URAWA REDS
Academy SOCCER SCHOOL
Vietnam Hanoi

URASS Coaching Policy

Supporting our children's growth, together

27 October 2026

Introduction

URASS is a school in Hanoi where children aged U-6 to U-15, from Vietnam, Japan and many other countries, enjoy playing football together.

Alongside improving football skills, we aim to nurture children's hearts and broaden the potential of every individual.

Caring for teammates. Thinking for yourself. Taking on challenges without fear of failure. Giving your best until the end. We hope children grow through these experiences.

To make this happen, it is important that the school and parents share the same hopes and support the children together.

This guide introduces the coaching policy that URASS values and the ideas we would like to share with you as parents.

1. What URASS Values

Nurturing hearts through football, developing people, and connecting the community with the world. This is the basic philosophy of URASS.

As children enjoy football and take on challenges with their best effort, we help them develop compassion, resilience, the ability to think, and the strength to support one another.

Nurturing four “hearts”

- **A heart that trusts and cares for teammates**: Valuing teammates and helping one another.
- **A heart that enjoys the game together**: Sharing the joy of playing with teammates.
- **A heart that gives its best in everything**: Facing difficult things positively and making an effort until the end.
- **A heart that thinks**: The ability to think, decide and act for oneself.

Football as a lifelong friend

We value equally children who dream of becoming professional players and children who enjoy football as a hobby. From beginners to experienced players, we coach according to each child's growth and share the joy of football and the joy of getting better.

If a child's first experience of football is fun and full of the joy of growing, it becomes a lifelong treasure.

Connecting the community with the world through football

URASS brings together teammates of different nationalities, languages and cultures. Chasing the ball together and sharing joy and disappointment creates communication that goes beyond words.

Accepting differences, respecting one another and working together. Connecting with local friends through football and widening our view of the world are also important strengths we want to nurture at URASS.

2. Coaching That Fits Each Child's Growth

Children have their own stages of growth. The skills and abilities that are easy to acquire differ depending on age and stage of development. At URASS, we do not simply apply adult football to children; we coach in a way that suits each age group.

Learning the basics while having fun

The primary school years, which include what is known as the Golden Age, are an important time for acquiring basic skills such as ball control and a wide variety of body movements. For U-9 and below, we do not lean toward particular tactics; we focus on basic skills such as stopping, carrying, kicking and changing direction with the ball.

Skills are acquired through repetition. By touching the ball many times and practising repeatedly while having fun, children gradually add to what they can do.

Increasing the joy of “I did it!”

If practice is too difficult, children can lose confidence. On the other hand, if it is too easy, it does not lead to growth. We set challenges suited to each child's age and ability so that they can build up experiences of both challenge and success.

Developing the ability to think for themselves

In football, all kinds of decisions are required with every play. Pass, dribble or shoot? Rather than the coach giving all the answers, we value opportunities for children to think and decide for themselves.

Even after a mistake, they think about what to do next. We believe that this accumulated experience becomes a strength that helps not only in football but also in everyday life.

Guide to development by age group

Age group	What we value
U-6	The joy of moving the body and the joy of playing with the ball
U-8	A wide variety of body movements and basic skills for getting familiar with the ball
U-10	Acquiring basic skills, centred on ball control
U-12	Raising the quality of skills and developing teamwork and decision-making
U-13–U-15	Applying skills in real play and aiming for individual and team growth

* Age groups are only a guide. We coach according to each child's stage of growth and level of proficiency.

3. Five Strengths Developed Through Football

Football offers many lessons that contribute to children's personal growth, not just skills and fitness.

① The ability to be independent

Preparing by yourself, thinking by yourself, acting by yourself. Getting ready for practice and tidying up afterwards are also important learning opportunities.

② The ability to take on challenges

Taking on things you cannot yet do, and gradually learning through repeated failure. That experience builds children's confidence and resilience.

③ The ability to think and decide

In football, the situation is always changing. Children build experience in looking around, thinking and deciding for themselves.

④ The ability to cooperate with teammates

Football is a sport that cannot be played alone. Children learn to trust teammates, help one another and respect each other's differences.

