

Bridgeport Central High Soccer Team Discipline and Probation action plan

Focus: Behavioral modification and reduced card accumulation.

I. Goal

To reduce total yellow and red cards by 50% compared to last season targeting both non-footballing infractions(dissent, time-wasting, taunting) and reckless play.

II. The “Zero-Dissent” Protocol

- Captains only: Only the team captain is allowed to speak with the referee during breaks in play to ask for clarification, done respectfully.
- Post-Match Review: Players receiving behavior-related cards will review the footage or discuss infraction with the coach to understand the mistake.

III. Probationary Consequences

- Individual Probation: A player receiving two cards in a 6 game span is placed on personal probation, requiring extra fitness training and faces one-game suspension upon the next card.

IV. Positive Reinforcement

Clean sheet award: The team will be rewarded for matches with zero yellow cards.

Summary of Targeted infractions

1. Dissent: Absolutely no arguing with officials.
2. Reckless tackles: Focus on controlled defensive technique.

Signatures:

Coach : Sulaiman Akinsemoyin

Date: 1/29/2026



East Granby High School

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The purpose of this action plan is to address the accumulation of penalty cards during the season and to proactively improve player behavior, sportsmanship, and adherence to CIAC expectations. Our goal is to foster a positive competitive environment that reflects the values of our school and interscholastic athletics.

Preseason:

- Player Education & Expectations
 - Mandatory team meeting with coach and athletic director covering:
 - CIAC sportsmanship standards
 - Penalty Card Action Plan (see below)
 - Consequences of yellow and red cards (both individual and team impact)
 - Proper ways to communicate with officials
 - Examples of acceptable vs unacceptable behavior
 - All players will sign a sportsmanship contract acknowledging team expectations
- Parent Involvement
 - Mandatory parent meeting with coach and athletic director covering:
 - values and initiatives for the season
 - importance of modeling acceptable behavior on the sideline
 - Penalty Card Action Plan (see below)
 - All parents/guardians will sign a contract acknowledging team expectations
- Coach Responsibilities
 - Coach will reinforce sportsmanship expectations consistently during all practices and games
 - Coach will assign team captains and communicate captain expectations
 - lead by example
 - act as liaisons between players, coaches, and officials
 - mentor younger players modeling appropriate behavior
 - deescalate potential conflicts

In season:

- Responses to penalty cards - any card received will result in a reflection meeting with the Athletic Director. Further consequences are outlined below:
 - Non Tier 1 Yellow Cards
 - Removed from game, discretion of the Coach on whether or not they will return to the present game
 - Tier 1 Yellow Cards
 - Player will be removed for the remainder of the game, extended into next game at the discretion of the Coach
 - Red Cards
 - Player will miss the next scheduled contest. Additional consequences, including further suspension or loss of playing time, may be imposed at the discretion of the Head Coach and/or Athletic Director based on the nature of the infraction.



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- Any poor behavior or language observed by the coach or athletic director throughout the season which doesn't lead to a penalty card may still result in consequences including missed playing time
- Post Game Reviews
 - During the post game huddle, the coach will include reflections on team behavior
 - Players exhibiting positive sportsmanship and behaviors will be recognized

Post Season:

- Coaching staff, Athletic Director, and Principal will meet to evaluate the effectiveness of the action plan and make necessary adjustments for the following year.



**Housatonic Valley Regional High School
Boys Soccer Action Plan
Fall, 2026**

Goal:

Reduce Yellow Cards received and eliminate Tier 1 yellow cards. This plan establishes clear expectations, education, and accountability to improve behavior of the Boys Soccer team. This plan is about protecting our team, maintaining eligibility, and competing with integrity. Every member of the team (coaches, student-athletes, parents) is responsible for upholding these standards. Our success depends on discipline, respect, and composure especially under pressure.

