



2021

AYSO Region 9

COACHES MANUAL

"Training Champions – 2000 at a time"

Dates Coaches need to know

July 20 Coach Orientation Meeting – 6U/7U/8U Los Robles Greens Center *** 6-8PM
July 22 Coach Orientation Meeting – 10U/above Los Robles Greens Center *** 6-8PM
July 25 Practice Lottery Conejo Creek
Multiple Team coaches: 3 - 3:20PM (Must be Head Coaches for 2 or more Teams)
7/8U: 3:20 - 4PM 10U & above: 4 - 5PM

Aug 7 Coaching Clinics – Conejo Creek Fields
6U 10AM – Noon 8U 10AM – 1PM
10U 10AM – 2PM 12U 10AM – 3PM

Aug 2 First Day of Soccer Practice at Conejo Creek

Aug 21 Coaching Clinics – Conejo Creek Fields
6U 10AM – Noon 8U 10AM – 1PM
10U 10AM – 2PM 12U 10AM – 3PM

Aug 12 Team Manager Meeting Los Robles Greens Center *** 6-8PM

Aug 29 Uniform Handouts at parking lot of Thousand Oaks Teen Center 10AM-12PM

Sep 11 Week 1 - Opening Day of Soccer – Conejo Creek Park

Sep 25 Picture Day 1 Conejo Creek Fields 8AM - 5 PM

Oct 2 Picture Day 2 Conejo Creek Fields 8AM - 5 PM

Oct. 23 Winter League Registration begins

Oct. TBD 7:30 PM All-star Coaches' Meeting Date

Nov 20 Week 11 – Last day of 2021 season – Award/Trophy distribution at Fields

TABLE OF CONTENTS

GENERAL Information

2019 Important changes in Laws of the Game.....	3
Letter from Our RC	4
AYSO Mission - What are we here for anyway???	5
What is AYSO?	6
Kids	7
Volunteers.....	7
History.....	7
Vital Statistics.....	7
Region 9 AYSO Board Members	8
Regional Communication Tools	8
What is SAFE HAVEN ??	9
Volunteer Protection Act of 1997	9
Trophies/Awards	10
Ron Volk Award	10
Season Schedule and Format.....	10
Final Team Placement/Tiebreaker Rules	11
Post Season Soccer	11
Premier League, Rancho Conejo Program, AYSO Extra	11
Adult League & Allstar Soccer.....	12

COACHING Information

2021 Coaching Staff/How Can We Help.....	13
Coaching Clinics and Training	14
Coaching Clinics Continued	15
WHAT IS DISSENT ?	15
Coach's Responsibilities	16
Orientation Meeting	16
Practices	16
Team Notification	17
Uniforms.....	17
How to hand out uniforms	17
Game notes/What to do on Game Day	18
Cautions/Send offs.....	18
Coach Must-Haves/COACH BEHAVIOR	18
Playing Time/Substitution Guidelines	19
Safety, Injuries, Knee braces, Splints,When to get help.....	19
Ratings Meetings and cards.....	20
What do I need to do after the Coaches Meeting ?	20

REFEREE Information

Referee requirement.....	21
Referee Class Description	22

APPENDIX

Volunteer Application Instructions.....	23
AYSO/FIFA Rule Modifications – 6U/8U	24
AYSO/FIFA Rule Modifications – 10U/12U/14U	25
2021 Substitution Guidelines	26
Example Parent Meeting Outline	27
Example Parent Meeting Outline	28
Example Parent Meeting Outline	29
Example Parent Meeting Outline	30
OFFSIDE RULE SUMMARY	31
OFTEN MISUNDERSTOOD SOCCER RULES	32
The Five Skills of Soccer	33
What makes up a Team?	34
Soccer Action.....	35
SIDELINE ETIQUETTE	36
AYSO Soccer Accident Insurance	37
AYSO Soccer Liability Insurance	38
<i>86 Ways to say “Good Job !!</i>	39
Coach’s Code	40
Bill of Right for Young Athletes / Player’s Code	41
AYSO Code of Ethics.....	42

Whats new? Summary of important FIFA Law Changes-2019

These FIFA changes will affect EVERY game your team plays – ***PLEASE LEARN THEM:***

1. Coin Toss: winner can now choose either to kick off or which side to defend/attack. Loser, respectively, chooses which side to defend/attack, or kicks off. Page 87 of “The Laws Of The Game”.
2. Dropped balls: No longer contested. If play is stopped when the ball is in the penalty area, that goalkeeper gets the ball dropped to him/her. Otherwise, team that last touched ball when play stops gets the ball. Opponents must be 4 METERS away when ball is dropped. Page 88.
3. Goal Kicks and other kicks from inside the penalty area: In play as soon as the ball is touched and moves. Players still need to be outside the penalty area before the ball is kicked. This will likely affect 10U play as well with changes to PDI and the BOL rules. Page 131.
4. Defenders’ Walls: Attackers must stand a meter away from a Wall containing three or more defenders. Page 118.
5. Coaches’ on-field or touchline discipline: They can be shown yellow and red cards. (To AYSO referees, this means more paperwork if strictly enforced.) Pages 112-113.
6. “Handling the ball” offences: Now include non-deliberate occurrences that lead to scores or scoring opportunities. (IMO, called Thierry Henry Law). Also, a goalkeeper in his own penalty area cannot throw a ball directly into the opponent’s goal. Pages 104-105.

So who grew up playing AYSO Soccer?

Landon Donovan

Carlos Bocanegra

Julie Foudy

Eric Wynalda

A message from the Co-Commissioners, Kathryn & Brendon Moore

July 16, 2021

Welcome Coaches,

Throughout this pandemic, our number one priority has always been to keep our children safe and happy. For our children, soccer is what makes them happy.

So it makes our hearts full to invite everyone back on the fields in just a few weeks.

We want to thank each of you for committing your time and energy towards making this a great year for our kids. That is what AYSO is all about. Through the last 51 years, Region 9 has been a part of over 60,000 children's lives from our community and because of your commitment we will be part of over 1400 children's lives in 2021.

Region 9's success is solely the result of the thousands of hours volunteered each year by our coaches and assistant coaches (about 500 this year); our adult and youth referees (over 100 new and returning officials); the parents who staff our Snack Bar and Information Booth or monitor our fields and our Board of Directors. I hope you will be as proud of the outstanding service we perform for our community as we are.

Please work closely and cooperate with our Division and Coaching administrators – they are there to help you and they are volunteers too.

If you really want to help improve the organization, step forward and volunteer to assist our Board of Directors in a volunteer role – your kids will benefit.

We have learned a lot in these last 16 months, but our biggest take away is that our family is everything to us.

Have a great season and thank you again for your commitment to the kids; they are what this program is all about.

See you out on the fields!

Kathryn & Brendon Moore

Region 9 Co-Commissioners

AYSO's MISSION STATEMENT

KEY OBJECTIVES



MISSION - To develop and deliver quality youth soccer programs which promote a fun, family environment based on AYSO's six philosophies:

Everyone Plays - Our goal is for kids to play soccer --- so we mandate that every player on every team must play at least half of every game.

Balanced Teams – Each year we set up teams as evenly balanced as possible - because it is more fun where teams of equal ability play.

Positive Coaching - What makes winning kids is being built up, not down! We train and encourage our coaches to make the extra effort to understand and offer positive help to our players, rather than negative criticism.

Open Registration - Our programs are open to all children between 4 and 19 years who want to register and play soccer. Interest and enthusiasm are the only criteria for playing – there are no tryouts, and no one gets cut.

Good Sportsmanship - We desire to create positive environment based on mutual respect, rather than a win at all costs attitude. All programs must be designed to instill good sportsmanship in every facet of AYSO.

Player Development - We believe all players should be able to develop their soccer skills and knowledge to the best of their ability, both individually and as members of a team, to maximize their enjoyment of the game.

So what is AYSO?

The American Youth Soccer Organization

First, AYSO is a **child development program**.

The AYSO philosophy is for the kids to have fun and feel good about themselves. As coaches, keep this number one on your mind. You want the kids on your team to feel good, as well as the kids on the **other team**. Remember, your actions affect **both teams!!**

Second, AYSO is an **enrichment program**.

As a coach, you are a **teacher** of fundamental **soccer skills, techniques, tactics, and rules**.

You are not expected to come into AYSO knowing how to coach and knowing soccer skills and rules, **but we expect you to learn them... – and we will help.** Attend the coach and referee clinics. **They are for you, the coach.** You will enjoy the game more and the kids on your team will learn the game. We have a free training program to have experienced UK Soccer trainers come to your practices – just sign up for them!!

How do I know if I am a SUCCESSFUL COACH? That's easy -- If your kids are having fun, feel good, are learning soccer, and they want to come to practices and games --- **you are a successful coach !**



aYso

The youth (our kids) are *the most important thing.*

But that does not mean soccer is not important. It is !! Kids (and their parents) expect to be taught correct proper soccer skills and tactics. AYSO is both a YOUTH and a SOCCER organization.

Volunteers

AYSO is an ALL-VOLUNTEER organization. The coaches, referees, instructors, board members, field people, snack bar workers, team parents, assistant coaches, etc., are all volunteers. We need over 200 coaches, 200 assistants, 200 Team Parents, 300 referees, and hundreds of people for field setup and snack bar operations to function. These are all unpaid AYSO volunteers.

