

CGU All Ages Rec Soccer Handbook



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Welcome to CGU Soccer

Firstly, thank you for Volunteering to coach at the CGU Rec Soccer Program, without you we cannot make this program possible, so thank you again for all that you will do for the CGU Rec program.

Secondly welcome to the CGU Rec Soccer Program.

Our hope is that this Handbook will help guide you through the CGU Res seasons.

CGU Rec soccer is one of the state's largest Rec programs with over 1500 players participating throughout the calendar year.

We hope to continue to grow the program and assist players with the transition from CGU Rec to CGU Competitive Soccer.

Who's Who at CGU

If you have questions during the season the following folks can help.

Need help with Uniforms contact:

uniforms@cottagegrovesoccer.org

Need help with CGU Rec Soccer Registration contact:

recsoccer@cottagegrovesoccer.org

Have questions about the CGU Rec Coaching Curriculum and coaching questions contact:

recliaison@cottagegrovesoccer.org

Want to contact the CGU competitive Director contact:

doc@cottagegrovesoccer.org

Want to connect with the CGU Competitive President contact:

president@cottagegrovesoccer.org

The CGU Rec Soccer Season

CGU Rec soccer includes three seasons: Spring, Summer, and Fall.

Each season follows a 6-week program.

Players participate in CGU Rec events on the following nights:

- **Girls' sessions are on Mondays and Wednesdays.**
- **Boys' sessions are on Tuesdays and Thursdays.**

**Practice and game days may occur on either of the specified days above and can be adjusted due to holidays or to ensure practices and games are held during the season. **

Games can start as early as 5:30 PM.

Game times will be determined once registration is closed, and teams are formed.

Players should bring the following to all scheduled CGU Rec soccer events:

- *Appropriate soccer attire: cleats, shin guards, shorts, and socks.*
- *Full CGU Rec uniform for game days.*
- *Soccer ball (Size 3 U4 to U6 players, Size 4 U7 to U10 players)*
- *Sufficient water to stay hydrated throughout the event.*

Most practices and games will take place at Kingston Park, though other fields such as Highlands may also be used.

CGU Rec Soccer Kick Off Week

The CGU Rec Kick off week is the first official week or start of the season.

It is also the same week uniform and coaching bags can be collected from the CGU Shed, which is located at the NE corner of the small parking lot at Kingston Park.

Note*Uniforms should be handed out exactly as listed on your team roster, uniform sizes must match what is listed. Failure to do so will result in mismatched uniform sizes. GCU has limited options in replacements*

Any missing uniforms can be picked up at the shed from 5-5:30PM otherwise

You will receive updates regarding when to arrive after registration.

Kickoff week is set up to allow coaches to meet parents and players, and hand out uniforms and important information for the season.

Typically, the first session consists of a meet and greet, and then the second session of Kick of Week is the first official CGU practice session.

We recommend being on the fields 10 minutes before your session to meet and greet the players.

We have found the Kick of week to be an important part of the season.

This is also an opportunity to collect emails or contact info from the parents, communicate your thoughts for the season, and also share a brief overview of the CGU coaching curriculum.

CGU Rec Soccer Practice and Game Day Structure

Overview

CGU Rec soccer consists of two contacts or two sessions per week, practices, and games.

One of the sessions during the week is a CGU Rec **practice** session or day.

Players will go through the set coaching plan for that week.

The weekly coaching plan is on our CGU Rec website.

All coaches should follow the play practice play model, meaning the players should scrimmage first, practice the set skill/game next, and end the session with a scrimmage.

You may, if you wish, talk with the other team sharing the field if they would like to scrimmage.

The other session during the week is a CGU Rec **game** session or day.

Teams will have a set game schedule for the duration of the 6-week season and teams will play against other CGU Rec teams over a set time.

That schedule will be shared before the season kickoff event.

The following pages will detail the various differences per age group to their practice and game day structure.

Practice and Game Day Structure U4/U5

All CGU Rec soccer teams will follow the following basic practice and game day structure for your age group.