⑤ The ability to keep making an effort

Skills cannot be acquired in a single practice. By working at them repeatedly and building up small steps of growth, children learn the importance of effort.

We hope these strengths will serve children well in many situations in their future.

4. Working Together with Parents

Be your child's “Best Supporter”

Through its handbook for parents, “Aim to Be the Best Supporter!”, the Japan Football Association (JFA) conveys the role of adults in supporting children's independence and growth. URASS also values this approach and would like to cheer on children's growth together with you.

(1) Let your child take the lead

Depending on their age, let your child take care of things such as preparing for practice, checking their belongings and tidying up. Forgotten items and small mistakes can also prompt them to think for themselves. Rather than adults doing everything in advance, let us gradually increase what children can do on their own.

(2) Watch mistakes with warmth

When children try something new, it is natural for them to make mistakes. Rather than immediately giving the answer or pointing out the mistake, support your child to think for themselves and try again. Mistakes are an important experience for growth.

(3) Celebrate effort and growth, not just results

What do you say to your child after a match or practice? For example, you might say things like:

- “Did you have fun today?”
- “What did you try today?”
- “What can you do now that you couldn't before?”
- “What would you like to try next?”

Conversations like these help children feel their own growth and prompt them to take on the next challenge. When your child does not feel like talking, it is also important not to press them, but to watch over them warmly.

(4) At matches, respect the children's decisions

It is the children who play on the pitch. We ask parents not to give detailed instructions on their play, but to support their efforts with cheers and applause. Please respect the coaches' guidance, show respect to referees, opposing teams and other parents, and enjoy football together.

(5) Value time outside football, too

School life, playing with friends, time at home and plenty of rest are all essential to children's growth. Let us not focus on football alone, but value nurturing a rich character through a variety of experiences.

Children's dreams belong to the children themselves

What children aim for and how they engage with football differs for each individual. Rather than deciding their path or potential based only on adults' expectations, let us watch over their growth while respecting their own feelings and dreams.

5. Our Approach to Matches

Matches are an important opportunity for children to grow. We value children aiming to win and playing with everything they have while cooperating with their teammates. On the other hand, coaches place importance not only on the result of a match, but on what challenges the children take on and what they learn from them. A match is also a place to show the skills learned in practice and to think, decide and take on challenges for themselves. At URASS, we value the following five things.

1. **Everyone takes part in the play**: We value the opportunity for every child to touch the ball and take part in the match.
2. **Showing basic skills**: Rather than simply kicking the ball forward, children try dribbling and ball control.
3. **Experiencing various roles**: Especially for younger children, we do not fix positions too rigidly, and children get actively involved in both attack and defence.
4. **Thinking and deciding for themselves**: We keep detailed instructions from the bench to a minimum and value opportunities for children to make their own decisions.
5. **Taking on challenges without fear of failure**: Even if the ball is lost or a goal is conceded, we do not blame the child; we encourage them to take on the next play.

After a match, we reflect together with the children, not only on the result, but on what they tried, what they learned and how they grew.

6. Our Commitment to Safety

Safety and security are the most important things to us. Football is a contact sport, and minor injuries can happen. With that in mind, we take the following measures to maintain a safe environment.

- **Checks before activities**: We check the safety of the ground and equipment, and check how each child is feeling. We do not push children who are unwell.
- **Care in hot weather**: We ensure hydration and rest breaks. In dangerous weather conditions, we cancel or shorten practice.
- **Head and eye injuries**: When a child is hit by a ball or similar, we have them rest immediately and do not force them to return to practice. Even if the child seems fine, we will notify parents on the same day.
- **When injuries or incidents occur**: The coach records the situation, and the School Master contacts parents. We communicate the facts carefully. However, very minor matters that can happen in normal practice, such as scrapes, light bruises and minor squabbles, are not recorded, and the coach tells parents directly when needed.
- **Disputes between children**: We stop it immediately and first check for injuries. We listen to each child's account to the end and do not judge based on one side alone.
- **Activities at kindergartens and schools**: We follow each facility's rules and safety management. Coaches take responsibility for escorting children on the way there and back.
- **Never leaving children alone**: When a coach leaves the pitch, they always hand over to another coach.

