**CAMAS HIGH SCHOOL**

**BOYS**

**SOCCER**

**HANDBOOK**

**2021 (Covid-19 Adjusted)**

**COACHING PHILOSOPHY**

It is the philosophy of the coaching staff that we develop a team that is capable of competing for league and state championships, but also develop players individually on and off the pitch. The team must come before the individual, while certain position require certain roles and responsibilities as an individual. If all players know and perform their roles to the best of their ability, the team will likely have success. A team orientation is methodical and puts systems and organization above the individual in all circumstances; whereas individual orientation focuses on the specific abilities of each player and tries to capitalize on their strengths alone.

In our program, we will look to play a controlled possession style of offense, playing out of the back, creating triangular movement, getting outside backs involved, switching the point of attack and a high press from our forwards, channeling opponents to support/cover players, have organized block defensive shape, which will in turn, lead to counter attack opportunities. This style will be played in a number of formations, which will be based on our player inventory, the opponents and strengths/weaknesses, with a primary focus on 4-3-3, 4-4-2, 4-2-3-1, 3-4-3 and 3-5-2.

**PURPOSE OF CAMAS HIGH SCHOOL SOCCER PROGRAM**

Ultimately, the reason we are all involved with this sport is for the love and the fun of it. Any other reason will leave us unsatisfied. Therefore, an important goal is enjoyment.

Another goal is developmental, not only on the pitch, but in the classroom and in society. At this age a player has entered the deciding phase of his soccer career. Many of our guys play club soccer. The levels of competition for our players coming into the program vary and perception of skill level can vary as well. The ultimate goal of each player should be to prepare to compete for a Varsity position. With this ambition, there may be the danger of a detachment from the team and other players. On the other hand, ideally, the player is ready in training and competition to go to the limits of his ability to reach a goal. All training methods will be used to achieve and improve the performance level of a player. The demands will be high. Consistency and clarity of focus and definition will characterize the training program. A player should never have to wonder what his role is. All four elements of our program will be addressed. It is important that the player communicates with the coaching staff with questions as to their play, their role and clarification.

Another overall goal is to win more than we lose. This is directly related to the first goal. It is more fun to win than to lose. However, this needs to always be kept in perspective.

In the end, we will be able to measure our success by how well we worked toward and achieved these and individual goals.

**PILLARS OF THE PROGRAM (IN NO ORDER)**

These are the building blocks of the program:

**-** Fitness: strength, speed, endurance, and agility

- Technique: ball control, various types of passes, shooting, receiving, dribbling, feinting, throw-in, heading, etc.

- Tactics: individual and group- offense/defense, team-organization, set plays, offensive/defense strategies, and decision making

- Mentality: development to overcome and control stressful situations, build self-confidence, being unaffected by "mind games", learning to focus, attitude, chemistry, conduct, toughness

**PERFORMANCE LEVEL (Varsity and Junior Varsity)**

The performance level of a player is determined by his ability and his preparedness, both of which have to continually improve in training.

ABILITY

- fitness

- technique

- tactics

- mentality

PREPAREDNESS

- personality traits

- will to win

- attitude towards the sport

- attitude towards the demands of training and competition

- attitude towards other players and coaching staff

- motivational structure

- level of focus

Positions, levels, and playing time must be earned, i.e. competed for and are fluid. It is possible to move levels up or down.

Note that the coaches are the ones that ultimately make the decision and have to live with the results.

**EARNING A SCHOOL LETTER**

A letter is a special award in recognition of the player who has been successful in the CHS soccer program. It requires dedication to the program as a whole, meaningful contribution to the team, and individual effort in character and ability.

The following are requirements necessary for a player to earn such a letter:

- He must have been a varsity pool player for at least one half the season, have been on the match roster for 1/2 the matches or be a senior, have completed his fourth year in the program and met all other criteria or joined the team from  
JV for the playoffs and reached the State Tournament

- He must have completed the season including playoffs

- He must "buy into" the program by: keeping physically fit and mentally awake, adherence to the attendance policy and code of conduct, as well as being supportive in word and deed

- He must give his best effort at all times, whether in training or matches

- He must demonstrate control of his emotions and psyche by not earning a red card do to lack of such control, such as violent conduct

- He must be positive about the team and toward other team members and be willing to help team members improve

-The coaching staff will evaluate each varsity player based on the above criteria to determine the qualifying players.

**ALL-LEAGUE NOMINATION CRITERIA**

Nomination for All-League Honors does not guarantee receiving such honors since all coaches have a voice in the selection. However, there needs to be a guideline so that players who wish to be considered understand what the coaching staff looks for when nominating a player for the other coaches to consider and vote on.

In our eyes an All-League player should exhibit the following:

* Demonstrate a commitment to the high school program
* Demonstrate working hard in training and in matches
* Demonstrate a level of talent and skill above the average player
* Must avoid suspensions for any reason including academics
* Must play in all league matches except for reason of illness/injury
* Must have a positive influence on the team in word and deed

When considering the nomination of a player, the level of nomination, i.e. 1st Team or 2nd Team, will be affected by the above mentioned criteria.

Please understand that there is subjectivity involved in the process as individual coaches will have more insight into their own players than those on other teams and may promote those players above ones they may be less familiar with. Because of this subjectivity, there is no inherent objective fairness. Please do not judge yourself as a person or a player on the outcome of these selections.

