



DOVER SHERBORN SOCCER CLUB

PreK – 2nd Grade
Coaches Meeting
Fall 2020

September 15, 7PM





Agenda

- Welcome – Coordinators
- Covid Adjustments
- PreK-1st grade Program – Katie Abstoss/Russ McSweeney
- 2nd Grade Program –Alvaro Ribeiro/Lindsey Hancock
- Registrar Status – Susan Cottrell
 - CORI, Mass Youth Soccer Registration
 - Concussion Awareness/SafeSport
- Director of Coaching Update - Brad Friedel
- Closing Comments





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Mission of DS Soccer

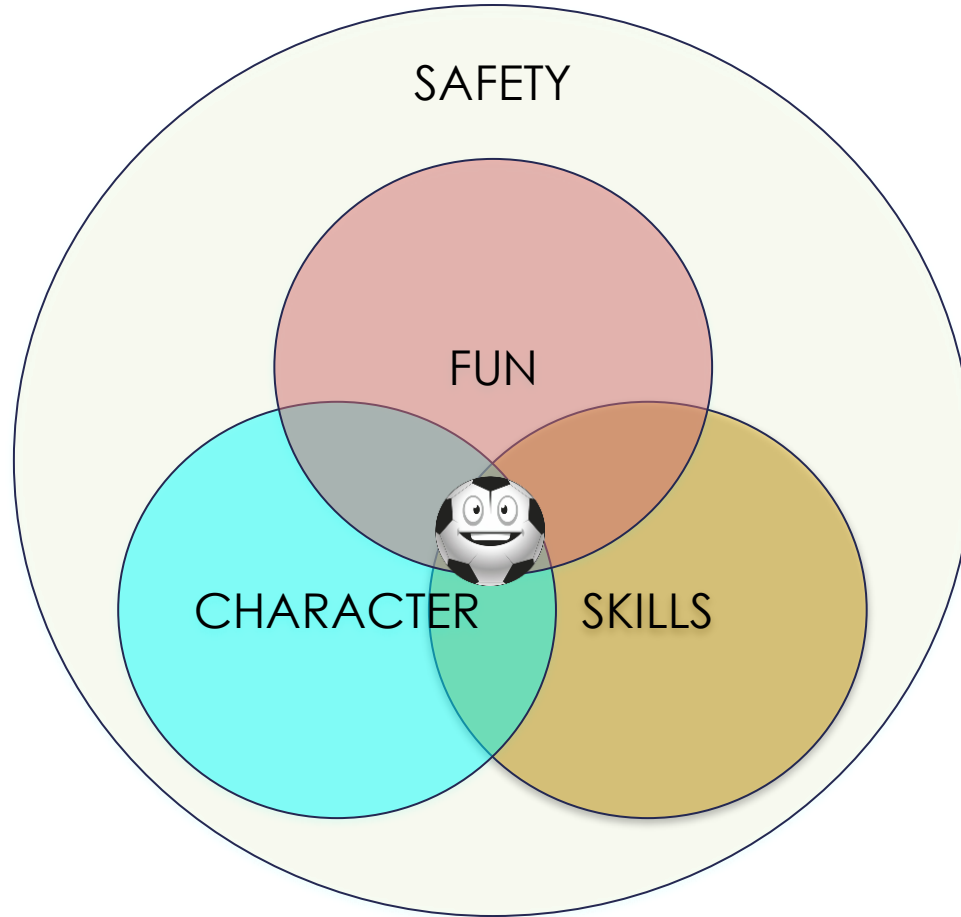
DS Soccer Club is committed to providing a fun, respectful and rewarding soccer experience where we can develop well-rounded young people and young players in a safe and educational environment.

[Dover Sherborn Soccer Club - Mission Statement](#)





Mission of DS Soccer





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MYS Spacing

- ❑ 2nd grade program: 12 Players max on field for practices or games (includes refs for games).
- ❑ PreK-1 program: 12 Players max on field (includes coaches).
- ❑ **Max ONE spectator per player** (only exception is sibling with no child care options). This will keep spectators to max of 50 (not including refs, players, coaches).
- ❑ Teams can only play against a single team in a given day
- ❑ Fields must be 14 feet apart minimum





MYS Spacing

- ❑ Coaches should distance 6ft from players at all times.
- ❑ Players should distance from each other when possible.
- ❑ No handshake lines for fist bumping referee after the game.
- ❑ **Spectators must remain 8ft away from sideline** to keep distancing from players and assistant referee. A painted line or a line of tall cones will be put in place as a 'spectator line'.





