

# Simi Valley Soccer Club Eclipse Handbook



# **Simi Valley Soccer Club “ECLIPSE” Policies**

*The following policies are our way of explaining our expectations of you as a member of our Eclipse organization. These policies are instrumental and proven in developing outstanding soccer teams and players. They are to be respected and followed by all Eclipse coaches, players and parents at all times when representing the club.*

*ECLIPSE is for players who desire to and are capable of playing at the highest level of youth club soccer. Simi Valley Soccer Club ECLIPSE players must embody the following characteristics:*

- The commitment to get to all Eclipse practices, games and events.
- Compete at a high level of competitiveness.
- Display passion, mental resilience and fighting spirit.
- Excellent techniques and ball handling ability.
- A high level of speed and stamina, as well as power and durability.
- Excellent decision-making with and without the ball.
- Enthusiasm for the game of soccer.

## **SECTION I - PLAYERS**

### **ATTENDANCE**

- Mandatory at all times. Players missing practice without prior notice given to the coach will compromise their playing time.

### **PUNCTUALITY**

- Be ready to go when practice starts.
- Practice START time is NOT ARRIVAL time.
- Players are expected to arrive to practices approx. 15 minutes before practice begins.

### **ABSENCES**

- Absences that are excused do not compromise a players playing time. In the event that an absence is reported within the 48 hours leading up to practice or a game it is at the discretion of the coach the degree of which playing time will be compromised.
- Absences that are not brought to the coach’s/managers attention before a practice or game will be deemed misconduct and will result in a significant compromise in playing time.

## **UNIFORMS**

- Players must wear the ECLIPSE practice T-Shirt to all practices
- Shin-guards must be worn at training.

## **GAME UNIFORM**

- Bring both uniforms to all matches and tournaments.
- Players must wear uniform shorts and socks and shirts to every game and bring their alternate game shirt.
- Players are expected to warm up for games in their practice t-shirt/DriFits.

## **GAME WARM UP**

- It is important to prepare mentally and physically for each match. All players must arrive one hour prior to the start of the game. Exceptions must receive prior approval.
- We cannot begin preparing for matches if players do not arrive on time. Players arriving late will compromise their playing time. Actual physical warm-up begins 45 minutes before game.

## **WORK ETHIC AND ATTITUDE**

- Each player will take responsibility for their own development as a player and always seek to improve their performance.
- Players will cooperate fully with their coach, teammates and referees.
- Players follow a lifestyle appropriate to development. They eat, sleep, drink and relax sensibly and spend leisure time positively, especially in the 48 hours leading up to a competitive game.
- They never argue with the Referee or Assistant Referee, always control their emotions and use their energies to improve performance.
- Criticism of teammates, opponents, coaches, managers, and referees is strictly prohibited as it undermines the team spirit.

## SECTION II - PARENTS / GUARDIANS

### **PARENTAL SIDELINE BEHAVIOR**

- Parents must not be coaching and/or shouting instructions to the players.
- In order to attain a level of consistency in coaching it is essential that no parent coach from the sidelines, this complies with the “One voice” concept in developmental learning. In many cases parents that do coach, may give correct or helpful instructions however, many do not. This also places the player in an uncomfortable position of listening to their parent or their coach. Playing time of the parent’s child will be effected if sideline coaching is observed.
- Parents are not excused from the fields until their players' game equipment, trash, field goals & flags are returned to their proper place. (If applicable, depending on game time)

### **PARENT SUPPORT**

- Parents are encouraged to support the team and players from the sidelines.
- Parents positive encouragement (such as; good job, good defense, nice shot, etc... will motivate the players)
- Parents must not occupy the space marked by the coach as the Technical Area during games.
- Parent must not yell at the officials
- Parents must control their emotions and use their energy with positive responses.
- Parents should not try and discuss with the coach during practices or games their own concerns and frustrations. Rather, contact the coach by email to schedule a time to talk.