ALL COACHES SHOULD FOLLOW THE WEEKLY PRACTICE PLANNER

That can be found here:

<https://www.cottagegrovesoccer.org/page/show/5779075-rec-coaching-curriculum->

U4-U5 28 Minute Practice and Game Sessions

These are our youngest players and will develop their skills with fun soccer like games and small sided scrimmages. They have 3 players on the field and do not have a GK.

Players at this age level learn best when the fun games mimic the game of soccer, and they always have a ball at their feet.

Coaches will rotate through the CGU U4/U5 Fun Games Vol 1 and Vol 2 practice sessions during the season.

Our U4/U5 Players follow this basic game day structure:

U4/U5: 3v3 (3 players on the field NO GK)

- *Our games are 4 quarters of 6 minutes with a 1-minute break between quarters.*
- *Kick ins will be used, no throw ins for this age group.*
- *Coaches are on the fields with the players during the game.*
- ****UPDATE***Coaches sit on one side of the field and parents sit on the other, parents should not sit on the coaches' side.*

There will only be one make update scheduled for any cancelled session during any CGU Rec Soccer season, that date is supplied in the welcome email from Lynn

Practice and Game Day Structure U6

All CGU Rec soccer teams will follow the following basic practice and game day structure for your age group.

ALL COACHES SHOULD FOLLOW THE WEEKLY PRACTICE PLANNER

That can be found here:

<https://www.cottagegrovesoccer.org/page/show/5779075-rec-coaching-curriculum->

U6 28 Minute Practice and Game Sessions

These players will develop their skills with fun soccer like games, working on some technical skills, and small sided scrimmages. They have **4 players** on the field, play 4v4 and with **NO** GK.

Players at this age level learn best when the fun games mimic the game of soccer, and they always have a ball at their feet.

Coaches will rotate through the CGU Rec Fun Games Vol 1 and Vol 2 practice sessions for 3 weeks and also work on some technical skill work practices for 3 weeks during the 6-week season.

Our **U6** Players follow this basic game day structure:

*U6:4v4 (4 Players on the field and **NO** GK)*

- *Our games are 4 quarters of 6 minutes with a 1-minute break between quarters.*
- *Kick ins will be used, no throw ins for this age group.*
- *Coaches are on the fields with the players during the game.*
- ****UPDATE***Coaches sit on one side of the field and parents sit on the other, parents should not sit on the coaches' side.*

There will only be one make update scheduled for any cancelled session during any CGU Rec Soccer season, that date is supplied in the welcome email from Lynn

Game Day Structure U7 U8 U9 U10

All CGU Rec soccer teams will follow the following basic practice and game day structure for your age group.

ALL COACHES SHOULD FOLLOW THE WEEKLY PRACTICE PLANNER

That can be found here:

<https://www.cottagegrovesoccer.org/page/show/5779075-rec-coaching-curriculum->

U7/U8 50 Minute Practice and Game Sessions

These players will develop their skills by working on some technical skills, and small sided scrimmages. They have **4 players** on the field and a **GK** and play 5v5.

Coaches will rotate through the CGU Rec Technical Passive Practice Session Plans during the 6-week season and will repeat the 3 sessions during the 6 weeks.

The recommended formation for this age group is also on our CGU Rec website.

Our U7/U8 Players follow this basic game day structure:

U7/U8 5v5 (4 players on the field and a GK)

- *Our games are 4 quarters of 10 minutes with a 2-minute break between quarters.*
- *Kick ins will be used, no throw ins for this age group.*
- ***NO Coaches*** on the fields with the players during the game.
- ****UPDATE**** *Coaches sit on one side of the field and parents sit on the other, parents should not sit on the coaches' side.*
- ****UPDATE**** *Referees may be available for these games, if no referee is available coaches will share the responsibilities of the referee.*

****There will only be one make update scheduled for any cancelled session during any CGU Rec Soccer season, that date is supplied in the welcome email from Lynn****

Game Day Structure U9 U10

All CGU Rec soccer teams will follow the following basic practice and game day structure for your age group.

