



Coaches' Handbook Fall 2020

**La Jolla Youth Soccer
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www.lajollasoccer.org

2020 Division Directors

Age Group	Name	Email Address
Boys U6	Sarah Blumenthal	sarahmblumenthal@gmail.com
Girls U6	Catherine Baker	catherinericebaker@gmail.com
Boys U8	Sarah Blumenthal	sarahmblumenthal@gmail.com
Girls U8	Jeff Fechner	jmfechner@gmail.com
Boys U10	Jennifer Foss	foss.jennifer@gmail.com
Girls U10	Marcia Branstetter	mrsbranny@mac.com
Boys U12	Stacy Circuit	stacy.circuit@gmail.com
Girls U12	Marcia Branstetter	mrsbranny@mac.com
Boys U14	Stacy Circuit	stacy.circuit@gmail.com
Girls U14	Marcia Branstetter	mrsbranny@mac.com

Return to Play

We were thrilled with the news that Cal South lifted suspension on activities in mid-June. The safety of our players and community will always be our highest priority and we are committed to do our part to protect the health and welfare of our community. We are following State, County and Cal South guidelines for our Return to Play. At this point, we are planning on starting the recreational season on our normal timeline but are prepared to adjust and modify as necessary.

For detailed information on our Return to Play Guidelines click here: [Cal South RTP Guidelines](#)

Please also review Cal South Return to Play Phases and Responsibilities: [Cal South RTP Phases and Responsibilities](#)

Breakdown of Age Groups:

- Under 6: U5 & U6 players (born in 2016 & 2015)
- Under 8: U7 & U8 players (born in 2014 & 2013)
- Under 10: U9 & U10 players (born in 2012 & 2011)
- Under 12: U11 & U12 players (born in 2010 & 2009)
- Under 14: U13 & U14 players (born in 2008 & 2007)

Formation of Teams

The Division Director forms teams using the player registration system and the following criteria:

- Request to play for a specific coach
- Requests to play with a friend or neighbor
- Requests for specific practice day
- Requests by school and carpool
- Balancing each team with a fair ratio of younger and older players
- Fair distribution of players selected in prior seasons for All-Stars

The main goal during team formation is to honor player and coach requests while trying to balance teams in an equitable manner. Although we strive to form balanced teams in each age group, team formation is not a perfect process. There will be stronger teams and weaker teams...please be mindful of your opponents and DO NOT run up scores.

We have formed the following number of teams in each age group (maximum roster size included):

Boys U6	4 teams with 8 players on each roster (4 v 4)
Girls U6	4 teams with 8 players on each roster (4 v 4)
Boys U8	5 teams with 11 players on each roster (7 v 7)
Girls U8	4 teams with 11 players on each roster (7 v 7)
Boys U10	6 teams with 11 players on each roster (7 v 7)
Girls U10	6 teams with 11 players on each roster (7 v 7)
Boys U12	3 teams with 13 players on each roster (9 v 9)
Girls U12	3 teams with 13 players on each roster (9 v 9)
Boys U14	2 teams with 15 players on each roster (11 v 11)
Girls U14	1 team with 17 players on each roster (11 v 11)

LJYSL Coaches' Education and Clinics

Coaching Education is incredibly important to our Club. We want to ensure that our volunteer coaches have the tools necessary to succeed on the field. We have scheduled a Coaches' Field clinic on Wednesday, August 12 at Allen Field from 6:00 to 7:00 PM. Coaches should dress in attire appropriate for participation and bring a notepad. We will include instruction on how to successfully run a session while implementing social distancing drills.

In addition, we have created a “Coaches’ Corner” under the recreational tab on our website that will serve as the “go to” resource for fun/technical drills and includes practice session plans for the various age groups. *We have included links to Cal South’s Social Distancing Drills for ALL age groups.*

MANDATORY Cal South Coaching License

Cal South requires all coaches to be licensed. U.S. Soccer offers Grassroots Licensing Courses. The Grassroots Licensing consist of four (4) online courses (4 v 4, 7 v 7, 9 v 9 or 11 v 11). Each course takes approximately 2 hours to complete and coaches should select the course applicable to their age group.

