



2019 De Pere Rapides Youth Soccer Club Coaches Training



Agenda

- Overview of the Organization
- Your Role as a Coach
- Basic Skills
- Basic Rules
- Practices
- Games
- Code of Conduct

SOCCER IS EASY...



**Just remember NOT to
use your hands!**



Organization Overview



- De Pere/Wrightstown is composed of recreational and competitive levels
 - De Pere Rapides Youth Soccer Club (DPRYS)
 - De Pere Select
 - Foxx Soccer (Wrightstown Area)
- All select teams have a designated try-out process.



De Pere Rapides Youth Soccer Club (DPRYS)

- DPRYS is a district member of the Bay Lakes Area under the Soccer Association of Youth (SAY) Organization



→ **Bay Lakes Area**



**Other GB-Area
Districts**



DPRYS



- Approximately 1,500 players from De Pere and Wrightstown area communities
- 121 teams for the 2019 season.
- Start of 2019 Season
 - Practices should start first week of May
 - Games start first week of June



Equipment for the Season



- Each team is given the following items:
 - Shirts (Players, Goalkeeper, and Coach)
 - 6 properly-sized soccer balls
 - 5 through 7: Size 3
 - 8 through 11: Size 4
 - 12 and Up: Size 5
 - One new ball should be reserved for game use only.
 - You may want to mark the balls for identification.
 - Rule Book
 - Coaches Handbook
 - Many of the practice drills can be found on our website



Equipment (cont'd)



- Practice Cones/Disks
- Injury Report Forms
- Roster
- Money for Referees (Under 12)
- Medical Release Forms
- Picture Order Forms
- Medals for under 12
- First Aid Kit (when available)
- U6 De Pere Coaches get two goals

Nice Idea Items to Have:

- Extra practice jerseys
- Whistle
- Goalie Gloves



Next Steps



- Determine when your team's picture timeslot is.
 - Be early for Picture day/Remind Parents
- Determine when/where your first practice will be.
 - Sign up for Practice Fields below
 - <https://sports.bluesombrero.com/Default.aspx?tabid=924440>



Practices



- Are planned as determined by the coach.
 - Start first week of May
 - Age appropriate (meaning 5 year olds don't need 10 practices before the season starts).
 - Rule of thumb, should be no longer than the length of the game.
- Updated medical release form.
 - This is a safety issue and an insurance requirement.
- Try to have 6 practices – schedule 8 and then you can be lenient on cancelling for bad weather



Practices (cont'd)



- Whatever the drill, concentrate on touches.
 - The more touches the better.
 - Spend as little time as possible on things that doesn't involve touches, i.e., jogging around the field, standing and waiting for a turn, etc.
- Fields
 - Due to wet weather concerns, the City and DPRYS Club can make the determination to limit practice times on the fields.
 - We ask that you support any practice/game cancellations for the sake of preserving the fields.
 - Fields are not lined or nets placed up until the season starts.
- Goal of Practices
 - Skill builders – each practice should have an objective and an activity that supports that objective.
 - Examples Provided.
 - Look at using fun games that encourage skill development.
 - Red Light, Green Light
 - Duck, Duck, Goose.



Your Role as the Coach



- Utilize your families to volunteer for other duties:
 - Treat Schedule
 - Coordinating Picture Night
 - Collecting contact information to establish a Phone Tree or e-mail system.
 - Make sure to have a cell phone at each game and practice.
 - Injuries such as broken bones and split-opened heads have occurred.
 - Times-Two Policy/Requirements
- At game time
 - Home team provides the score card and pays the referee
 - Both coaches sign the score cards
 - The referee mails in the score card



Times-Two Policy/Requirements

- Each game and practice **REQUIRES** at least two non-related adults.
- **THIS IS A MUST!**
- Each adult is required to submit a completed “Volunteer Application Form”.
 - See DPRYS website



