

Central Minnesota Youth Soccer Travel Program Handbook

CMYSA Mission:

The Central Minnesota Youth Soccer Association is an educational, non-profit organization formed to promote, foster, and perpetuate the game of soccer for players' kindergarten through high school age. The Central Minnesota Youth Soccer Association is a member of the Minnesota Youth Soccer Association. MYSA is affiliated with the United States Youth Soccer Association, Inc.; the United States Soccer Federation; the United States Olympic Committee, Inc.; and the Federation International de Football Association. It shall be the mission of the Central Minnesota Youth Soccer Association, to educate, provide service, promote, and stimulate interest in the game of soccer at a recreational level through competitive level.

Travel Soccer Program Mission:

CMYSA seeks to field a sufficient number of travel teams to provide age and skill appropriate opportunities for players wanting to advance their skill, knowledge and passion for the game of soccer. In addition to the spring/summer season CMYSA will help our players find opportunities for training skill sessions, camps and fall and winter leagues. Travel Soccer is competitive in nature. Participation requires a major commitment from the player and the parents.

CMYSA is an "open club". Any player who wishes to join our club, regardless of place of residence or the school they attend, will be encouraged to play. Players and teams will be formed based on the most appropriate competitive level for their age and ability. There will be no preference for city, neighborhood or school affiliation.

Registrar:

The registrar for CMYSA will be the Administrative Director. The AD will supervise all aspects and operations of the registration process. The AD will be responsible for collecting, documenting and processing each applicant for the CMYSA Travel Program. The AD will maintain a data base of registered players and their family information during each competitive season. The Registrar/AD will provide MYSA with all the required player registration detail as outlined in the MYSA policies and procedures manual.

Director of Coaching and Player Development:

The Director of Coaching (DOC) will help CMYSA develop a positive travel player and coaching environment. They will accomplish this by helping to implement policies and procedures that are consistent with the mission of CMYSA and MYSA. The duties of the DOC should include but are not limited to the following:

- ❖ Organize and conduct the CMYSA travel try-outs.
- ❖ Coordinate player placement on appropriate teams.
- ❖ Develop training and coaching models for the CMYSA coaches
- ❖ Conduct skill training sessions for the travel players
- ❖ Promote licensing certification by CMYSA coaches

Referee and Facilities Assignor:

The Referee Assignor (RA) is responsible for the overall supervision of the referee program. The RA will ensure that the referees have proper credentials, organize training and certification of referees and assign referees for each home game and CMYSA tournaments. The RA will also be the Facilities Assignor and work with the CMYSA Administrative Director to determine the home fields for each team and assign fields for scheduled games. The RA will keep a master schedule of all CMYSA travel games and the fields that are assigned. It is the responsibility of the travel coach to notify the Referee Assignor of a game reschedule or change. The RA will then reassign referees as needed.

Player Registration:

Registration for the travel league is begun through the tryout process. Tryout information will be distributed to all players from the previous season and will be posted on the CMYSA website. A player who wishes to participate in travel soccer must attend the travel tryouts to be placed on a travel team.* After evaluation in accordance with the CMYSA tryout policy the player will be offered a spot on a team that the DOC and coaching staff feel is consistent with the player's age and ability. The player will then be notified by the coaches and the rosters will be posted on the CMYSA website.

The player is then required to complete an online player registration and pay the appropriate fees. As per MYSA rules, a player who registers is considered bound to CMYSA for the upcoming playing season. Release of the player to another program will follow MYSA procedure. No releases will be approved after the official MYSA deadline unless extenuating circumstances apply as outlined by MYSA rules. The entire registration fee is due and is non-refundable. (The only exception is for season ending injuries)

*Due to incomplete rosters or injuries, the DOC and CMYSA can and will occasionally advertise for additional players to complete a team roster. Age and skill appropriate rules will apply.

Tryouts:

CMYSA will support age appropriate teams between the U9 and U19 age groups. It is the responsibility of the DOC to manage the travel tryout process and offer tryouts based on those age groups. Travel tryouts will be held in accordance with MYSA policies and procedures and MN High School League Rules. Notification of the tryout dates will be done by email, publication in the local newspaper and on the CMYSA website.