History

The American Youth Soccer Organization began in 1964 in Southern California. Today it has over 1000 regions with over 630,000 players in 46 states and several outside U.S. locations. Conejo Valley/Region 9 AYSO began in 1969. This season, Region 9 will have about 2000 children playing on about 200 teams from ages 4 to 19. It will require over 1500 adult volunteers. We are probably the largest volunteer organization in Ventura County.

Vital Statistics

How is AYSO organized??

The basic unit of AYSO is the region. A region is a community like our Region 9 in Thousand Oaks, lead by a Regional Commissioner. A Board of Directors supports the commissioner. The Commissioner and the Board of Directors are all volunteers.

Several regions together form an AYSO Area. Region 9 is part of Area E, along with 5 other regions – Newbury Park, Moorpark, Simi Valley, Agoura/Westlake, and Malibu.

Several Areas form a Section. Area E is part of Section 10 (along with Area W and 6 other Areas). Section 10 ranges from the San Fernando Valley north to Paso Robles and East to the Nevada border. There are 13 sections in the USA.

Our region is known as **10-E-09**, which describes our Section, Area, and Region.

AYSO Region 9 is inside Area E which is inside of Section 10)

Mailing address:

P. O. Box 4914,

Thousand Oaks, 91361-1914

CRPD Field condition Information Line

(805) 381-1236

(status report updated at 2PM weekdays, 8 am on weekends/holidays)

AYSO Region 9 Web site

<http://www.ayso9.org/>

Executive & General Board

Region 9 activities are guided and managed by our E-Board and G-Board which have regular monthly meetings (which you are welcome to attend). If you feel you can improve our Region we would love to have you become a volunteer board member as we have a lot of activities you could assist with.

Check our latest updated Board listing at the following link:

<https://docs.google.com/spreadsheets/d/15R5UqYMTTr3Qr2JopB9Ey6jhXp8HfvSc3C6Y8Wit0ODU/puhtml?gid=1550789476&single=true>

Regional Communication Tools

As the season progresses you will receive more information from Region 9. This will happen through your Division Administrator, the Regional Coaching Administrator, and through the information booth.

Division Administrator (DA)

- If you have any questions related to your team, adds/drops, games, uniforms, equipment, trophies, schedules, etc -- please contact your DA first. If you have questions on coach training, practice ideas, soccer tactics etc., -- contact your Coaching Staff.
- Your DA will pass on information to you either by phone or email. Please let your DA now which method you prefer – but the region prefers email so please keep your email address current.
- If you prefer email, then please check email daily.
- Make sure you have your DA'S email address and phone number.
- Make sure the DA has your **current** phone number and email address.

Information on field – located at Creek Community Center (next to Snack Bar)

Regional Website

- The regional website is loaded with information.
- During the season it may be updated several times a week.

It is located at <http://www.ayso9.org/>

What is the AYSO Safe Haven Program??

When YOU, as a volunteer set foot on a soccer field, you can be subject to legal action depending on what you do. **The good news is** – there are laws that protect you personally in your volunteer capacity. **BUT** - to be protected by these laws, you must be **trained** and **certified** by AYSO, and then **authorized** by AYSO to do that function. This process/training is called **SAFE HAVEN** – and needs to be taken every other year. It is required of all coaches, referees, and volunteers that come into contact with our players. It is driven by the Volunteer Act of 1997 and the Child Protection Act of 1993.

---THIS PROCESS PROTECTS YOU – AND OUR KIDS!!!

Volunteer Protection Act of 1997

The Volunteer Protection Act of 1997 was passed to protect volunteerism. It grants immunity from liability for damages for volunteers who meet it's requirements. You need to keep three points in mind with regard to this act:

1. In most case, the act protects the individual **volunteer**, not the organization
2. The volunteer must be **trained** in the approved methods and policies of the organization through a recognized training program either run by or authorized by the organization; **certified** by the organization; and **authorized** to perform the specific function.
3. To be protected, the volunteer's actions must be within the "**normal scope**" of his or her duties as trained and as outlined in a job description.

If any volunteers are untrained, or if they are trained outside the policies and procedures of AYSO, then **they are at risk**.

Typical Content:

Safe Haven for Coaches Certification Course Brief Outline (2 hour Course - Teacher, Overheads, and Book)

- AYSO Philosophy/Coaching Philosophy
- Team Management (1 adult-8)(2 adults always)
- Injuries - Prevention, Care and Management
- Dealing with Blood-borne Disease
- AYSO Soccer Accident Insurance Coverage
- Use of Alcohol, Tobacco and Other Drugs
- Risk Management
- Aspects of Coaching - Twenty Question Test

Required Safe Haven Training, including Safe Haven, CDC Concussion and Cardiac Arrest (New for 2020-2021!) should be taken online at:

<https://aysou.org/>

Awards & Trophies

1. Players in 5U, 6U, 7U and 8U Divisions will receive participation awards at the season's end, provided that their team's volunteer requirements are met.
2. Trophies or medals are available on the last game day for 14U, 12U, and 10U Divisions, to the teams finishing in first, second, and third place in each division or bracket of a division.
3. Standings will be posted on the region website. No standings or games results are kept or published for 5U, 6U, 7U and 8U divisions.

Ron Volk Award

Ron Volk was a Region 9 coach, division director, Asst. Commissioner, Commissioner, and much more. He spent his time on the fields assuring that children had a place to play the game. His love for children drove him to each task he took on. He was diagnosed with leukemia which eventually took his life at a young age – and we will always miss him.

The award that bears his name is not just a sportsmanship award – it should be regarded with the highest esteem -- even more so than a first place trophy. His gift to children continues through this award. Please consider a player on your team to receive this sportsmanship award – You need not turn in the player's name, just pick up the award at the snack bar on the final day of play.

Season Schedule & Format

a) Season Length

- i) 11 play weeks starting Saturday, September 11 and ending Saturday November 20, 2021.

b) Schedule Format & Playoffs

- i) 5U, 6U, 7U & 8U teams are developmental teams – no scores or standings are kept. Coaches need to emphasize building and demonstrating skills instead of “beating” the other team on Saturday. Teams will play one game every Saturday.
- ii) 10U/12U/14U/16U/19U divisions are competitive, scores and standings are kept. Teams will play against all other teams if possible. “Practice” games may be played at the beginning of the season, and will not be recorded for standings purposes.
- iii) Region 9 will send either one age division winner or multiple bracket winners to the Area E playoffs to be held in one of the Area regions. Region 9 may be allowed to send multiple teams in an age bracket to Area E playoffs depending on wildcards. See tiebreaker rules on the next page.

iv) Area E Playoff team assignments will be given out Saturday, Nov. 20, 2021.

TEAMS CAN'T ADVANCE TO AREA E PLAYOFFS IF THE COACH DOES NOT HAVE APPROPRIATE COACHING TRAINING FOR THAT LEVEL. TEAMS WILL BE INVITED BASED ON THEIR DIVISION FINISH, GOOD TEAM BEHAVIOR (WHICH INCLUDES PARENTS!!), AND COMPLETION OF REFEREE/VOLUNTEER POINTS. TEAMS NEED TO BE GOOD REPRESENTATIVES OF REGION 9.

Team Points/Final Placement/Tiebreaker Rules

In competitive divisions teams are awarded (3) points for wins and (1) point for ties, **Plus, teams can get up to 2 bonus points per week** for the Team referee's completion of working the game/s per week. Please read and follow the Team Referee Point policy at

<https://www.ayso9.org/Default.aspx?tabid=861906>

The below rules will be used to determine final team placement for trophies (1st, 2nd, 3rd place in league) and advancement to Area E playoffs. For exact point ties, at the end of regular season play, the following tiebreaker rules apply (Rules 2 through 6):

- 1) Most Total Points
- 2) Head-to-Head Winner
- 3) Fewest Red Cards
- 4) Fewest Yellow Cards
- 5) Fewest Goals Against
- 6) Most Referee Points
- 7) Coin Flip

Winter, Rancho Conejo United, AYSO Extra, and Allstars

Region 9 AYSO has four soccer playing programs in addition to the normal fall season. They are the Winter League, the Allstar Program, and the AYSO Extra and United programs.

Winter League

Region 9 offers Winter League (spring soccer) in as many divisions as is practical; emphasis is not on keeping scores or standings, but technical training and play. Practice, if any, is limited to one and half hour once a week, games are intended to be low-key and played just for FUN!

Winter League is open to all (age 4 to 19 on July 31, 2021) and does not require that the players participate in fall 2021 soccer. Games will be played on Saturdays at Conejo Creek Park. The season is usually about 8 weeks starting about February 1. Costs are less than the fall and registration starts in November before the end of the fall season – **Watch for it !!! Winter League is a great time for Volunteers to try refereeing or coaching.** Winter League is meant to be a fun learning experience for players and volunteers.