**NOTE: The Best Players Deserve the Best Parents / Guardians**

## SECTION III

### **PLAYING TIME POLICY**

- *The coach's challenge in determining playing time is to achieve the optimal balance between team success (i.e. managing the game appropriately) and the long-term player development of both highly effective players and players that need further development to be competitive at club level. That being said a minimum amount of playing time is not guaranteed to any player.*

#### ***Playing time will be based on the following criteria:***

- Effectiveness in games.
- Attitude and effort at practices (including attendance and punctuality).
- Continuous improvement that is visibly obvious.
- Other things that can affect playing time are the primary position one plays; the game situation; strengths and weaknesses of a particular opponent and injuries.
- Lastly, players should always understand that in competitive games, substitutions are generally made to enhance or maintain the effectiveness of the team, and not solely to give people playing time.

### **PERFORMANCE FEEDBACK**

- Feedback regarding individual players will be communicated at the beginning, middle and end of each full season via email in a Player Evaluation format.
- Players and parents are strongly encouraged to remain patient throughout the learning process. Soccer development is a continuous process. Individual players will develop in their own time and therefore the learning process must be respected.

### **QUESTIONS**

- Do not contact the coach during or immediately following a game/practice. Wait at least 24 hours before contacting the coach via email to make them aware of issue unless it is an emergency.
- A coach will respond to your email within 24 hours of receiving it.
- If the coach is contacted within the first 24 hours after an incident occurs (unless it's an emergency) then the coach has the right to disregard the concern as club policy has been breached.

## **PLAYER BEHAVIOUR**

- Criticism of teammates, opponents, coaches, managers, and referees is strictly prohibited.
- Players must behave in an appropriate manner at all times and in a manner that reflects positively on the club.
- Players must always be respectful of coaches, managers, referees, opponents, and parents.
- Arguing with a teammate, opponent, referee, coach, manager, or parent is strictly prohibited.

## **SECTION IV**

### **COACHES**

- It is each coach's responsibility to be fully aware of the code of conduct for players, parents, coaches and the overall club policies. Ensure that these are actively communicated to your team(s) and parents prior to the season in a team meeting.
- Attendance- Keep attendance for your team at every practice and game.
- Consistently enforce the dress code in practices and games.
- If a player's ball is under inflated ensure that they inflate the ball appropriately before being allowed to participate.
- Fields are cleared after practice and games of all equipment, goals, cones, trash. The team is not dismissed until all is done.
- If a player is late to practice or a game encourage them to complete an appropriate warm up before joining practice without disrupting others.
- If a player is late to a game, playing time may be compromised at the discretion of the coach.
- Be engaged with your team and energetic in your practice sessions.
- When recruiting, it is important to inform those parents who are in need of Financial Aid of the clubs Financial Aid agreement in a timely manner of them inviting the player to join the team.
- Advise parents to meet or contact your team Manager to start the Registration process. In the event there is not team manager, it will be the Coach's responsibility to implement the registration process and retain proper forms, payments & adhere to the registration dates.
- Use the two technical practices one tactical practice as a base model when planning a team's weekly practice schedule.

- Ensure an appropriate warm up is completed by all players before practices and games.
- Coaches arrive an hour before a game. Fields must be set-up fifteen minutes prior to your practices and 45 minutes before games when appropriate.
- Coaches must wear ECLIPSE attire at games.
- Cell phones can only to be used in an emergency during practices and games.
- Ensure all goals are locked after training.
- If goals are moved for any reason ensure that they are returned appropriately.
- Ensure all fields are clean after practice.
- Report any concerns to the Field coordinator.
- Educate yourself as to the medical needs of each of your players such as, epipen/allergies etc.
- Ensure that all equipment is in good working order.
- Do not use any equipment that may be broken, as it may be a danger to players
- Respond to player emails timely.
- Should a coach not be able to attend a practice or game, It is their responsibility to communicate this to the manager in a timely manner. The day of practice or the game is NOT acceptable.