- ❖ **Tryout Criteria:** Tryouts will include both timed and small sided game assessment based on the 4 pillars of soccer. Please refer to the CMYSA Addendum A: Travel Tryout Policy for additional information.
- ❖ **Playing Up:** At CMYSA we believe that most players are best served by playing within their own age group. We recognize that there are occasional players so far advanced within their true age group that for their development to progress they need to play up one age group. If a player wishes to play up, they must register for tryouts with the play up group. We strongly recommend that they also attend the tryout for their age appropriate division. Please refer to Addendum B: Tryout Policy for additional information.
- ❖ **Players unable to attend tryouts:** Players who are unable to attend tryout/assessments on the specified weekend must register for tryouts and notify the DOC in writing 7 days prior to tryouts stating the reason they cannot attend and the age group they are requesting to play with. Priority placement will be given to those attending tryouts. A roster position will not be held for those players. (An exception may apply for approved medical waivers. Medical waivers will be approved with medical documentation of a major injury or illness.)

TRAVEL TEAMS:

Each team shall have 3 registered adults: 1 Head Coach, 1 Assistant Coach and 1 Team Manager. (Exception by DOC and Board approval only).

- ❖ **Head Coach Responsibilities:** The head coach will attend and be certified by PACT. Head Coaches are encouraged to attend coaching clinics and get MYSA age appropriate certification. They should create a schedule for practices and games. The head coach is responsible for completing the ZOOM evaluations on each player. They should work to develop their players' individual skills, tactical awareness and create a positive soccer environment. They must abide by all the CMYSA, MYSA and US Soccer codes of conduct.
- ❖ **Assistant Coach:** The assistant coach will provide assistance at the direction of the head coach. Attend all practices and games. Take over head coach responsibilities if needed. Be a supportive and positive role model.
- ❖ **Team Manager:** The team manager fosters and maintains the communication between the parents and the coaches. They should maintain the team page on the CMYSA website. Maintain current record for the teams' medical waivers and team rosters.

TRAINING:

The CMYSA DOC will develop and implement curriculum for player and coach development. The DOC should work with members of CMYSA, MYSA and the MN soccer community to propose the programs that will help CMYSA continue to grow and develop in Central MN.

UNIFORMS:

CMYSA supports all its' teams by choosing uniforms based on price and quality. All CMYSA uniforms will have the CMYSA logo prominently displayed on the front of the uniform. One uniform style will be selected for all the travel teams and players. All teams participating in CMYSA travel soccer must wear the approved uniform. Club approved uniforms are to be worn by all teams representing CMYSA.

The Administrative Director is in charge of choosing, ordering and distributing the travel uniforms to all the travel teams. The travel uniforms will be purchased by the player through CMYSA. The uniforms are the property of the player. The travel program will notify the teams and players prior to the start of the season if there has been a uniform change.

RULES, BEHAVIOR & DISCIPLINE:

Soccer belongs to the players. The players and referees follow the FIFA "Laws of the Game". The 17 Laws dictate what can and cannot be done on the pitch or field of play. CMYSA wants all its members, players, parents, coaches and fans to also be aware that our behavior before, during and after the game also demonstrates to the soccer community at large the quality of our organization.

- ❖ **Players** must exhibit sportsmanlike behavior at all times. CMYSA wants our players to respect their opponent, the referee, their coaches, the fans and themselves. Players are instructed to follow FIFA Laws and Rules and MYSA policies and procedures. If a player fails to uphold the standards of sportsmanship under FIFA and MYSA they could face additional disciplinary action or be asked to leave CMYSA altogether.
- ❖ **Coaches** are one of the most important individuals in CMYSA. A good coach is someone the player will remember long after the last game has ended and the season is over. Our coaches will build a positive environment that includes teamwork, dedication to fitness, learning new skills, striving to win and above all, having fun! Coaches must ensure that all CMYSA, MYSA and FIFA rules are followed. CMYSA reserves the right to take additional disciplinary action against coaches who violate CMYSA and MYSA code of conduct.
- ❖ **Parents** and adult fans of CMYSA players must again remember that the game belongs to the players. We must understand that above all we must put the welfare and safety of the players ahead of our personal desires. Parents and coaches together (PACT) teaches us that we have an obligation to teach good sportsmanship to our players by both word and example. The players overwhelmingly say they play the game for FUN even at the highest levels of competitive play.
- ❖ **Registering a complaint:** A serious violation of CMYSA or MYSA rules must be reported immediately to CMYSA. Forms for registering a complaint are available on the CMYSA website. The complaint form must be signed and mailed or emailed to CMYSA PO Box 651, St. Cloud MN 56302 or emailed to the CMYSA Administrative Director.
- ❖ **Violation of Rules:** It is the duty of the CMYSA Administrative Director and the Board of Directors to follow up on any reported rules violation. Serious violations will be investigated and the board will take necessary action to enforce the rules, including the power to expel or suspend players, parents or coaches from CMYSA.
- ❖ **League Specific Rules:** MYSA sanctions and rules also apply to this section.

