



**TOTAL FUTBOL**

*Training • Coaching • Camps*

[www.totalfutbol.com](http://www.totalfutbol.com)

# Policies & Expectations

June 2020

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# Our Mission



Total Futbol strives to provide the best training environment for all of our players' to achieve their individual goals. **All Total Futbol teams are taught to play a skillful possession style with strong team unity.** Training sessions will be focused on all aspects of developing a player's individual talent so that they can comfortably possess the ball with their teammates against all types of opposition. **Our teams will be smart, hard-working, focused, fit, and aggressive.**

To achieve this, we have policies within the organization that all players and their families are expected to follow to maintain the best environment for players, their families, and our coaches.

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# Attendance



- ✓ Players are expected to be at all team functions unless previously cleared with their Coach.
- ✓ Teams train year-round outdoors to prepare for all types of weather conditions. Players should be there to get used to playing in adverse conditions.
- ✓ Sick players should miss practice only if they're sick enough that they wouldn't attend school or wouldn't be able to play in a game.
- ✓ Injured players should be in full attendance so they can keep up with what their teammates are learning and stay connected to the team, unless cleared by their coach.

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# Training Gear & Equipment



All players will receive Total Futbol or club training shirts that they should wear to all practices. They'll receive a set amount based on how often their team trains and should wear the shirts to every training session. Players will also receive a Total Futbol or club hooded sweatshirt to wear when it's colder out.

All players are expected to have a properly sized and inflated ball at all training sessions. Each player should also carry a pump in their bag to ensure that their ball is properly inflated.

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# Extra Training



**Within Total Futbol:** With teams in virtually every age group, players can participate in practice sessions with teams above (or below) their age group to get extra work. There are many benefits to training with both older and younger athletes and we encourage players to look for sessions that fit their needs and schedules outside of what their team may offer. Small group or individual training can be scheduled with the Total Futbol staff, if desired.

**Outside of Total Futbol:** Players are able to participate in various training activities from outside the organization, after discussing with their coach. This includes, but is not limited to, HP Elite footskills training (all ages), VYSA ODP (U11+), and Super-Y (U12-U17).

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# Summer Camps



Total Futbol will have team camps each summer that players are expected to attend, in addition to normal training. The timing, length, and number of camps (1 or 2) will vary from team to team and will depend on the competitive level and age of the group.

We understand that everyone's vacation schedule is different and that we won't ever be able to find a week that works for 100% of the team. For planning purposes, team camps will run from mid-July through the end of August and if your child isn't able to participate in your team's selected week(s), they should make up the missed session with another team's scheduled camp.

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# Playing Time



- ✓ In the younger age groups, playing time will be more balanced so that all girls are given an opportunity to play in each game to improve their skills.
- ✓ As the teams get older, playing time will be earned more and more through performances in practice and what the competitive level dictates.
- ✓ Each Total Futbol coach has different expectations for playing time so you should initiate specific discussions with your coach about what they are looking for.

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# Coaching



Each team will have a designated Head Coach, as well as at least one Assistant Coach. The Head Coach will be in charge of the general direction of the team and will run the majority of team's practices and games.

We do feel strongly that it's good for our players to get some variety and hear a different voice in their training – thus an Assistant Coach will run some practices. Due to scheduling conflicts, it's also possible that an Assistant Coach will coach the team for all (or part) of a game during the regular season or at a tournament. We try to limit this as much as possible, but schedules aren't always forgiving or under our control.



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# Guest Playing



Players are expected to guest play in tournaments only with other Total Futbol teams. Any requests from an outside team to have a Total Futbol player guest play for a tournament should be referred directly to the Head Coach of that team.

Exceptions to this policy are rare and will not happen without the interested team speaking with Total Futbol.

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# Communication



**24-Hour Rule:** With all age groups, please refrain from contacting the Coach within 24 hours of completion of a game to discuss any issues such as playing time, positions, etc. Everyone's emotions are highest directly after the game and this rule allows the player and their family, as well as the coach, the necessary time to "cool off" and more objectively assess the situation.

**Player Communication:** Beginning with the Fall of the U13 season, all conversations about playing time, issues players need to work on, positions, practice attendance, etc., need to be initiated from the player, not a parent. We encourage parents to observe any conversations about such topics, but we feel that at this age the kids need to begin to handle things on their own as part of their maturation process.

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# Emails



To streamline logistics for everyone, only people with specific roles on the team (Coach, Team Manager, Team Treasurer, Photographer, etc.) should be sending emails out to the entire group in relation to their role. Any other concerns about the team should be raised privately with the Coach or Team Manager.

**In short, please do not hit “Reply All” unless you believe it’s absolutely essential!**

Additionally, please include Nadir on all team-related emails. Addresses can be found at the end of this document.

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# Sideline Behavior



Parents are encouraged to be supportive throughout all contests but should refrain from 1) comments that are in any way instructional; and 2) criticism of the referees or players of either team.

The coach should be handling all communication during games to the players, as well as to match officials.

Coaching from the sideline is detrimental to your child's development as a player, as well as the team's performance. Cheer for what happened rather than telling them what to do.

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# Charitable Events and Fundraising



Teams may choose to have fundraising activities in order to mitigate costs. In addition to individual teams, all teams and players are expected to participate in Total Futbol's Annual Golf Tournament. The golf tournament includes a raffle which each team is expected to donate two prizes (valued around \$50), players to sell raffle tickets (\$5 per ticket, each player is to sell 15 tickets) and each team is expected to have at least one foursome in the actual golf tournament.

Total Futbol's Annual Golf Tournament donations are used to assist a local charity as well as contribute to the Total Futbol scholarship fund which helps players financially who would likely not be able to participate in travel soccer. Total Futbol currently assists over 50 families from almost all teams and our annual golf tournament is our biggest fundraiser of the year to help those players.

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# Notable TF Contacts



Nadir Moumen, Executive Director

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# Feedback



As Total Futbol continues to grow, we care very much about the quality of coaching and training that all of our coaches provide on a consistent basis. Please feel free to communicate to Nadir both positively and negatively about the quality of instruction your child is receiving if they're on one of our teams. We're only as good as the training atmosphere we provide and your feedback is essential so that we can improve and do what we do well.



**We look forward to a successful 2020-21 soccer season  
with all of our wonderful players & families!**