MYS Tracing

- ❑ When a parent/guardian brings a child to a practice or game, the parent/guardian is “self-certifying” there are no health issues
- ❑ Coaches cannot ask for health information (or take temp) but can ask a child “How are you feeling?” Coach can make judgement call on whether or not child can participate (similar to concussion).
- ❑ Coach/Team Covid Coordinator must take attendance at all events
- ❑ If a child, coach, ref or spectator tests positive after a practice or game, the coach/Team Covid coordinator should contact the DSSC Covid Safety Officers (Sean Correll and Susan Cottrell) with attendance log. Sean/Susan will contact the town BOH who will then activate protocol.





MYS Face Masks

- ❑ DSSC policy is that all players will wear masks at all times. Only exception is if parent/guardian self certifies that a player has a medical exception for a mask (verbal only, cannot ask for written proof).
- ❑ Only “Over the Ear” masks are acceptable
- ❑ All coaches, refs, and spectators must have masks on at all times. If a spectator refuses to wear a mask coach/Team Covid coordinator should call Non-Emergency Police Line (Dover 508-785-1130)
- ❑ Parent has responsibility to/from field, coaches have responsibility on fields (Refs NEVER have responsibility)





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Pre-K, K and 1st Grade Program

- 2020 Fall Season – 8 sessions over 9 weeks
 - Sunday, Sep 20- Nov. 15
 - Aligning with BAYS soccer. NO SOCCER Oct. 11 (Columbus Day weekend)
- Each child should have
 - Uniform (These will be distributed on Day 1)
 - Shin Guards
 - Pinnie** (NEW THIS SEASON !!! Will be provided on Day 1 and kept/brought throughout season)
 - Cleats/Tennis Shoes
 - Water bottle
- Teams
 - BOYS - 2 X PreK Teams, 3 X Kindergarten Teams, 3 X 1st Grade Teams
 - GIRLS - SAME!!!
 - Schedules will be distributed no later than Thursday 9/17





PreK – 1st Grade Program

Lessons learned - Best Practice

- Supported by DOC - coach fill-in, “on demand coaching”, coach take-over
- 1- 2:30pm Pre-K (4/5-year-olds, K (games 3v3) & 1st grade (games 4v4)
 - Approximately 45min Practice and 45min Games
- Field spacing will be set up to align with COVID regulations
- Need your help with Net Set-up and break-down.
- Follow the curriculum/lesson plan (Provided on dsscoccer.net)
 - But put your own spin on it
 - Keep it light - Fun is the best tool for engagement
- Communication with parents. Early and often.
- Most of us are new to this....ask questions....ask for help....we are here to help!
- No Popsicles/Snacks this season :o(
- Opening Sunday - uniform pick up - Coaches to arrive at 12:30pm to assemble kits
 - A separate email will be sent out





Sunday
Field
Layout
Chickering



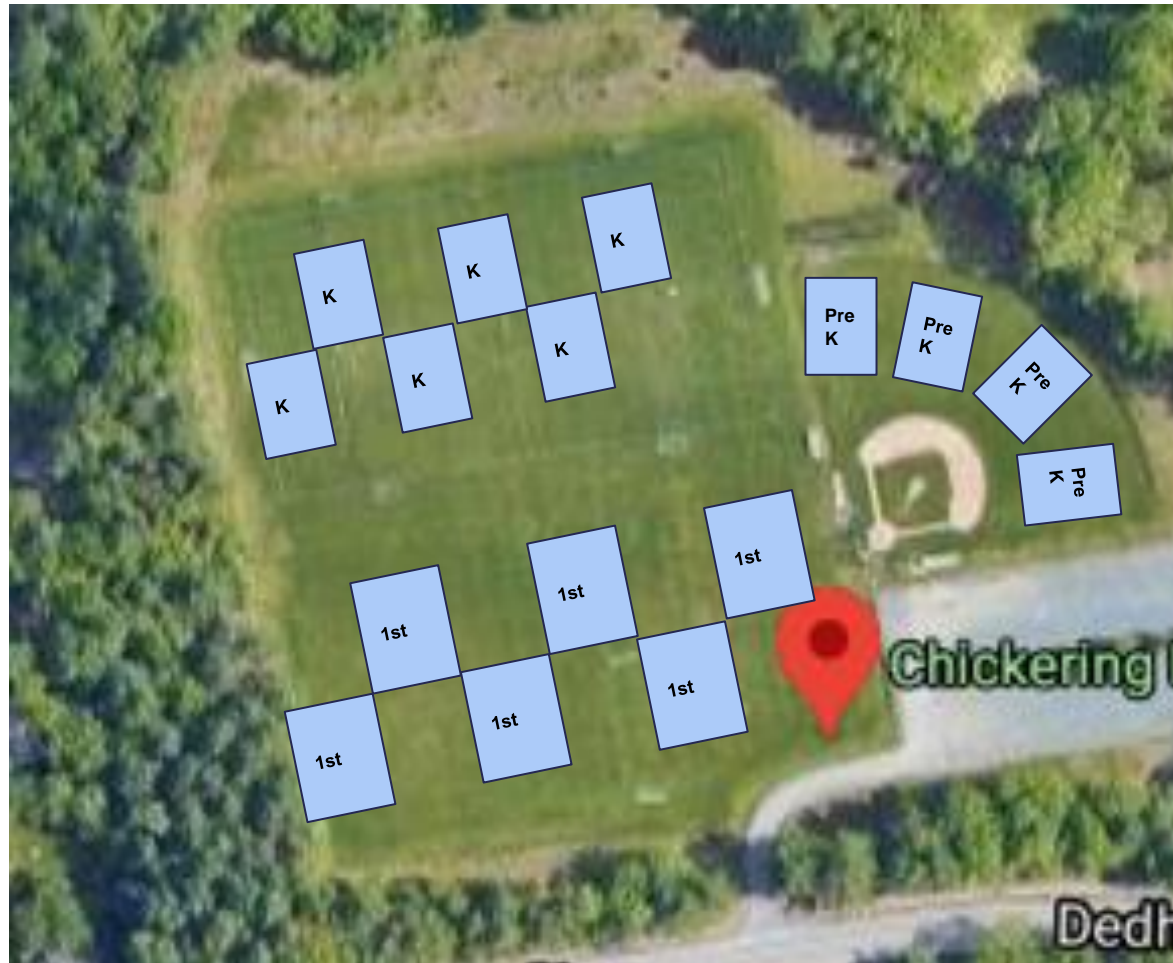
PRE-K AND K USE
SCHOOL LOT ON
CROSS ST.!!!