CMYSA Travel Tryout Policy

- Parents, including parent coaches and team managers, are not allowed on the field during tryout sessions.
- The tryout process is administered by the Director of Coaching and her/his staff. Third party assessors are preferred. If coaches are used, they will not assess the age they coach.
- Players must be pre-registered online before the age group tryout date.
- Players not registered will be required to register on-site with a \$10 administrative fee.
- Players must provide a ball, shoes, shin guards, weather appropriate clothing and water.
- Tryouts are rain or shine. Occasionally there is an indoor backup site. Bring non-cleated shoes for this possibility.
- All players will be assigned a tryout number which will identify them throughout the tryout process.
- Players may not wear clothing that identifies them with other soccer teams/programs. (Select, ODP, High School, etc.)

Tryout Criteria

CMYSA tryouts are based on the Four Pillars of Soccer.

Technical - the skills and techniques required for soccer. Essentially body and ball control including use of both feet and mastering the fundamentals.

Tactical - the decision making and problem solving aspects of soccer. Reading the game with and without the ball. Developing an understanding of team concepts and formations. Essentially when and how to use the technical skills during a match.

Physical - the endurance, agility, speed, strength, power, and balance needed for soccer. Preparation to meet the physical demands of soccer. Essentially the ability to perform a technical skill and to apply tactics throughout a match.

Mental - the discipline, leadership, pride and trust essential for match conditions. Composure in the face of adversity from opponents. Essentially the mental aspects for getting the most from the technical, tactical and physical pillars for competitive success.

Weight of Pillars by ages:

u-10	Technical:	35%	Tactical:	10%	Physical:	35%	Mental:	20%
u-12	Technical:	30%	Tactical:	20%	Physical:	30%	Mental:	20%
u-14+	Technical:	25%	Tactical:	25%	Physical:	25%	Mental:	25%

Resource: [USSF "D" License Course Overview--4 Pillars of Soccer](#)

Tryout Score Input

Current Player

Previous Coach Evaluation	50%	Focus on 4 pillars—Online Eval
Tryout Evaluation	50%	Focus on 4 pillars—Uniform CMYSA Form

New Player

Tryout Evaluation	100%	Focus on 4 pillars—Uniform CMYSA Form
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Current Player that missed tryouts

Previous Coach Evaluation	100%	Focus on 4 pillars—Online Eval
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New Player that missed tryouts

This will be handled on a case by case basis by the travel board. Any objective information will be considered, but extenuating circumstances would need to be present for placement over an athlete that tried out.

The parent's role

The parent's role at the tryout session is limited. Following check-in, parents are expected to remain in the portion of the field designated for parents. This area is, by design, a distance away from the tryout fields. Experience suggests that this reduces the anxiety for players and allows them to better concentrate on demonstrating their skills. Should the behavior of a parent interfere with the conduct of the tryout session, he/she will be asked to leave the fields.

