



**LADERA SOCCER – AYSO REGION 1455**

# **Fall 2020 Coach Meeting**



September 23-24, 2020



## AGENDA

- 1 Introductions**
- 2 Why we Coach & the AYSO Philosophies**
- 3 Creating a Positive Experience**
- 4 Positive Coaching**
- 5 Training & Safety**
- 6 Programs & Resources**
- 7 COVID & Socially Distanced Guidelines**
- 8 If we get to play games**



## WELCOME FROM BOARD MEMBERS

- **Regional Commissioner:** Tony Tiengtum- [rc@ayso1455.org](mailto:rc@ayso1455.org)
  - *Big Issues, Volunteer Opportunities*
- **Regional Coach Administrator:** Neal Karchem – [rca@ayso1455.org](mailto:rca@ayso1455.org)
  - **5U Boys Division Coordinator:** Kim Diaz– [bu5@ayso1455.org](mailto:bu5@ayso1455.org)
  - **5U Girls Division Coordinator:** Kim Diaz– [gu5@ayso1455.org](mailto:gu5@ayso1455.org)
  - **6U Boys Division Coordinator:** Darrin Mourer – [bu6@ayso1455.org](mailto:bu6@ayso1455.org)
  - **6U Girls Division Coordinator:** Dyann Kai– [gu6@ayso1455.org](mailto:gu6@ayso1455.org)
  - **7U Boys Division Coordinator:** Rob Nedelykovic – [bu7@ayso1455.org](mailto:bu7@ayso1455.org)
  - **7U Girls Division Coordinator:** Cristy Overholtzer – [gu7@ayso1455.org](mailto:gu7@ayso1455.org)
  - **8U Boys Division Coordinator:** Wendy Mortensen – [bu8@ayso1455.org](mailto:bu8@ayso1455.org)
  - **8U Girls Division Coordinator:** Craig Branning – [gu8@ayso1455.org](mailto:gu8@ayso1455.org)
  - **10U/12U Division Coordinator:** Darren Higuchi – [u10@ayso1455.org](mailto:u10@ayso1455.org)
  - **14U Division Coordinator:** Mike Gaggiano – [u14-19@ayso1455.org](mailto:u14-19@ayso1455.org)
  - *Any questions that come up, Schedule, Practice issues, Roster issues, Equipment...*
- **Regional Referee Admin:** Don Mathewson - [rra@ayso1455.org](mailto:rra@ayso1455.org)
- **Uniforms:** Jon Alpert- [uniforms@ayso1455.org](mailto:uniforms@ayso1455.org)



## HOT TOPICS

These are some of the biggest issues we have had in past seasons. Please make sure you understand them completely.

- ☐ AYSO Philosophies
- ☐ Positive Sidelines – dealing with parents, issues with other coaches
- ☐ Referees – Dealing with Referees, Scheduling, Points
- ☐ Development over Winning – substitutions, defense, skills
- ☐ Avoiding Blowouts
- ☐ Volunteers must be Certified – no Coach substitutions
- ☐ Two registered, background checked, Safe Haven certified adults at all times
- ☐ Safety – No Earrings, No DOGS
- ☐ Referees are Required!
- ☐ What to do if you are going to be absent
- ☐ Being Organized as a Coach
- ☐ Coach Development
- ☐ Coach of the Week
- ☐ AYSO – Programs Available



## WHY DO WE COACH

- Developing Skills
- Empowering Kids
- Teaching Life Lessons
- Inspiring Kids
- Interest and Love for the Game
- Learning Teamwork
- Long-lasting Memories
- Making Friendships
- Sense of Duty and Community
- The Village

### KEEP IN MIND



In the blink of an eye, they are grown up and beyond our daily reach. Therefore, what an incredible opportunity to spend time in “their” world as “their” coach!

*Why are you coaching?*

*“Winning” shouldn’t be a primary goal for coaching youth recreational soccer.*



## WHY DO WE COACH

My heros are the ones that spend thier time teaching people how to do the stuff they love. These people help so much and make a huge difference. They train people who might grow up and become famous for their sport. They are so important and they should be recognized as heros. I know I recognize them as heroes.

### A GOOD COACH

Can change The Game,  
a GREAT Coach CAN change  
A Life.







## AYSO MISSION STATEMENT & PHILOSOPHIES

### AYSO's Vision

To provide world class youth soccer programs that enrich children's lives.

### AYSO's Mission

To develop and deliver quality youth soccer programs which promote a fun, family environment based on AYSO's Six Philosophies:

- Everyone Plays
- Balanced Teams
- Open Registration
- Positive Coaching
- Good Sportsmanship
- Player Development





## CREATING A POSITIVE EXPERIENCE

- You are an ambassador for AYSO and Ladera Ranch.
- Your primary goal is to work with other Coaches, Referees and others to create an amazing and positive soccer experience for every kid out there (not just yours or your team).
- We are all colleagues working toward the same goal.
- Positive communication is key.
- Diffuse potential situations ahead of time!
- Remember that your kids, spouse and sometimes even your mother (or somebody else's) is watching you at all times. Act accordingly.
- If you have any issues, contact a board member as soon as possible – they are usually at the Founder's and Cox on weekends.



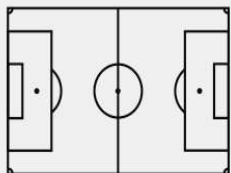


## PLAYER DEVELOPMENT

- “The current landscape of youth soccer, ages 6-12 years old, across the country places **too much emphasis on the result of the game** instead the priority should be on player development.”
- US Soccer has developed a series of initiatives in order to improve and grow the game of soccer including Small-sided matches and other modified rules.
- Push Development of Ball Skills



### FROM THE **FIELD**



“We strive to galvanize the player development pathways of our youth soccer organizations. The common objective is to develop the next wave of youth players. In this collective effort, it is critical to promote a single message and common coaching methodology with respect to player development. AYSO’s National Coaching Program is in line and coherent with these efforts.”

*Dave Chesler, U.S. Soccer Director of Coach Education*

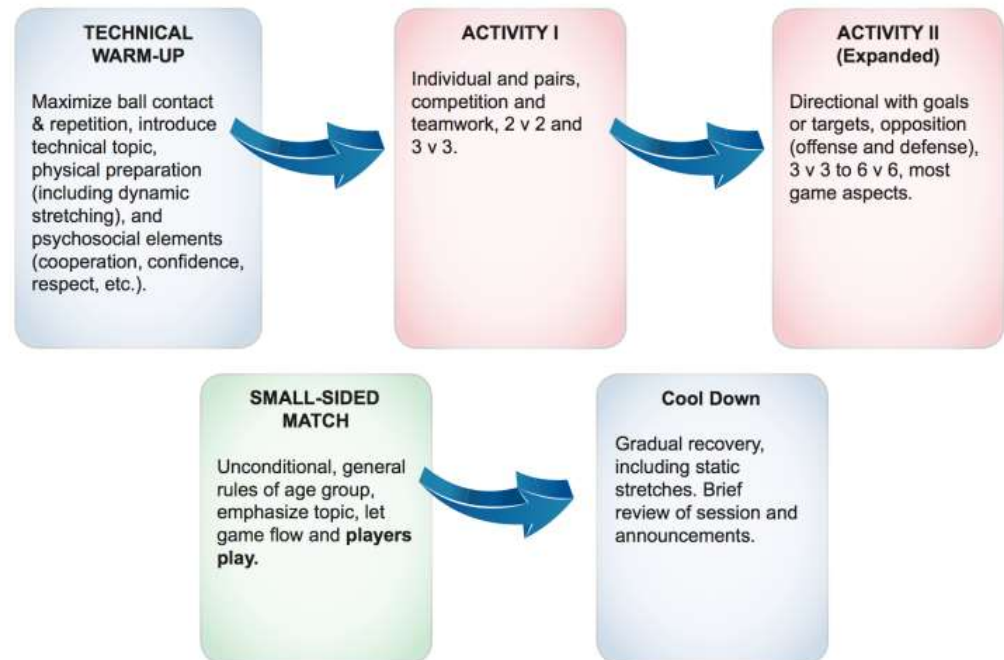


## PRACTICES

- Create a practice plan for each session.  
Resources are abundant!

- [www.usyouthsoccer.org/lesson-plans/](http://www.usyouthsoccer.org/lesson-plans/)
- [www.mayouthsoccer.org/coaches/session\\_plans/](http://www.mayouthsoccer.org/coaches/session_plans/)
- [Sportplan.net](http://Sportplan.net)
- [www.uksocca.com/newhtml/onlinedetails.html](http://www.uksocca.com/newhtml/onlinedetails.html)

- Make it fun.
- Use rewards.
- Don't have lines with kids waiting their turn, they should be active and engaged at all times.
- Every player should bring a ball and water to practice.