ALL COACHES SHOULD FOLLOW THE WEEKLY PRACTICE PLANNER

That can be found here:

<https://www.cottagegrovesoccer.org/page/show/5779075-rec-coaching-curriculum->

U9/U10 55 Minute Practice and Game Sessions

These players will develop their skills by working on some **active** technical skills, and small sided scrimmages. They have **6 players** on the field and a **GK** and play 7v7.

Coaches will rotate through the CGU Rec CGU Technical **active** Practice Session Plans during the 6-week season and will repeat the 3 sessions during the 6 weeks. Those sessions are passing, shooting, and dribbling.

The recommended formation for this age group is also on our CGU Rec website under??????

Our U9/U10 Players follow this basic game day structure:

U9/U10: 7v7 (6 players on the field and a GK)

- *2 x 25 Minutes Halves with a 5-minute break.*
- *Throw ins, goal kicks, free kicks, and corners for this age group.*
- *1 referee on the field during the game* Note 2 May be available.*
- **Coaches** must stay on the sidelines during the game.
- ***UPDATE***Coaches sit on one side of the field and parents sit on the other, parents should not sit on the coaches' side.

UPDATE Referees will be made available for these games, if no referee is available coaches will share the responsibilities of the referee.

There will only be one make update scheduled for any cancelled session during any CGU Rec Soccer season, that date is supplied in the welcome email from Lynn

CGU Rec Soccer Coaching Curriculum

The CGU Rec Soccer coaching curriculum has moved to an online format.

That can be found here:

<https://www.cottagegrovesoccer.org/page/show/5779075-rec-coaching-curriculum->

All training materials, coaching plans and other useful coaching information are all on our website.

The CGU Rec programs follow the play practice play model developed by US Youth Soccer.

Each age group at the CGU has set coaching plans or a set coaching curriculum which is on the CGU Rec Website.

Coaches should attend both CGU Rec Google Meetings, and in person coaches' meetings, these meeting links will be shared before the start of the seasons.

All session plans, formations and addition training activities are posted on our website and are labeled per age group and per week.

Practice plans, age group formations and all CGU Rec training activities can be found here:

Adverse Weather

As we know MN weather can change rapidly, In the case of excessive eat follow the following directions:

Heat Index:

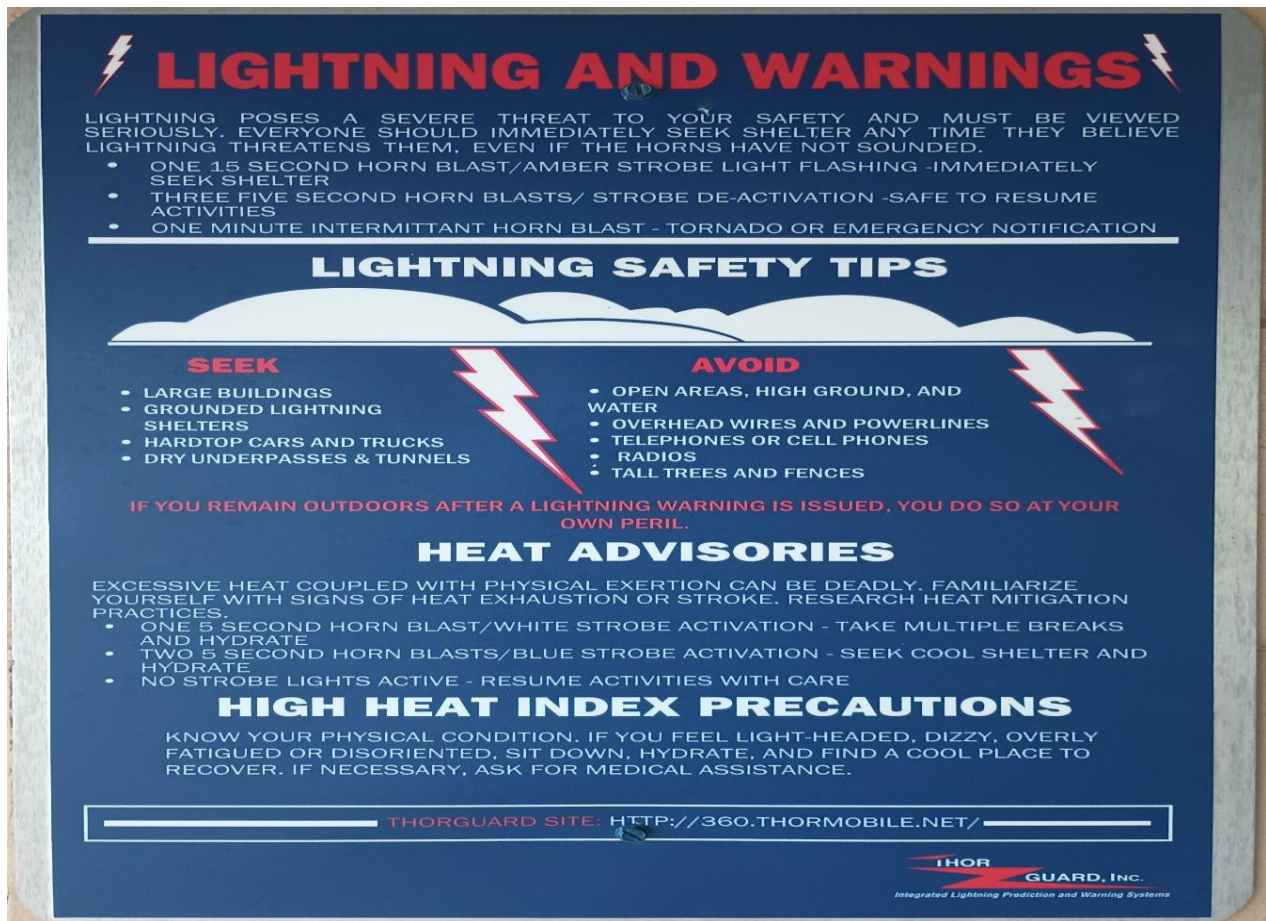
Up to 89- No Adjustment needed.

90-95 Water Breaks and each Half shortened by 5 Mins.

95+ All games cancelled.

If we have storms moving in or the fields are waterlogged, CGU will make the call before the session starts and email coaches.

Coaches should keep an eye on the website for any weather updates and should use common sense with adverse weather.



LIGHTNING AND WARNINGS

LIGHTNING POSES A SEVERE THREAT TO YOUR SAFETY AND MUST BE VIEWED SERIOUSLY. EVERYONE SHOULD IMMEDIATELY SEEK SHELTER ANY TIME THEY BELIEVE LIGHTNING THREATENS THEM, EVEN IF THE HORNS HAVE NOT SOUNDED.

- ONE 15 SECOND HORN BLAST/AMBER STROBE LIGHT FLASHING - IMMEDIATELY SEEK SHELTER
- THREE FIVE SECOND HORN BLASTS/ STROBE DE-ACTIVATION -SAFE TO RESUME ACTIVITIES
- ONE MINUTE INTERMITTANT HORN BLAST - TORNADO OR EMERGENCY NOTIFICATION

LIGHTNING SAFETY TIPS

SEEK

- LARGE BUILDINGS
- GROUNDED LIGHTNING SHELTERS
- HARDTOP CARS AND TRUCKS
- DRY UNDERPASSES & TUNNELS

AVOID

- OPEN AREAS, HIGH GROUND, AND WATER
- OVERHEAD WIRES AND POWERLINES
- TELEPHONES OR CELL PHONES
- RADIOS
- TALL TREES AND FENCES

IF YOU REMAIN OUTDOORS AFTER A LIGHTNING WARNING IS ISSUED, YOU DO SO AT YOUR OWN PERIL.