Age Group _____
Date _____

Male or Female _____
Time _____

CMYSA TRYOUTS

Evaluator _____
Giving all 2's 3's is avoiding your duty
Please give 1's, 2's, 3's, 4's

Bib #	40 times	T-drill times	Physical	Dribble	Trapping/ 1st touch	Passing	Skill Average (Technical)	Tactical	Psychological	Total (leave empty)	Comments
							1 2 3 4				
1.	1.						1 2 3 4	1 2 3 4	1 2 3 4		
-	-		1 2 3 4		1 2 3 4		1 2 3 4	1 2 3 4	1 2 3 4		
2.	2.										
				1 2 3 4							
1.	1.		1 2 3 4		1 2 3 4		1 2 3 4	1 2 3 4	1 2 3 4		
-	-		1 2 3 4		1 2 3 4		1 2 3 4	1 2 3 4	1 2 3 4		
2.	2.										
				1 2 3 4							
1.	1.		1 2 3 4		1 2 3 4		1 2 3 4	1 2 3 4	1 2 3 4		
-	-		1 2 3 4		1 2 3 4		1 2 3 4	1 2 3 4	1 2 3 4		
2.	2.										
				1 2 3 4							
1.	1.		1 2 3 4		1 2 3 4		1 2 3 4	1 2 3 4	1 2 3 4		
-	-		1 2 3 4		1 2 3 4		1 2 3 4	1 2 3 4	1 2 3 4		
2.	2.										
				1 2 3 4							
1.	1.		1 2 3 4		1 2 3 4		1 2 3 4	1 2 3 4	1 2 3 4		
-	-		1 2 3 4		1 2 3 4		1 2 3 4	1 2 3 4	1 2 3 4		
2.	2.										
				1 2 3 4							
1.	1.		1 2 3 4		1 2 3 4		1 2 3 4	1 2 3 4	1 2 3 4		
2.	2.										
				1 2 3 4							
		T-drill			Trapping/ 1st touch		Skill Average (Technical)			Total (leave empty)	
Bib #	40 times	times	Physical	Dribble	1st touch	Passing	(Technical)	Tactical	Psychological	(leave empty)	Comments

1---Poor--no proper display of topic--poor rec player
2---OK--occasional proper display of topic--rec player

3---Good--generally proper with some inconsistency--travel player
4---Great--near 100% control of topic--top player

Playing up in CMYSA

At CMYSA we believe that most players are best served playing within their own age group. We recognize that there are occasionally players so far advanced within their true age group that for their development they need to play up one age group. These players are very rare.

For a player to be considered for playing up by the CMYSA Travel Committee, one of the two following criteria must be met.

A. CMYSA does not have enough athletes to field a team in the older age group without the participation of the player; or

Process:

After tryout scores are tabulated and final participant numbers are taken into account, the CMYSA Travel Committee will make final decisions about supplementing short rosters with younger players.

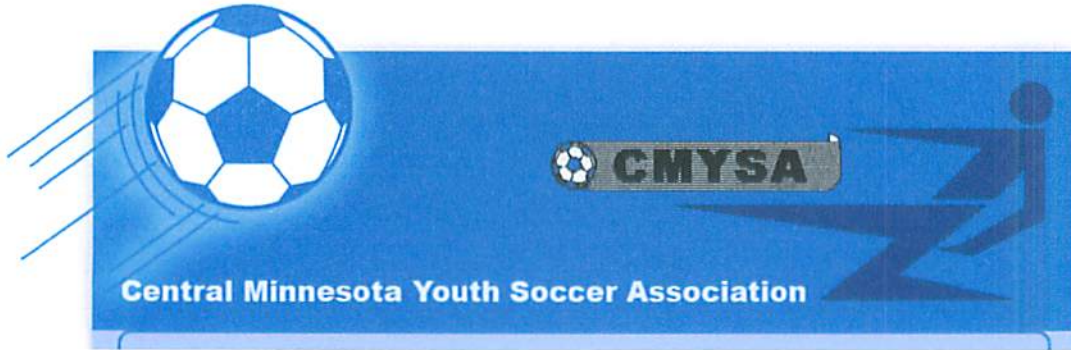
B. The player is physically and developmentally advanced enough to justify the placement.

