

# EAGLE EXPRESS SOCCER CLUB

## COACHING PHILOSOPHY

Eagle Express Soccer Club is committed to soccer excellence and is focused on empowering select soccer players in the Hermitage, Donelson, Mt. Juliet and surrounding areas by providing high-level training and competition opportunities. We believe that our coaches are first and foremost role models and teachers. Coaching is about motivating players to produce their best effort, inspiring players to learn, and encouraging players to be winners by more than just a score. It is about developing players' skills for the game as well as individual confidence, leadership, and teamwork abilities. Preparation, knowing the game and the proper progressions to various training topics will provide the players with numerous opportunities to explore and discover their full potential through active participation in the sport. As long as 100% effort is given, the players, coaches and parents should be proud of their performance regardless of the result.

## SUPPORTING THE PHILOSOPHY

As a Coach/Trainer with EESC I recognize and understand the club philosophy and vow to:

- Place development, not winning, as the ultimate goal for each player/team.
- Coach players to understand and play according to the laws and spirit of the game.
- Be on time and be prepared for all tournaments, games, and training sessions.
- Display self-control in all situations. Never use foul or abusive language - before, during or after a game or training session.
- Coach players to train and play to the best of their ability, have a positive attitude, and encourage others to do the same.
- Lead by example as a role model and as an ambassador to the club and to the game.
- Treat players with Respect, and demand the same back from them.
- Respect the opponent and ensure that our players do as well.
- Respect the referee, even if in disagreement with calls or decisions, and by doing so will set the example for players to follow.
- Continually look to improve as a Coach.

***Please remember – the game is for the players. It is not for the glory of the coach, manager or parents.***

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# COACHING GUIDELINES

Coaches are the keystone to the establishment of ethics in all sports. A coach's concept and attitude towards ethics directly affects the behavioral growth of players under their supervision. Coaches must therefore be aware that their decisions, choices, and actions have ethical implications. It is natural that winning constitutes a basic concern for Coaches and these guidelines are not intended to conflict with the desire to win. However, Eagle Express Soccer Club challenges all Coaches to disassociate themselves from a win-at-all-costs attitude. Before deciding to coach for EESC the individual should answer and consider this question:

***Do you care about results because of your win/loss record, self-image or external reputation?***

***If the answer is yes, you probably should reconsider taking a coaching position at EESC.***

## DEVELOPMENT

Our focus is on player development, and our goal is to provide quality and progressive soccer instruction that builds and grows both individual and team foundations and strengths while providing skilled players an advanced and competitive environment in which to excel. Practices should prepare and train players technically, tactically, physically and psychologically (four pillars of coaching) for how they should play in a game. Friendlies and Classics should be used to allow players to apply what they have been learning in practices, which further facilitates development and growth of both each player and the team. When a team arrives at a tournament, they should be playing to the best of their abilities and ready to compete. Player development starts with practices. Training session plans should therefore:

- Be well thought out and prepared in advance to maximize efficiency. This includes but is not limited to factoring in the number of players, work-to-rest ratio, number of touches per player, appropriate skill level for majority of players technically and tactically, concerns of heat and hydration, safety concerns, etc.
- Available in writing for DOC perusal at the time of practice.
- Have each section/drill of a session plan include at least two or more of the four pillars of coaching (economic training).
- Be cumulative building blocks resulting in overall and complete progressive development and improvement throughout the season.

## COMMUNICATION

Regular and consistent communication from Coaches to players and parents is required so that all team members are advised as to practice and game schedules as well as any special needs of the players or parents. Miscommunication and/or lack of communications lead to frustrated players, parents and team. It is the Coach's responsibility to establish or appoint someone (e.g. team manager) to establish the method of regular communication and to ensure all team members can participate in the communication method (e.g. email). Good communication will provide the benefit of clarifying with all players and parents exactly what is expected of them as well as what to expect from their Coach. Be consistent with your communications and communication methods

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# HEALTH & SAFETY

The health and safety of players is a top priority and supersedes all other considerations including the desire to win, the desire to practice, or the desire to placate parents or other coaches.

- Place the wellbeing and safety of each player above all other considerations including development or performance.
- Ensure that the activities you direct or advocate are appropriate for the age, maturity, experience and ability of players.
- Cooperate fully with other specialists (e.g. other coaches, officials, doctors and trainers) in the best interests of the player.
- Be prepared for possible injuries at practices and games including an appropriate supply of ice or cold packs, first aid kits, emergency contacts, and suggested training by the club.
- Ensure that all players are accounted for, especially at the end of practices and games; younger players must never be left unaccompanied at parks or fields.
- Balance team preparation against safety/health risks such as practicing in inclement and hot weather or playing/practicing when injured without the direct consent of a health professional.