## VOLUNTEER TRAINING

All Volunteers (Coaches, Referees, Team Parents) must complete the following:

- Volunteer Application & Background Check  
*You are not to be on the field with kids until this is completed*
- AYSO's Safe Haven (aysou.org)  
*You are not to be on the field with kids until this is completed*
- AYSO CDC Concussion Awareness (aysou.org)  
*State law requires you to complete this*

Coaches (Head & Assistant) must also complete:

- Division appropriate training
- Recommended: online Basic Referee Training & Summary Laws of the Game

### **Key Points:**

- ***Coaches MUST wear their Red Coach shirts to every practice and game***
- ***Do not allow un-certified adults/teens/kids take your place as Coach at any time***
- ***This is all for the safety and well-being of the kids***
- ***Other Rec soccer programs DO NOT require background checks***



## COACHING SAFETY

- Players must wear shin guards, cleats and, at games, the proper uniform.
- No hard/plastic hair bows, no watches/bracelets, no earrings.
- No dogs at the fields! **NO DOGS. NO DOGS.**
  - Game/Practice will not start until dog is removed from the field area.
- All portable goals MUST have sandbags.
- Player injuries should be reported at [www.laderasoccer.net](http://www.laderasoccer.net) using the incident report
- The most UP TO DATE Field Conditions for Ladera Fields:
  - **TEXT ALERTS: Text AYSO1455 to 84483 to opt in.**
  - Check on MatchTrak
  - Check Field Status on [ayso1455.org](http://ayso1455.org) (lower right)
  - Follow us on Twitter: @laderaranchayso
  - Playing outside of Ladera? Check the field on MatchTrak

Main Menu - R1455 > Fields > Regional

Details	Park - Field	Map	Games	Division(s)	Status	Upd:
	L1455-Cox Sports Park 2		0		Open	07/3C
	L1455-Cox Sports Park 3		0		Open	07/3C
	L1455-Cox Sports Park Soccer A		0		Open	07/3C
	L1455-Cox Sports Park Soccer B		0		Open	07/3C
	L1455-Founders U10		0		Open	07/3C
	L1455-Founders U7-1		0		Open	07/3C
	L1455-Founders U7-2		0		Open	07/3C
	L1455-Founders U7-3		0		Open	07/3C
	L1455-Founders U8-1		0		Open	07/3C
	L1455-Founders U8-2		0		Open	07/3C
	L1455-Founders U8-3		0		Open	07/3C
	L1455-Oso Park U6-1		0		Open	07/3C
	L1455-Wagsdale U5-1		0		Open	07/3C
	L1455-Wagsdale U5-2		0		Open	07/3C
	L1455-Wagsdale U5-3		0		Open	07/3C
	L1455-Wagsdale U5-4		0		Open	07/3C

Previous Expand Collapse Next

R1455 Games  
by Date - Time  
by Division - Date  
by Park \ Field  
Recent Scores -  
Missing Scores -

Playoff Games  
by Division  
by Date - Time  
by Park \ Field  
Championship Games

Utilities  
Export Games

Fields  
R1455 Fields



## AYSO PROGRAMS



### AYSO Core Program

- AYSO Philosophies
- Balanced Teams
- Everyone Plays
- Recreational Soccer

### AYSO Core Postseason

- AYSO Philosophies
- Everyone Plays
- All-Stars selected after fall season to reward best players

### AYSO Extra

- AYSO Philosophies
- Everyone Plays
- Club-like program at a fraction of the cost
- Professional trainers
- Best coaches
- Try-outs in December
- Play in Section and Area Circuits

### AYSO United

- AYSO Philosophies
- Everyone Plays
- AYSO's official club program





## COACH DEVELOPMENT

- Coaches are *the key ingredient* in parents/players overall experience with the league

We want to invest better in you!


- We want to focus on better enabling new coaches at the younger ages and providing additional support to help them develop
- Feedback on last year's new resources available for our coaches?
  - Coach Connection Portal
  - The Coaching Manual
  - Coach Deck
- Coaching Excellence Program - unique to AYSO Region 1455
  - Mission is to promote AYSO through amazing coaches, promote and share best practices and to provide a framework for coach advancement and to recognize achievements






## COACH DEVELOPMENT

- [ayso1455.org](http://ayso1455.org) > COACHES tab > Coach Portal




# COACH CONNECTION




Welcome to the **AYSO 1455 Coach Connection**. We aim to promote AYSO through amazing coaches! Here you will find everything you need to plan and run your season.


What brought you here today?




I'm thinking about becoming a coach. Is it right for me?




I've volunteered to coach, now what?




I'm new to soccer, can you help?



I'd like to run a well managed team



I want to maximize my players' development



I want to take my coaching to the next level

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## SENIOR COACH

### Senior Coach

- Responsibilities
  - Serve as shining examples of positive coaching and upholding AYSO's six philosophies
  - Serve as a substitute coach if/when needed
- Qualifications
  - Be a head or assistant coach in the upcoming season.
  - Two in-person AYSO Coach Training courses with at least one at 10U+.
  - Two seasons as a Head Coach in two different divisions. (Divisions are based on required training. Thus, 5U & 6U are considered one division and 7U & 8U are considered one division.)
  - Have completed the Summary Laws of the Game online training course at aysou.org.
  - Have completed Regional Referee certification (must be in-person training class).
  - Have RCA and staff approval.
- Awards
  - Senior Coach Shirt, Senior Coach Ball Bag
  - Seniority on uniform selection and practice time selection.

Apply at <http://laderasoccer.net/seniorcoach/>



## MASTER COACH

### Master Coach

- Responsibilities
  - Serve as shining examples of positive coaching and upholding AYSO's six philosophies
  - Serve as a substitute coach if/when needed
  - Ask a Master Coach program
- Qualifications
  - Be a head or assistant coach in the upcoming season.
  - Have completed every coach training up to Intermediate.
  - Have completed at least three seasons as a Head Coach in two different divisions.
  - Have completed the Summary Laws of the Game online training course at aysou.org.
  - Have completed Regional Referee certification and refereed three games at 10U+.
  - Have RCA and staff approval.
- Awards
  - Master Coach Jacket
  - Seniority on uniform selection and practice time selection.

Apply at <http://laderasoccer.net/mastercoach/>



## ASK A MASTER COACH

- “Ask a Master Coach”
- Some Master coaches will be available as a limited resource for coaches in a specific division to ask questions and advice such as:
  - *Can you explain offside to me?*
  - *How should I have my team do Goal Kicks?*
  - *What formations should I use?*
  - *My team always starts off slow and sluggish, how should we warmup?*

*Questions about the programs, disputes, issues, etc. need to be directed to the RC, RCA, RRA, division coordinators, etc.*



## SKILLS DEVELOPMENT PROGRAM

### Skills Clinics

- We will be offering weekly skills clinics for up to 12 Rec program players per session run by professional trainers from First Touch Coaching
- Pre-registration is required – sign up for each individual day/session
- Registration will be first-come first-serve, but any player that has not yet attended a session will get preference over ones that already participated
- Tuesday nights at Cox Baseball #3
  - 5:00-6:00pm – 7U and 8U
  - 6:00-7:30pm – 10U
- Wednesday nights at Cox Soccer A (turf)
  - 7:00-8:30pm – 12U and 14U
- Coaches may observe from a distance



## COVID RETURN TO PLAY GUIDELINES

### Return to Play Phases (set forth by AYSO Area 11L)

- PHASE I – where we are now
  - No Contact
  - Focused on return to activity with individual training; no group drills
  - No sharing of water or equipment
  - Participants to remain a minimum of 10 feet apart
  - Practice times should be set to maximize social distancing
- PHASE II
  - Small group training introduced; should not exceed 2v2
  - Physical contact to be minimized
- PHASE III
  - Small group training size may increase (2v2, 3v3, 4v4); should not exceed 4v4
  - Physical contact to be minimized
- PHASE IV
  - Introduction of controlled scrimmages/practice games
  - Physical contact to be minimized
- PHASE V
  - Full return of play

**Advancement in  
return to play phases  
is dependent on  
State and County  
guidance**





## COVID RETURN TO PLAY GUIDELINES

### Safety

- Mask recommended for ALL entering/exiting the field. Mask should be worn by coaches (have one in your pocket) if you have to tend to an injured child or cannot maintain social distancing guidelines)
- Only 2 REGISTERED/CERTIFIED Coaches & only players from your roster may be at practice
  - NO siblings, parents or guest players may be at the field.
  - No outside people (individual trainers from other organizations, kids kicking a ball around, etc.) shall be allowed on the field. Ask them to leave and call the Cox Sportspark number if they don't. 1-949-582-2414 (ext. 3)
- Record practice attendance and keep a log
- If a player or coach is sick, they must stay home until 3 full days without symptoms
- If a player/coach/in-house family member tests positive for COVID, the league MUST be notified immediately through an incident report written by the coach.
  - Copy of report sent to RC, Safety and CVPA



## COVID RETURN TO PLAY GUIDELINES

### Field, Arrival, Departure

- Parents staying at practice should stay socially distanced and wear face masks. Preference for them to stay in their cars or keep a safe and significant distance from the teams.
- For all practices at Cox
  - Practice activity ends at the designated time (i.e. 5:10pm for the early slot). That leaves 10 minutes to debrief, remove equipment, and exit the field (i.e. by 5:20pm).
  - Coaches and players may begin arriving 10 minutes before the designated time (i.e. 5:20pm for 5:30pm slot), but are not to enter the field/sideline until that time!
- Other fields – designate a dropoff/pickup or arrival area that is furthest from other teams.
- Equipment
  - No sharing of water or equipment. Every kid needs their own ball. No pinnies. Any shared equipment must be sanitized. At no time should equipment be handled by anyone but the coach.
  - Only one coach handles cones and other equipment. Sanitize before and after practice.
  - No throw-ins. No goalkeeper play.
- ***Place cones 10 feet apart on the sideline and have players put their bag and water next to a cone as their “home base” for practice. They will return to that cone at all water breaks and end of session.***



