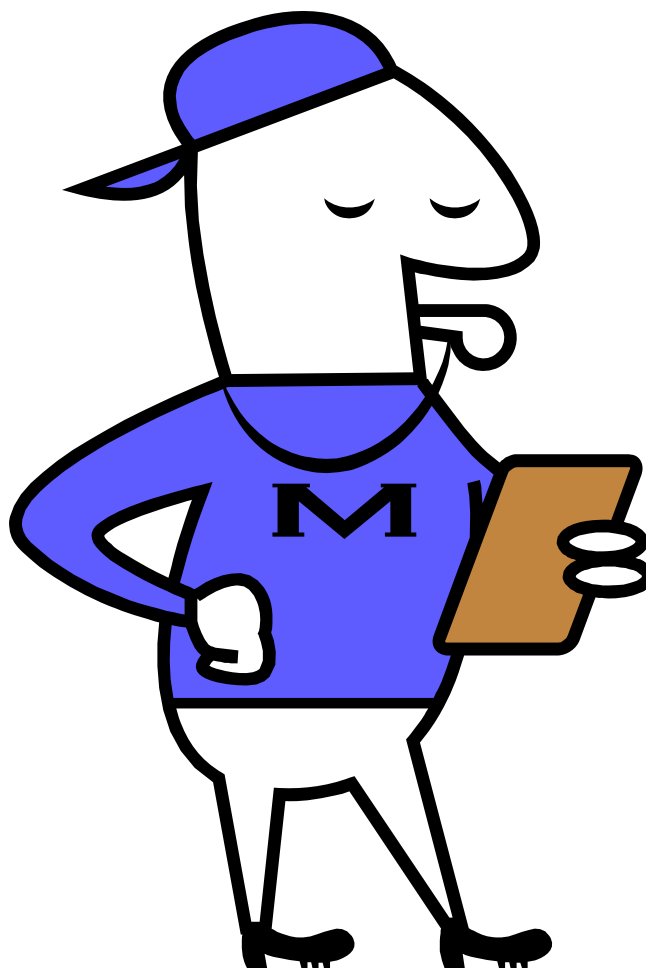


# COACH'S PACKET

## 2017



Website: [WWW.AYSO152.ORG](http://WWW.AYSO152.ORG)

For Rainouts: see website home page for link

Coach Administrator: [coachadministrator@ayso152.org](mailto:coachadministrator@ayso152.org)

(cell) 619.890.0430

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### Other items:

- Accident Report Form
  - [www.ayso.org](http://www.ayso.org). Go to “For Volunteers”; “Coach”; then “Forms and Documents”
- Team Roster
- Player Evaluation Form

### Regular Season:

- U5 = Sept 09 – Nov 11th
- U6 and U8: Sept 09 – Nov 11
- U10 and above: Aug 26 – Nov 18

Referee Course = [www.aysou.org](http://www.aysou.org) for course registration. Link under “Important Documents” on [www.ayso152.org](http://www.ayso152.org)

### Picture Day Information ---

- Main Day--- Oct 7
- **Make up day --- TBD**
- **Location --- TBD**
- individual team times to follow.

### Player skills training:

- Uses Matrix program trainers
- Held at Deportola Middle School grass field
  - Under 10 Girls = Tuesdays, 5-6 pm

- **Under 12 (all) = Wednesdays, 5-6 pm**
- **Under 10 Boys = Thursday, 5-6 pm**
- **Under 8 players (optional) = Wed, 5-6 pm**
- **Fridays: Goalie/Striker training at Serra High School upper fields, 5:30-6:30 pm.**

## MISSION STATEMENT

The AYSO Mission is to provide world class youth soccer programs that enrich children's lives and **that provide a fun family environment** based on the AYSO philosophies:

**Everyone Plays** - Our Region's 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 form new teams as evenly balanced as possible - because it is fair and more fun when teams of equal ability play.

**Positive Coaching** - Kids win when they are built up, not when they are torn 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 program is open to all children between 4 and 18 years of age who want to register and play soccer. Interest and enthusiasm are the only criteria for playing.

**Good Sportsmanship** - We strive to create a positive environment based on mutual respect, rather than a win-at-all-costs attitude, and our program is designed to instill good sportsmanship in every facet of AYSO.