## WINNING

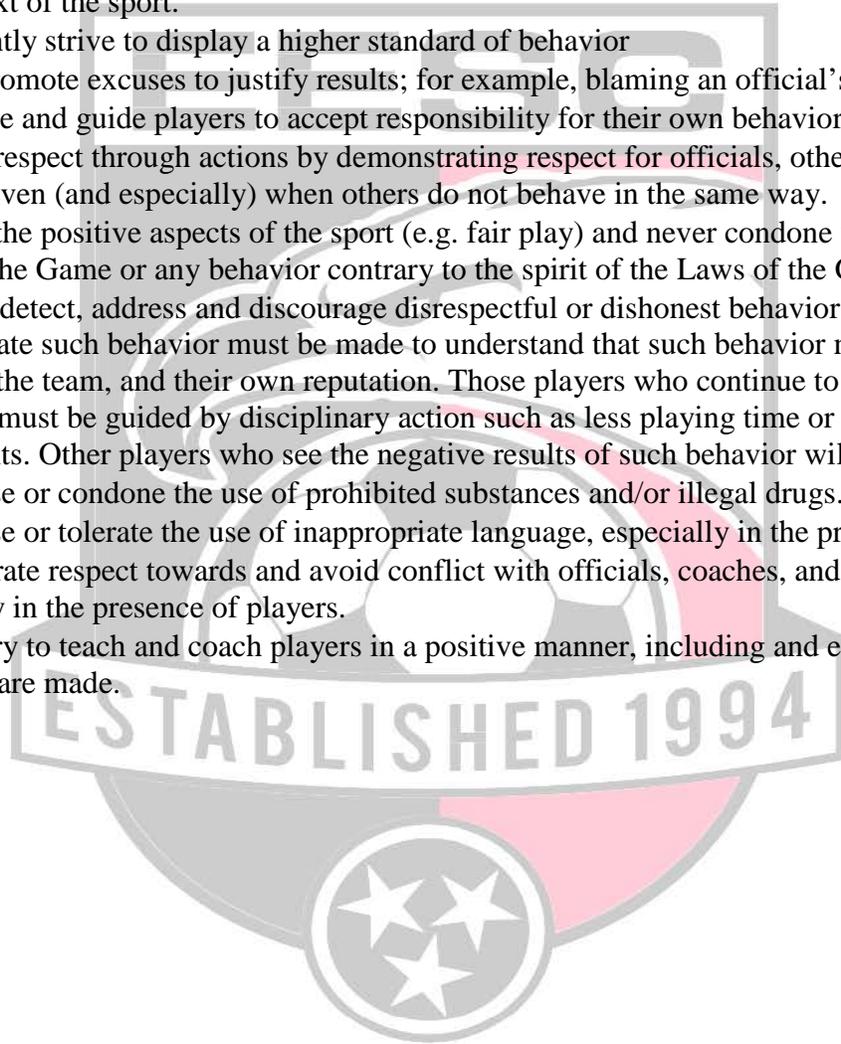
Vince Lombardi said “winning isn’t everything, but making the effort to win is”. It is expected that every coach and player will make the effort to win. Regardless of the outcome on the scoreboard, a Coach should be proud if the players’ efforts on the field demonstrate they did everything possible within the laws of the game and within their own skill level to compete. The effort to win must not be confused with a desire to win-at-all-costs. Winning by risking health, safety, fairness, and integrity will not be tolerated by EESC. This applies to how the team is managed and supported, not just to how games are played.