Player Equipment



- Each player is required to play with their team-sponsored shirt.
 - Do NOT print names on the shirts!
 - When you hand out shirts, shirts are sized in coordination with the shirt number.
 - Small number smaller shirt sizes, larger numbers – larger shirt sizes.
 - At first practice, form a “height line” and hand out the shirts by height.
- Shoes
 - Tennis or soccer shoes



Player Equipment (cont'd)



■ Shinguards

- Are type and size appropriate.
 - Foam-type and hard shell-type
 - Referees look at these critically at the county level and will not permit players to play without the right size.
- Other than the foam-type shin guards, socks are **REQUIRED** to cover the **FULL** shin guard. No exception.
- No jewelry or casts (soft or hard) are permitted.
 - This goes for newly-pierced ears!
 - Band-aids are not permitted to be used to cover the jewelry.



Where do we play?



- U6(no more than 10 players per team, 5 players on the field)
 - No Goalie
 - Small fields
 - De Pere and Wrightstown
- U8(no more than 12 players per team, 6 players on the field)
 - Medium Sized Fields
 - De Pere and Wrightstown
- U10 and U12 (No more than 14 players per team, 8 players on the field)
 - Medium sized fields
 - De Pere and Wrightstown
- Ages 12 & Up (no more than 22 players per team, eleven players on the field)
 - Large sized fields
 - Throughout the County



What are the game lengths?



- **U6 and De Pere and Wrightstown**
 - 8 minute quarters, with 1 minute between quarters, and 5 minutes for half-time.
- **U8 De Pere and Wrightstown**
 - 10 minute quarters, with 1 minute between quarters, and 5 minutes for half-time.
- **U10 De Pere and Wrightstown**
 - 12 minute quarters, with 1 minute between quarters, and 5 minutes for half-time.
- **U12 De Pere and Wrightstown**
 - 15 minute quarters, with 1 minute between quarters, and 5 minutes for half-time



Referees



- Remember that most of them are young and are probably feeling considerably more pressure than anyone else on or off the field.
- If you are going to correct them, be sure you are giving them correct information. Read the Rule Book.
 - Handball calls, like offside, are also at the discretion of the referee.
 - The scorecard stays with the referee, who then mails it in after the game.



Referees (cont'd)



- Generally students. We ask that you work with them, not badger them.
 - Don't be afraid to ask for an explanation if you need one, but we ask that you don't ask for explanations while the game is going on. Wait until a quarter or half-time break.
 - The number one reason referees quit is PARENTS. Please work with them to keep everything under control. You can (and should) report problem parents to us. Use the "Contact Us" page and choose "Code of Conduct" as the topic. Out of control parents **will be removed from the league**.
- They are trained and are required to pass a 100 question test.
- The home team provides the referee with a game card and pays the referees at the beginning of the game.



Referees Fees

- For games covering the 5-6-7 year olds:
 - Only one referee is scheduled per game and is paid \$10/game.
- For games covering 8-9 and 10-11 year olds:
 - 2 referees are scheduled per game with each receiving \$18/game. If only one referee shows, then the remaining referee gets an extra \$9, or a total of \$27.
- >12 (County Level): Payments are handled by DPRYS.
 - At no time are to withhold payment.
 - If there is an issue, then contact the Referee Coordinator via the club's website with the Contact Us page.

Referees also earn bonuses based on their amount of training and their scores on their tests. These are paid by the Referee Coordinator at the end of the year.



Injuries



- Soccer is a physical sport.
 - Sprains (ligaments)
 - Strains (muscles and tendons)
 - Heat Exhaustion/Stress
- RICE – Rest, Ice, Compression, Elevation
- Don't be afraid to suggest seeking medical attention.
- Cell phones are useful for emergency needs.
- Bring cool, wet rags during humid, hot game days.
- Should an injury require medical attention, an injury Report Form shall be completed by the Coach.
 - Medical Insurance is available (less deductible) for all practices, games, and travel to and from those events.



