



## INTERESTED IN BECOMING A VOLUNTEER SOCCER COACH?

The Buffalo Grove Park District relies on volunteers for the success of its Recreation and Athletic Programs. Below is information for people interested in becoming a volunteer soccer coach at the Buffalo Grove Park District. You may also contact Megan Kile @ 847.850.2119 or [mkile@bgparks.org](mailto:mkile@bgparks.org).

### SPRING SOCCER SEASON

Soccer practices begin in March/April. Practice in the spring 2019 season can begin as early as March 11, weather permitting.

Official soccer games begin in April and the season concludes in May/June with rainouts possibly extending the season. (Example: Games in the spring 2018 season began on April 7 and 8 and were scheduled to end May 18 and 19).

### FALL SOCCER SEASON

Soccer practices begin in August. Practice in the fall 2018 season began as early as August 13.

Official soccer games began in September and the season ended in October/November with rainouts possibly extending the season. (Example: Games in the fall 2018 season began September 8 and 9 and ended October 29 and October 30).

### COACHES MEETING (SPRING & FALL)

Before the season begins, the Park District will have a mandatory coaches meeting at the Alcott Center, located at 530 Bernard Dr. Buffalo Grove, IL 60089. During the meeting, schedules, rosters, practice field permits, field maps, first aid kits, rules (already posted on website) will be given to the coaches and various other soccer items will be discussed.

### COACHES TRAINING

A hands-on coaches training is available (mandatory for all new coaches) at the beginning of each season to help you teach the fundamentals of soccer and learn specific age appropriate drills. All coaches will be required to become NYSCA (National Youth Sports Coaching Alliance) certified and are also required to take the NYSCA Anti-Bullying certification.

(REVERSE)

## PRACTICES

Practices are held once a week at a location and time selected by the head coach. Practice field request forms are available at the Alcott Center during soccer registration. Selection on field locations and times is handled on a first-come, first-served basis. Coaches may have two practices a week, but only one practice is mandatory for the players to attend. Practices can be 1 to 1.5 hours long per day.

## COACHES / PARENTS MEETING

Hosting a parent/coach meeting is always in the best interest of the coach and everyone involved with the team. During the meeting coaches can find out possible assistant coaches (if needed), find parents who can help during the season, and obviously team rules and league rules can be explained to the parents. Additionally, schedules can be distributed and you can explain what parents/players can expect from you as a coach, and what you expect from the players and parents during the soccer season. Coaches meetings can be held at the Alcott Center (must be scheduled by Park District staff a week in advance), before or after practice, or another location that works best for everyone involved.

## GAMES

All games are scheduled and played at Willow Stream Park and Buffalo Grove High School. Games are played usually once a week, every Saturday (beginning at 9 am) or Sunday (beginning at 1 pm). Some teams may play Saturday and Sunday in one weekend and some teams may have a BYE for the weekend. Some teams will also play night games during the week.

## ROSTERS

The Park District does it's best to make teams as equally competitive as possible. This is done at the end of each season with the help of the coaches rating their players on ball control, kicking, speed/agility and aggressiveness. Rosters are also put together by the practice availability of the participants. Teams at the kindergarten level are put together by pure luck of the draw since the Park District does not have any previous soccer information on those players.

## EQUIPMENT

Team uniforms will be available before the first game of the season. Parents that need to exchange uniforms due to size discrepancies may do so at the Alcott Center during regular business hours (Monday: 8:30 am – 6:30 pm, Tuesday – Friday: 8:30 am – 5 pm and Saturday 9 am – 12 pm). Goalie jerseys and game balls are available on game days at the Willow Stream Shelter #1 and must be returned after each game. Coaches need to provide a soccer ball for practice and games and cones, if needed for practice.

## PICTURES & TROPHIES

Pictures are taken each soccer season. Date and location of the pictures will be given to the coach at the coaches meeting. The exact time of your team's pictures will be mailed directly to the coach from the photography studio. Every player receives a trophy at the end of the season. Pictures and trophies are given to the coach before the last game of the season to hand out to your players.