

# **LIVINGSTON SOCCER CLUB TRAVEL PROGRAM**

## **TRAVEL GUIDELINES**

### **TRAINING AND COACHING**

All Teams (U8- non High School U15) will receive approximately 60 hours of expert professional training per soccer year. Approximately 30 hours of training will be given during the Fall season and approximately 30 hours will be given during the Spring. There will be 2 one and one-half hour training sessions per week over the two seasons (the Travel Committee may shorten some training sessions due to Daylight Savings Time or darkness). Fall season training will begin on or about September 1<sup>st</sup> and ends on or about November 15<sup>th</sup>. Spring season training begins on or about March 8<sup>th</sup> and ends on or about June 15<sup>th</sup>.

### **PROFESSIONAL TRAINERS AND COACHES**

Trainers who possess the requisite experience will train all LSC Travel Teams in order to teach the necessary soccer skills to these athletes. Before any trainer can train a Team that trainer must be approved by the LSC Travel Committee and meet the necessary requirements of all appropriate national, state, local, and league policy-making bodies.

The trainer will not only conduct practices for the Travel Teams but is also expected to be that Team's game-day coach. The trainer's ability to be that Team's game-day coach will depend on that Team's schedule and that trainer's other coaching commitments. It is the goal of the LSC to have as many games as possible coached by a Team's trainer. If that trainer trains more than one LSC Travel Team it will be the sole decision of the Travel Committee to determine which Team will be given game-day coaching priority. It is also the goal of the LSC to have as many Travel Teams professionally coached as possible. In the event that a team's trainer cannot attend a particular game, that game will be coached by the team's managers.

In order to be considered to coach an LSC travel team, the trainer or manager must:

- 1) have no "Red Card" infractions during the two (2) years prior to the date of the application to become a full time coach; and
- 2) have KidSafe Program approval.

In addition to numbers 1 and 2 above, the trainer at the U12 and below age levels, must possess an "E" Level Coaching License, must have at least two (2) years of prior coaching experience in a travel program (for example, for another Mid-New Jersey Youth Soccer Association member club), and in this two (2) year period, must have had primary game-day responsibility for the coaching duties of a travel Team for at least 30 games. At the U13 and U14 age levels, in addition to numbers 1 and 2 above, the trainer must possess a "D" Level Coaching License and had primary game-day

responsibility for the coaching duties of a travel Team for at least 40 games. Note that an “F” Level Coaching License is a prerequisite to attaining the “E” Level Coaching License and that an “E” Level Coaching License is a prerequisite to attaining the “D” Level Coaching License. An “F” Level Coaching License Course is generally given in Livingston every August. Additional information can be found at [http://www.njyouthsoccer.com/coaching/coaching\\_schools.htm](http://www.njyouthsoccer.com/coaching/coaching_schools.htm). Candidates are responsible for the payment of any costs associated with attaining these advanced coaching licenses.

Paid trainers who have direct service contracts with the LSC can be removed by the Travel Committee for good cause with the forfeiture of the remaining balance of their contract. Trainers or coaches who are employed by an independent contractor can also be removed for good cause by the Travel Committee upon consultation with that individual’s employer.

### **WEEKLY TRAINING SESSIONS**

With respect to training at the Division 5 and 6 (U8-U10) levels, emphasis will be on basic techniques such as dribbling, shooting, passing, ball control, learning the responsibilities of the various positions on the field, and the general concept of team play. Training sessions will stress individual ball skills and small-sided games to maximize the number of touches the player experiences in practices. Lastly, there will be an introduction to tactics.

At the Division 4 (U11 and U12) level, players will receive more intensive technique training so they can master the fundamentals while under pressure. By the time an athlete reaches 12 years of age he/she should be able to volley, pass and shoot with all sides of the foot, collect the ball, head the ball with accuracy, tackle, and have field awareness of the players around him with some degree of proficiency. There will also be an increased emphasis on fitness, strategy, set plays, and team formations.

At the Division 3 (U13 and U14) and non-High School U15 level, athletes should be proficient in all the basic technical areas and have a keen understanding of various strategies and tactics incorporated in game situations. Athletes should be able to play under pressure and completely understand the responsibilities of the various positions on the soccer field. Training will continue to emphasize the technical skill aspect of the game under intense pressure situations.

#### **Cancellation of weekly training sessions:**

Weather related training cancellations will be determined by a member of the LSC Travel committee and/or Township officials and conveyed to Team managers. Team managers are responsible for scheduling make-up training sessions and it is incumbent upon managers to make sure all training sessions are completed.

The Livingston Soccer Club believes the decision to train on religious holidays and/or other events rests solely with the player and his or her family.

Other than LSC Travel game or tournament conflicts, managers are not authorized to cancel any training sessions. Managers must notify the Travel Committee at least 5 days in advance and receive approval from a Travel Director(s) to cancel a scheduled training session.