The Club will pay for the Grassroots Licensing Course and Cal South has provided LJYSL with online codes to register for the applicable course. Please contact Heather Hilliard to receive your online code to get registered and complete the applicable course for your age group. *If you have already taken the Grassroots Course, you do NOT need to take it again.*

MANDATORY Concussion Course

Cal South requires concussion training for coaches - HEADS UP Concussion in Youth Sports is a free, 30 minute, online course available to coaches, parents, and others helping to keep athletes safe from concussion. Once completed, you will be emailed a certificate. Please forward certificate to Cathy Callier at cathy@lajollasoccer.org so she can upload into your Cal South registration system profile. *If you have already taken the concussion training course, you do NOT need to take it again.*

For detailed concussion information and link to concussion training course, please visit the CDC Head’s Up training page at: [CONCUSSION TRAINING COURSE](#)

MANDATORY Risk Management/Fingerprinting

Cal South requires all coaches/volunteers (including assistant coaches) to be cleared through the Live Scan Risk Management System. *If coaches have been fingerprinted for La Jolla Youth Soccer, they do not need to be fingerprinted again.* LJYSL will cover the cost of fingerprinting and we are contracted with Alive Scan. Alive Scan is located at 2707 Garnet Avenue, 2nd Floor, San Diego, 92109. They are open M-F 10:30 – 5 PM. Please call 858-349-0204 to make an appointment and let them know that you are from LJYSL.

Please print a copy of attached form and complete prior to your appointment:

[LIVE SCAN FORM](#)

MANDATORY Safe Sport Training Certificate

Cal South requires all coaches to obtain a Safe Sport Training Certificate. The Safe Sport course covers topics including sexual misconduct awareness education, emotional and physical misconduct and mandatory reporting requirements. The course takes approximately 90 minutes to complete. Once the course is completed, you will be emailed a certificate. Please forward the certificate to Cathy Callier at cathy@lajollasoccer.org so she can upload into your Cal South registration system profile.

Click on link below to take the course: [SAFESPORT TRAINING COURSE](#)
Access Code: YC3E-6P5G-YYIL-CS2M

Returning coaches must take a Safe Sport refresher course. Login to your SafeSport account for the refresher course: [SAFESPORT LOG IN](#)

MANDATORY Sudden Cardiac Arrest Training

Cal South requires all coaches to obtain Sudden Cardiac Arrest Training. This is a NEW requirement for ALL coaches. The course is free, takes less than 30 minutes and covers the signs and symptoms of sudden cardiac arrest. Click on this link to create your account and take the course: [SUDDEN CARDIAC ARREST TRAINING COURSE](#)

Once the course is completed, you will be emailed a certificate. Please forward the certificate to Cathy Callier at cathy@lajollasoccer.org so she can upload into your Cal South registration system profile.

MANDATORY Cal South Coaches Registration Forms

Each year, each coach is required to complete a Cal South Coaches' Registration form. The form must be completed, signed and sent to our League Registrar, Cathy Callier, at cathy@lajollasoccer.org.

Click on this link for form: [CAL SOUTH ADMIN FORM](#)

Practice Fields

Every attempt will be made to accommodate a coach's schedule and field preferences. Practices will be once per week for 1 hour. Each coach will have the opportunity of signing up for a desired day/time/location based on the field availability. Please work your Division Directors to secure your preferred practice space. Coaches **MUST** practice on their assigned day, time and location...NO EXCEPTIONS!

Game Rules and Format

Detailed game rules and format can be found on our website on the Coaches Corner tab. Below is a brief overview:

AGE:

Under 6: U5/U6 players (4 v 4)	20 minute halves	Ball size 3
Under 8: U7/U8 players (7 v 7)	20 minute halves	Ball size 4
Under 10: U9/U10 players (7 v 7)	25 minute halves	Ball size 4
Under 12: U11/12 players (9 v 9)	30 minute halves	Ball size 4
Under 14: U13/U14 players (11 v 11)	35 minute halves	Ball size 5

Under 6: NO goalies, NO offsides. There will be a goal arc in front of each goal that players (offensive and defensive) may not enter.

Under 8/10: There will be a build-out line for offsides and goal kicks (see 7 v 7 Standards of Play on our Coaches Corner).

Under 14: Heading the ball is allowed

Code of Conduct

LJYSL Code of Conduct has been established to ensure the principles of sportsmanship, fair play, and mutual respect among players, coaches, officials, and spectators. Those who willfully violate the code of conduct jeopardize their participation in the LJYSL soccer program. The Code of Conduct is located on the Coaches Corner tab on our website and was acknowledged and signed by all families in the league at the time of registration.