## COVID RETURN TO PLAY GUIDELINES

### Training Activities

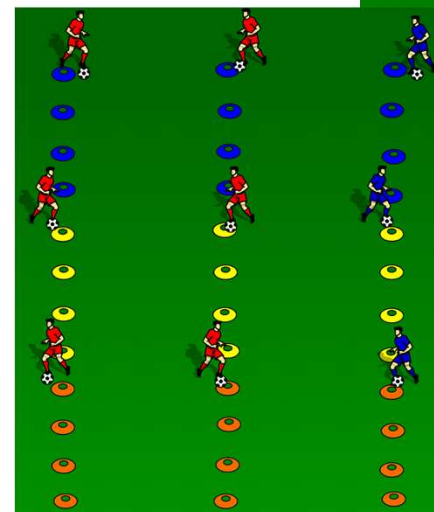
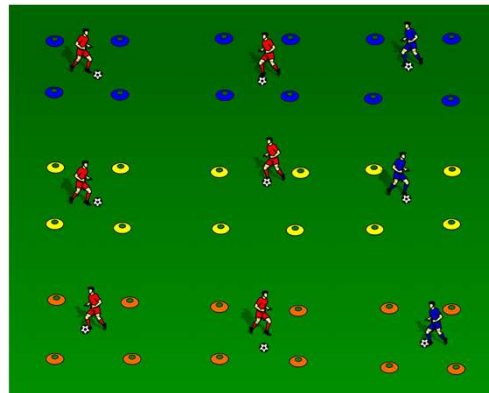
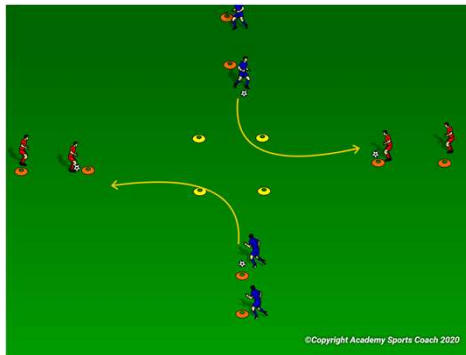
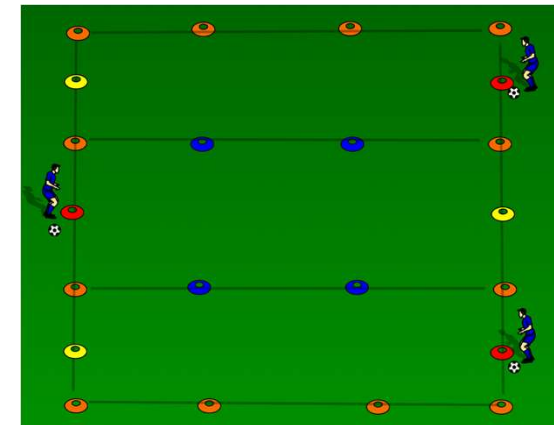
- Individual training and technical activities ONLY.
- No Contact between players
- Every participant (player or coach) should maintain a distance of 6-10 feet from one another during any drill or exercise.
- Absolutely no scrimmages within your team or against another team.
- Ball Mastery, Passing, Receiving, Dribbling, Fitness, Finishing
- Set up areas for players to take turns dribbling into and out or set up channels for players to work in that keep them 10 feet apart.



## SOCIALLY DISTANCED SESSION SETUP

Use multi-color cones to map out training areas to keep kids distanced. Some suggested configurations:

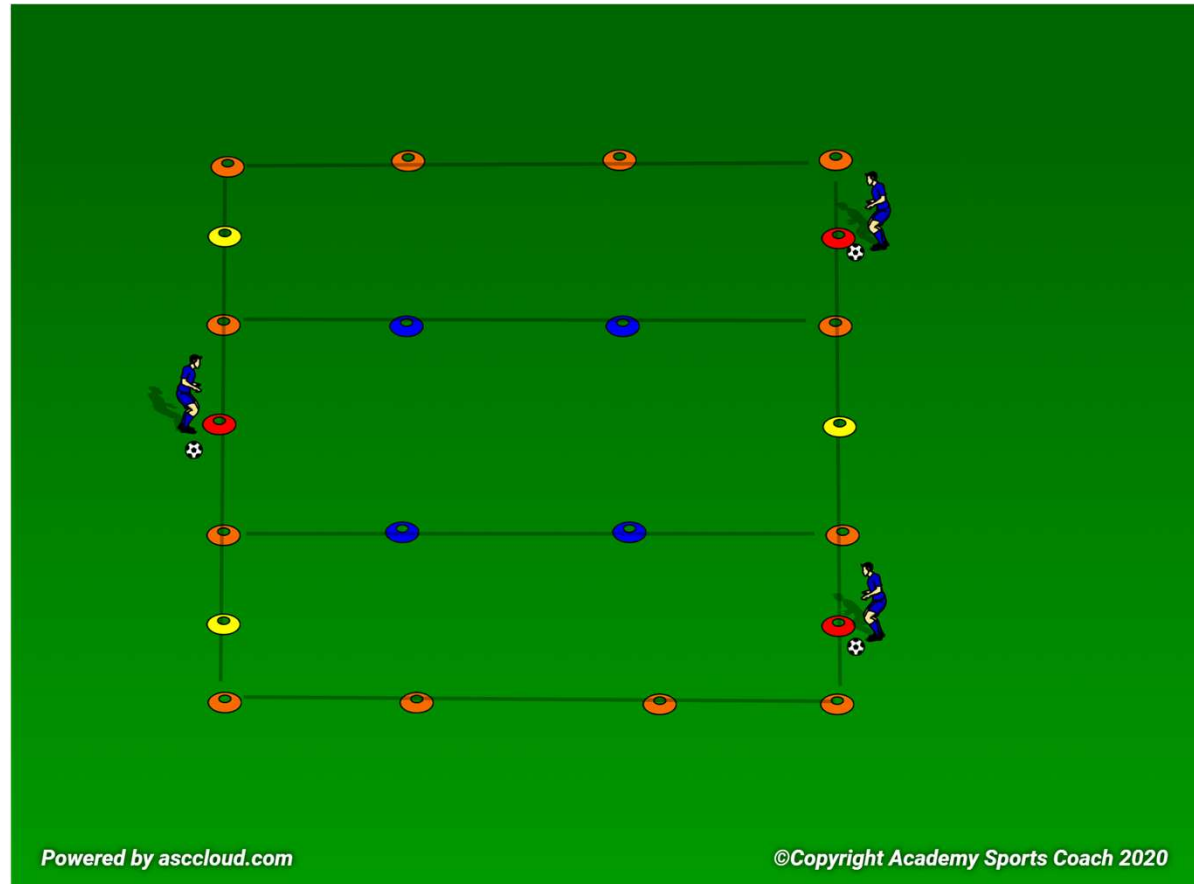
- 9 Grid (aka Tic-Tac-Toe)
- 2 cone stagger
- Close cone stagger
- Grid of Grids
- Cogi Training Circle





## SOCIALLY DISTANCED DRILLS

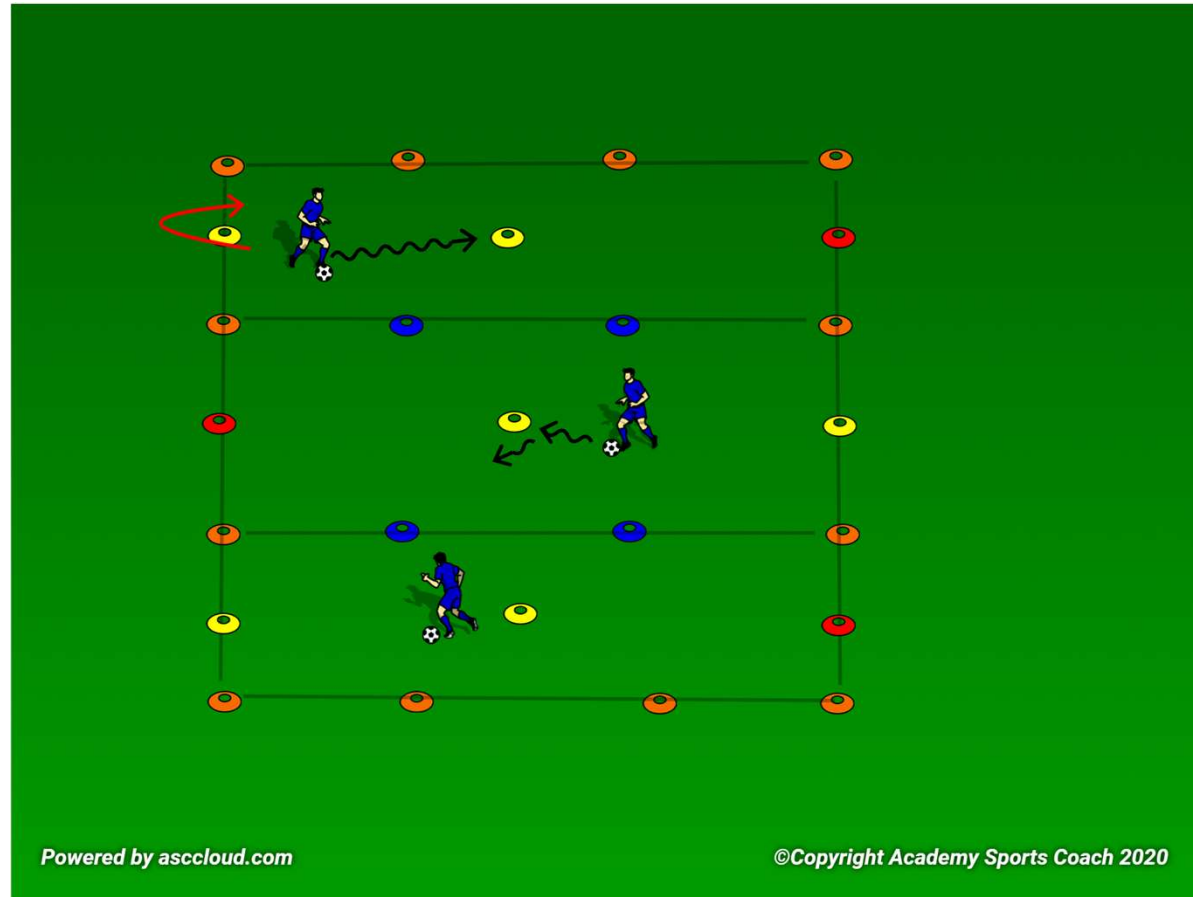
### 9 Grid (aka Tic-Tac-Toe) Set Up & Warmup





## SOCIALLY DISTANCED DRILLS

### 9 Grid (aka Tic-Tac-Toe) Ball Mastery



Players start at the red cones and then move or dribble in their lanes as specified by coach. Players make turns around the yellow cones and head back to their starting red cones. Players must stay in their lanes.