- Coaches must provide playing time commensurate with game type, team competitive level, and player capability. Players can only improve by getting experience through playing the game. While playing time for less skilled players may be less in tournaments, they should receive at least a modicum amount in any friendly or classic game. An excellent and effective rule of thumb is that each player should play no less than 25% of the length of a half. (IE in a 30-minute half, each player should play 8-10 minutes total in each half)
  - Keep in mind that friendlies are opportunities for development (player and team) and having players apply what they have been working on during training. Primary emphasis in a classic or friendly game should not be placed on winning or losing; save that for tournaments.
  - Coaches must not attempt to treat any player in such a fashion that the player feels uncomfortable or unwelcome on the team, especially with the goal or intent of removing less capable players.
  - The heart of competition is always the desire and effort to win. This is competitive soccer, and the objective is to win. Winning just needs to be kept in its overall proper perspective and should not always and consistently override and/or trump larger, more long-term objectives and goals of players, teams and the club.
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# ETHICS

The development of athletes as soccer players is obviously the goal of all coaches. However, EESC prioritizes the development of players as individuals and moral members of the community first. This is most important in younger players so that they begin their experience with the right ethical footing and learn from there. Developing a player with the right foundation of fair play, respect, honesty, and accountability are the primary objectives.

- Respect the rights, dignity and worth of each and every person and treat them equally within the context of the sport.
- Consistently strive to display a higher standard of behavior
- Do not promote excuses to justify results; for example, blaming an official's call for a loss.
- Encourage and guide players to accept responsibility for their own behavior and performance.
- Promote respect through actions by demonstrating respect for officials, other coaches, and parents; even (and especially) when others do not behave in the same way.
- Promote the positive aspects of the sport (e.g. fair play) and never condone violations of the Laws of the Game or any behavior contrary to the spirit of the Laws of the Game.
- Observe, detect, address and discourage disrespectful or dishonest behavior. Players who demonstrate such behavior must be made to understand that such behavior negatively impacts the club, the team, and their own reputation. Those players who continue to demonstrate such behavior must be guided by disciplinary action such as less playing time or corrective action agreements. Other players who see the negative results of such behavior will also learn.
- Do not use or condone the use of prohibited substances and/or illegal drugs.
- Do not use or tolerate the use of inappropriate language, especially in the presence of players.
- Demonstrate respect towards and avoid conflict with officials, coaches, and parents, especially in the presence of players.
- Always try to teach and coach players in a positive manner, including and especially when mistakes are made.



# COACHING CODE OF CONDUCT AGREEMENT

I, \_\_\_\_\_ (Coach/Trainer), willingly agree to coach for the Eagle Express Soccer Club. I understand that I must be willing to commit to the following:

## **Responsibilities to Players**

1. Shall never place the value of winning over the safety and welfare of players.
2. Will always instruct players to play within the written laws and spirit of the game.
3. Shall not seek an unfair advantage by teaching deliberate unsportsmanlike behavior to players.
4. Will not tolerate inappropriate behavior from players regardless of the situation.
5. Will ensure demands placed on players' time shall never be so extensive as to interfere with academic goals or progress, family or church/religious commitments.
6. Must never encourage players to violate EESC, TSSA, TSSAA or USYSA players' rules or policies.
7. Will provide each participant with training and developmental opportunities that allow for growth and development of each participant, as a soccer player and as an individual.
8. Must refrain from the use of alcohol and tobacco while in the presence of players.
9. Have the responsibility to assist all players in conducting themselves properly while representing themselves, their team and their club.
10. Shall never berate, belittle or demean a player privately or publicly for any reason, at any time, or under any circumstance.

## **Responsibilities to Opponents, Officials and the Laws of the Game**

1. Shall exhibit a respectful attitude towards players, officials, spectators, opposing players and coaches. Verbal abuse or physical assault of any measure is strictly prohibited.
2. Will not use demeaning or derogatory comments and/or gestures directed towards any officials, coaches or players.
3. Am responsible for knowing and teaching players to demonstrate a working knowledge of and adhere to the letter and spirit of the Laws of the Game.
4. Am responsible for all players' actions on the field and must not permit them to perform with intent of causing injury to opposing players.
5. Understand that EESC will not tolerate sexual, racial, or any other form of discrimination.

## **Responsibilities to EESC**

1. Agree to attend EESC coaches meetings.
2. Agree to attend his/her team's tryouts, scheduled training sessions and competitions.
3. Will adhere to all guidelines by governing bodies, including EESC, TSSA, TSSAA and USYSA.
4. Understand that the Director of Coaching will review and conduct a formal incident inquiry for any coach that is ejected from a game, which will then be submitted to the Board of Directors for subsequent disciplinary action.

By signing this agreement, I am willing to make a commitment and accept the responsibility of abiding by these rules set forth by the Eagle Express Soccer Club, TSSA and USYSA. Failure to comply with these rules may result in disciplinary action up to and including temporary (suspension) or permanent removal from the club and all soccer related activities.

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Coach/Trainer Signature

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Date