AYSO Extra and AYSO Rancho Conejo United Programs

The AYSO Extra and United Rancho Conejo programs are competitive soccer leagues designed to provide a higher level of play for those players who possess the appropriate skills, abilities, and drive. They are designed to enhance each player's experience and individual growth through the game of soccer while retaining the spirit, organization and six philosophies of AYSO. Extra and United run year round, and more details can be found at:

AYSO Extra: <http://www.ayso9.org/Default.aspx?tabid=864864>

AYSO Rancho United: <https://www.aysounited.org/rancho-conejo/>

Allstar Soccer

Many AYSO regions have weekend soccer tournaments during the “off-season”, typically from Thanksgiving and going through early June. The teams in the tournaments include all-star teams from various regions. A tournament is usually 3 to 4 games played over two days. Depending on the distance to the tournaments, many times the teams will have a Saturday night stay over in a hotel. The tournaments are for boys’ teams and girls’ teams in the 10U and older divisions (12U, and 14U) – but many tournaments do have 16U & 19U divisions).

Some of the popular tournaments are the Camarillo Strawberry Cup, the Oxnard Sports Festival, the Thousand Oaks Pot O ’Gold, the Moorpark Apricot Jam, the Irvine Cup, the Huntington Beach Surf and Turf, and the Santa Barbara Splash. The parents and players always have a lot of fun at tournaments. Every year there is an Area E Allstar tournament matching Region 9’s Allstar teams against other regions just in our Area.

Region 9 will select Allstar coaches to pick their own Allstar teams and represent Region 9 in Area tournaments and any other tournaments the teams wish to enter. Allstar play is rewarding as you can usually work on more advanced skills and tactics and individual and team improvement is usually rapid.

Allstar participation can cost from \$500 - \$700 per player, either raised from the families or by fund raising activities. AllStars begin practice the week after Thanksgiving and can extend into June. For more information, contact Region 9’s Coaching Director or check the Allstar Web page at <http://www.ayso9.org/Default.aspx?tabid=863292>

Adult League Soccer

AYSO Region 9 offers an Adult League for Men and Women. The only requirement is that you are 19 or older as of August 1, 2021.

We realize that there are plenty of adults of all ages and skills who want to play. Here is the perfect opportunity!! The AYSO Adult League will follow all the philosophies of the youth program.

We now have the AYSO Region 9 Adult League website at:

<http://ayso9adultleague.leagueapps.com/>

Please visit the website for additional information, or to volunteer to assist in this program.

COACHING Information

2021 Coaching Staff

Ken Ju	Regional Coach Administrator	CoachAdmin@ayso9.org
Tom Becker	Regional Coaching Director	coachdirector@ayso9.org
Steve Popp	All-Stars Administrator	postseason@ayso9.org
Steve Barragan	AYSO Extra Administrator	extra@ayso9.org
Brendon Moore	Trainer	rc_brendon@ayso9.org
Bob Tokin	Safe Haven/Training	rtokin@gmail.com
Doug Huemme	Practice Lottery / Permits	permits@ayso9.org
Ed Reis	Team balancing / Ratings / Results	Results@ayso9.org
John Morgan	Trainer	DA_U10G1@ayso9.org
Steve Popp	Trainer	postseason@ayso9.org
Rick Rivera	Trainer	CoachTrainer2@ayso9.org
Todd Mathison	Trainer	CoachTrainer4@ayso9.org
Ed Reis	Trainer	Marketing@ayso9.org
Steve Cameron	Trainer	CoachTrainer1@ayso9.org
Doug Andersen	Trainer	dougnro@msn.com
Chris Helin	Trainer	DA_U12G1@ayso9.org

The coaching staff can help your coaching efforts with

- questions on general and specific soccer tactics
- ideas/suggestions on drills for certain skills
- actual on-field assistance at a practice
- help on rating your players for next year

Coaching Clinics

(More details at <http://www.ayso9.org/Default.aspx?tabid=863287>)

There will be coaching clinics available to all Region 9 coaches for the 2021 season. If you are not already certified for the age you are coaching, it is REQUIRED that **ALL** coaches – including assistant coaches - attend an age-specific clinic.

Please arrange your schedule to attend one clinic – held at Conejo Creek or other nearby fields. Full schedule is in the inside cover.

August 7 and August 21

-- 6U	10am – 12noon
-- 8U	10am – 1pm
-- 10U	10am – 2pm
-- 12U	10am – 3pm

Intermediate/Advanced coaching clinics are given less frequently due to smaller numbers of candidates. They are open to all coaches who have completed the prerequisites (12U Coach for Intermediate Coach, and Intermediate Coach for Advanced Coach).

Please log onto aysou.org for course, prerequisites, and registration details.

Coaching Clinics Continued

NEED MORE CLINIC CHOICES ?? LOGON TO <https://aysou.org/>

For all Coach Clinics Bring:

- Water (lots, especially if it is a warm sunny day)
- Soccer Ball (you will use it a lot)
- Lawn Chair (have available in car, may or may not want one)
- Sunglasses and Sunscreen, soccer cleats or tennis shoes, shin guards (if desired), etc.
- Pen, Pencil, and Notebooks (only if you like to take notes)
- **Come dressed to play.**

These clinics are about 1/3 class and 2/3 field work. Expect to get a good workout. You will receive a coaching manual at the end of the clinic.

Clinic Notes:

- Conejo Creek South is located at 1300 E. Janss Road, Thousand Oaks
- You must take the 12U Coaching Training Pre-Course online at aysou.org before you can take the 12U Coach In-Person Course (New!)
- You must take the 12U Course before you can take the Intermediate Course
- You must take the Intermediate Course before you can take the Advanced Course
- You can take any or all courses given by other regions – **MAKE SURE YOU RECEIVE A COMPLETION Status in ayso9.org – OR YOU MIGHT NEED TO RETAKE IT !!**
- CYSA/Club coaching certifications (F level, E level, etc.) may help replace these AYSO clinics. Please contact the Coaching Director for details.

WHAT is DISSENT?

Many people, including coaches, players and parents, don't realize that the Laws of the Game in Soccer define foul play as being "In the Opinion of the Referee." Many times, that opinion might differ from that of others involved in the game. Therefore, while it is okay to have a different opinion of what might have transpired on the field, it is necessary to recognize that it is only the Referee's opinion that determines whether a foul has been committed.

Unlike many other sports, Dissent (disagreeing by WORD or ACTION with the referee's or linesman's decisions) is **NOT ALLOWED** in soccer. Dissent often leads to contentious situations on the field and teaches our players the wrong message. Referees have been instructed that they must **NOT** ignore dissent from players, coaches, or spectators. It is the coach's job to remind/educate all players & parents (ESPECIALLY those new to soccer) of this rule. Each year we see MANY instances of dissent, from parents and especially grandparents who are new to soccer.

Remember all of our referee are volunteers. Many of those are volunteering as referees for the first time. Every year we lose referees because of verbal abuse and criticism from the field. We need your help to make sure this does not happen.

Coaching Responsibilities & Expectations

Coaching Meeting

Coaches need to

- Attend the Coaches Orientation Meeting & get team packets.
- Attend the practice lottery to get a practice slot (or send team representative) (Just 7/8U & above).
- Attend the Uniform distribution day to turn in all forms. And, most of all, read this Coach's Manual!

Practice Guidelines

Attend the practice time lottery on July 25th, or send a team representative. (Not 6U's)

Multiple Team coaches: 3 - 3:20 PM (Must be Head Coach for 2 or more teams)

7/8U: 3:20 - 4PM

10U & above: 4 - 5PM

(NOTE: Many coaches get assigned slots and do not show for the first weeks due to vacations – don't assume that an empty field is "permanently" yours!! Use your assigned times!!!)

Have 2 adults present (1 of same gender); don't be left alone with the kids or cancel your activity without notifying the team. Always have liability forms with you !

Be at practice field on time or arrange for someone to be there and remain until all children have been picked up. (NO PLAYER IS EVER TO BE LEFT UNATTENDED.)

The first day that practice is allowed is Monday, August 2nd.

NOTE: Fields will not be marked permanently until the last week of August – so use your judgment on where your field is and *COOPERATE* with all other teams.

After many years we have found the following practice schedule works best. Please abide by it and don't practice more than the other teams in your competitive (10U – 19U) divisions:

6U Division – 1 practice immediately prior to game on Saturday on your game field.

(NOTE – 6U teams show up at their assigned game times, practice, and then play their games)

8U/7U Division – 1 practice per week of 60 minutes.

10U through 19U – 2 practices per week of 60 minutes each.

7U/8U may have another "walk on" practice during the week (these are training divisions) and use any unused field -- but remember games are non-competitive with no scores or standings kept!

Practice is for the coach. Game day is for the players.

PLEASE – NO LINES ... NO LONG LECTURES ... NO LAPS !!!!

REMIND YOUR PARENTS ABOUT BEHAVIOR AT CONEJO CREEK

No Alcohol, No drugs, No smoking, No dogs, No inappropriate language !

When should I notify my team?

Notify all players by telephone or in writing ASAP after you receive your team. Tell them when and where your Team Meeting will be held. Any local park or Conejo Creek are good locations.

Conduct Your team meeting. See “Parent Meeting Notes” later in the Coach’s Manual.

Obtain an Assistant Coach, Team Parent, Team Referees, and Sponsor. **GET A SOLID VOLUNTEER** to be the Team Parent – and give them all non-coaching related Team responsibilities – such as obtaining volunteers and attending the Team Manager’s meeting.