Process:

1. The athlete's guardian(s) must submit a written request to the Director of Coaching requesting that their player be allowed to play up.
2. The athlete's previous coach must rank her/him in the top 25% of his/her previous team, if the athlete previously played travel soccer.
3. If the tryouts are not scheduled concurrently the athlete must tryout with both his/her true age group and the desired age group. If the tryouts are concurrent the athlete should tryout with the older age group. If an athlete can only tryout with the older age group and is not placed on the older team, his/her scores against the older players will be used to place them on their age appropriate team.
4. The athlete must be in the top 25% of her/his true age group (if the tryout schedule allowed the athlete to tryout at both sessions).
5. At the older tryout the athlete must be ranked within the top 11 for U13 and older or within the top 8 for U12 and younger. The player, in effect, must score well enough to be considered a "starter" at the older age group.
6. If all above conditions are met, the CMYSA Travel Committee will then consider the request. The CMYSA Travel Committee's decision will be final.

Grandfathered players

There are some current players that are grandfathered in from before CMYSA implemented this play-up policy. These players are encouraged, but not required, to tryout and play in their own age group.



Definitions

Technical Ability

Ball Control:

You must be able to bring a ball played to you under control instantly and smoothly. This is the ability to collect and move in a different direction without stopping the ball completely, yet still maintaining it securely. Develop the technique of receiving a pass at top speed. This means not slowing down to collect a ball coming on the ground, bouncing, or in the air. You must be able to protect the ball by shielding it and developing deception in order to get rid of your opponent.

Passing:

You must be able to successfully complete short and long range passes. This incorporates all of your ball skills, including heading, bending, chipping, and the ability to drive the ball to a partner. You will find that at a high level, it is easier to control and make quick decisions with a ball that is driven to you, rather than weakly played. Develop the skill of one-touch passing.

Dribbling:

This is the ability to feint, burst past opponents, change directions and speed at will, and break through packed defensive lines. Can you exhibit quick feet, combined with a sense of comfort under pressure, to penetrate into space to open opportunities for yourself or a partner?

Heading:

The ability to head at goal after crosses, heading high, wide, and deep for defensive clearances, heading balls as a one-touch pass (both into space or to a partner's feet) in order to create shooting chances. Can you effectively demonstrate the ability to do this under the duress of the game?

Finishing:

Nothing makes more of an impression on people than the skill of goal scoring. This aspect takes in the correct technique of striking the ball in various ways; driving low balls, hitting volleys, half-volleys, half-chances, chipping, bending, heading, etc.. Good goal scorers can also finish with their chest, heel, toe, and thigh. Coaches are looking for that player who can exhibit composed aggressiveness, swift and secure decision taking at the opportune times. The successful goal scorer has the mentality of a great used-car salesman, very aggressive and not afraid of failure.

Tactical Awareness

Tactical insight incorporates the anticipation, reading, and execution of certain clues that happen during possession and non-possession of the ball.

In Attack:

A. Player not in possession:

1. Makes themselves available for the ball, perhaps by a diagonal run or a crossover run.
2. Realizes when it is crucial to offer close support and when to stay away.
3. Recognizes the proper time to execute "take-overs" and "overlaps".

B. Player in possession:

1. Has good peripheral vision, recognizing the correct time to switch the ball to the other side of the field.
2. Has good penetrating vision, allowing them to see and utilize players who are far down the field.
3. Recognizes the correct time to play directly, and when it is important to hold the ball (shielding or dribbling), or when to run at top speed past players opening up passing angles for his team.
4. Sees opportunities to play "one-twos".

In Defense:

During the immediate pursuit, and desire to regain possession of the ball, the player should recognize:

1. When to race forward to intercept the pass.
2. When to mark the opponent tight in order to discourage the ball from being passed to them (pressure).
3. When, where, and how (posture) to tackle.
4. When to jockey the ball carrier and force them away from the goal (patience).
5. The quickest avenue of attack upon regaining the ball.

Physical Aspects

Endurance:

The ability of a player to commit themselves diligently throughout the game in attack and defense with no sign of fatigue and impaired ball control. That player must constantly be running into open spaces demanding the ball or pulling and committing opposing players to create openings. Even though this is also a tactical commitment, it will only be successful if you have the endurance capabilities to run for 60 to 90 minutes. The coach will be examining your physical exertion as you are being exposed to tactical problems you are trying to solve in the game.

Speed:

The ability to accelerate quickly and maintain that acceleration of the various lengths that player's position demands. As an example, the forwards need acceleration with changes of speed over three to twenty yards. Elements include:

1. Pure straight-ahead running speed.
2. Lateral speed (changing direction).
3. Change of speed (slow to fast, fast to half speed).
4. Deceleration ("stopping on a dime").