HEAT ADVISORIES

EXCESSIVE HEAT COUPLED WITH PHYSICAL EXERTION CAN BE DEADLY. FAMILIARIZE YOURSELF WITH SIGNS OF HEAT EXHAUSTION OR STROKE. RESEARCH HEAT MITIGATION PRACTICES.

- ONE 5 SECOND HORN BLAST/WHITE STROBE ACTIVATION - TAKE MULTIPLE BREAKS AND HYDRATE
- TWO 5 SECOND HORN BLASTS/BLUE STROBE ACTIVATION - SEEK COOL SHELTER AND HYDRATE
- NO STROBE LIGHTS ACTIVE - RESUME ACTIVITIES WITH CARE

HIGH HEAT INDEX PRECAUTIONS

KNOW YOUR PHYSICAL CONDITION. IF YOU FEEL LIGHT-HEADED, DIZZY, OVERLY FATIGUED OR DISORIENTED, SIT DOWN, HYDRATE, AND FIND A COOL PLACE TO RECOVER. IF NECESSARY, ASK FOR MEDICAL ASSISTANCE.

THORGUARD SITE: [HTTP://360.THORMOBILE.NET/](http://360.THORMOBILE.NET/)

THOR GUARD, INC.
Integrated Lightning Prediction and Warning Systems

Equipment Requirements NEW FOR 2025

Player's equipment

All Players within the CGU Rec program must adhere to the following equipment requirements for both practice and game days:

- Soccer cleats or soccer shoes with the ability to play on grass.
- Shin guards that are the correct size for the players wearing them *(slip in shin guards are permitted and encouraged for older soccer players)*.
- Full CGU Rec uniform for games, and soccer related clothing for practices. Uniforms can be worn to both practice/games if desired.

Jewelry and/or player accessories

NO JEWELRY of any kind can be worn during practice or games during the CGU Rec seasons.

This is a club and league requirement.

That includes new pierced earrings, they must be removed before playing and cannot be taped.

Player accessories can also not be worn during any CGU Rec events. That includes watches, earrings, friendship bands, non-secured glasses (all glasses must be secured with a strap to stop them falling off), caps (only for GK if it is a very sunny day) hats, and sunglasses unless they are prescription and strapped.

****Please advise your parents regarding this equipment and player accessories updates at the beginning of the season****

CGU Coach and Parent Conduct NEW FOR 2025

Coaches

The role of a coach is a privilege position to hold, and we value every volunteer within the program who dedicates their time and energy each season.

It is important to always act with dignity and respect whenever you are on the field and representing CGU.

As with any youth sports, we understand sometime issues and conflicts can and will arise.

However, under no circumstances should our coaches engage in any aggressive, abusive, or degrading behavior towards parents', players, coaches, or referees.

Any previous or prior concerns should be reported to the Youth development director as soon as possible, and you should always take the 24-hour rule when replying to any questions or concerns from our members. (Take 24hrs to cool off and then reply with a clear head)

We are here to help so please utilize our Youth development director.

Parents

Parents should always sit on the opposite side of the field to the coaching staff and should not approach or walk onto the coaches' side of the field.

This allows our players and coaches to focus and have a relaxed environment in which to perform to their highest abilities.

In the event this happens please feel free to reach out and we can follow up with an email reinforcing the requirements to the parents.

CGU Final Thoughts

We encourage all coaches at the CGU Rec program to enjoy their time on the field with the players, have fun and try to accomplish the set plans if you can.

Players learn new skills by having fun in a challenging environment, and soccer is no different, so **HAVE FUN!**

If things do not seem to be going well, let them play, if the game of the week is not working, try another game or just let them play.

Our jobs as coaches are to guide and mentor, never to dictate or shout.

However, we may need to shout to get the players back onto the correct field and/or playing in the right direction on the field, which is OK 😊

You will find that the more energy you share the more you will get in return.

Remember they are just small children looking to find a love for the game, all we can do is facilitate and enjoy the experience even when things may not go to plan.

I am here to help so please at any time you have questions please let me know.

Again, without you we could not have made our program work, so thank you for volunteering!!!