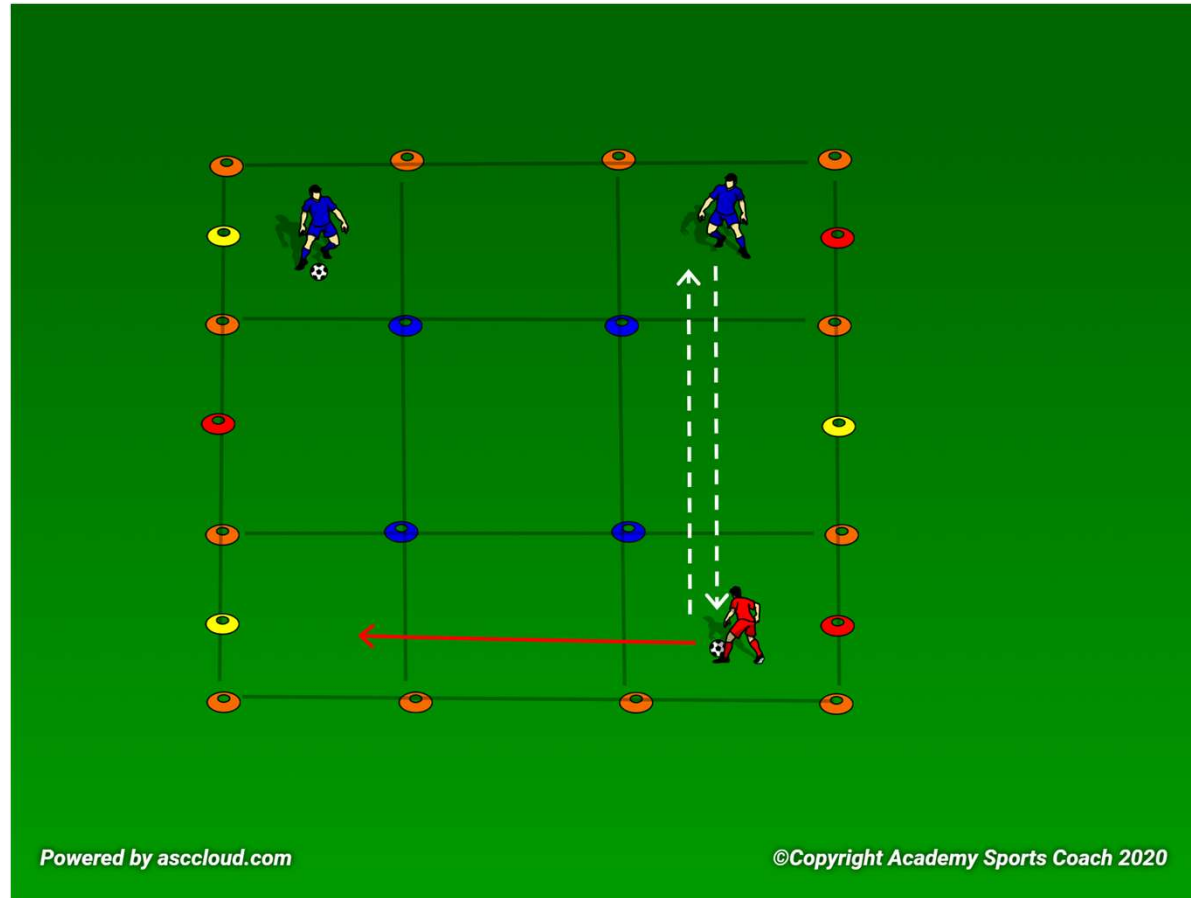
Add yellow cones in the center for players to practice "fakes" as if it was a defender.





## SOCIALLY DISTANCED DRILLS

### 9 Grid (aka Tic-Tac-Toe) Passing & Receiving



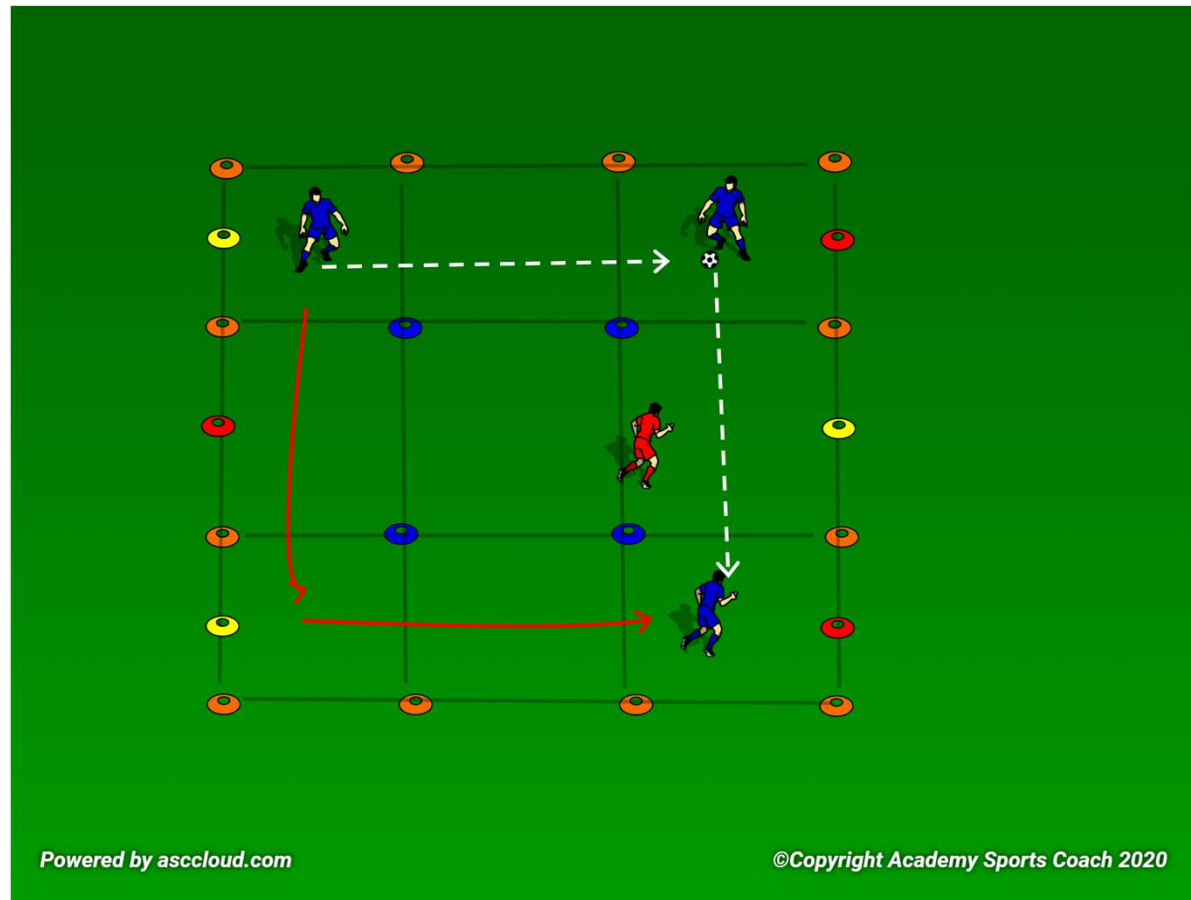
Players start in one corner of the grid and will pass the ball as specified by the coach.

- 1) Red receives a pass from one Blue player and plays it back (2 touches) before moving to the other open corner to repeat. (2 balls)
- 2) Red plays a 1 touch back to blue (2 balls).
- 3) Red receives and moves the ball to the open corner and plays it to the other blue player (1 ball).
- 4) Red receives the ball and plays it diagonally to the other blue player, then moves to the open corner to receive the ball and repeat.
- 5) Red plays a one touch pass diagonally to the other blue player,, then moves to the open corner to receive the ball and repeat.



## SOCIALLY DISTANCED DRILLS

### 9 Grid (aka Tic-Tac-Toe) Game



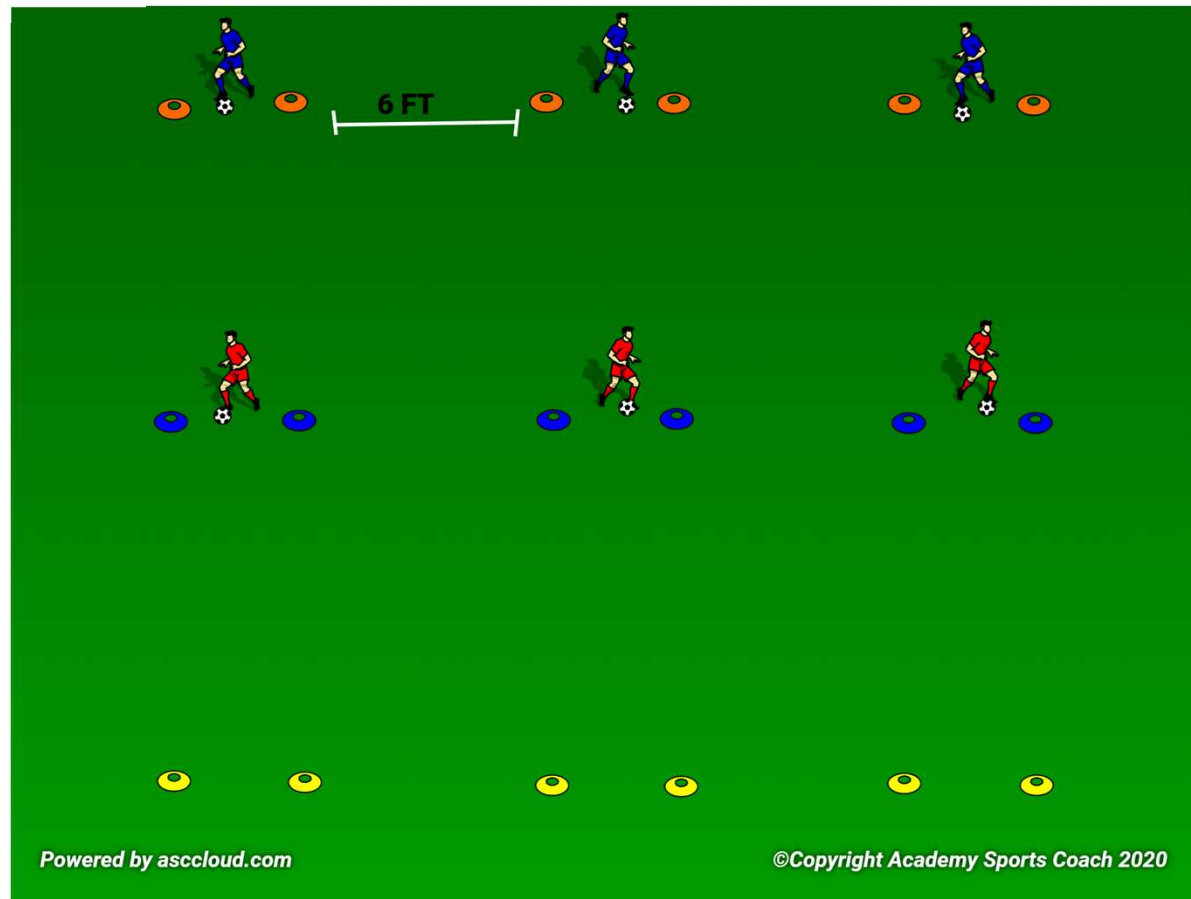
Players start in one corner of the grid and pass the ball around the grid. Players must move to ensure that the corners closest to the player with the ball are filled while the corner diagonal from the ball is left open.