### **Player Development**

**The core values guiding AYSO are:** Fun for all! Education for all! Ethics for all!  
Accessible to all!

**The mission is accomplished in our region by providing these essential services:**

Coaching and referee programs including quality delivery systems  
Quality administrative and operating systems with a support network  
Strong financial position  
Special network for volunteers, supported by a national staff  
Program research and development

# Tierrasanta AYSO Coach Pre-Season Check List

## Coach volunteer registration forms

- Please be sure that you have completed:
  - Volunteer registration form at [www.ayso152.org](http://www.ayso152.org)
  - Safe Haven at [www.aysou.org](http://www.aysou.org)
  - Coach certification class (live or on-line at [www.aysou.org](http://www.aysou.org) (available for U10 and below only))

## 1. Contact your players' parents and inform them of:

- Date and location of parents' meeting.
- Practice days and time: NOTE: Practice only on the allowed fields. Refer to separately emailed Field Allocation/Closure document for specifics. List is also on [www.AYSO152.org](http://www.AYSO152.org). In general, permitted fields are:
  - Tierrasanta Community Park: Becomes available Oct 16, 4 pm – Dark (AYSO shares with Pop Warner football)
  - Serra High School (upper fields) = M-F: 4:15 pm- Dark
  - Farb = M-F: 4:45pm-Dark (Tierra Canyon Softball has dirt infield)
  - Kumeyaay = M-F; 2:30 pm-Dark; grass (Tierra Canyon Softball has infield)
  - Deportola = M-F; 4:15 to Dark; Southern grass field (Little League Fall Ball has dirt infield).
- Email is great but may not be correct - use the phone if you get no response. You **must** make contact with every team member.

## 2. At the parents' meeting

- Explain the AYSO philosophies.
- Explain your expectations of players and parents (recommend putting in writing for absentees).
- Recruit help:
  - Assistant Coach.
  - Field Setup
  - Picture Parent
  - Team Parent
  - Referee(s) - Required for U10 and above
  - Snack Coordinator
  - Banner Coordinator
- Explain the game format (Younger divisions only)

## 3. Player registration forms

- The player registration form, which contains the emergency medical release information, must be with you or your assistant at **all team functions** (practices, games and parties). We recommend that both the coach, assistant coach, and team parent carry a copy of these forms 'just in case'.

**4. Equipment and uniforms.** . Contact [coachadministrator@ayso152.org](mailto:coachadministrator@ayso152.org) for any uniform concerns or supplemental orders.

**5. Inform Coach Administrator ([coachadministrator@ayso152.org](mailto:coachadministrator@ayso152.org)) of any player who has definitely decided not to play.**

**NOTE:** This must be confirmed by a parent.

#### **6. Attend training and continued education**

- Every coach must fill out and e-sign a volunteer form found at [www.ayso152.org](http://www.ayso152.org)
- Every coach **must** possess the Safe Haven certification. **You can take the Safe – Haven class on-line at [www.aysou.org](http://www.aysou.org)**
- **Other on-line courses at [www.aysou.org](http://www.aysou.org) cover U6, U8 and U10 Coaching.**
- Study coaching books, videos, and soccer web sites - great for ideas on practices.
- Concussion awareness training at [www.aysou.org](http://www.aysou.org).

#### **7. First-aid and water**

- Carry a first-aid kit to all practices and games.
- Water must be available at all practices and games. This is especially important early in the season when the weather can be hot. Encourage players to bring their own water bottle, but bring some extra for the forgetful ones.

#### **8. Before the Game**

- Plan lineup and substitutions (every player plays at least half the game. Desire all players play three quarters before any player plays the whole game.
- Fill out game card with player information (U10 and above).
- Remember this is NOT the World Cup Championship!!!

#### **9. At the Game**

- Introduce yourself to the coaches of the other team and to the referees.
- Ensure your players are **properly warmed up** and ready to play.
- Remember:
  - **Honor**
    - **the Game**
    - **Rules**

- **Opponents**
- **Officials**
- **Teammates**
- **Self**
- Coaches are responsible for parent behavior - they are part of the team on game-day.
- Coaches and spectators must stand or sit at least one yard back from the touch line.
- Coaches must remain within the (unmarked) coaching area which extends 10 yards either side of the half-way line.
- The game is for the players! Coaching is limited to positive instruction and encouragement. Avoid coaching the player on the ball.
- Applaud good play by both teams.
- Avoid running up the score in unbalanced games - maximum of 6 goals difference, prefer 4. Use common sense!!!
- Players and coaches cheer opposing team and then line up to shake hands. Remember to thank the referees also!
- If you are the last game of the day, please have parents assist in taking down goals and equipment.
- Clean up any trash left at the field.