1ST GRADE USES
FIELDS LOT ON
DEDHAM ST.!!!





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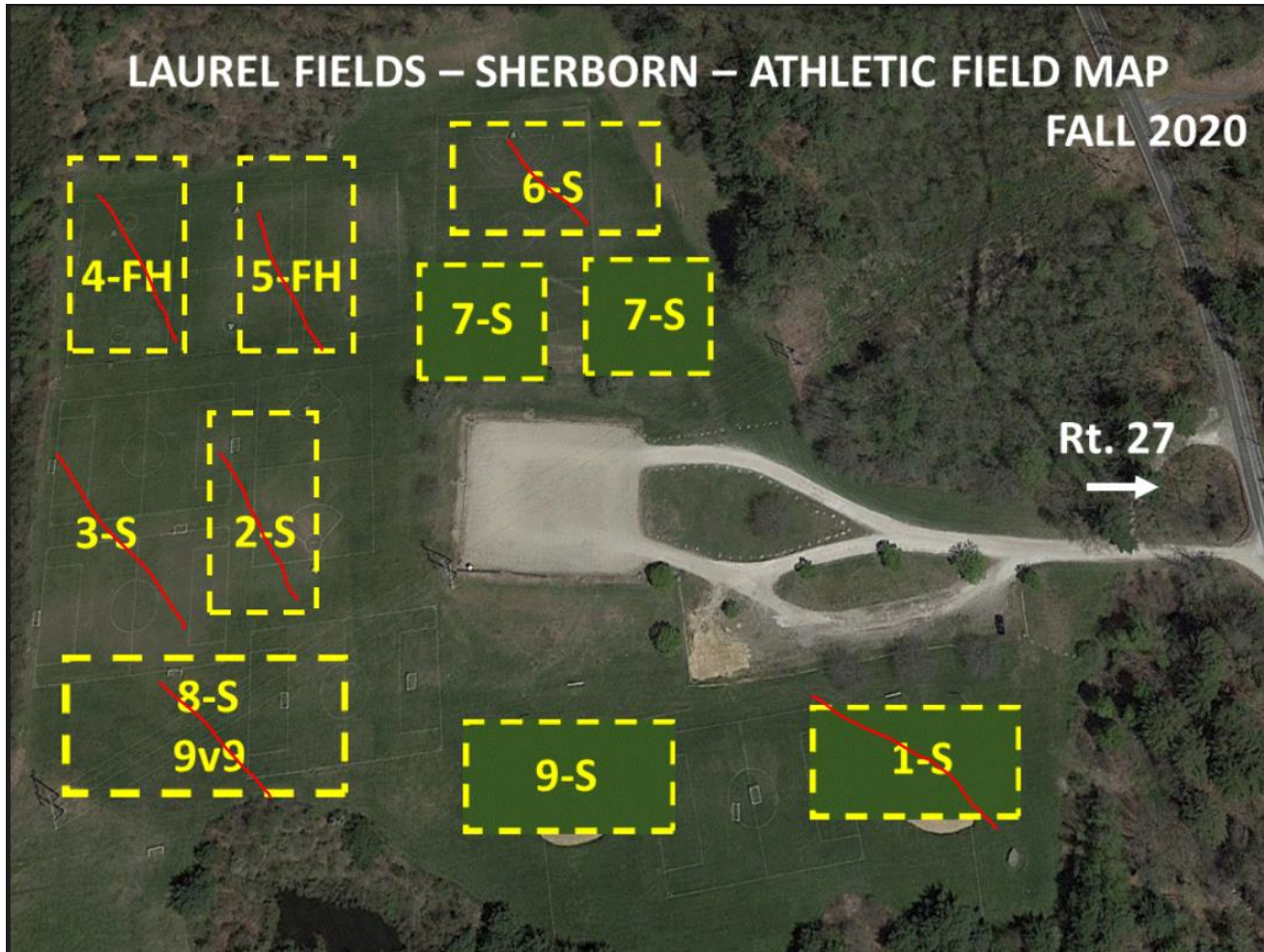
2nd Grade Program