Game: Add a defender in the middle who move to any non-corner square. This player works to intercept the ball. Add a goal for him to score in or he may "hit" a yellow or red cone in a corner with the ball for a point. Possession players earn a point for every pass made through the middle square.



## SOCIALLY DISTANCED DRILLS

### 2 Cone Stagger Set Up

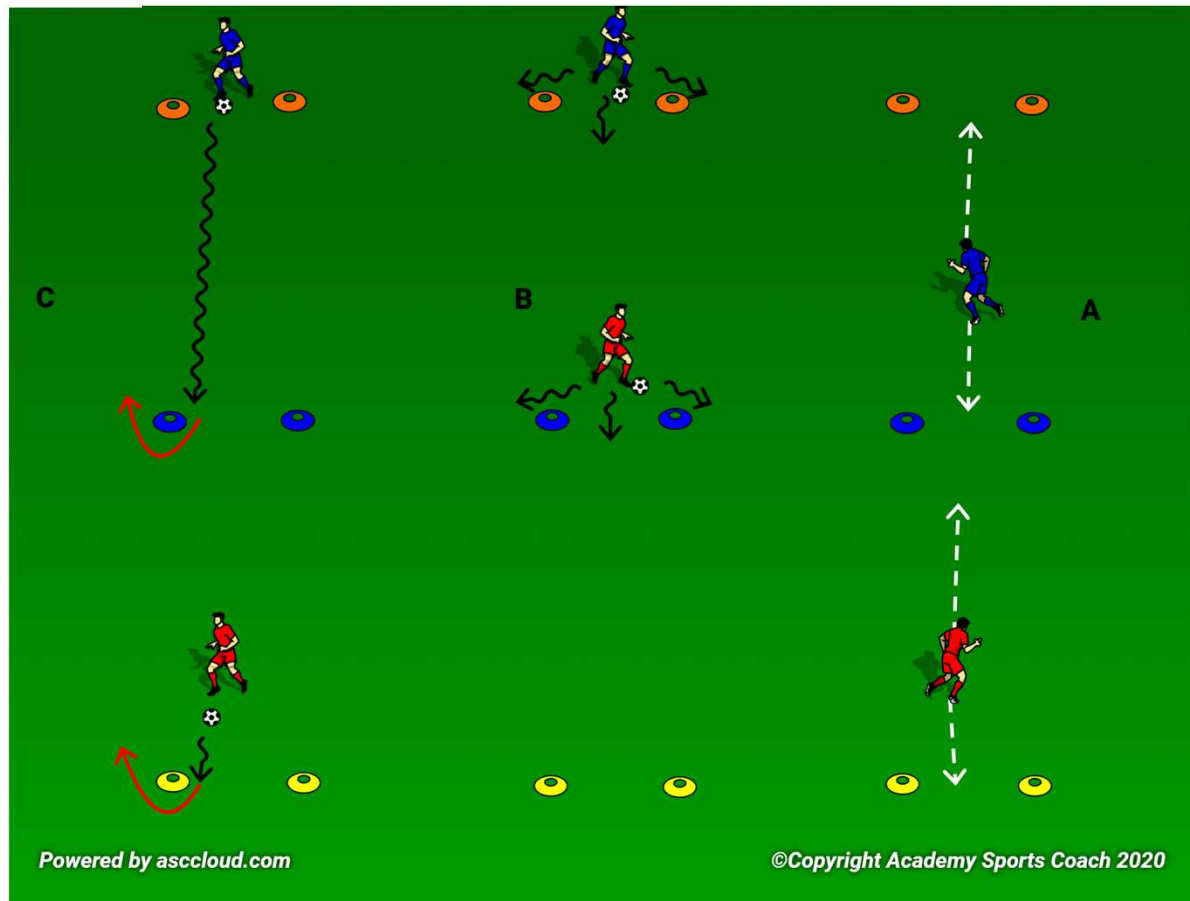


Place two cones 2-3 feet apart in rows with columns of cone pairs at least 6 feet apart. Each player sets up between two cones with one row of cones left empty.



## SOCIALLY DISTANCED DRILLS

### 2 Cone Stagger *Warmup & Ball Mastery*

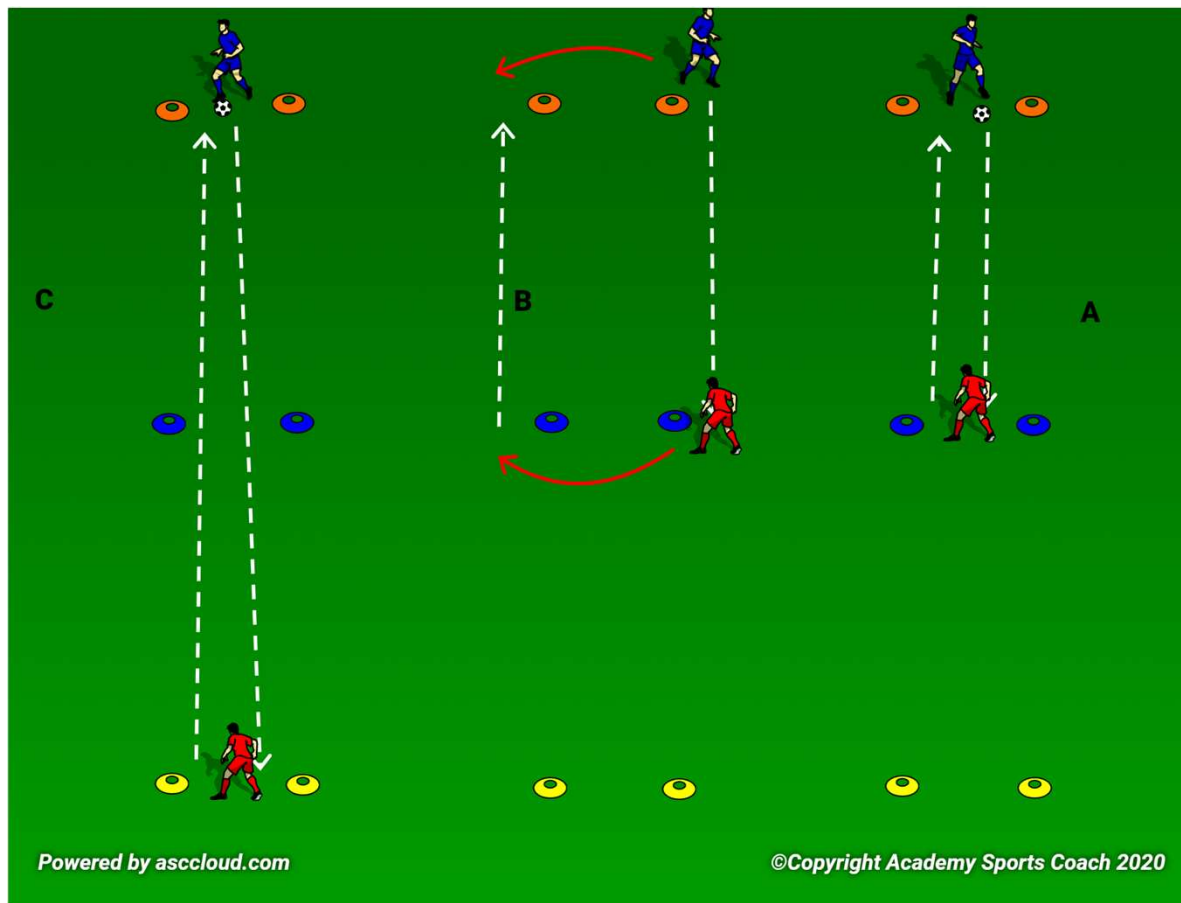


- a) players move without the ball to the next pair of cones and then return. jog, sprint, shuffle, high knees, open the gate, etc.
- b) players perform ball mastery moves between and around the cone pairs. roll, pull back, inside/outside, etc.
- c) players move with the ball to the next pair of cones and then return. right/left/inside/outside/specific turns around the cones, etc.