After these basics are attained, speed must be practiced with the ball!

Agility:

The ability to change directions quickly. Twisting, turning while dribbling, readjusting your body to control an awkwardly bouncing ball, and getting up quickly after a tackle are a few examples. This area is enhanced by flexibility exercises such as stretching, ball gymnastics, and skill training with the ball. Conditioning training must be combined with skill and tactical training!

Strength:

The ability to effectively use your body to win physical confrontations. Strength is exhibited during tackling (1 vs. 1), winning the aerial duel (heading), and changing directions effectively (explosion). It is also important to learn how to effectively use that strength to your advantage as is demonstrated in using your arms to hold a player off while running at top speed with the ball or in shooting for power. Much of your strength and power training can be combined with technique training!

Personality traits

Each coach loves to identify key players with personalities and qualities that cause them to become team leaders. The following personality traits are the most recognizable:

1. **Drive:** Pure will power, eager to achieve goals, a burning desire to achieve success, strong self-motivation, commitment, dedication, determination.
2. **Aggressiveness:** "Go-getter", strong self-assertions, takes risks, wants to dominate opponents, works hard and ruthless in attack and defense, Danger - bad losers, inclined to retaliation and revenge fouls, loses self-control, general lack of discipline.
3. **Determination:** Seeks the direct way towards goal, no compromising, doesn't hesitate when making decisions, willingness, fully concentrated, success oriented.
4. **Responsibility:** Intelligent, can read the game tactically (anticipation), conscientious, reliable, wants security, cooperative, ready for compromise, stable and skillful player.
5. **Leadership:** Intelligence, dedication, pride, bears responsibility for the team, influences the environment, anticipation, intuition, independent and spontaneous, convincing and dominating player, hard worker, no surrender, composed, self-controlled, endurable, communicative, respected, trustful.
6. **Self-Confidence:** Secure ball control and determined application of skills and tactics under pressure (both external and self-imposed). Danger - these players tend to underrate opposing players, show a lack of willingness to be coached, and can become easily complacent.
7. **Mental Toughness:** Persistency, consistency, and commitment throughout the game, no surrender, tough self-assertion.
8. **Coachability:** Ready to learn and to achieve goals, self-motivated, attentive and receptive, willingness, interested, spontaneous, committing themselves, likes to discuss problems, hard worker, self-disciplined, creative, constructive, progressive.

Travel Soccer is a spring and summer sport! Tryouts are held in the fall (see above) and rosters are finalized in early December for the next season.

Teams usually begin formal **practice sessions** in March and April. The individual team coaches and managers set up the practice schedule to meet their team's instructional needs.

A 6 hour **skills clinic** is offered in spring to kick off the travel season. The time and locations will vary and will be finalized by late fall. All travel players are encouraged to attend the sessions organized by our Director of Coaching, John Haws.

The travel soccer **games** begin in early May and conclude for qualifying teams with the State Tournament the third week of July. Games are played on Mon/Wed or Tue/Thur depending on age, level and gender. The travel regular season is usually 12 games. Half the games are played on home fields at Whitney and Selke Stadium. The other half of the games are played in the North and West metro suburbs.

Two weekend **tournaments** are included with the registration fee. The coaches along with input from team manager and parents select the tournament dates and sites to attend. Some teams, usually older players, register for additional tournaments as agreed on by coaches and parents.

The **registration cost** for travel soccer will be approximately \$225. That includes all the fees for season games, 2 tournaments, league playoffs and the state tournament. In addition each player must purchase a uniform (2 jerseys, shorts and socks); the estimated cost is \$70. Prices for the 2011 season have not been finalized, but these estimates are close.

Addition costs include the cost of cleats, shin guards and a practice soccer ball. Soccer players are required on all youth levels of the game to bring their own soccer ball to every practice and game. Transportation costs should also be taken into consideration when calculating travel expense. Most of the away games and tournaments are held within 75 miles or less from Central MN. Ride sharing is encouraged!

Optional Costs could include additional tournaments, indoor practice sessions, team warm up suits etc. The individual teams and parents decide on these items.