



Coach Meeting
September 4th, 2024

Agenda

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

Introductions

Southlake Staff/Board Members

- Eric Mclver
 - Select and Recreational Program Director
 - Head Coach B09 Red Select and B18 Mod
- Mike Wiegering
 - VP of Competition
 - Head Coach B12 Red Select
- Bryan lotte
 - Director of Coaching
- Abby Ruelas
 - Registrar
- 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

Team	Role	First Name	Last Name	Email
Southlake Select B07 Los Atleticos de Renton	Head Coach	Antonio	Vargas	tiofilozepeda1234@gmail.com
Southlake Select B09 Red	Head Coach	Eric	Mclver	emciver79@gmail.com
Southlake Select B10 Red	Head Coach	Matthew	Combs	mattdcombs18@gmail.com
Southlake Select B11 Red	Head Coach	John	Grimm	jgrimm9@hotmail.com
Southlake Select B12 Red	Head Coach	Michael	Wiegering	mike.wiegering@gmail.com
Southlake Select B13 White	Head Coach	Erin	Wolford	erinwolfordsphr@gmail.com
Southlake Select B13 Purple	Head Coach	Tim	Askerov	timaskerov@gmail.com
Southlake Select B14 Red Flames	Head Coach	James	Gallagher	jamesoweng@gmail.com
Southlake Select B14 White	Head Coach	Luke	Colasurdo	ltc007@gmail.com
Southlake Select B14 Purple	Head Coach	Jason	Puracal	jasonpfreed@yahoo.com
Southlake Select B15 Red	Head Coach	Dave	Randerson	davidkranderson@gmail.com
Southlake Select B15 White	Head Coach	Mike	Fitterer	michaelfitterer@yahoo.com
Southlake Select B16 Red	Head Coach	Rodrigo	Stabio	rodrigostabio@gmail.com
Southlake Select G08/09 Flames	Head Coach	Todd	Johnson	johnsoncwutodd@outlook.com
Southlake Select G10 Red	Head Coach	Carl	Colasurdo	andy.colasurdo@usdoj.gov
Southlake Select G10 White	Head Coach	Mark	Strien	markastrien@gmail.com
Southlake Select G11 Red Phantoms	Head Coach	Jon	Wagar	wagaraj@comcast.net
Southlake Select G12 Sparks	Head Coach	Lawrence	Soliven	SouthlakeSoli@gmail.com
Southlake Select G12 White	Head Coach	Paul	Lacy	Ballapaul88@yahoo.com
Southlake Select G14 Red	Head Coach	Deron	Bauer	allthebauers@gmail.com
Southlake Select G14 White	Head Coach	Christopher	Mendez	christopher.mendez@hotmail.com
Southlake Select G15 Red	Head Coach	Sean	Cook	Seanryancook@yahoo.com
Southlake Select G16 Red	Head Coach	Erin	Wolford	erinwolfordsphr@gmail.com
City FC Teams	Head Coach	Omar	Lara	omar.lara04@yahoo.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 sending out reminders to Head Coaches for those staff not in compliance.

North Puget Sound League

Critical Items/Tasks

- Updating NPSL schedule (Coach/Team Mgr responsible)
- Game Day tasks
 - Make sure you have player cards for every player (Referees will not let you play w/out)
 - Printing NPSL Rosters (Must be typed, 3 copies given to Referee)
 - Checking Trias for ref status ([Trias Website](#))
 - Expected behaviors (Parent and Coach) ([NPSL Operating Procedures 1.12](#))
 - Setting up Field (u9-u12) [Resource Link](#)
 - Field Line drawings
 - Flat cones for penalty area lines
- Post game tasks
 - Posting Scores (NPSL, 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 by Club Leadership
 - 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

Website: <https://www.northpugetsoundleague.org/>

Resources: <https://www.northpugetsoundleague.org/resources>

Policies & Procedures

[NPSL Bylaws](#)

[NPSL Operating Procedures](#) (updated Sep. 2024)

[NPSL Quick Chart Rules of Competition](#) (updated Sep. 2024)

[Modified Rules Quick Reference Table](#)

[NPSL Schedule of Fees and Fines](#) (updated Aug. 2023)

[Team Manager Game Checklist](#)

[NPSL Best Practices](#)

[NPSL Development Fund Procedure](#)

[NPSL Development Fund Request Form](#)

[Player Card Guidelines](#)

[NPSL Game Roster](#) (MS Word)

[NPSL Game Roster](#) (PDF)

[NPSL Player Pass Procedure](#) - This document provides detailed information on using the player pass within NPSL league games.