## SOCIALLY DISTANCED DRILLS

### 2 Cone Stagger *Passing & Receiving*

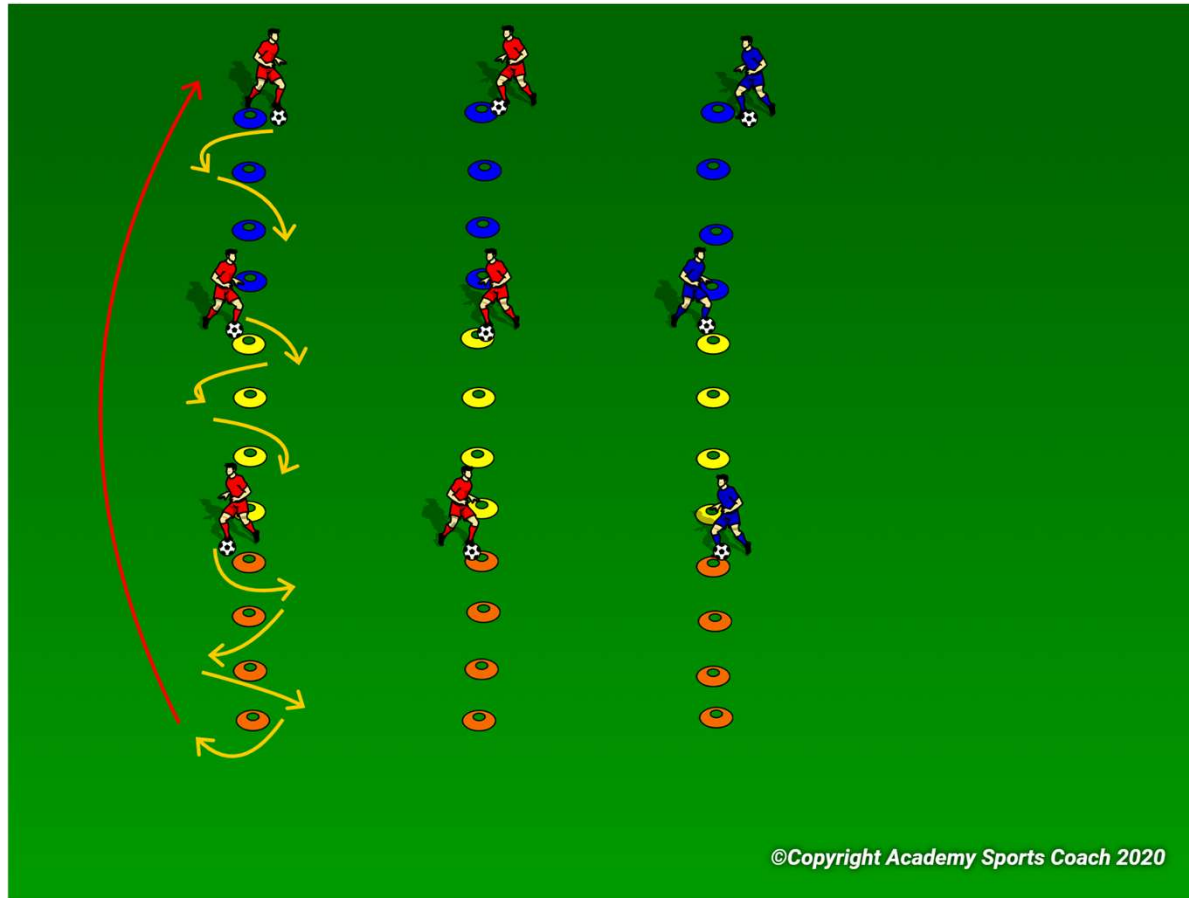


- a) players play short passes between the cones; two touch (receive and pass), one touch, alternate feet.
- b) players pass to the outside of the cones, which act as defenders and move the ball across the cones.
- c) long passes.



## SOCIALLY DISTANCED DRILLS

### Close Cone Stagger *Warmup & Ball Mastery*



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Place cones 1-2 foot apart in columns that are 10 feet from the next column. Each player with a ball takes a starting position next to one of the first cone of a particular color in each column.

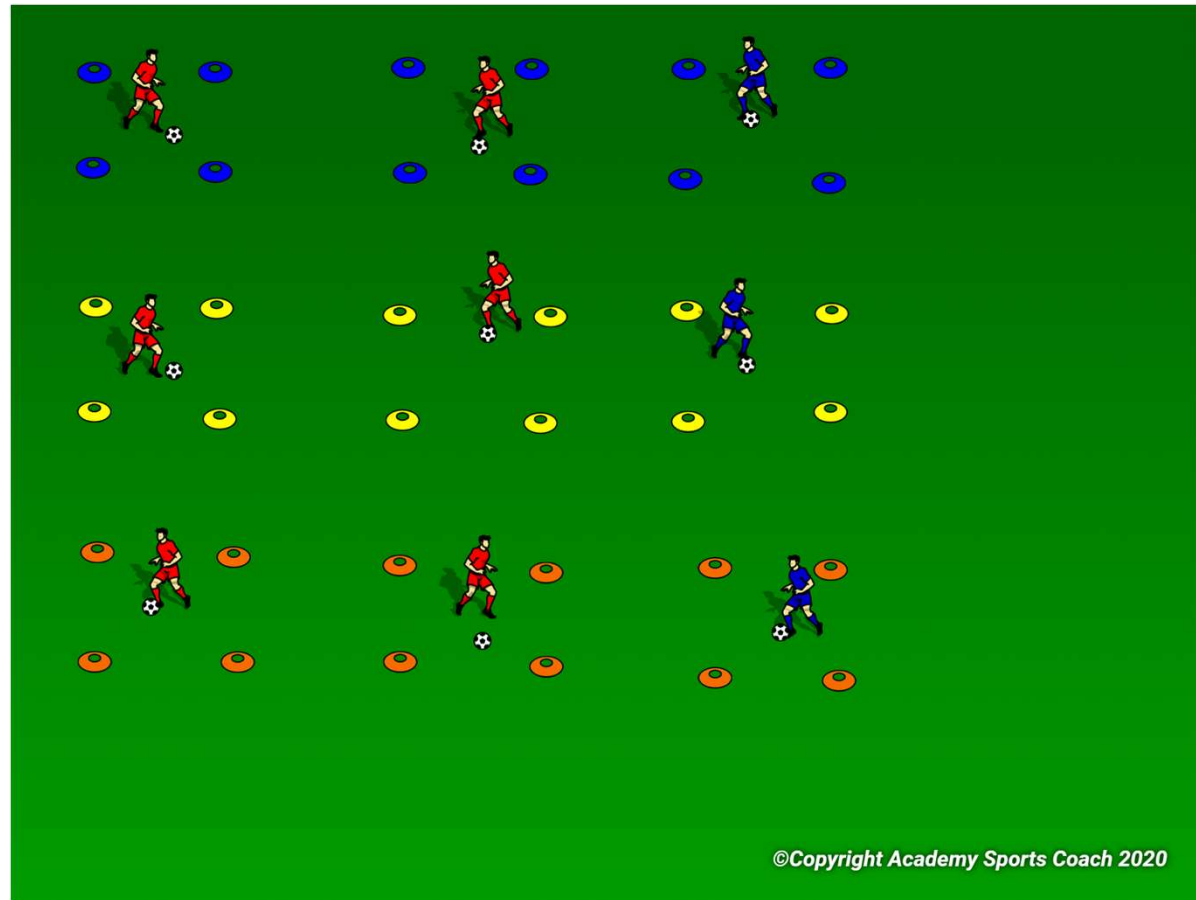
Perform warmup and ball mastery activities with and without the ball. Movement can be in/out of cones, along side of cones, etc. Players move back to the beginning of the column after reaching the end. Players must look up and keep proper distance from players in front.





## SOCIALLY DISTANCED DRILLS

### Grid of Grids *Setup*

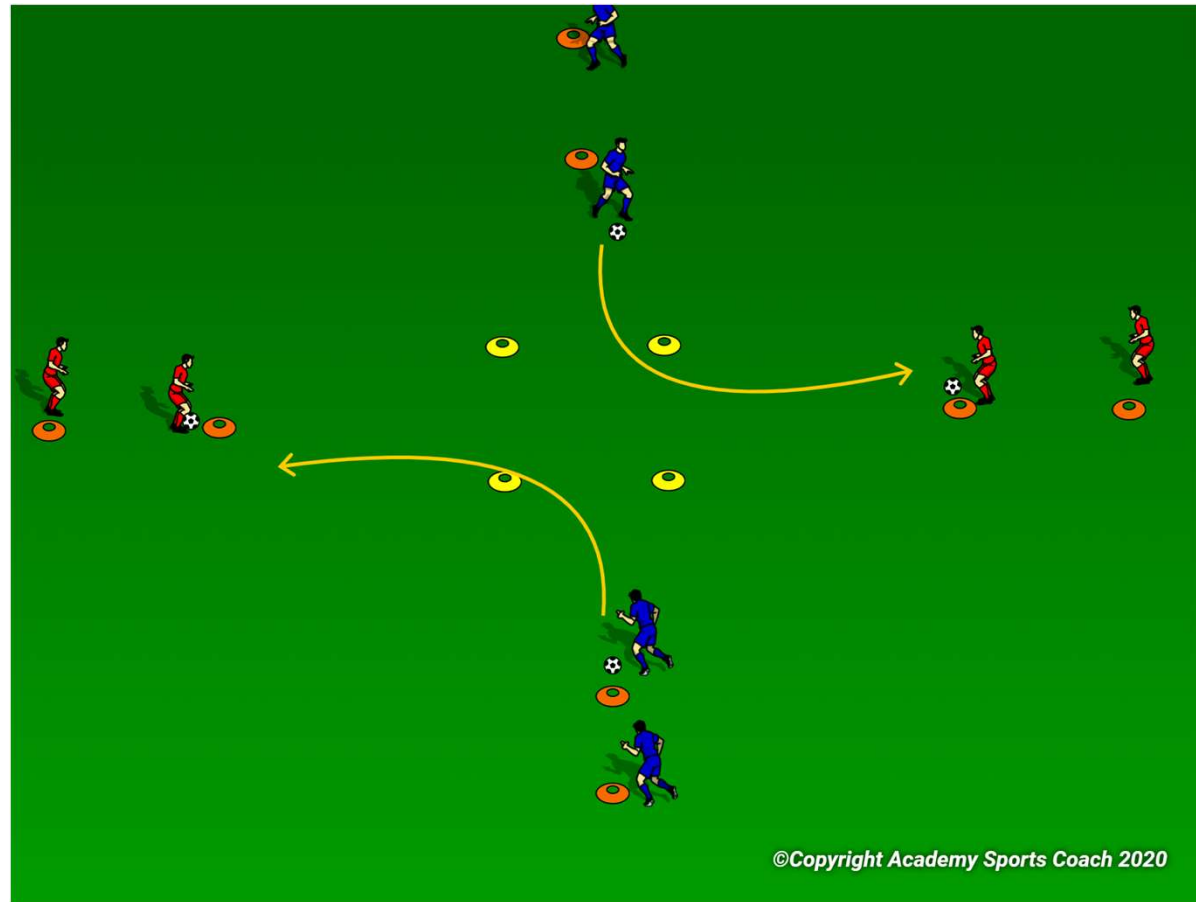


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## SOCIALLY DISTANCED DRILLS

### Cogi Circle *Setup*





## MORE INFORMATION

<http://laderasoccer.net/fall2020/>

- Checklist of training to be done
- Practice Schedules
- Field Map
- When to pick up equipment and coach shirts
- And more....