# CODE OF CONDUCT

## PLAYERS

- Take responsibility for your own development as a player and seek to improve your performance by applying yourself 100% during all practices and games.
- Cooperate with your coach, teammates and referees. Without them you would not have a game.
- You should attend practice and games regularly and punctually. Behave with self-discipline and give notice for any reasons of absence.
- Practice the techniques and skills that you learn and attempt to apply them in games.
- Follow a lifestyle appropriate to development. Eat, sleep, drink and relax sensibly. Spend leisure time positively especially in the 48 hours before a competitive game.
- Arrive to practices and games with the correct equipment. This includes ensuring that your equipment is in proper working order i.e. ball pumped up, appropriate footwear, shin guards etc.
- Never argue with the Referee or Assistant Referee. Do not question the referee's honesty. Remember that they are human and sometimes may make an honest error.
- Play well for yourself and your team, your team's performance will benefit and so will your own.
- Be a good sport. Recognize all good play, whether by your team or your opponents.
- Treat all players as you yourself would like to be treated. Do not interfere with, bully, or take unfair advantage of another player.
- Remember the aim of the game is enjoyment, and to improve your performance.
- Foul language is not acceptable and will not be tolerated here at Eclipse. You are a role model for the younger teams on and off the field.
- Learn the Laws of the Game and play by these laws at all times. Also become familiar with the coaching terminology to aid your development.
- Promote this Code of Conduct at all times and report violations made by teammates to coach.
- Refer to the Simi Valley Soccer Club "ECLIPSE" Policies for more information.



# CODE OF CONDUCT

## PARENTS AND GUARDIANS

- Do not force an unwilling player to participate. Remember, young players are at ECLIPSE for their development and should only be supported not pushed or persuaded in any way.
- Reinforce with players that the result(s) of the game(s) during this stage of their development are a secondary concern. Instead, encourage discussion of both individual and own team performance in place of result(s) or opponents.
- Remember that young players learn best by example. Applaud good play by both your son or daughter's team and their opponents.
- Never ridicule or yell at a young player for making a mistake. As mistakes made, when reflected upon appropriately can be very valuable learning experiences for players during this stage of their development.
- Do not question the referee's honesty. Remember that they are human and sometimes may make an honest error.
- Recognize the value and importance of coaches. Their role is to improve the development of your son or daughter. Therefore, please do not interfere with your child's learning process by offering additional information that can be "counterproductive" to their learning. Instead, let your child lead the conversation and listen to their feedback to you as to what they are learning.
- Address any concerns that you may have directly with the Board of Directors.
- Read the Laws of the Game for better understanding Simi Valley Soccer Club "ECLIPSE" terminology and try to apply it when discussing soccer related matters with your child to aid their learning.
- Be aware that this is a learning environment for your child and that for optimal learning to take place this must be strictly adhered to.
- Foul language of any kind will not be tolerated and will be grounds for dismissal from team.
- Promote this Code of Conduct at all times and report any violations.
- Refer to the ECLIPSE Club Policies for more information.
- Treat your Manager with respect and support. They are a liaison between the coach, the club and the League.

# CODE OF CONDUCT

## TEAM MANAGERS

- The manager's role is primary to assist the coach to complete administrative duties as they require allowing the coach to concentrate the majority of their time on soccer related matters to ensure the best development environment is achieved for all players.
- Assists the club through maintaining accurate data of all rostered players for the specific team they are managing.
- Brings player passes, rosters, medical release forms and First Aid to each game if requested to do so by coach.
- The manager acts as a liaison between the coach, the club, the league and their specific team's parents.
- Assists the club in registering players, registering teams at tournaments and ensuring the team remains current with CSL i.e. inputting results etc.
- Provides field directions to team members and assists in the coordination of carpooling.
- Communicates with coach as to players wishing to loan other teams first before providing the player card.
- Managers will be responsible for managing the sideline behavior of the parents and expected to report any incidences of violation of the clubs codes of conducts to the coach.
- Managers will be responsible for organizing/co-coordinating fundraising and general off field activities for the teams they will be managing.
- Refrain from being negative in regards to both club and team.
- Attend the once a month Managers meeting or get someone to cover should a situation arise that enables you're ability to attend.
- Refer to the ECLIPSE Club Policies for more information.
- Manager's are required to obtain a Live Scan check (form on club website) to be in compliance with Cal South Youth Soccer Association. (at own cost)