1. Team Expectations

- Student Athletes will not engage in dissent, including arguing calls, gesturing toward officials, or using sarcastic or confrontational language.
- Profanity or inappropriate language, directed at officials, opponents, teammates, or self, will not be tolerated.
- Team captains are the only players permitted to respectfully communicate with officials when appropriate.
- Student Athletes will immediately disengage and walk away from situations that may escalate.
- If a student athlete is showing signs of escalating behavior on the field, coaches will immediately address the behavior by substituting the student athlete.

2. Education & Awareness

- All student athletes and their parents will attend a preseason meeting with the coaching staff and the athletic director. This meeting will review the CIAC Soccer Committee's Yellow/Red Card Rules and the Policy on Team Probation.
- During this meeting, coaches will review what constitutes a Tier 1 yellow card, with specific examples of dissent and language that result in penalties. We will explain our action plan, including the consequences for any yellow cards during the season.
- The athletic director will review with parents the expectation for positive support and how parent behavior can directly affect student conduct.
- The coaching staff and athletic director will also meet with team captains and senior leaders to clearly outline expectations for positive role modeling, leadership, and good sportsmanship.

- All student-athletes will sign an acknowledgment form confirming their understanding of the expectations outlined in this plan and their commitment to upholding them throughout the season.

3. Leadership & Accountability

- Team captains will model appropriate behavior and help calm teammates during games.
- Coaches will address issues immediately on the sideline when possible.
- Any student-athlete who receives a yellow card will be immediately substituted and will not return for the remainder of the half. If the infraction is a Tier 1 offense, the student-athlete will also not start the next game.
- During the 2025 season, one student-athlete received four yellow cards, three of which were Tier 1. Prior to the start of the season, the head coach, athletic director, and principal will meet with the student and his parents to review expectations and address concerns regarding behavior. If the student-athlete is elected captain for the 2026 season, receipt of a Tier 1 yellow card may result in suspension of his captaincy.

4. Bench & Sideline Conduct

- Student-athletes and staff on the bench must maintain positive, respectful communication at all times.
- No comments directed at officials, opponents, or game management.
- Coaches will intervene immediately if sideline behavior becomes inappropriate.

5. Positive Reinforcement

- Games with zero yellow cards will be acknowledged and reinforced.
- Student-athletes demonstrating strong composure, leadership, and respect will be recognized by the coaching staff.

6. Monitoring & Review

- The team will revisit this plan regularly and adjust as needed. Progress will be shared openly so student-athletes understand how their behavior directly impacts the team.

Sheehan Boys Soccer Action Plan 2026

Use of Captains to Minimize Penalty Cards

- Captains will serve as extensions of the coaching staff and primary on-field leaders for discipline and sportsmanship.
- Captains will be the designated communicators with officials, reducing dissent from non-captain players.
- The coach will meet with captains prior to matches to review expectations related to composure, officiating, and emotional control.

Empowering Team Members to Enact the Plan

- Players will commit to clearly defined team standards for conduct and sportsmanship.
- Expectations and consequences for misconduct will be clearly communicated and applied consistently.
- Players will be encouraged to communicate early with captains or coaches when emotions escalate.

Pre-Season Tactics and Communication

- The coach will implement the discipline plan prior to the season and clearly establish expectations before competition begins.
- A preseason meeting with players will outline standards for conduct, sportsmanship, and emotional control.
- The plan will be presented to the entire team, emphasizing shared responsibility and accountability.
- Parents will be informed of expectations and the team's focus on discipline through a preseason meeting or written communication.
- Expectations and consequences will be clearly defined and consistently enforced.

Immediate Response and Consequences for Penalty Cards

- The coach will address any penalty card immediately during or following the match.
- The coach will confirm penalty given for proper classification.
- Athletes receiving a caution will be removed or closely monitored for the remainder of the contest to prevent escalation.
- The coach will conduct a brief post-match discussion with the athlete to reinforce expectations and identify corrective behavior.