**THE STUDENT ATHLETE**

Grades are important to the coaching staff. We must always remember that we are dealing with students and that their progress is paramount to anything extracurricular. Conference period will be required attendance for players with grade problems, so that any student needing extra help from a teacher can feel free to do so and homework will not become a problem for a player. Having said that, with training starting at 4 PM, allowing for the conference period, coming late to training should be a very rare issue indeed. Learning to manage time is part of the learning process.

Soccer will demand a great amount of time. It is therefore important that parents and coaches communicate openly about any concerns affecting academics/grades. Let us always work together toward the academic progress of each athlete. Soccer can be a motivating factor to improve grades. It requires maintaining of a minimum G.P.A. and good organization of one's time.

Any student staying at school before training should be studying and doing homework, or they should be with a teacher at conference time. If players will be late to trainings, they need a signed note to be considered excused.

# OTHER SPORTS/ACTIVITIES/VACATIONS

Involvement in other sports or on other teams during our soccer season is discouraged for the following reasons:

* Our training program is comprehensive and geared toward peak performance, and additional competition may negatively affect our training or match performance with players “holding back” or overuse injuries
* Time demands are high and could negatively affect academics
* Injuries sustained in other activities can negatively affect our team and season
* Focused players make better players
* Schedules are always subject to change and our team must be the priority during the season (a player who choses any other priority which results in a schedule conflict with matches or training may lose playing time and/or his team position)
* Also, WIAA does not allow preferential treatment of any player such as allowing him to leave early or come late on a regular basis for club practice or other activities. **(See WIAA Handbook: 18.22.3) Any** school allowing this risks sanctions first against the offending program, then against the entire spectrum of teams fielded by that school
* Players that miss a training prior to a match will not start (even if academic related)
* Games will likely be assigned during the week of Spring Break, plan vacations accordingly.

**EQUIPMENT**

Solid black or red socks (team will decide) for home and solid white socks for away to be worn in matches are also needed (these will be purchased in a bulk order organized by team captains).

The program will provide uniforms, training shirts, training shorts, (black training socks are required, but not provided by the program) warm-ups, rain jackets and travel bags. These will be expected to be kept clean and in good repair. Remember that colors can bleed and clean accordingly. At the end of the year, please make sure equipment is washed and turned in during the allotted turn in times.

**NUTRITION**

Nutrition is essential to performing to the best of your ability. Please make sure to hydrate throughout the day during season. Eating a well-balanced diet will help with your energy level and ability to compete at your highest level.

**SETTING GOALS**

It is important that we set team goals for the season and individual goals as well. Creating SMART Goals will help us determine if we met our mark or not and allow us to brainstorm ways to change if we did not.

**WORK ETHIC**

A championship team requires a championship effort. Dedication and commitment must be 100%. Nothing worthwhile comes easy. Control your mind and form your attitude that work is fun, competition is fun, and the hard-earned results are fun. **Hard work pays off** - even if it is over a long period. It is not a sprint, but a marathon.

**FAMILY SUPPORT**

The support a player gets from family members is essential in building an effective program and ensuring success for the player. Often the family must sacrifice to help the player meet the demands of the sport. Be positive yet realistic in what is said to the player. Avoid put downs of others or predicting outcomes.

**COMMUNICATION**

Communication between the family and the coaching staff may also be essential. We are working together and want no secrets or surprises. I do require a 24-hour communication rule. This means that the player must communicate with me first, then a parent/guardian can request a meeting time with me. This helps develop our players on how to communicate with adults, but also gives time for emotions to settle so that words/emails/etc. are not said that should be revoked.

**The following times are when coaches should hear from parents (could be within 24-hour rule:**

- If you suspect that your son is using tobacco, alcohol, or drugs

- If grades suddenly begin to drop drastically

- If he talks about quitting

- If you have a question that specifically concerns your son

- If you want to donate anything to the program or help in any way

**Things the coaching staff is not willing to discuss:**

- Team selection (Varsity, JV)

- Players other than your son

- Playing time for individual players (except with the player himself)

- Tactical decisions

**PLAYER EXPECTATIONS (VARIOUS ENVIRONMENTS)**

**Locker Room Expectations (we will likely use the stadium as our meeting grounds, please be dressed for training and ready to go prior to meeting at Doc Harris Stadium):**

-Wear mask

-Maintain Social Distance

-No cell phones (except for the purpose of music)

-No music with foul language

-No picture taking

-No social media

-Change, keep your locker organized, sit down on benches and wait for instructions

**Bus Ride Expectations:**

-Wear mask

-Maintain Social Distance

-Greet the bus driver with a “Hello”

-No social media

-No picture taking of any kind

-No urinating on the bus

-5 minutes prior to arriving at destination silence on the bus (visualization)

-Pick up everything that you brought in. Do not leave any garbage. (There will be strict repercussions)

-“Thank you” to the bus driver when we arrive.

**Training Ground Expectations:**

-Mask required

-Maintain Social Distance when not competing

-No cell phones

-When you are injured, you will still suit up and attend trainings (Unless doctor’s orders)

-You will be expected to listen and participate verbally

-No talking, no juggling, no technical touches while coaches are instructing

**Parking Lot Expectations:**

-Mask required

-Maintain Social Distance

-Park within lines legally

-NO SPEEDING in and out of practices

-Keep trash out of the parking lot

-No loud music from cars

**Team Dinners:**

-No team dinners this year

**Interviews:**

-Team comes first, give credit to person that gave you the ball. Progressing well. Well prepared. Be clear, make eye contact, say “Thank you”

**HANDBOOK SIGN-OFF PAGE**

I have read the CHS Young Men's Soccer Handbook and understand its content.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_

(Player printed name) (Initial) (Date)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

(Parent signature) (Date)