# CODE OF CONDUCT

## COACHES

- As a coach, remember that through your actions and to set the example for your players, parents and spectators. Therefore, ensure that you are following the clubs codes of conduct at all times when representing Simi Valley Eclipse.
- Familiarize yourself with the Code of Conduct for players, parents and coaches. Understand what is expected of all participants and actively promote these codes.
- Coaches have a duty to place the wellbeing and safety of each player above all other considerations including development of performance.
- Ensure that each player is correctly dressed and has the correct equipment before being allowed to practice or play.
- Never, either physically, technically or mentally, push young players beyond their current abilities.
- Encourage and guide players to accept responsibility for their own behavior and performance. Never condone unacceptable behavior by not acting.
- Always be prompt, courteous and correct when dealing with opposition coaches, managers and officials.
- Know the Laws of the Game and assist your players and their parents in understanding them and how they are applied.
- Take responsibility for you own development as a coach and seek to improve it. Better coaches = better players.
- Ensure that your emergency first aid knowledge is kept up to date and that you always have a basic first aid kit available at practices and games.
- Foul Language is not acceptable
- Positive coaching is expected- You can be demanding without being degrading.
- Refer to the SIMI VALLEY SOCCER CLUB Policies for more information.
- Inform Asst. Coach and/or Mgr If you are not able to attend practice or game.

## **Coaching Terminology**

Simi Valley Soccer Club ECLIPSE understands the value of repetition and consistency for maximal learning to take place. To assist the clubs pursuit of creating an optimal learning environment for players a “soccer language” has been created. This step has been taken to simplify and filter the information delivered to the players in line with learning and developmental guidelines.

Players and parents/guardians are strongly encouraged to familiarize themselves with this terminology to maximize their learning experience.

### **SVSC ECLIPSE Vocabulary:**

- 1-2  
*A “wall pass” or “give and go” pass.*
- "D"  
*The area on the top of the 18 yard box that is shaped like a D*
- Be exciting/ Take them on  
*Coach's prompt to encourage players to be more inventive/creative when attacking. This is especially significant in 1v1 attacking situations.*
- Big space, Big touch, Small space, Small touch  
*This is a reminder to players regarding their first touch relative to the space available for them to play in.*
- Change Speed/ Explode  
*Coach's prompt for a player to accelerate.*
- Check/ Show or Showing  
*Move away from the ball to take away opponent to create space for the player to receive the ball.*
- Check your shoulders  
*Have a look around, for space, the goal, teammates and opponents. This is especially significant before moving backwards/blind areas.*
- Connect/ Possess  
*Find a teammate to pass to- maintain possession*
- Dribble-Slip  
*Dribbling the ball one direction well passing to a teammate that is in your “blind-spot” allowing the defense to shift over and creating space left vacant*
- Drop  
*Drop back as a team towards your own goal. Simply, move backward*
- Fade away

*Playing the ball to the opposite side of the field as the wide player is opening up to receive. Usually the pass is a bending ball.*

- **Feet**  
*A command as to where the ball should be played when passed*
- **Fix your hips**  
*Obtaining the correct body shape to perform the desired technique. In receiving, to open a player's field of vision in possession.*
- **Forcing play**  
*Forcing play occurs when players exhibit impatience in possession by attempting to advance the ball too early when play has not developed sufficiently.*
- **Get in behind**  
*Encouraging players to attack the space in behind opponent's defensive line.*
- **Get on the ball**  
*Encourage a player to actively pursue/demand individual possession of the ball.*
- **Glance up/Look up and around**  
*Encouraging players to lift their eyes and look around. We refrain from using 'head up' as it can compromise technique and body position.*
- **Head to toe defending/ Push them wide**  
*Curved run on approach, side on body position, be on the balls of feet, touch tight, eyes on ball, be patient, force mistake, step in to win. GOLDERN RULE = KEEP PLAY IN FRONT OF YOU.*
- **Hold**  
*An instruction to a player to keep the ball.*
- **Hold your line**  
*An instruction for the defense to maintain their line at a certain point on the field.*
- **Keeper**  
*A shout by the goalkeeper to indicate he/she is coming to collect the ball.*
- **Key Points**  
*Key points highlight what a player should concentrate on and what a coach should be looking for. The key points identify factors for each technique.*
- **Let play develop**  
*Encouraging players to take the time to assess the entire pattern of play developing around them before rushing into a decision.*
- **Make a decision**  
*Encouraging players to take ownership of their own game with creative problem solving during play instead of merely reacting.*
- **Match up/ Get tight**