## CREATING A POSITIVE EXPERIENCE

- Dealing with Parents
  - Only coaches coach. Parents are with their kids much more than you – they can give their kids instruction then. Practices and games are for you, and you only, to coach.
  - Never allow parents to enter the field of play, threaten or argue with the referee or opposing team nor make any negative comments directed at kids.
- Dealing with Other Coaches
  - Introduce yourself to your game day colleagues before the match or via email the week of the game. Friendliness ahead of time!
  - Do not change the rules or format – this is where most problems occur.
- Dealing with referees
  - In 7U/8U especially, but also in 10U/12U referees are usually new – consider them to be in training just like your players.
  - Don't yell/argue at/with them from the sideline. Ask questions at the end of the game.
  - Know the Laws of the game - <https://www.ussoccer.com/referees/laws-of-the-game> and/or take the online course at aysou.org: Summary Laws of the game
  - **Zero tolerance for any abuse of referees.** You may ask "What was the call" but nothing more. Do not approach youth referees at half time to give suggestions.
  - If you have any issue with a referee, do not contact them, contact the RRA immediately.



## CREATING A POSITIVE EXPERIENCE

- Let other coaches know about your team. For example:
  - *“We have a really strong girl who seems to score every time she gets the ball. I’ll be having her sit out the third quarter.”*
    - This lets the other coach make sure his best players are in against your best, which is the best for everyone’s development.
  - Email: *“Coach, we will be missing our best three players this weekend due to baseball. Please go easy on us.”*
    - This lets the other coach adjust his lineup to play weaker players up front and be prepared to avoid a blowout.
  - *“Number 5 on my team hasn’t scored all season. We are going to try really hard to get him a goal today.”*
  - At halftime: *“Coach, your boys are much bigger and stronger. Would you mind holding them further back on throw-ins to give us a chance to gain possession, even if briefly?”*



## PLAYER DEVELOPMENT

- Restarts - don't press the other team
  - Allow kids to receive the ball well and then attempt to distribute it up the field.
- Positions - balance between rotating positions and making kids comfortable
  - You should let every kid try every aspect of the game – not just have your best player always playing centrally or attacking, nor try to hide your worst player(s).
  - Total Football – To be most effective in team play at higher levels, players need to understand what each role on the field is.
  - Everyone should get their turn at kick-ins/throw-ins, kick-offs, goal-kicks, corner-kicks, playing GK, defense, striker, etc.
  - Let the kids that won't touch the ball in the field of play take more than their share of restarts.
  - Let's remember that in 5U, 6U, 7U & 8U – there are no standings. And...
  - In 10U, 12U every team (with enough Referee pts.) should make the playoffs.
- **Teach skills over aggressive play** – Luka Modric and Lionel Messi are small, but are two of the best players in the world because of their technical ability.
  - Kids who rely on being physically superior at a young age end up being weaker players as the game spreads out.

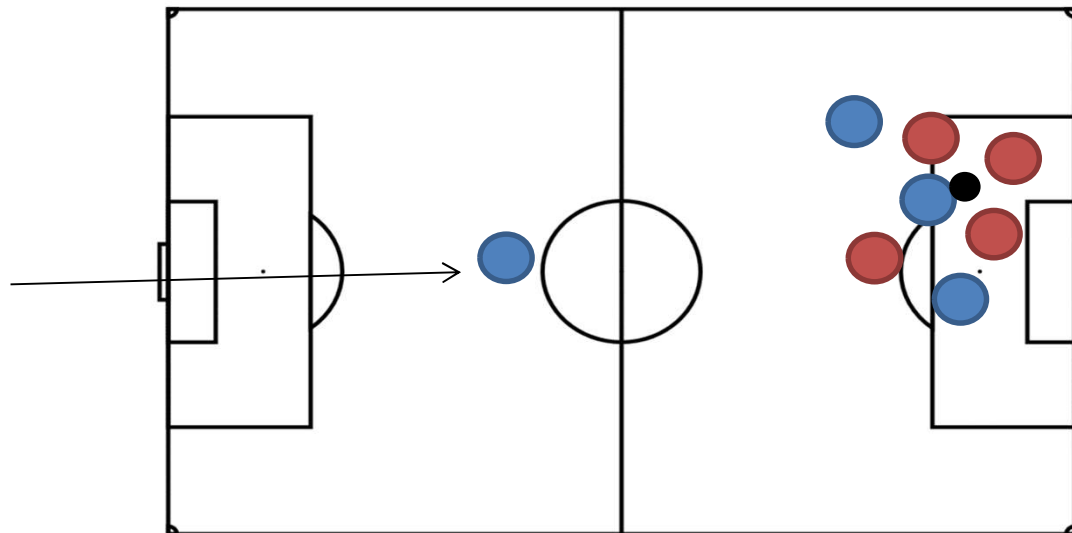




## DEFENSIVE POSITIONING

- You may NOT keep a defender parked in front of the goal during games. If you do have a player positioned as a defender, the general rule of thumb is that player should be at least half way to the midfield line when the ball is in the opponent's half of the field and at least a few yards in front of the goal when it is in your side of the field. In other words, players can defend but cannot block the goal. Use the goal box/arc as a guide (players should not enter that area until the ball has). Should your opponent be putting a player in front of goal in this manner, please gently/kindly remind them and/or seek assistance from the referee.

Defensive player, if you have one, should be here unless there is an active attack.



*Blue attacking to the right*

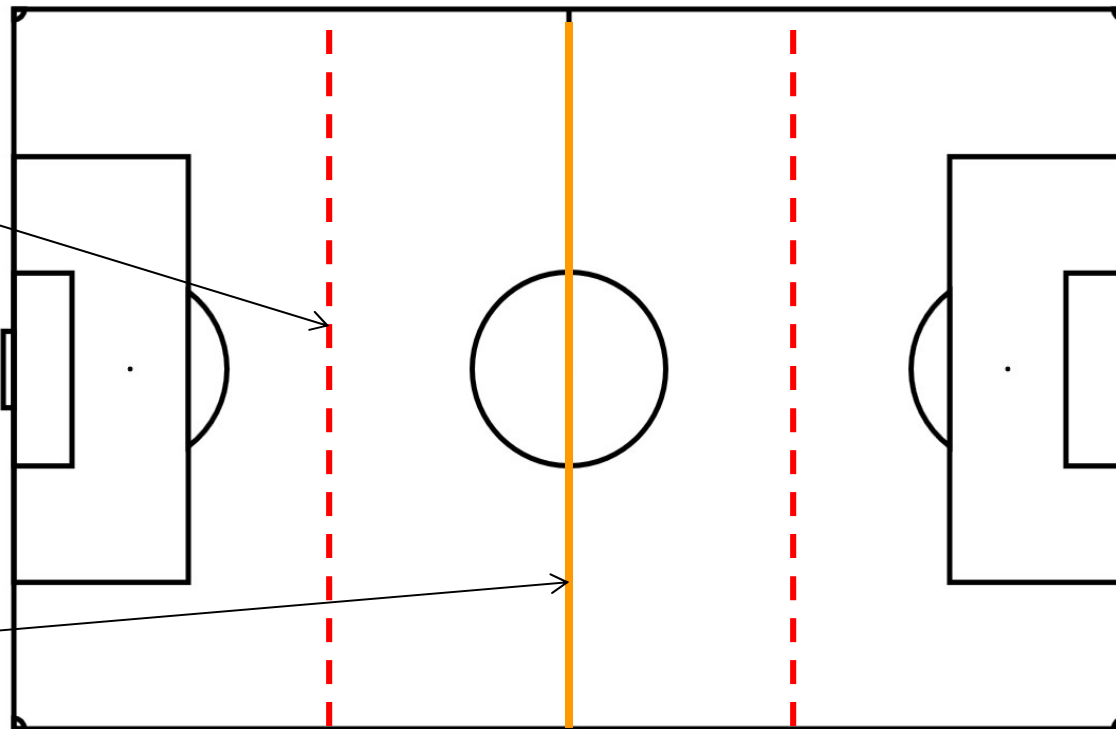


## BUILD OUT LINE

- Opposing team must be behind the build-out line on goal-kicks and when the GK holds the ball.

**10U+**  
half-way between  
midfield and penalty  
area

**5U-8U**  
midfield line





## SUBSTITUTIONS

- Substitutions are only allowed half way through each half (quarter break) and at half-time.
- You may not “sub in” a player for another player without the Referee’s approval even if injured, crying or for any other reason.
- AYSO mandates every player to play at least half of a game. Region 1455 mandates no player shall play four quarters until every player has played three quarters.
- In some divisions, the team size and format means some kids will sit out for half of a game.
  - No player may sit out two quarters of a game again until each player from the team has already done so an equal number of times. (exception is 10U playoffs)
- Make a substitution plan. Do the math – it’s easy.
  - 4v4 with 6 players: 4 (qtrs.) X 4 (players) = 16 playing opportunities. So, four kids play three quarters ( $4 \times 3 = 12$ ) and two kids play two quarters ( $2 \times 2 = 4$ ).
  - 7v7 with 10 players: 4 (qtrs.) X 7 (players) = 28 playing opportunities. So, eight kids play three quarters ( $8 \times 3 = 24$ ) and two kids play two quarters ( $2 \times 2 = 4$ ).