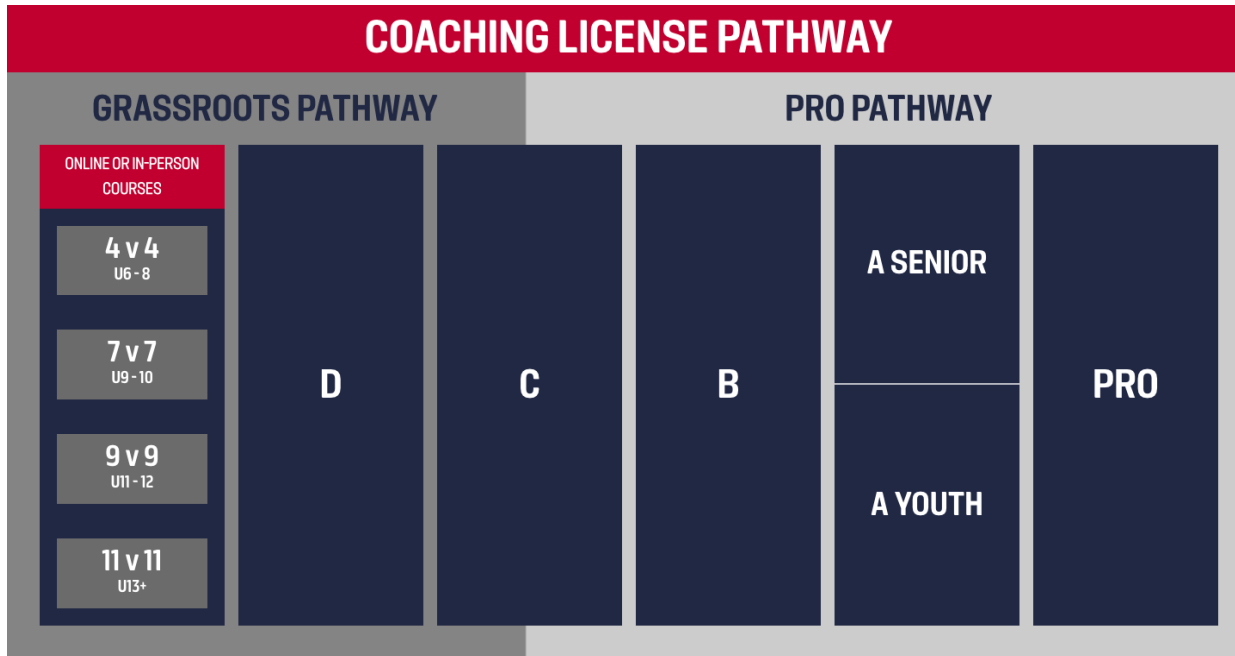
[NPSL Grant Project](#) - This document provides information to fund worthy projects for infrastructure or equipment that will improve the player experience for member clubs.

[Using Team Pages](#) - A step by step guide for team managers and coaches on using your team page, adding games schedules, and reporting scores.

[NPSL Scholarship Operating Procedure](#)

[NPSL Scholarship Application](#)

US Coaching License



Why

- As good as you are as a Coach you can always be better
- Instructors are very experienced and knowledgeable
- Forces you to really evaluate your own coaching style and philosophy
- Teaches you how to organize and approach planning for Training and Games

How

- <https://learning.ussoccer.com/coach>
- Grassroots licenses are online, I recommend doing at least one of the required 9v9 or 11v11 courses in person
- Plan ahead as classes fill up fast

Registrar Updates

- **Player Cards are almost ready for pick up.**
- **Volunteer Requirements for Select families. All families that have a select level player are required to volunteer a minimum of 5 hours during the soccer year.**
- **All coaches must have their coaching requirements completed to receive their player cards.**

Director of Coaching Updates

Southlake Soccer 2024 Select Coaching Guide
Fundamentals of the Game

Offense- *An open shot is your responsibility not your opportunity*

Get and keep the ball on the ground

Aerial balls are for clearing the defense, last resort longer passes and through balls to forward runners.

Pass and move

Building the habit of moving and supporting the play after we pass is a top priority. Movement off the ball creates gaps and spaces for passing and dribbling.

The ball is faster than the player and nothing will ever be more reliable than a give and go.

Look for advantages to exploit

Numerical- Attack opponents immediately when you outnumber them

Skill- Attack mismatches in quality and speed

Space- Attack open spaces. More space equals more time equals more quality equals more chances equals more goals.

Defense- *The ball or the player may pass you but never both*

Close the space asap without overcommitting. Get their eyes down on the ball. Then, shadow them staying goalside until they give you the ball, turn away or pick their eyes up again.

Contain the player by denying the ball behind you. Stay goalside of the player at all costs.

Commit to the tackle only when you're certain to connect with the ball. Patience, patience, patience. Don't dive in. Wait for their mistake.

Front foot tackles are best. No swinging into tackles.

Transition play- *Whichever team does this best will usually win the game*

Staying mentally checked in when transitioning from offense to defense and from defense to offense is another top priority.

Defenses are most exposed immediately after a loss of possession so attack quick.

Upon losing possession, if you can't immediately win it back (2-3 seconds) then immediately get goalside of the ball and more specifically your opponent.

Decision making - *Habits cultivated in training will be the decisions we see in games*

Defensive third - LOW RISK

Avoid the crowded middle. Play wide spaces so turnovers don't put the other team in front of your goal. Never play across your own goal.

Middle third - Mix of creativity and defensive discipline

We need to make and take calculated risks.

Diagonal balls whenever possible.

Switch the play whenever possible.

Don't lose it on the dribble. Lose it on a pass or shot.

Front third - Max creativity and a sense of responsibility

In transition to offense, keep the ball and allow teammates to get forward most of the time. Occasionally, turn your defender if possible.

In possession, make diagonal runs forward behind the defense. Or, check to the ball to receive to feet and start an attack.

Take risks. Be decisive in your thoughts and movements. The faster you run off the ball the more likely you will be seen and therefore passed to.

Shoot hard, low and far post.

Off the ball movement - *Maybe the most difficult and important concept to master*

Move to open spaces with an open passing lane hopefully with your hips faced upfield.

Keep one eye on the ball and the other on close defenders and the space around you.

Look for eye contact and then point where you want it.

Checking away, checking to and playing side on

Q&A / Walk On Topics