Fill Out (or make sure the Team Parent does) and enter your Volunteer list online at:

<https://ayso9.wufoo.com/forms/z1umit600xqlr8i/>

Inform your Division Director **immediately** if a player drops from your team. Then you can pick up your uniforms and game ball for this year. Game cards will be included in the coach packet distributed at the end of the coaches meeting.

NO changes (trades or swaps with other teams) can be made !! DA’s MUST make them !
ALL games will be forfeited if the coach makes changes in the team roster or makeup.

Uniforms & Schedule handout

Coaches need to pick up uniforms and schedules on August 29th at the parking lot of Thousand Oaks Teen Center across Janns Rd from the Conejo Creek South Park . This is a good time to meet your DA, and you must turn in your team’s sponsorship form and Sponsor check (Sponsor checks this year will be \$100 for all teams, the same amount as in the past few years).

To get uniforms, a Team’s head coach **MUST**

- 1) have filled out the volunteer form online, as is afore-mentioned.
- 2) have completed AYSO Safe Haven certification as well as the Concussion Awareness and Cardiac Arrest training.
- 3) have completed the age-correct coach training for his or her team.

Suggestions on how to hand out Uniforms

1. Have your Team Parent distribute uniforms after you receive them from your DA – best time is at the end of a practice, when other parents can assist you.
2. Line up your players from smallest to largest.
3. Hand out uniforms beginning with smallest uniform going to the smallest player, and continue up the line ending up with the largest uniform going to the largest player.
4. **MAKE SURE YOU ALLOW FOR VERY SMALL OR LARGE PLAYERS THAT ARE ABSENT !**
5. Give out jersey, shorts and socks to each player, and have them try them on. Then, if players want a specific number, let them trade as long as players get a uniform that fits.
6. Write down the number of the uniform each player leaves with – and give the list to your DA.

Games/Game Day Notes

Be at the correct field 45 – 60 minutes prior to scheduled game time. Tell your parents to leave enough time for the busy parking lot !!! 6U teams will practice AND play at their scheduled time. Have players stretched, warmed-up, and ready to play at scheduled start times.

Always have liability forms in your possession.

During games, parents can only be on the sidelines, at least 2 yards back from the fields. Parents are not allowed along the goal lines or behind the goal.

Remember to have your team pickup trash along your side of the field and leave the area clean as **EVERYONE IS A VOLUNTEER.**

Field Set-up. If your team has the first game of the day for the field, your team is responsible for field setup 45 minutes before scheduled game start. Any delay in setup will shorten your team's playing time.

Field Take-down. If your team has the last game of the day for the field, your team is responsible for field take-down.

NO DOGS are allowed on Conejo Creek Park by AYSO during the soccer games or practices. Please inform all parents and spectators that dogs are not allowed at Conejo Creek Park. .

Cautions and Send-offs

1. If a coach or player in a game is issued a send off (red card) that person is ejected for the remainder of that game and the next game that the team plays.
2. Play will not resume until the ejected person has left the vicinity of the playing fields.
3. The Regional Commissioner, Referee Administrator, and Coach Director will review all ejections within one week.

Game day Coaching reminders & expectations of coaches

- a) A completed **line-up card** & a game ball
- b) The player **registration forms** for the team
- c) We suggest keeping a First Aid Kit – ice and paper towels are always handy
- d) Goalkeeper **jersey** (in 10U and older divisions)
- e) Home team shall be the first listed team on the scheduled day of play.
- f) All parents, players, and coaches shall occupy the same side of the field.
- g) Coaches, assistant coaches, and referees are not permitted to use tobacco or alcohol.
- h) Protests are not allowed. Tell over-excited parents to chill out !!! Coaches **MUST** cooperate and be polite with the referee team. **DO NOT DISPUTE REFEREE CALLS OR YELL AT ANY REFEREE !!! If you have questions ask nicely after the match!!**
- i) If you have a 5 goal lead – we suggest reorganizing your formation to moderate future scoring.

j) **LEARN THE LAWS – GO TO THE REFEREE TENT OR ASK YOUR COACHING ADMINS IF YOU HAVE QUESTIONS ABOUT THE SOCCER LAWS!!!**

k) **Please rotate your players so they learn to play more positions**

Playing time/substitution guidelines

- l) All players (except 14U teams) must play 75% of each game if possible. (i.e. Make sure ALL players will play 3 quarters before any player plays 4 quarters.) We encourage, but do not require, 14U teams to play 75% (they must play 50%).
Important: the maximum time a player can play the goal keeper position is: 8U: 1 quarter; 10U: 2 quarters; 12U: 3 quarters; 14U: 4 quarters (no limitation).
- m) The time players spend on the field will be as even as possible for each game.
- n) Exceptions are for hurt, sick, or late arriving (after start of game) players.
- o) Late arriving players must play 1/2 the game or (after 1/2 time) all remaining time of the game.
- p) The substitute may not enter the field until given permission to do so by the referee.
- q) Coaches may substitute for an injured player, but the injured player must stay out until normal substitution time, AND the injured player is credited for playing the whole quarter.
- r) Substitutes must enter/exit from their team's side, and at the mid-field stripe.
- s) Substitutions will be made at approximately the halfway point of the first half of the game, at half time, and at approximately the halfway point of the second half of the game.
- t) During substitution breaks:
- i) Coaches, parents, or players not playing in next period may not enter the field
 - ii) Players on the field that will be playing the next period may not exit the field
 - iii) Players may get water by having parents hand water bottles over the touch line. Water can also be supplied during the game.
 - iv) Coaches should have all substitutions completed within 30 seconds. This is not a time to give instructions to players. It is only a time to substitute the players. **See page 26 for our revised substitution procedures!**

Safety & Injuries

Always warm-up and stretch players before practice and games to reduce injury.

Ensure the players drink plenty of water at practice and games.

The players must have proper equipment. They must have shin guards at all practices and games. Shin guards must be of adequate size to provide protection to the player. Undersize shinguards are not to be allowed. Never allow any players to wear jewelry of any kind.

Knee braces are permitted if covered and padded and play is subject to referee judgment.

Players cannot participate in any games or practices with **any Splints or Casts.**

Inspect practice fields. Each coach is responsible to satisfy her/himself as to the condition of the field before holding practices. We have volunteers working at the fields that will repair any problems before your game – **CALL THE FIELD CREW VIA A FIELD MONITOR !!** Field Monitors will be wearing orange vests and circulating on game days.

ALWAYS CALL FOR ASSISTANCE FOR ANY HEAD OR OTHER SERIOUS INJURY !!

Teach correct soccer techniques. Know the correct soccer techniques and how to coach them.

Playing after an Injury. Often, parents of players recovering from injuries or illness are anxious to have them return to play. Be flexible, but, if in doubt, secure a parent's signature on an AYSO Participation Release form, downloadable at: https://www.aysovolunteers.org/wp-content/uploads/2018/04/participation_return_to_play_release_form.pdf

Also please email the Safety Director at Safety@ayso9.org

Allstar Nominations & Rating Meetings

Nominate best players for Allstars – 10U-14U coaches: please respond to emails from the selected Allstar coaches for nominating Allstar players and keep the nominations confidential.

Rate your players. We have a good player rating system to improve team balancing. The coach **MUST** rate his/her players. Follow the online player evaluation instructions that you will be provided.

Watch other games in your division. Watch all teams in your division play at least 2 games especially during last half of season. Identify & evaluate key players on each team in your division.

Complete online rating forms by the specified deadline and well before the rating meetings.

Attend ratings meetings. We will announce the schedule of your meetings. Be prepared to discuss all the players in your division.

Approximately at season mid point 8U-14U coaches will receive emails for player ratings. Your completion of the online rating form is mandatory and will be a factor in determining your eligibility to be a head coach for the next season should you apply for such a position.

NOTE: IT IS CRUCIAL THAT YOU COMPLETE THE ONLINE RATING FORM !!! THIS IS THE MAIN INPUT FOR BALANCED TEAMS NEXT YEAR !!!

What are the Important things I need to do after tonight ???

- 1) **Call your team – hold your team meeting**
- 2) **Get your volunteers – esp. refs and a manager !!!**
- 3) **Follow instructions below to register as a volunteer if you haven't done so already:
<https://ayso.bluesombrero.com/Default.aspx?tabid=866537>**
- 4) **Go to Practice Lottery to get your practice field number**
- 5) **Attend Safe Haven, Concussion, Cardiac Arrest and age-correct tech training**
- 6) **Go to Uniform distribution day at TO Teen Center to see your DA and exchange your Sponsor check for uniforms and game ball**
- 7) **Read your Coach's Manual.**
- 8) **Moving?? Changing Email/Phone?? TELL US! Keep your DA updated.**

2021 TEAM REFEREE Guidelines

Our games cannot proceed without referees. A game without referees is unsafe and fails to teach our players the proper aspects of the game. To ensure games are staffed with trained referee teams ALL teams (except 6U) must provide at least one designated team referee (2 or 3 eases scheduling). Encourage your parents to become trained referees !

Team Referee Point System*

To provide incentives for teams to provide team referees, our point system has been improved and those points will be calculated in the overall standings and will be included in determining which teams advance to area playoffs.