## SUBSTITUTIONS

- Don't have a player sit out consecutive quarters.
- Don't have a player always sit out the same quarter each game. i.e. If he sits out Q1 this week, have him sit out Q2 the following, and Q4 the following, etc.
- Make sure that parents let you know when their kid will be absent or late.
- **Don't have a player sit out half a game before every other player has.**
- Example of subbing plan:

	<i>When will each player sit out?</i>			
Player	Game 1	Game 2	Game 3	Game 4
Ronaldo	Q1	Absent	Q3	Q2 & Q4
Messi	Q3	-	Q1	Q1 & Q3
Neal	Q2 & Q4	Q1	Q2	Q4
Janice	Q4	Q3	Q2 & Q4	Q2
Tony	Q1 & Q3	Q2	Q4	Q1
Scott	Q2	Q4	Q1 & Q3	Q3



## AVOIDING BLOWOUTS

- Avoid blow-outs. Any score differential greater than 6 is considered a blow out and you will be subject to disciplinary review.
  - Institute left-foot only, or every player must score before one does again, or passing/possession.
  - Let the other team score one if you are winning in a lopsided game. Teach empathy. Make this a positive experience!
  - Challenge strong players in ways other than scoring.
  - Mix-up the teams in 8U and below.
    - Players should get equal playing time throughout the season, so don't always sit a dominant best player to avoid a blow out. Instead, have them put on a pinnie and play for the other team.



## GAMES

- Only two certified and verified coaches may coach during a game.
  - Coaches must wear this year's coach shirt at all games.
  - Coach must have copies of registration forms at all times (for emergency information).
  - Coaches must remain in the coaching area (7U+) on their designated side of the field.
- No other coaching from the sideline is allowed.
  - Parents may only cheer for their player and team.
- You should arrive 30 minutes prior to the game. Players should arrive 20-30 minutes prior to the game.
  - Warmup. Get checked in by the referee(s). Coin toss. Pre-game speech.
- Home team provides game ball(s) (3 for 10U+, 1 for youngers – pick up at MYTD)
- Teams' parents must sit on the opposite side of the field from each other. Even if it is sunny/facing the sun.
  - No sitting behind the goal areas.
  - Some field are marked with an H and A painted near the half line for home and away sides. If there is no marking, the Home team will choose the sideline.





## GAMES

- End games on time so the next teams can begin on time. If your game starts late, you still must end on time (you play less).
  - Coaches give gentle reminders to coaches/referees on the field before you if they haven't cleared out a few minutes ahead.
- If both Head and Assistant will miss a game, please contact Division Coordinator and ARCA-Development well ahead of time to find substitutes.
- When your team is short players...
  - In 10U+ standings are kept. If a team doesn't have the minimum number of players to start the match, the game result is a forfeit.
  - All divisions – the whole goal is for the kids to play. Borrow players, play short(er) sided, make it a scrimmage... just let the kids play and have fun. Always bring your pinnies.

**If you know ahead of time you will be short players please email the opposing coach, your division coordinator AND Neal at [rca@ayso1455.org](mailto:rca@ayso1455.org)**



## REFEREES

7U & 8U teams are required to provide a certified referee for their home games.

- Coaches should recruit at least two parents and/or older siblings (must be at least 10 years old) to become referees. This would mean roughly three games refereed during the season in addition to a four hour class in August.

10U+ teams are required to earn Referee Points to qualify for the playoffs

- There is one center and two assistant referees per game
- Therefore, you should have at least three parents earning 2-3 points total per week
- Don't let the responsibility fall on you!

Coaches should check if referees are signed up for your game by clicking on “Referee Login” on the left menu

- Username: “coach 1455”
- Password: “1455”



**If no referee is signed up for the game 2 days prior, the game is subject to cancellation**



## FIELD EQUIPMENT

Coaches are responsible for designating parents to help set up fields

- First game of the day sets up – arrive 30 minutes prior to game time
  - For 8U+ goals, two sandbags on rear bar (touching the ground) of each goal
- Last game of the day puts equipment away
  - 8U+ goals must be locked up. Sandbags returned to storage bins.
  - Corner flags and pug goals must be put into storage closets.

Teams may use goals for practices

- For 8U+ goals, two sandbags on rear bar (touching the ground) of each goal
- 8U+ goals must be locked up. Sandbags returned to storage bins.
- If you use goals for the earlier practice time, don't assume the next coach will use them – make sure that coach will use them and lock them up, or lock them up yourself.
- DO NOT TAKE PORTABLE GOALS AWAY FROM THE FIELD
- PLEASE SHARE EQUALLY - DO NOT MONOPOLIZE GOALS AT PRACTICE

Lock code: 9191. Some of the equipment cabinets are 8102.



## 5U - JAMBOREE DIVISION FORMAT

- Every player gets a free ball!!!
- 4v4 (no goalkeepers) with Pugg goals and size 3 ball
- No practices, just Jamboree session on Saturdays
- 25-minute skills/games/practice session led by an Evo Trainer
  - Coaches should assist the trainer in making sure the players are doing the games/skills correctly and enjoying themselves.
- 20-minute (two 10-minute halves) game
  - Each team may have two coaches present on the field to help guide players, but should stay out of the way of play
  - Stop half way through each half for substitutions
  - Restarts (when the ball goes out of play): Goal-kicks, corner-kicks, kick-offs and kick-ins (from sideline). But, when safe the ball may be gently “kept in” by coaches to avoid constant restarts.
  - Opposing team must be in their own half on goal-kicks.
  - No player shall play four-quarters until all players have played three-quarters. All players must play at least two-quarters.
  - Emphasize development and fun over winning!



## 6U DIVISION FORMAT

- 4v4 (no goalkeepers) with Pugg goals and size 3 ball
- 6 players per roster
- One 45-minute practice per week
  - Evo coaches will be available periodically over the season to lead practices
  - Optional: partner with same gender/age team at practice for drills and scrimmages
- 40-minute (two 20-minute halves) game
  - During September, Coaches may be on the field, staying out of the way of the action
  - After October 1, Coaches should stay on their respective sidelines in the coaching zone
  - Stop half way through each half for substitutions
  - Restarts (when the ball goes out of play): Goal-kicks, corner-kicks, kick-offs and kick-ins (from sideline).
  - Opposing team must be in their own half on goal-kicks.
  - No player shall play four-quarters until all players have played three-quarters. All players must play at least two-quarters.
  - Emphasize development and fun over winning!



## 7U DIVISION FORMAT

- 5v5 (no goalkeepers) with Pugg goals and size 3 ball
- 7 players per roster
- One 45-minute practice per week
  - Evo coaches will be available periodically over the season to lead practices
  - Optional: partner with same gender/age team at practice for drills and scrimmages
- 40-minute (two 20-minute halves) game
  - One Referee provided by Home team
  - Coaches should stay on their respective sidelines in the coaching zone
  - Stop half way through each half for substitutions
  - Restarts (when the ball goes out of play): Goal-kicks, corner-kicks, kick-offs and kick-ins (from sideline).
  - Opposing team must be in their own half on goal-kicks.
  - No player shall play four-quarters until all players have played three-quarters. All players must play at least two-quarters.
  - Emphasize development and fun over winning!





## 8U DIVISION FORMAT

- 6v6 (no goalkeepers) with 4' x 6' bow-net goals and size 3 ball
- 8 players per roster
- One 55-minute practice per week
  - Evo coaches will be available periodically over the season to lead practices
  - Optional: partner with same gender/age team at practice for drills and scrimmages
- 40-minute (two 20-minute halves) game
  - One Referee provided by Home team
  - Coaches should stay on their respective sidelines in the coaching zone
  - Stop half way through each half for substitutions
  - Restarts (when the ball goes out of play): Goal-kicks, corner-kicks, kick-offs and **throw-ins** (from sideline).
  - Opposing team must be in their own half on goal-kicks.
  - No player shall play four-quarters until all players have played three-quarters. All players must play at least two-quarters.
  - Emphasize development and fun over winning!



## 10U DIVISION FORMAT

- 7v7 (including goalkeepers) with size 4 ball – *(min of 5 players)*
- Two 75-minute practices per week
  - Evo coaches will be available periodically over the season to lead practices
- 50-minute (two 25-minute halves) game
  - Coaches should stay on their respective sidelines in the coaching zone
  - Three referees (referees should NOT officiate their child's match)
  - Stop half way through each half for substitutions/water break
  - Players should not specialize. i.e. no player should be playing more than two quarters as GK and all players should get a chance to play it
  - Restarts (when the ball goes out of play): Goal-kicks, corner-kicks, kick-offs and throw-ins (from sideline). One retake of throw-ins if done wrong.
  - Opposing team must be behind the build-out line on goal-kicks and when the GK holds the ball. GK may not punt the ball.
  - No player shall play four-quarters until all players have played three-quarters. All players must play at least two-quarters.
  - Minimize blow-outs. (have your top scorer play GK)
  - Invitational playoffs for teams meeting referee point quota.



## 12U DIVISION FORMAT

- 9v9 (including goalkeepers) with size 4 ball – (*min of 7 players*)
- Two 85-minute practices per week
  - Evo coaches will be available periodically over the season to lead practices
- 60-minute (two 30-minute halves) game
  - Coaches should stay on their respective sidelines in the coaching zone
  - Three referees (referees should NOT officiate their child's match)
  - Stop half way through each half for substitutions/water break
  - Players should not specialize. i.e. no player should be playing more than two quarters as GK and all players should get a chance to play it
  - Restarts (when the ball goes out of play): Goal-kicks, corner-kicks, kick-offs and throw-ins (from sideline). One retake of throw-ins if done wrong.
  - No build-out line.
  - GK **may** punt the ball. No Heading!
  - No player shall play four-quarters until all players have played three-quarters. All players must play at least two-quarters.
  - Minimize blow-outs. (have your top scorer play GK)
  - Invitational playoffs for teams meeting referee point quota.



## 10U-12U-14U PLAYOFFS

- Invitational playoffs for teams meeting criteria based on referee point quota, coach behavior, etc.
- Season record is used only for seeding, not for eligibility.
- The hope is for a double elimination tournament, but field availability and number of teams could require single elimination.
- Some Sunday and Weeknight games are usually necessary.
- Playoff games tied at the end of regulation will be determined by a process still TBD.