What coaches do not do

- Using sarcastic, mocking or insulting words
- Denying or ignoring a child, scolding them in front of everyone, or putting them down by comparing them with other children
- Shouting, intimidating, or taking anger out on objects
- Sending a child off the pitch or telling them to “go home” as a punishment
- Corporal punishment, or violence in words or attitude (we do not do this for any reason)
- Unnecessary physical contact (stroking cheeks or heads, kissing cheeks, picking children up, etc.). When praising, we use words, applause, high-fives and the like.
- Being alone with a child in a place where others cannot see. Pick-up and drop-off, changing and toilet visits are done in a way that is within sight of multiple adults.
- Discrimination, singling out, teasing or bullying based on nationality, language, physical characteristics, family circumstances and the like

Cancellations due to air pollution and lightning

- **Air pollution (PM2.5)**: One hour before each class, we check the reading at the practice venue. At 200 or above, the session is cancelled; at 151–199, it goes ahead with adjusted content; at 150 or below, it goes ahead as usual.
- **Lightning**: Based on J.League standards, if thunder is heard within 20 seconds after a flash of lightning, the session is suspended for 20 minutes.
- **Make-up sessions**: When we cancel for reasons on the school's side, such as weather, air pollution or securing a pitch, or when lightning leaves the actual practice time at less than half of what was planned, we will arrange a make-up session. We will announce the date separately.
- **Notification**: We will notify you of a sudden cancellation at least one hour in advance.
- Co-curricular activities (CCA) at kindergartens and schools: These follow each school's standards.

Glasses and insurance

- During practice, we recommend taking off glasses or using sports goggles. The school cannot accept responsibility for injury or damage resulting from the use of ordinary glasses.
- All players are covered by the school's insurance for injuries during training. Coverage is subject to the terms of the insurance policy, with a limit of 25,000,000 VND per incident. Compensation beyond this is outside the school's responsibility. For questions about insurance or compensation, please contact the School Master.

7. Personal Information, Photos and Communication

- **Photos and videos**: Photos of our activities are used only within the scope you agreed to in the enrolment terms, and only on URASS's official channels (website, social media, flyers, etc.). Coaches never take, store or post photos or videos of children on their personal smartphones or accounts. If you would like us to stop using them, please let us know. We will act on it right away.
- **Personal information**: Rosters, contact details, health information and the like are not used for any purpose other than our activities. We do not share information about other children or parents with anyone other than the person concerned.
- **Results and evaluations**: We do not publish evaluations or results in a way that can be linked to an individual child.
- **How we contact you**: We contact parents through the URASS office's Zalo account, not through coaches' personal social media. Coaches do not contact children individually through social media or messages.
- **Private relationships**: Coaches have a rule of not forming private relationships with parents, such as meals together or personal contact. Thank you for your understanding.

8. Communication, Absences and What to Bring

- **Where to watch**: Please watch from outside the pitch during practice and matches.
- **Arrival time**: Please have your child come to the pitch by 15 minutes before practice starts. If you will be late, please let us know in advance. For safety, children join practice after completing their warm-up.

- **Absences**: Please let us know of absences or non-participation in matches at least 24 hours before the start. Please tell us in advance about long absences of more than one week. For returns to your home country due to expatriate postings or long trips, we will be as flexible as possible if you contact us beforehand.
- **What to bring and what to wear**: Please have your child bring the school uniform, shoes suitable for artificial turf, and a water bottle. Shin guards are required for matches.
- **Your child's condition**: If you have any concerns about your child's health or anything else, please let us know.

9. Consultations and Enquiries

If you have any concerns about your child, our coaching or safety, please do not hesitate to talk to us. If it is hard to talk to the coach, please tell the School Master. We can assist in English and Vietnamese. No one will be disadvantaged for raising a concern.

- Email: info@urass-vn.com
- Hotline: 077 558 1295
- Website: https://urass-vn.com/

We will continue to support the children's growth together with you, their parents.

Urawa Reds Academy Soccer School Vietnam Hanoi

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