## **10. Resources:**

- Tierrasanta Website: [www.ayso152.org](http://www.ayso152.org)
- AYSO National: <http://www.ayso.org>
- AYSO coaching help: <http://www.aysohelp.org>



# COACH'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 at all times.
- Develop team respect for the ability of 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 a 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’ parent in your efforts to instill the proper attitudes and values in the players.
- Keep informed about the sound coaching principles and growth and development principles of children.
- Check the 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.

# TEN THINGS YOUR KIDS DON'T WANT YOU TO DO

1. **Don't yell out instructions.**

During the game, I'm trying to concentrate on what the coach says and working on what I've been practicing. It's easier for me to do my best if you save instructions and reminders for practice or just before the game.

2. **Don't put down the officials.**

This embarrasses me and I sometimes wonder whether the official is going to be tougher on me because my parents yell.

3. **Don't yell at me in public.**

It will just make things worse because I'll be upset, embarrassed, or worried that you're going to yell at me the next time I do something wrong.

4. **Don't yell at the coach.**

When you yell about who gets to play what position, it just stirs things up and takes away from the fun.

5. **Don't put down my teammates.**

Don't make put-down remarks about any of my teammates who make mistakes. It takes away from our team spirit.

6. **Don't put down the other team.**

When you do this, you're not giving us a very good example of sportsmanship so we get mixed messages about being good sports.

7. **Don't lose your cool.**

I love to see you excited about the game, but there's not reason to get so upset that you lose your temper. It's our game and all the attention is supposed to be on us.

8. **Don't lecture me about the mistakes after the game.**

Those rides home in the car after the game are not a good time for lectures about how I messed up – I already feel bad. We can talk later but please stay calm and don't forget to mention things that I did well during the game.

9. **Don't forget how to laugh and have fun.**

Sometimes it's hard for me to relax and have fun during the game when I look over and see you so tense and worried.

10. **Don't forget that it's just a game.**

Odds are, I'm not going to make a career out of playing sports. I know I may get upset if we lose, but I also know that I'm usually feeling better after we go get a pizza. I need to be reminded sometimes that it's just a game.

AYSO REGION 152  
General Rules for U5, U6 & U8 Divisions

## U6 DIVISION

- Ball size 3
- Games are 10 minute halves with a five minute half
- Must start and end games on time so you don't fall behind in the schedule
- Last game of the day, teams take down their respective goals
- Teams play **3 v 3**
- No goalkeepers
- Restart play with throw-ins, corner kicks and goal kicks.
- Coaches are not to "plant" a player in the arc in front of the goal
- Please do not run up the score & try to give equal playing time to all players
- No line-up cards, no scores are recorded or win-loss records
- No slide tackling or headers, do not allow pushing or tripping or holding
- This is NOT a competitive division, please stress activity and fun for all
- Coaches are responsible for the general clean-up of their sidelines after their games

## U8 DIVISION

- Ball size 3
- Games are 20 minute halves with a substitution break approximately halfway through each half. Half time is approximately five minutes
- Substitutions must be done quickly, these are not coaching opportunities for the whole team
- Last game of the day, teams take down their respective goals
- Teams play 5 v 5. **No goalkeeper.**
- There is no offside in this division
- There are no penalty kicks in this division
- There are no indirect free kicks awarded in this division
- Slide tackling and headers are not to be introduced or coached.
- 2<sup>nd</sup> chances will be given for improper throw-ins.
- **No referees for these games. Team coaches work each half.**
- This is definitely a learning experience, please stress fun and good sportsmanship and model those behaviors for your players
- This is not the World Cup division, competition is secondary to learning and fun
- **No line-up cards, no scores are recorded or win-loss records**
- Coaches are responsible for the general clean-up of their sidelines after their game.

## **U10 DIVISION RULE CHANGES**

- **No heading of the ball. Violation results in Indirect Free Kick**
- **Goalies may not punt, drop kick, or volley kick the ball.**
- **Establishment of Build Out Line**
  - **Runs width of field equidistant between penalty area and halfway line.**
  - **Allows playing the ball out of the back with less pressure.**
  - **Opposing team must move behind the Build Out Line prior to Goal Kick or when goalie possesses the ball.**
  - **Goalie does not have to wait for opposing team to retreat behind Build Out Line before making pass.**
  - **Build Out Line used to determine Offside**

## **U12 DIVISION RULE CHANGES**

- **No heading of the ball.**
- **Goalies may not punt, drop kick, or volley kick the ball.**