*Mark up man to man.*

- **Patience/It's not on**  
*A coach's prompt for players to maintain possession of the ball and wait for an opportunity to penetrate instead of forcing play.*
- **Play in the gaps**  
*Encourage players to move off the ball and way from opponents to create space(s) for them to play in.*
- **Pressure/ Close them down**  
*Closest player applies pressure to the ball- not allowing them space and time to operate.*
- **Putting a name on your pass**  
*Communicate with the player you are passing to if you have made eye contact.*
- **Push**  
*Instruction for the team to move up the field towards opponent's goal. To simply, move forwards.*
- **Safe side**  
*Encouraging the player in possession when passing to play the ball to the receiver's furthest foot from opponent or into the space on the opposite side of the opponent*
- **Shade**  
*Playing the ball back to your teammate*
- **Slide**  
*The whole team moves across the field as a unit to pressure the ball or to fill a gap vacated by a player who has advanced and/or is caught out of position.*
- **Shield**  
*Hold the ball by placing your body between the player and the ball*
- **Stand up**  
*An instruction to the 1st defender to encourage them to stand up to an attacker and keep play in front of them by being patient. The ball should only attempt to be won at the moment of hesitation and/or a mistake is made by the ball carrier and or to ball carrier is a direct threat to the goal i.e. in shooting range.*
- **Set**  
*Pass the ball at the correct weight to a player facing play. Used when player in possession has back to goal or play.*
- **Square up/Open up**  
*Players are instructed to receive the ball with the furthest foot from the ball. Left foot to go to the left, right foot to go to the right, to expand a player's field of vision when receiving the ball.*
- **Show/ Be an option**

*Players must always attempt to get inline/behind the line of the ball to ensure they are in the best position to receive the ball.*

- **Support the play/Keep up with play**  
*Encouraging players to stay alert to the balls location on the field and to fill the gaps vacated by an advancing player and/or a player caught out of position.*
- **Switch**  
*Change the point of attack by expanding the field through moving the ball in the opposite side of the field.*
- **Tackle/ Win the Ball (Stick in)**  
*Take the ball off the feet of the opponent or get there first*
- **Tempo/ Pick up the Pace**  
*Increase speed of play.*
- **Touch tight/ First Touch**  
*The distance the ball when receiving should stay in relation to an opposing player*
- **Two-touch**  
*Play within two touches once you get it. Receive (1) and play (2)*
- **Win the Ball**  
*Get there first (50/50 Ball) - Possess the ball for your team*

**SIMI VALLEY SOCCER CLUB  
“ECLIPSE”  
PLAYER/PARENT/CLUB AGREEMENT**

**Date** \_\_\_\_\_

**I have reviewed and discussed with my child the Simi Valley Soccer Club Handbook and I (parent) have read & understand the Registration policies and payment options of the club, and I agree to accept and will abide by these policies.**

**I also hereby grant permission for Simi Valley “Eclipse” Soccer Club to post photos or videos of my child online to promote the club. I understand that the images may be used in print publication, online publication, presentations, websites and social media. I also understand that there is no fees or other compensation that will be payable to me by reason of such use.**

\_\_\_\_\_  
**Player Name / Team #**

\_\_\_\_\_  
**Player Signature**

\_\_\_\_\_  
**Parents Name**

\_\_\_\_\_  
**Parents Signature**

\_\_\_\_\_  
**Parent Email:**