Teams will receive points in the standings for referees as follows:

- 1) Teams can earn a maximum of 15 referee points during the season
- 2) Teams can earn a maximum of 2 referee points per week
- 3) Referee points can be earned by as many different referees as you have representing your team (limited by the two rules above).
- 4) A team must receive at least 8 referee points during the season to qualify for area playoffs and to be awarded trophies.
- 5) A referee will earn 2 points for completing a center referee assignment and 1 point for completing an assistant referee assignment.
- 6) If all referee positions are filled for a particular Saturday, an opportunity to earn 1 referee point will be offered to referees who sign up for a “stand-by” slot and make themselves available in case of a “no-show” for an assigned referee.
- 7) Referee points can also be earned by referee during Region 9’s Adult League Sunday play

*Team Referee Points only apply to our Core competitive age divisions (10U, 12U, and 14U).

Referee Scheduling

To facilitate individual team and referee needs, Region 9 utilizes a self-scheduling system. Instructions for that system can be found on the region’s website. General guidelines for scheduling include the following:

- 1) Referees should only take on assignments that they feel comfortable with and are trained for
 - a. If no such games are available on a given weekend, they should contact the Referee staff and they will help ensure that all willing and ready referees earn their team’s point.
 - b. Referees that would like to receive additional training should also contact the referee staff
- 2) Referees for teams at the 8U & below divisions will referee their own teams’ games.
- 3) Referees for teams in the 10U and above divisions, may not referee their own teams’ games.

Referee Requirements

Minimum Ages: Adults -- any games; age 16 can do 14U games; age 14 can do 12U. Age 12 & 13 youth refs can work 10U or below games **and** their referee parents must work the same game.

Training: Referees must be properly trained. However, if a referee has been previously trained and certified, they do not need to go through basic training again. However, they must attend a pre-season meeting for all returning referees to review any updates to Region 9 procedures or changes to the Laws of the Game. Information of the date of the referee update meeting will be available on the Region 9 website.

Referee Training

Referees must be trained before they can act as referees or assistant referees in any AYSO match. Volunteers will have the option of choosing between one of two referee training “tracks” in order to satisfy the training requirement.

- 1) In-Person Training – Referees can choose to take an in-person training course. An in-person training course includes 3 sessions—two weekday evening sessions and one Saturday field session. The times and schedules for these sessions can be found on the Region 9 website.
- 2) On-Line Training – Referees can choose to take an on-line class from AYSOU.org. This process requires completing an online course that is estimated to take 3 – 5 hours. Following the successful completion of the on-line course, referees must attend one in-person companion course as well. There will be several opportunities to attend a companion course. This schedule will also be posted on the Region 9 website.

Please browse the following URL on Region 9’s Website for 2021 Referee Training Details:

<https://www.ayso9.org/Default.aspx?tabid=861888>

APPENDIX of Useful Information

Volunteer Registration – (This is actually for YOUR protection)

The volunteer registration serves the following purposes:

Registers the volunteer with AYSO & is required to meet the Child Protection Act of 1993.

ALL COACHES, ASSISTANTS, REFEREES, AND TEAM MANAGERS MUST DO THIS !!!

INSTRUCTIONS for REGISTERING AS A VOLUNTEER:

<https://ayso.bluesombrero.com/Default.aspx?tabid=866537>

AYSO/FIFA Rule Modifications for Region 9 Soccer

Region 9 follows FIFA laws, with some exceptions due to player ages. Here are the law exceptions & guidelines that we follow: (“Normal” = FIFA laws and guidelines)

Region 9 Modifications for 2021 (6U - 8U Divisions)

Division	6U	7U/8U
# of Players on Team	6/7*	7U: 6/7*; 8U: 8/9*
# of Players on field***	5 v 5 / 6 v 6*	7U: 6 v 6*; 8U: 7 v 7*
Goal Keeper*	No Keeper All Season	7U:No Keeper;8U:Keeper*
MINIMUM playing time	¾ of each game	¾ of each game
Goal Size	4 feet by 6 feet	6 feet by 6 yd
Game Length	2 10 minute periods, (1) 5 minute break	2 20 min halves, (1) 5 minute break
Ball Size	3	3
Practices	30 min prior to game**	1 (1) hr practice weekly
Field Markings	Half line 5 yd radius center circle 5 yd by 10 yd goal area No penalty area 1 yd corner arc No penalty arc No penalty spot	Half line 6 yd radius center circle 3 yd by 12 yd goal area 9 yd by 24 yd penalty area 1 yd corner arc No penalty arc No penalty spot
Start of Play	Op. team 5 yd away Coaches pick team to kickoff, other team in 2H.	Op. team 6 yd away
Referees, Fouls	No referees – Coaches referee and explain all infractions	Each team provides (1) 8U trained referee. Referee explains what they saw. No cards shown.
Ball In & Out of Play	No change from normal	No change from normal
Method of Scoring/Standings	No Score kept, No standings kept.	No Score kept, No standings kept.
Off side	No offside called	No offside called. Referees advise of attempted advantage
Free Kicks	All are Indirect , opponents 5 yd away.	All are Indirect , opponents 6 yd away.
Penalty Kicks	None	IFK at top of box for PK's.
Throw ins	No Throw-in per PDIs	At 2 nd bad, ball to other team
Goal Kick	Taken from goal line, opponents 5 yd away	Taken from inside goal area, opponents 6 yd away
Corner Kick	No change from normal except opponents 5 yd away	No change from normal except opponents 6 yd away
Post Game	Players, Coaches, Parents exchange handshakes	Players, Coaches, exchange handshakes – Thank referees
Heading/Keeper Punting	NO	NO

***Variance from AYSO Guidelines (Nat. is 4v4 for 6U- 8U; no GK. – Per 2019 PDIs)**

**** 6U teams may practice ONCE during the week at the Creek on any unused field**

***** There is no MINIMUM number of players to play short sided games (divisions 6U and 8U)**

Region 9 Modifications for 2021 (10U- 14U Divisions)

Division	10U	12U	14U
Number of Team Players	9	12/13	14
Number of Field Players	7v7	9v9 (12UG) / 10v10 (for 12UB)*	11 v 11
Goal Keeper	Yes	Yes	Yes
MINIMUM playing time	¾ of each game	¾ of each game	½ of each game
Goal Size	7 ft by 7 yd	8 ft by 8 yd	8 ft by 8 yd
Game Length	2-25 minute halves, (1) 5 minute break	2-30 minute halves , (1) 5 minute break	2-35 minute halves, (1) 5 minute break
Ball Size	4	4	5
Practices	(2) practices of 1 hour weekly	(2) practices of 1 hour weekly	(2) practices of 1 hour weekly
Field Markings	Half line / Build Out Lines**** 8 yd radius center circle 6 yd by 15 yd goal area 14 yd by 36 yd penalty area* 1 yd corner arc 8 yd penalty arc 10 yd penalty spot	Half line 10 yd radius center circle 6 yd by 20 yd goal area 18 yd by 42 yd penalty area 1 yd corner arc 10 yd penalty arc 10 yd penalty spot	Half line 10 yd radius center circle 6 yd by 20 yd goal area 18 yd by 42 yd penalty area 1 yd corner arc 10 yd penalty arc 12 yd penalty spot
Start of Play	No change from normal except 8 yd away	No change from normal	No change from normal
Ball In & Out of Play	No change from normal	No change from normal	No change from normal
Method of Scoring/Standings	Scores recorded on game cards and standings kept by region	Scores recorded on game cards and standings kept by region	Scores recorded on game cards and standings kept by region
Off side	No change from normal	No change from normal	No change from normal
Referees, Fouls	Registered Adult or Youth Referee and ARs. Parent as Club AR is OK. No cards to be shown.	Registered Adult or Youth Referee and ARs. Parent as Club AR is OK.	Registered Adult Referee and ARs. Parent as Club AR is OK.
Free Kicks	No change from normal except opponents must retreat 8 yds. from ball.	No change from normal. Players must move 10 yds away without being asked	No change from normal. Players must move 10 yds away without being asked
Penalty Kicks	No change from normal	No change from normal	No change from normal
Throw In	No change from normal	No change from normal	No change from normal
Goal Kick	No change from normal	No change from normal	No change from normal
Corner Kick	No change from normal except opponents 8 yd away	No change from normal	No change from normal
Post Game	Players, Coaches, exchange handshakes – Thank referees	Players, Coaches, exchange handshakes – Thank referees	Players, Coaches, exchange handshakes – Thank referees
Heading / Keeper Punting	NO	NO Heading; YES for Punting	YES

* Variance from AYSO Guidelines of 9v9 for 12UB – in order to let more players play

*** MINIMUM number of players to play short sided games: 10U: 5; 12U: 6; and 14U:7)

Filled out GAME CARDS required for all divisions

**** **Build Out Line (BOL) is halfway between top of penalty area and halfway line, all 2019 PDI BOL rules apply**

----- **ALL PLAYERS/TEAM AND PLAYERS ON THE FIELD ARE SUBJECT TO LAST MINUTE CHANGES!**

2021 Substitution Procedure

The following Substitution Procedure is now **REQUIRED**, for all Region 9 teams. Done properly, it should take 30-60 seconds. The referee's watch, (official game time) continues to run during substitutions. To maximize playing time, we suggest Coaches keep any player position changes to a minimum when substituting (make instructions clear). Once the substitutions have been made (substitutes have entered the field of play) the Referee may restart play per the Laws of the Game (LOTG).