Code of Conduct

- All parents, players, and coaches should be aware of these.
 - There is one code for each group.
- Code of Conduct for Coaches
 - The head coach will have a copy of the team roster and medical forms at each game, which may be examined by the opposing coach or referees.
 - Each player must play one-half of each game. All players will have equal playing time.
 - When an opposing team is playing short, our coaches are encouraged to play the same number of players on the field.
 - Remember this is RECREATIONAL soccer.
 - If your team is five goals ahead, rotate your players to AVOID running up a score.

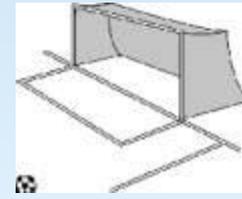


Code of Conduct for Coaches (cont'd)

- Treat the players, parents, referees, and opponents with respect and courtesy.
- Accept the decisions of the referees with grace and respect.
- Hold your players accountable for their actions; help them to be the best they can be.
- Teach and inspire your players to love the game and to compete fairly within the rules and spirit of the game.
- Be a role model.
- Have control and maintain a positive discipline at ALL TIMES.
- The coach shall be responsible for his actions, control of team members, and control of the team's fans, including parents.
- All coaches shall read the S.A.Y. rule book.
- Do not use profane language on the field or sidelines. You will be removed from the game.



Code of Conduct for Players and Parents



- The DPRYS Club highly recommends that you review the Code of Conduct for the parents and players at a tem meeting.
 - They are self-explanatory.
 - They can be found on the DPRYS website.
 - www.dprys.org
 - Select “Forms and Brochures”



Teach Basic Skills



- Kicking and Passing: Instep, Inside of foot, and Outside of foot.
- Trapping: Stopping the flight of the ball with the use of the instep, inside of foot, outside of foot, chest, head, and thigh.
- Slide Tackling: For kids under 12, try to keep them on their feet at all times!



Teach Basic Skills (cont'd)

- Dribbling: Short taps with the use of the inside and outside of the feet.
- Charging: Legal contact between two players who are trying to nudge an opponent off or away from the ball with the use of the tip of the shoulder, usually from the side. A fair charge must be shoulder to shoulder.



Soccer in Brief - Substitutions

- When they can be done.
 - Any goal kick.
 - New Rule as of 2003: Any time the offensive team substitutes
 - While not required, a yellow-carded player may be substituted. If so, the opposing team can substitute as well.
- Have players go to the center line, as this is where the refs are trained to look for subs.
 - Methods for getting the right kids on/off the field.
 - If several are going in, be sure to count to make sure the proper number have come off.



Soccer in Brief – Corner and Goal Kicks

- A corner kick is awarded when the ball crosses the goal line and is last touched by a defensive player, and doesn't result in a goal.
 - One member of the attacking team takes the kick from the corner arc.
 - A goal may be scored from this kick.
 - Also remember the opposing team must remain 10 yards from the ball as it is kicked and the kicker may not kick the ball a second time until touched by another player.
- A goal kick is awarded when the ball crosses the end line and is last touched by an offensive player.
 - The defensive players cannot touch the ball until it has left the goalie area



Soccer in Brief – Kickoffs

- A kickoff is done at the beginning of each quarter, and after any goal.
- The defensive must stand outside the center circle until after the ball has been kicked (small fields don't have center circles, but please ask the kids to stay back anyway)
- The person who taps the ball first cannot touch it again until another player has touched the ball (offense or defense)



Soccer in Brief – Penalty Kicks

- A penalty kick is awarded after a serious rule infraction takes place in the penalty area.
- It is a direct free kick.
- All players except the goalkeeper and kicker must stay outside of the penalty area.
- The goalkeeper must stand on the goal line and may not move until the ball is kicked.



Soccer in Brief – Direct Free Kicks

- There are nine prohibited acts for which a referee can award a direct kick to the offending team.
 - Kicking or attempting to kick an opponent.
 - Tripping or attempting to trip an opponent.
 - Holding an opponent.
 - Striking or attempting to strike an opponent.
 - Pushing an opponent.
 - Handling the ball, i.e., carries, strikes, or propels with his/her hands or arms.
 - Charges an opponent in a violent or dangerous manner.
 - Charging an opponent from behind.
 - Jumping at an opponent.