Equipment

Each player must have soccer cleats (no baseball/softball cleats), shin guards, a ball and water for every practice and game. Players are NOT allowed to practice or play without proper soccer cleats and shin guards. As part of the registration fee each player will receive a uniform package consisting of: One Nike jersey, Nike shorts and socks. Uniforms will be distributed on a selected day and team parent/coach will pick up. Coaches and assistant coaches will receive a Nike coach jersey. In addition, the league will provide a coach kit that includes a ball, bag, cones and training vests.

Picture Day/Club Day

Club/Picture Day will be on Sunday, October 4 at Allen Field from 11 AM to 4 PM. Food, games and booths will be set up to provide a fun afternoon for our families. Team pictures will also be taken so teams must attend during their assigned picture timeslot wearing their uniforms, and all coaches must wear their coaching jersey. Volunteers are appreciated and NEEDED so please let me know if you are interested in assisting with this fun event!!!

Sponsorship for Teams

As a non-profit entity, La Jolla Youth Soccer depends on sponsorships to offer the highest quality soccer program to our community. To ensure the growth and affordability of our league, we request that each team secure a team sponsor. We offer two sponsorship levels that provide a high profile yet affordable promotion for our sponsors. Below is a brief overview of sponsorship levels:

- League Sponsorship (\$800) includes a customized banner with company logo to be displayed at Allen Field, company logo displayed on the front of the sponsored team's jersey, company logo placed on the LJYSL website, appreciation plaque and invitation to the LJYSL Appreciation Dinner.
- Team Sponsorship (\$600) includes all of the above except for the banner at Allen field.
- Please ask your parents if they know of a company that would be interested in sponsoring your team. Your support in helping secure a sponsor for your team is greatly appreciated.

Click on this link for Sponsorship Opportunities: [SPONSORSHIP PACKAGE](#)

2020 Recreational Soccer Calendar of Events

Wednesday, July 29 at 7:00 PM – Pre-Season Coaches' Zoom Meeting

Monday, August 3 – Players contacted regarding team assignment

Wednesday, August 12 at 6:00 PM - Coaches Clinic at Allen Field

Monday, August 31 – Team Practices begin for all age groups

Friday, August 28 – Game schedules will be released

Saturday, September 12 – First Games for All Divisions

Sunday, October 4 – Picture Day/Club Day – Allen Field, time is TBA

Team pictures will be taken so all players and coaches must attend wearing their uniforms.

Sunday, October 11 – All-Star Nominations Due for U6, U8, U10 and U12

All-star nominations are due no later than Sunday, October 11. Nominations will NOT be accepted after this date because of the amount of time it takes to prepare for tryouts.

Sunday, November 1 - Recreational All-Star Tryouts for U8, U10 and U12

Players must be in attendance to be eligible for selection to an All-Star Team. Times are TBA.

Friday, November 6, 4:00 to 5:00 PM – All Star Clinic for U6 players

Saturday, November 14 – Last games and Pizza Bowl (U6 - U10)

The Pizza Bowl is a fun, end of season tournament for U6 through U10. U12 and U14 play their final games through their respective leagues.

Coach's Check List

Pre-Season

- ✓ Contact players' parents within one week of the coaches' meeting with season details.
- ✓ Work with your Division Director on securing your practice space.
- ✓ Coordinate a "social" meeting with players to introduce yourself, prior to your first practice.
- ✓ Schedule your online Grassroots Coaching Education Course – email Heather Hilliard to receive your online code.
- ✓ Register and complete the online concussion course through Cal South.
- ✓ Register and complete the online Safe Sport training or take the refresher course for returning coaches.
- ✓ Register and complete the online Sudden Cardiac Arrest training course.
- ✓ Complete your Live Scan Risk Management.
- ✓ Find a team sponsor.
- ✓ Make sure you complete and scan your Coach's Registration form to Cathy Callier at cathy@lajollasoccer.org.
- ✓ Review and understand Cal South's Return to Play protocol...specifically Coaches' responsibilities

Season

- ✓ Please practice on your designated field and time ONLY.
- ✓ Have a practice plan in place for practices and games.
- ✓ Prepare your game substitutions prior to your game; it will make your life much easier!
- ✓ Have first aid kit at all practices and games.
- ✓ Contact your Division Director or Heather with any questions or concerns!
- ✓ Have FUN!