Approximately half way through the first half and @half way through second half the following substitution procedures will be enforced by referees:

- On appropriate stoppage in play, Referee blows whistle and indicates substitutions may be made;
- Coaches must have substitutes ready inside the Technical Area (TA) at the half-way line. Assistant Referee (AR) notes numbers of substitutes (players entering field of play);
- From the Technical Area (TA), Coaches call out the numbers/names of players to be substituted (players coming off) & confirms these numbers with AR;
- Substituted players should quickly exit the field into the Technical Area at the half-way line, handshake with substitutes, who enter the field of play at the half-way line when the player they are substituting has exited the field of play. As each substituted player enters Technical Area, AR confirms & documents player numbers on game card;
- Once Referee confirms that substitutions have been made (substitutes have entered the field of play), play is restarted indicated by a whistle. Teams must be ready to restart play on the Referee's whistle.
 - Coaches wishing to rotate player positions may QUICKLY do so from inside the Technical Area, ideally from an end of the TA away from the half-way line so as not to disrupt or slow down the substituted players exiting and the substitutes entering the field of play.

NOTE: Remember that the substitution break is not a water break or a coaching break. Players may come to the touchline for water anytime during the match including during substitutions being made, and coaching instructions can be delivered at any time during the game from the technical area. However, players may not leave the field of play without the referee's permission or congregate at the half-way line. No parents or team officials are permitted to enter the field of play, especially during substitutions. The TA is for Coaches and Assistant Coaches (and substitutes preparing to enter the field of play) only.

(SUGGESTIONS – Coaches, Make out your lineup & formation BEFORE you get to the field. **Write down** who your subs will be for the 1st and 2nd halves of play. **Look** at your watch and have your subs ready to go, **next to you in the TA**, 5 min. before the middle of each half arrives. Better yet, give your assistant coach the list & ask him/her to do it.)

What should I do at a Parent Meeting ???

1. Call for a team meeting. Perhaps at your house or field before you begin practice season or with first practice.
2. Introduce self and give a copy of team roster, game schedule, practice times and locations, and team rules to each family.
3. **Items on your agenda to discuss**
 - a) **Inform and discuss the 5 philosophies of AYSO.**
 - b) **AYSO is an all-volunteer organization and everyone is expected to volunteer**
 - c) **Your division philosophy– Instructional or Competitive**
 - d) **Your coaching philosophy**
 - i) Do you plan to play everyone at every position?
 - ii) Do you plan to have each player learn just a couple of positions well?
 - iii) Will you stress individual technique?
 - iv) Will you stress team tactics?
 - v) How will you make it fun and enjoyable?
 - vi) Etc.
4. Assure parents that every player will play at least half (or $\frac{3}{4}$) of every game. Win, Lose, or tie. Stress that this program is for the kids and playing is more important than winning.
5. Have parents sign a copy of the medical release forms (sign in space next to copied signature and sign in a color other than black).
6. Get assigned consent. Inform parents that soccer is a contact sport and that their children may get hurt, possibly even seriously hurt.
7. Ask parents if there are any medical issues the players have.
8. State the date, time, length, and location of practices.
9. As this is a team effort, ask for assistance. You will need:
 - a) Team Parent (Manager)
 - i) Game Day Volunteers
 - ii) Team Phone Caller
 - iii) Party Organization, Banner Maker
 - iv) Game Day Snack Coordinator
 - b) Assistant Coach(es)
 - c) Team Referee and Assistant Referee(s)
10. Practice (Players' Responsibilities)
 - a) Water
 - b) Ball
 - c) On time
 - d) Call if unable to come
 - e) Go to bathroom
 - f) Practice clothes (shoes, shin guards, shorts, sweat shirt, etc. – **NO JEWELRY**)
11. Ask if there are any questions, and try to resolve any questions/issues on the spot.
12. A well-organized team is a happy team is a successful team

Example PARENT MEETING Checklist

I. INTRODUCTION

DISCUSS PHILOSOPHY OF AYSO - Everyone Plays, Balanced Teams, Open Registration, Positive Coaching, and Sportsmanship. AYSO is for the kids and playing is more important than winning. Every player will play a minimum of 3/4 the game. Emphasis throughout will be on having fun and learning to be a better soccer player.

II. DISCUSS PHILOSOPHY OF DIVISION x - COMPETITIVE or NON-COMPETITIVE

III. GAMES

1. Begin: Saturday, September 11, 2021 to November 20, 2021 (11 Saturdays)
2. Times: Various - see schedule
3. Location: Conejo Creek Park
4. Show up time: 1/2 hour before game
5. Clothes
 - a. Will be issued a uniform (shirt, shorts, and socks).
 - b. Do not wear uniform to practice.
 - c. Only wear uniform to game (required to play).
 - d. All Divisions will keep uniforms.
 - e. **Shin guards are mandatory for games and practice.**
 - f. Shoes: Soccer or any good turf shoe (soccer shoes are best, especially on wet mornings), **baseball or football shoes are not allowed (No toe cleats).**
- a. **NO earrings, jewelry, watch, bracelets**, etc. If child has long hair, please put it in ponytails with a plain elastic band (nothing fancy).
6. **Positive Attitude**
 - a. Parents, grandparents, siblings all required to have a positive attitude. All motivation should be positive and encouraging (yell only good things).
 - b. Do NOT coach from the sidelines. Let the coach and/or assistant coaches do the Coaching. It creates too much confusion for the players.
 - c. Parent Control - It is the coach's responsibility to keep the parents under control. If the referee has a problem with a parent, the ref can red card (eject) the coach.
 - d. Please don't hassle the refs; they are doing their best.
7. Equipment:
 - a. Water bottle: Bring to all games and practices.
 - b. **Bring balls to all practices**, but not to games. The ball is size x. Mark ball **boldly** with child's name.
8. **Go to bathroom before coming to game.**
9. Rain: If it is safe for children to play (i.e., field in good shape, no lightning, etc.), we will play soccer. It is up to the parents to decide whether they want their child to play in those conditions. If the game is called off, all efforts to call all parents will be made; if not called, please go to the field at scheduled time.
10. **ABSENT - PLEASE CALL**

If your child will not be at the game, please inform me as far in advance of the game as possible.
11. All parents, players, and coaches shall occupy the same side of the field. Home team shall be the first listed team on the scheduled day of play.
12. Watch the games from the sidelines, no one allowed along the goal line.
13. No dogs allowed at Conejo Creek Park.

IV. PRACTICES

First practice will be Tuesday, August 3, 2021 from 5:30 PM to 6:30 PM

1. Days of week: Every Tuesday and Thursday, starting August 3
2. Times: 5:30 to 6:30 PM from August 3 to November 20, 2021

From November 1 to end of season - To be determined.

Please arrive 5 minutes before starting time. Practice will begin and end promptly. I will be at practice 15 minutes early. When darkness becomes a problem for practice, the practice times may be pushed to an earlier time and/or shortened. This has yet to be determined.

3. Location: Field 17 East.
4. Clothing: Comfortable play clothes (no uniforms), shoes (tennis or soccer - **NO baseball shoes**).
5. Equipment:
 - a. Soccer ball, size 5, marked with child's name.
(Ball size 3 for 5U/6/7/8, size 4 for U9/10/12, size 5 for 14U/16/19.)
 - b. Shin guards (mandatory for practice and games); not foam type, hard plastic or plastic inserts.
 - c. Water bottle,
 - d. No jewelry, (AYSO rule).
6. **Go to bathroom before coming to practice.**

V. RECRUIT VOLUNTEERS

A. Referee Volunteers: it is suggested to have at least 2 referee volunteers.

B. Assistant Referee:

Responsibilities -

1. Assist the center referee with judgments on the ball going out of bounds on the sideline or end line, whether the ball crosses the goal line for a score, and offside calls.
2. Allows you to get a better understanding and appreciation of the game.

3. **Classes**

Please browse the URL below for 2021 Referee Training:

<https://www.ayso9.org/Default.aspx?tabid=861888>

4. They will be very flexible in working out a refereeing schedule that will work for you. You select times and games each week.

C. Assistant Coach:

Responsibilities -

1. Help head coach instruct team at weekly practices,
2. Be at weekly games to help head coach direct team,
3. Be able to run team at practices or games if head coach is unable to attend.

D. Field Parent

Responsibilities -

1. Communicate with Field Director,
2. Help set up field for 8:00 am games
 - Be at field at 7:00 am,
 - Chalk field, put up goals, nets, corner flags.
3. Help take down field after last game of day.
 - Take down nets, goals, corner flags, and net stakes and put in bag.

E. Team Parent

Responsibilities -

1. Communicate with Regional Team Parent,
2. Flag or Banner, making and setting up at games,
3. Help in making required phone calls,
4. Coordinate team party or picnic (if the team wants one),
 - Communicate with all parents the details about the team's party (if any),
 - Plan and implement all necessary steps for a successful team party.
5. Obtain volunteer for snack bar duty,
6. Coordinate refreshments,
 - Set schedule for parents to bring refreshments to games,
 - Phone responsible parents before game to make sure they remember:
Water for half time, and water, Gatorade, fruit drinks, etc., for after the games.
(Note: These are only suggested items. You may have much better ideas.)
(bring wet rags for hands if have oranges or something sticky).
 - Have parents bring extra ice with refreshments in case of player injury.
7. Coordinate picture day,
 - Communicate with parents all details about picture day (September 30)
8. **Team Parent Meeting**
 - Thursday, August 12, 6-8 PM at Los Robles Greens Club House
 - 299 South Moorpark Road, Thousand Oaks, Ca 91361

I do not expect (and nor should you) the Team Parent to do everything listed above. He or she should get volunteers (or assign someone, if necessary) to be Banner Maker(s), Party Coordinator, Picture Day Coordinator, etc. Please volunteer to help the Team Parent out.