Soccer in Brief – Direct Free Kicks (cont'd)

- The kick is taken from the point where the infraction occurred, except in the case of a Penalty Kick.
- The Direct Free Kick means that a goal can be scored directly from the kick without touching another player.



Soccer in Brief – Indirect Free Kicks

- An Indirect Free Kick is awarded when a player intentionally commits one of the following fouls:
 - A player who takes a free kick and plays the ball a second time before another player touches the ball.
 - Unsportsmanlike conduct
 - Charging at improper time
 - Off-sides violation
 - Obstruction. Obstructing an opponent and not playing the ball.
- On an indirect free kick a goal can not be scored directly from the kick. The ball must touch another player besides the kicker before a goal can be scored.



Soccer in Brief – Off-sides

- Off-sides is perhaps the most misunderstood rule in soccer.
 - While going toward an opponent's goal, the offensive team may not have a player ahead of the ball unless there are two defending players present.
 - The exceptions to this statement are:
 - When the player is in his own half of the field of play,
 - If the ball was last touched by an opponent, or
 - The downfield player is not involved in the play.
 - The referee has the right to call or not call the off-sides infraction depending upon whether the offending player is seeking an unfair advantage.



Weather Policy

- SAFE PLAY is the ultimate goal
- Due to the extreme weather conditions (heat and rain) in Brown and the surrounding counties these past few years, and numerous parent concerns about these conditions, the Bay-Lakes S.A.Y. adopted the following guidelines:
 - Extreme Heat
 - When the temperature is above 90 and the heat index is at a danger level, the early match should be postponed until another time.
 - Later matches should incorporate longer breaks or more frequent breaks (i.e., halves should have quarters or play two shortened halves).
 - Plenty of fluids should also be available.



Weather Policy (cont'd)

- Extreme Cold
 - When the temperature drops below 30 and the wind chill index indicates a temperature below 0, then the match will rescheduled.
- Severe Wet Weather
 - Due to poor field conditions from extended wet weather, the President and/or City may cancel matches for the day(s) or week(s), depending upon those conditions and the weather forecast.
 - The President will consult with the local Presidents (or designees), area representatives and/or other board members to make this decision.



Weather Policy (cont'd)

- Electricity/Storms: S.A.Y. Rule Book states:
“The referee shall have the authority to stop the game in the event of a storm, play must be stopped and suspended until the danger has passed using the following minimum criteria:”
 - A 30-second or less time between the sighting of a lightning flash to the hearing of associated thunder shall be reason to stop and suspend a game, and
 - Play shall not be resumed prior to 30-minutes after the last sighting of lightning or the last sound of thunder heard.
- In the event of an electrical storm, play **MUST** be stopped until the danger has passed. In most cases, the game will need to be rescheduled if that game does not meet the requirement of a completed game (S.A.Y. Rule Book, Law I, Note 10)



Weather Policy (cont'd)

- In the event of an electrical storm, play **MUST** be stopped until the danger has passed. In most cases, the game will need to be rescheduled if that game does not meet the requirement of a completed game (S.A.Y. Rule Book, Law I, Note 10)
- If a parent requests their child to leave the field because they are uncomfortable with the weather or field conditions, the coach should honor the parents request to remove the child.



Game Preparation

- Use some form that helps you plan your game as to where players will be and who are the substitutes.
- Resources for Severe Weather
 - Please utilize Rained out option
 - https://www.rainedout.net/team_page.php?a=172ecd11dadde3318df5
 - Our Facebook Page “De Pere Rapides Youth Soccer Club”
 - Our De Pere Rapides Website
 - <http://sports.bluesombrero.com/dprys>
 - Lastly, the referee has the authority to call any game at the sight due to unsafe conditions.



Questions

- Many different resources available.
 - For DPRYS Club issues:
 - Contact the Answering Line at 920-785-0203, or
 - Email us at board@dprys.org