Athletic Director Involvement

- The Athletic Director will review and approve the team discipline and sportsmanship plan prior to the season.
- The Athletic Director will meet with the coach to clearly outline expectations related to league rules and probation requirements.
- The Athletic Director will monitor team discipline data, including penalty cards and trends, throughout the season.
- The Athletic Director will conduct periodic check-ins with the coach to review progress and address concerns.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

TEMPLATE FOR ACTION PLAN TO MINIMIZE PENALTY CARDS IN SOCCER

Teams that have accumulated 13 penalty cards through the CIAC tournament are placed on "Probation" for the following season. Probation means that the CIAC monitors the number of cards that the team receives over the course of the season. A school that has received that number is asked to appear with the athletic director, coach and principal (or designee) before the Soccer Committee to present an action plan that will hopefully reduce the number of cards the team receives in the upcoming season. This is CIAC Soccer Committee policy and is reviewed at the end of each season. The following template offers suggestions based on past successful plans and serves to help guide teams in creating a supportive and meaningful plan that will involve players and parents in the upcoming season. Please remember that the "Action Plan" should serve as a supportive document that helps the team receive fewer penalties and is not intended to be punitive. On the contrary, the hope is that by establishing a plan that helps set the proper team culture, penalty card awards will be minimized in the upcoming year and for years to come.

1. **How will the coach employ captains to help minimize the receipt of penalty cards? How can team members be empowered to enact any plan put forward? Can previous members of the team who have graduated be involved in a positive way?**

The coach and Athletic Director will meet with the designated captains before the start of the season to inform them that the team is on 'Probation' for the upcoming season. The coach will address with the captains the significance of sustaining appropriate and professional conduct toward each opponent and their respective coach, as well as the officials during each match. Furthermore, greater responsibility will be placed on the team captains during the games to oversee the players on the field, and to keep an open line of communication with the coaches; so to prevent any one of our players from getting a yellow/red card that player will be removed from the field.

2. **Will the coach employ any tactics prior to the start of the season? Meet with parents? Have officials attend and present at a meeting? Present the plan to everyone including parents?**

Prior to the start of the season, a team meeting with all three teams, which will include the parents (as is standard for the start of season), will be held to discuss players' expectations (i.e. behavior, language, and sportsmanship both on and off the field). Consequently, any player that fails to meet these expectations will be subject to penalty depending on the offense. We also plan to invite a few members of the local officiating board to have an open discussion with the parents about player conduct, thus providing parents, players, and coaching staff a better understanding of our action plan. Additionally, I will speak with the officials before each game and ask them to inform me at any point during the match if they feel any of my players need to come off to perhaps deescalate his temperament.

3. **Will the coach establish a plan to immediately deal with athletes who receive a penalty card? Will there be consequences for the next contest at whatever level the offending athlete plays? Will there be a meeting with the coach and parents of the offending player after a penalty card is received to go over any coaching sanctions?**

Upon received a caution (yellow card) in a given match, the coach will have the player sit out for a period of time to settle down and then speak with him regarding the incident before putting him back on to the field. For the first offense, a 10-minute respite period will take effect before sending the player back onto the field. If, the same player receives a 2nd yellow card in the future then a 40 minute (half a game) respite period will take effect. If the coach finds that the caution was intentional on the player's part then the player will sit for the remainder of the game, and may or may not lead to further discipline (i.e. suspended for the next game).

4. How will the athletic director be involved in the plan? The principal?

I will sit down with the athletic director like I did this pass season to talk about any issues that I might have with the team. This past season I did sit down with the athletic director to discuss why I suspended three players for two games. This dialogue will continue of course during this coming season.

5. Anything else?

I believe that during the season I did take more disciplinary actions towards the players by either suspending them or not letting them play a minute at all. I know that the FCIAC is a very hard league and that players will play hard and physical, but actions towards others are not what this is program is about. When you wear that jersey, you represent the community and school and growing up in the community I know how people feel towards the program. I know with these new group of athletes coming in this year will be very different then the previous year.