Offside Law Summary

Offside is the Law in soccer that prevents players from “Cherry Picking” and taking advantage of an unfair position on the field. Offside is often misunderstood by players, coaches and especially parents. The following review may help you educate your team on the Offside requirement. For additional review, US Soccer has published a nice training resource at:

https://www.fifa.com/mm/document/afdeveloping/refereeing/law_11_offside_en_47383.pdf

The most important thing to remember about Offside is that an Offside **Infraction** requires the presence of two components – Offside *Position* and Offside *Involvement*.

Infraction = Position + Involvement
--

Offside Position

- Offside Position is determined at the time the ball is last *touched* or *played* by a teammate of the attacking player.
 - o There is no intent element to the Offside Law. For example, a ball unintentionally ricocheting off an attacker after being cleared by a defender would satisfy the *touched* or *played* requirement.
- A player is in an *Offside Position* if, at the time the ball is last touched or played by a teammate, that player is closer to the opponent’s goal line than both of the following:
 - o 2 opposing players, and
 - o The ball
- A player is not in an offside position if that player is in his or her own half of the field, or, in the case of 10U players, on his or her own side of the build out line irrespective of the position of opponents or the ball.
-

Offside Involvement

**It is not an infraction of the Law to simply be in in an *Offside Position*, one must be actively involved with play to commit an infringement of the law.

The Laws describe three separate ways a player can be involved in play:

- 1) Interfere with Play – means playing or touching the ball passed or touched by a team-mate.
- 2) Interfering with an Opponent – means (i) preventing an opponent from playing or being able to play the ball, or (ii) making a gesture or movement which, in the referee’s opinion, deceives or distracts the opponent.
- 3) Gaining and Advantage by Being in the Position – means playing a ball that rebounds to him off the goal or an opponent

Restart

If the referee determines an offside infraction took place, the restart is an indirect free kick to the defending team from the position on the field where the offending player became involved in play.

NEVER OFFSIDE

Notwithstanding everything above, a player does not commit an Offside Infraction if the last time the ball was touched or played by a teammate was from one of the following:

1. THROW-IN
2. GOAL KICK
3. CORNER KICK

Often Misunderstood Soccer Rules

HANDLING THE BALL

Not all ball-hand contact is a foul. The Laws only penalize deliberate handling of the ball. Referees must use their judgement to assess whether or not a player deliberately handled the ball. This requirement exists no matter where the ball-hand contact. Often referee will try to determine whether contact was a result of the ball striking the arm or whether the contact was the result of the arm striking the ball. As this is a judgement call by the referee, the referee's opinion may not be the same as the coaches, players or spectators. **THE REFEREE'S OPINION IS THE ONLY ONE THAT IS CORRECT.**

DANGEROUS PLAY

There is no specific rule that prohibits high kicks or playing the ball from the ground. However, if these are done in a way that puts that player or another player at risk, then that player can be penalized for **PLAYING IN A DANGEROUS MANNER.**

FAIR CHARGE

Soccer can be a contact sport. Fair and safe contact is an expected part of play, even if that contact results in a player going to the ground or losing possession of the ball. A "Fair Charge" is when two players challenge each other with shoulder to shoulder contact while trying to get the ball. In order for a charge to be a Fair Charge, players must be within playing distance of the ball.

ADVANTAGE CLAUSE

If the referee determines that a foul has occurred, the Laws allow the referee not call the foul if the referee determines the offended team will be in a better position if her or she does not call the foul. There are two important aspects to remember: (i) the referee may or may not choose to apply advantage, and (ii) if the referee applies advantage, the referee may reverse that decision within 2 – 3 seconds and award the original foul if the perceived advantage fails to materialize. This is called the **ADVANTAGE** clause.

Applying the Spirit of the Game

The referee is expected to use judgement when applying the Laws of the Game. The Laws instruct the referee to avoid whistling for trifling or doubtful fouls in favor of ensuring a free-flowing and exciting match. The referee attempts to balance flow of the game with control of the game. It is not the responsibility of the referee to control the players. It is the responsibility of the coach to prevent players for losing control. The referee keeps the game **SAFE, FAIR, and FUN.**

INJURED PLAYERS

The referee is not required or expected to stop play for any and all injuries to players on the field. The referee is instructed to only stop play if an injury is severe and requires immediate attention. If the referee stops play to attend to an injured player, coaches must wait for the Referee to beckon the coach on to the field of play to attend to an injured player. A common misperception is that if a player sustains a minor injury, they should "take a knee" so the referee will stop play. If a player needs attention from the sideline, and that player is able to move to the sideline, a player may move to the sideline to receive care during the course of play.

ITOOTR – In The Opinion Of The Referee

The soccer rules state that all decisions concerning fouls and misconduct are "In the Opinion of the Referee". So, when you think something is a foul or is not, it is the referee opinion that counts.

The Five Skills of Soccer

The sport involves several basic skills: kicking, passing, dribbling, trapping, heading. These skills can be learned at any age, and are skills which the good soccer player works continually to improve.

KICKING is the skill most often used to move the ball, either from one player to another or to score a goal. Many players spend more time practicing goal kicking than any other skill because they feel that scoring is the most fun. But players should put just as much emphasis on the other skills. Even forwards will not usually take more than five or six shots on goal in an entire game.

PASSING is kicking, pushing, or heading the ball accurately to a teammate or to a space where a teammate can run to the ball. A player may lightly tap the ball to a teammate several feet away or kick it strongly to move it down the field. The ball may scoot along the ground or may be kicked in the air.

DRIBBLING, as in basketball, is used to transport the ball under control from one area to another. Soccer players cannot use their hands, players dribble the ball with their feet, using light taps on the ball to move it along the ground.

TRAPPING is stopping the ball in flight or on the ground and then controlling it by dribbling or passing the ball to a teammates. There are many ways to trap a ball: (1) allowing it to hit the chest at an angle that deflects the ball to the ground where it can be controlled; (2) allowing it to hit the thigh or bent knee to deflect the ball to the ground where it can be controlled; and (3) using a foot to stop the ball.

HEADING is unique to the game of soccer. When a ball is too high to kick, players "head" the ball to pass to a teammate or score a goal. Players should use their foreheads. This is very hard part of the body and permits painless contact.

The Team

Each team usually is composed of the following basic positions:

The GOALKEEPER, (or Keeper) who is responsible for guarding his/her team's goal and preventing the opposing team from scoring.

The BACK (or Fullback), whose primary duty is to prevent the opponent from having a good shot at the goal, also works to gain possession of the ball and pass it to a teammate to start an attacking play.

The MIDFIELDER (or halfback) who plays a transitional game from defense to offense and vice versa. Usually the midfielder is the most active player on the field and the key to enabling a team a good continuity in its efforts.

The FRONT RUNNER (or Forward), whose primary responsibility is to score, also assists the midfielders in shifting play from defense to offense.

It's important to keep in mind that **any** player may score a goal regardless of position.

ATTACKER and DEFENDER

It is important to remember and teach that there is not a position called ATTACKER or DEFENDER.

When your team has the ball, all players on the team are ATTACKERS (regardless of their position), and should be taking an offensive role.

When your team does not have the ball, all players on the team are **DEFENDERS** (regardless of their position), and should be taking a defensive role.

Soccer Action

KICKOFF-Puts the ball in motion at the beginning of each half and after each goal is scored.

OUT OF PLAY-Happens when the ball completely crosses the side boundary of the field (sidelines), or when the ball completely crosses the goal line. Play is restarted by a throw-in when out of play over the sidelines and by a goal kick or a corner kick when out of play over the goal line.

THROW-IN-Taken along the sidelines at the point where the ball went out of play. A throw-in is awarded against the team which last touched the ball before it went out of play.

GOAL KICK-Taken at each time the ball is kicked by the offensive player over its opponent's end or goal line. The ball is placed inside the goal area and must be kicked past the penalty box before it is in play again.

CORNER KICK-Taken by the offense each time the ball is kicked by the defense over its own goal line. The ball is placed within a three foot arc in the corner of the field (nearest to where the ball went out of play) and kicked into play by the offense.

PENALTY KICK-Given when a defensive player commits one of the nine penal (major) fouls within his/her penalty area.

Sideline Etiquette

AYSO soccer encourages positive self-esteem, discipline, personal responsibility, teamwork, acceptance of and learning from disappointment and success, as well as perseverance. It is also an enjoyable game to watch as well as to play. We believe that quality soccer can and should be developed, and that it can and should be fun. Therefore, the emphasis of our program is not on who wins but how the players and teams develop, and most importantly, did they have fun in doing so? We want all participants to reach their full, *age-appropriate* potential and to enjoy themselves in the process.