- 2020 Fall Season – 9 weeks
 - Saturday, Sep 19- Nov. 14- Laurel Fields for all games
 - BOYS 9:00 am -arrive 8:40
 - GIRLS 3:00 pm – arrive 2:40
 - Aligning with BAYS soccer. NO SOCCER Oct. 10 (Columbus Day weekend)
- Each child should have
 - Uniform (These will be distributed on Day 1)- Encourage re-using from last year
 - Shin Guards
 - Pinnie** (NEW THIS SEASON !!! Will be provided on Day 1 and kept/brought throughout season and **needs to be brought to every practice/game**)- mark initials
 - Cleats
 - Water bottle
- Teams
 - BOYS - 4 Teams- 35 Players
 - GIRLS - 2 Teams- 18 Players





2nd Grade Program





2nd Grade - MYS Mods to the Game

NOT PERMITTED

- NO Heading
- NO Slide Tackling
- NO Shoulder to Shoulder
- NO Throw Ins
- NO Walls
- NO Drop Balls

WHAT YOU CAN DO

- Block Tackles
- Toe pokes
- Shielding
- Kick Ins (10 yds)
- Quick Restarts

*Balls should be sanitized if they touch player's face. Need a clean backup ball at the ready to swap in.

**No goalies this Fall (Hope to institute in Spring)





Overview and Changes

- Transition year as we ready our players for BAYS in third grade. (as well as the coaches and parents)
- Soccer twice a week with a midweek practice and weekend game.
- Practices will be run by coaches and DOC every week.
- Sample Practice (rough guide):
 - 15 min small sided games as players arrive (2v2, 3v3), 20 min technical / foot on ball, 20 min scrimmage (5v5, 6v6)
- Larger fields with more players on the field.
- Same uniforms and size 3 ball.
- Rules of the game with sidelines, goal kicks, free kicks, etc. Refereed by youth volunteers.
- NO GOALIES for Fall Season (hope to institute for Spring)





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PreK-Grade 2 Session Plans

- Set up 3 yards wide by 6 yards long grids
- Trick at this age will be NO HANDS
- 1 player in each grid
- Right foot dribble, while keeping ball in the grid to the end, turn and come back to other end. Work for 2 mins with 30 seconds rest
- Left foot dribble
- Both feet dribble
- Running with the ball right foot
- Running with the ball left foot
- Dribble, step on the ball at the end, turn and go back.
- Total time 15 mins





PreK-Grade 2 Session Plans

- Same grids, roll over right foot only
 - Roll over left foot only
 - Zig zag dribbles outside of feet only
 - Zig zag dribble inside of feet only
 - Stationary stepping on top of ball
 - Passing softly 5 yards running and stopping ball
 - Total time 15 mins
-
- Passing same size grid but now one player outside of grid and one side and one player outside grid on the other.
 - Inside Right foot passing inside the 3 yards to stay in grid
 - Inside Left foot passing
 - Laces driven pass right foot
 - Laces driven pass left foot
 - Outside right foot pass
 - Outside left foot pass
 - Total time 15 mins





PreK-Grade 2 Session Plans

- Juggling stationary right foot
- Juggling stationary left foot
- Juggling stationary both feet
- Juggling stationary feet and thigh
- Juggling while walking in grid
- Juggling while running in grid
- Total time 15 mins





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Volunteer Registration

- Last minute volunteers will need to set indicator
- <https://secure.adminsports.net/doversherbornmasoccer>



Volunteer Signup



Volunteer Opportunities for

<input checked="" type="checkbox"/> Oliver Stocks would like to volunteer as	<input checked="" type="checkbox"/> Ann Stocks would like to volunteer as
Coach <input type="text"/>	Other <input type="text"/>





Volunteer Registration & CORI

New [CORI Process](#)





THANK YOU !!!

