head Coach G12 Sparks Select
- Don Sando
  - President and Fields Coordinator
- Drew Hammond
  - Treasurer
- Pauline Reyes
  - VP Admin / Volunteer Coordinator
- Kathleen Porter
  - Secretary
- Todd Johnson
  - Pac NW Rep

## 2024 Head Coaches

Age Group	Team Name	Coach Name	Coach Email
U9	B16 City FC Black	Gracelynn Ruelas	Ruelasg2005@gmail.com
U9	City FC	Omar Lara	omar.lara04@yahoo.com
U9	B16 Carlton	David Carlton	david_carlton_@hotmail.com
U9	B16 Likness	Jason Likness	jcrizz@gmail.com
U9	B16 Ruelas	Gracelynn Ruelas	RuelasG2005@gmail.com
U9	G16 Sherwood	James Sherwood	jrsherwoodfamily@gmail.com
U9	G16 Welsh	Brian Welsh	brianandnikki2013@gmail.com
U10	B15 Vipers Coccia	Robert Coccia	bcoccia1@comcast.net
U10	B15 Team 1	Katy Jo Reinmiller (Mgr)	kjreinmiller@gmail.com
U10	G15 Purple Lightning	Jessica Butler	foo_girl@hotmail.com
U11	B14 Miller	Nick Miller	nickrm1@gmail.com
U11	B14 Murphy	Sean Murphy	seapatmur@gmail.com
U11	B14 Quijada	Carlos Quijada	carlosquijada212@icloud.com
U11	G14/15 Coleman	Vencent Coleman	goldbrickvision@gmail.com
U11	G14 Nelson	Clint Nelson	clintonjnelson@live.com
U12	B13 Dasaro	Mike Dasaro	mdasaro5@gmail.com
U12	G13 Hergert	Eric Hergert	eric@ehergert.net
U13	B12 Scovel	Joe Scovel	joseph.scovel@gmail.com
U13	B12 Soper	Jason Soper	adidassoper@hotmail.com
U13	G12 Jaguars (Coleman)	Vencent Coleman	goldbrickvision@gmail.com
U14	B11 Lynch	James Lynch	jamesrobertlynch@gmail.com
U16	B9/10 Jardine	Damon Jardine	damonjardine@gmail.com
U18	GHS Avalanche	Bob Coccia	bcoccia1@comcast.net
U18	BHS Titans	Tony Costanti	tcostanti@hotmail.com

# Coach and Team Staff Compliance

## **Mandatory and must be kept up-to-date at all times:**

- Background check
- Safe Sport
- Concussion
- Cardiac Arrest

If a team staff member (Coach, Assistant Coach, Team Manager) is not up to date, they are not allowed on the practice or game field giving instruction to players.

This is a liability for Southlake and the Head Coach if not complied with.

The responsibility to ensure that all team staff is up-to-date falls on the Head Coach.

Eric or Abby sending out reminders to Head Coaches for those staff not in compliance.

# South Sound United League

## Critical Items/Tasks

- Updating SSUL schedule (Coach/Team Mgr responsible)
- Game Day tasks
  - Printing SSUL Rosters (Must give to referee)
  - Checking Trias for ref status ([Trias Website](#))
  - Expected behaviors (Parent and Coach) ([SSUL Operating Procedures](#))
  - Setting up Field (u9-u12) [Resource Link](#)
    - Field Line drawings
    - Flat cones for penalty area lines
- Post game tasks
  - Posting Scores (SSUL, 24 hours)
  - What to do if you have a player get a Red Card
  - What to do if you have an issue
    - Referee issues: complaint issued to Referee Association/Club
    - Game result issues: Only the coach of record of the game in conjunction with club leadership may file a protest. Notice of the protest must be communicated to the center referee after the conclusion of the game before the center referee leaves the field, the club leadership (Not the coach) will submit the protest in writing.
    - Parent/Incident issues: Reach out club leadership immediately
      - Don Sando, Mike Wiegering, Bryan lotte, Eric Mclver

## Helpful Links

[SSUL Website](#)

[SSUL Fall Coach Meeting Recording](#)

[Fall Schedule](#)

[SSUL Operating Procedures](#)

[Southlake Practice Schedule](#)

# Registrar Updates

- **Uniforms-** I will be picking up uniforms tomorrow afternoon. They will be available for pick up at Friday Night Lights at Hazen High School
- **All coaching tasks need to be completed ASAP.**
- **There are no player cards for Rec soccer. Player photos print on the game day roster. All players MUST have a photo on the game day roster to play.**
- **If you have a registration question please email me at [Southlakeregistrar@gmail.com](mailto:Southlakeregistrar@gmail.com) If I do not get back to you within two business days please ping me again.**

# Director of Coaching Updates

Southlake Rec Soccer  
Coaching Basics

**Introduction:** Welcome and thank you for your support to the club. We want to simplify and support your coaching role so below is a simple breakdown of our core technical principles and a few important coaching techniques.

**First touch - How do we want to control the ball?**

- Eliminate the bounce - keep ball on the ground

- Control touch vs. attacking first touch

- Inside foot, outside foot, sole and laces can all be practiced but inside of the foot is a good start

**Dribbling - How do we change direction and change speed with the ball?**

- Inside foot, outside foot, sole and laces should all be practiced

- Touch every step with preferred foot

- Toe down soft touches

**Passing - What habits are top priority?**

- Use the inside of the foot

- Face hips towards the target

- Keep the ball on the ground

**Shooting - How do we shoot properly?**

- Toe down, ankle locked, chest down and knee over the ball

- Strike with the laces

- Land on your shooting foot

**Coaching points - What is our best approach?**

- Guided questions and self discovery lead to better understanding

- Minimize the lines in training

- Maximize the amount of touches in training

- Reward smart social decision making

- No toe pokes

- Make your drills imitate real game scenarios

**Conclusion:** There are a few habits that we must identify and eliminate. We are doing a real disservice if we allow toe poking and we don't develop both feet when it comes to first touch, passing and shooting. Lastly, keep it positive and focus on increment progress. Effort, focus and decision making is in our control so lets keep our focus there. Good luck this season and more to come.

## Helpful Links / Resources

<https://youtu.be/hG6do5dN7jQ?si=q2c1UwjrupW5PDeC>

<https://youtu.be/rEXXIrsnKUo?si=utDuktI34Ctb0LxL>

[https://youtu.be/010\\_mhlfZpA?si=ITxTA3Mm7WJRgyw0](https://youtu.be/010_mhlfZpA?si=ITxTA3Mm7WJRgyw0)

[https://washingtoneyouthsoccer.org/wp-content/uploads/2019/08/Long\\_Term\\_Player\\_Development\\_Jan20121-1.pdf](https://washingtoneyouthsoccer.org/wp-content/uploads/2019/08/Long_Term_Player_Development_Jan20121-1.pdf)

<https://washingtoneyouthsoccer.org/coaching/age-appropriate-training-videos/>

<https://youtu.be/QdBxkDAKs8U?si=4YGCSvam0xOhTHal>

<https://youtu.be/8SonHSskV6w?feature=shared>

<https://youtu.be/ekesFXtK8go?feature=shared>

<https://youtu.be/fBmKmCPcWuk?si=oAqoIAM5OJjXUa6>

[https://youtu.be/qk4VsYy4nRo?si=Knp\\_bHj-aoOgbWpp](https://youtu.be/qk4VsYy4nRo?si=Knp_bHj-aoOgbWpp)

# **Q&A / Walk On Topics**