As spectators, we must realize that the players are trying their very best and deserve *our very best* in the way of support and encouragement. **Negative comments have no place on the field or on the sidelines.** We need to recognize that the effort of each player is 100% well intended and encourage each player to maintain that effort. It is also important to recognize **all good play** being demonstrated; *regardless of which team the player is on.*

The area off the field that the spectators occupy is on your own team's side, no closer than three yards from the touchline, and between the penalty areas. Under no circumstances will anyone be allowed behind the goal lines. Familiarize yourself with these field markings and remain within the area defined.

Allow the coach to be the sole source of coaching during the match, communicating tactical or technical adjustments to the players. As a coach, be sure that your coaching during the match is **limited to positive, instructional or encouraging comments.** Giving play-by-play instructions to all players hinders their ability to put into effect the lessons you have stressed in practices and disallows them the opportunity to think on their feet.

The area off the field that the coaches occupy is called the **"technical area"** and is on your own team's side, no closer than one yard from the touchline, and up to ten yards from either side of the halfway line. The "technical area" is limited to the head coach and one assistant coach for that team. Not only are these to be the only persons occupying the "technical area," **they are the only persons who may coach**" (give tactical or technical information) during the course of the match.

An important aspect of the AYSO program is **Sportsmanship.** Our children need to experience:

1. The fun of hard fought but fair competition
2. Winning graciously
3. Losing graciously
4. Improving one's abilities through practice
5. Learning the social skills involved in being a member of a team, *and*
6. Acknowledging good play by teammates as well as opponents

One of the ways in which our children can learn and continue to have these experiences is by our demonstration of good sideline behavior.

Our children learn by watching, and imitating our conduct.

Keep a positive outlook and demonstrate it by supporting the coaches, players and referees, in spite of any mistakes they may make during the course of a match.

AYSO Soccer Accident Insurance

Below is a summary of AYSO insurances. Incident forms & more details located at

https://www.aysovolunteers.org/wp-content/uploads/2018/04/Incident_Report_Form_with_Instr_rev06102021-v1.pdf

AYSO purchases Soccer Accident Insurance (SAI), for volunteers & players, which pays excess medical costs up to \$50,000 maximum per accident to an insured person for accidental bodily injuries incurred as a direct result of participation in a covered activity. This is an Excess Accidental Medical Expense Benefit, and all eligible expenses will be reimbursed in excess of a primary policy or on a Usual and Customary basis.

- All claims must be submitted within 90 days of the injury.
- Each claim is subject to a \$500 Deductible.
- Social Security Numbers required on SAI claim.

All AYSO currently registered* members (players, coaches, referees and other volunteers) are "Covered Persons" for accidental bodily injury while participating in the following covered activities:

- Team practice sessions, scheduled games, tournaments, or other sponsored activities (meetings, banquets, fundraisers) provided they are under the direct supervision of an AYSO registered volunteer.
- Group travel of five or more participants directly, without interruption to or from such practice sessions, games, tournaments, or sponsored activities, provided that players are traveling as a team and a licensed adult driver operates the vehicle.

*Registration requirements will be verified before any benefits are paid.

NOTE: SAI Insurance will NOT cover injuries incurred in any practice or scrimmage where PARENTS play against KIDS !!

AYSO Liability Insurance

AYSO carries a General Liability and the policy period is July 1 through June 30 of next year.

Who is covered: The Organization, its Directors, Officers, field owners, employees and volunteers for injuries or damages the Organization becomes legally obligated to pay, including applicable legal costs for defense.

Coverage is provided for:

- Participant injury
- Spectator injury
- Property damage liability
- Volunteer injury
- Activities necessary and incidental to the conduct of games or practices
- AYSO Sponsored functions, including meetings, banquets and fundraisers

Notable Exclusions

- Golf Cart Liability, Fireworks, ***soccer games adults vs. kids***
 - Amusement Devices (specifically excludes bounce houses and climbing walls, but also excludes carnival-type rides in general)

Contact

If for any reason you have a problem or concern about your insurance program, please do not hesitate to contact the NSTC at 800-872-2976 or insuranceclaims@ayso.org.

86 Ways to say "Good Job !!

1. Good for you!
2. Superb
3. You did that very well
4. You've got it made
5. Terrific
6. That's not bad!
7. Couldn't have done it better myself
8. Marvelous!
9. You're doing fine
10. You're really improving
11. You're on the right track now!
12. Now you've got it figured out
13. Outstanding!
14. That's coming along nicely
15. I know you can do it
16. Good work
17. You figured that out fast
18. I think you've got it now
19. I'm proud of the way you worked today
20. Tremendous!
21. You certainly did well today
22. Perfect
23. Nice going
24. You've got your brain in gear today
25. Now you've got the hang of it
26. WOW!
27. Wonderful!
28. You're getting better every day
29. You're learning fast
30. You make it look easy
31. That's a good boy/girl
32. That's very much better
33. Super!
34. You did a lot of work today
35. Keep it up!
36. You've got that down pat
37. Congratulations
38. Exactly right!
39. Nice going
40. Excellent
41. Sensational
42. You're doing beautifully
43. You've just mastered that
44. That's really nice
45. That's the best ever
46. That's great
47. Way to go!
48. That's the way to do it!
49. That's quite an improvement
50. Good thinking
51. You really are going to town
52. Keep up the good work
53. That's it.
54. That's it!
55. You haven't missed a thing
56. Fantastic!
57. You outdid yourself today
58. You're doing a good job
59. That's the right way to do it
60. That's better
61. Right on!
62. Well, look at you go!
63. That's the best you've ever done!
64. That's RIGHT!
65. You must have been practicing!
66. Great!
67. Keep working on it... you're getting better
68. You remembered!
69. That kind of work makes me very happy
70. You're really working hard today
71. That's what I call a fine job!
72. I knew you could do it!
73. I'm very proud of you
74. One more time and you'll have it
75. Fine!
76. That's good
77. Good job
78. You really make this fun
79. Good remembering
80. Nothing can stop you now
81. You are doing much better today
82. Keep on trying
83. You are really learning a lot
84. You've just about got it
85. I've never seen anyone do it better!
86. You are very good at that.

Coaches's Code

Enthusiastically support and practice the "Everyone Plays" and Positive Coaching" philosophies of AYSO.

Be reasonable in your demands on the young players' time, energy, enthusiasm and their performance on the soccer field.

Impress on your players that they must abide by the rules of the game all the time.

Develop team respect for the ability of the opponents, as well as for the judgment of referees and opposing coaches.

Ensure that your players' soccer experience is one of fun and enjoyment (winning is only part of it). Players should never be yelled at or ridiculed for making mistakes or losing a game.

Set a good example and be generous with your praise when it is deserved. Children need a coach they can respect.

Enlist the support of your teams' parents in your efforts to instill the proper attitudes and values in the players.

Keep informed about sound coaching principles and growth and development principles of children.

Check equipment and facilities that you use. They should meet safety standards and be appropriate for the age and ability of your players.

Follow the advice of a physician when determining when an injured child is ready to play again

Bill of Rights for Young Athletes

Right of opportunity to participate in sports regardless of ability level.

Right to participate at a level that is commensurate with each child's developmental level.

Right to have qualified adult leadership.

Right to participate in safe and healthy environment.

Right to share in the leadership role and decision-making of the sport.

Right to play as a child not as an adult.

Right to proper preparation for participation in a sport.

Right to equal opportunity to strive for success.

Right to be treated with dignity by all involved.

Right to have fun through sport.

Player's Code

Play for the fun of it, not just to please your parents or coach.

Play by the Laws of the Game.

Never argue with or complain about referees' calls or decision.

Control your temper. Most of all, resist the temptation to retaliate when you feel you have been wronged.

Concentrate on playing soccer with your best efforts. Work equally hard for your team as for yourself.

Be a good sport by cheering all good plays, whether it is your team's or your opponent's.

Treat all players as you would like to be treated.

Remember that the goals of the game are to have fun, improve skills and feel good. Don't be a showoff or a ball hog.

Cooperate with your coaches, teammates, opponents and the referees.



AYSO CODE OF ETHICS

TRUSTWORTHINESS

- Worthy of trust, honor and confidence
- Honest: trustful, sincere, non-deceptive, candid, not cheating
- Integrity: morally courageous, principled
- Promise-keeping: dependable, reliable

RESPECT

- Regard for dignity, worth, and autonomy of all persons (including self)
- Treating others with courtesy, civility, politeness
- Tolerating others' belief
- Accepting individual differences without prejudice
- Refraining from violence, coercion, intimidation

RESPONSIBILITY

- Acknowledgement and performance of duties to others and self
- Accountability: answerable for consequences of decisions
- Pursuit of Excellence: diligent, persevering
- Self-discipline: self-control, restraint

JUSTICE AND FAIRNESS

- Making decisions on appropriate factors: impartially, avoidance of conflicts of interest
- Commitment to equity and equality
- Openness to informations and ideas
- Reasonableness
- Due process
- Consistency
- Fair Play

CARING

- Regard for the well-being of others
- Kindness
- Compassion
- Consideration
- Unselfishness
- Charity: altruism, giving

CIVIC VIRTUE AND CITIZENSHIP

- Recognition of and living up to social obligation
- Participation in democratic process
- Law abidance
- Protection of environment
- Community service
- Doing one's share