

# Region 43 Coaches Meeting



<http://ayso43.org>

## Fall 2011

*No Handouts Today – posted on the internet*

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# No Handouts Today

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- ❖ To save the trees:
  - ▶ We post everything on the web.



# Agenda

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- ❖ Introductions/AYSO Overview Alan Black
- ❖ New Coaches Orientation Chuck Yort
- ❖ DC Role Jane Bohrer
- ❖ Returning Coaches Join (5:30pm) Chuck Yort
  - ▶ Updates and Changes
- ❖ Division Update Jane Bohrer
- ❖ Referees Ben Loebner
- ❖ Q&A All
- ❖ Equipment/Uniform pickup Lee Ann Shell/DCs
- ❖ Collection of Reg Forms CVPA/Board
  - ▶ Validate IDs
- ❖ Social Gathering (1st & Main Street Sports Lounge)



# 3 Key Actions From Today

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❖ Register

❖ Safe Haven

❖ Training

➔ **More to follow later**

# Region 43 Executive Board Members

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- Regional Commissioner Alan Black
- Divisions Commissioner Jane Bohrer
- Registrar Daryl Odnert
- Treasurer Eric Johnson
- Child & Volunteer Protection Advocate Jane Duperrault
- Safety Director & Fields Commissioner Steve Brocksen
- Coach Administrator, Regional Chuck Yort
- Coach Instructor, Regional Chuck Yort
- Referee Administrator, Regional Ben Loebner
- Referee Instructor, Regional Laurent Delamare
- Scheduling/Marketing Jon Jacob

For contact information, check the Board List on [WebYouthSoccer](http://WebYouthSoccer)



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Alan Black – Regional Commissioner

# **AYSO OVERVIEW**



# Importance of Coaches

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THANK YOU!  
THANK YOU!  
THANK YOU!





- **Vision Statement:** *to provide world class youth soccer programs that enriches children's lives*
- **Mission Statement:** *to develop and deliver quality youth soccer programs, which promote a fun, family environment based on our philosophies...*

# AYSO Philosophies

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Balanced teams

Everyone plays

Positive coaching

Open registration

Good sportsmanship



**Player  
Development**



# AYSO Team

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**Referees  
(parents)**

**Spectators  
(parents)**



**KIDS**

**Coaches  
(parents)**

- **work together**
- **help each other**
- **protect each other**
- **do their best**

# Spirit of Soccer

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## FIFA



Fair  
Play

*For the Good of the Game*

## AYSO

➤ Safe,  
➤ Fair, and  
➤ Fun

*To keep in the back of your mind at ALL times*

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# NEW COACH ORIENTATION



# 3 Key Actions From Today

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❖ Register

❖ Safe Haven

❖ Training

➔ **Some Coming NOW!**

# Register on [eAYSO.org](http://eAYSO.org)

- ❖ Who?
  - ▶ Coaches, Refs, Board
  - ▶ Any volunteer in contact w/children
- ❖ Why?
  - ▶ AYSO policy/insurance
  - ▶ Protects you and the children
- ❖ Log in to [eAYSO.org](http://eAYSO.org)
  - ▶ Setup account, enter info
- ❖ Next step?
  - ▶ 2 signed forms with valid ID to CVPA
- ❖ Reviewed?
  - ▶ CVPA reviews for accuracy, and verifies ID
  - ▶ National references checked, database search
- ❖ Annually? Yes, register each year

**eAYSO** American Youth Soccer Organization

Welcome

This is AYSO's online registration tool, eAYSO. Click on the appropriate button below to proceed.

Enter your login E-mail and password created during your last visit to this website.

Login E-mail  \* [Forgot Login E-mail ?](#)

Password  \* [Forgot Password ?](#)

Remember Me

[More Details ?](#)

Note: We will be updating this site on Monday Aug 22, 2011 from 9p - 12 midnight PST. During this time the site will be unavailable. Thank you.

**Important Information**

- eAYSO is optimized for specific versions of Internet Explorer (7,8,9), Firefox (3,3.5,3.6) and Safari (4,5). [Click here](#) for details and any known issues such as printing Player and Volunteer applications with certain Web browsers.
- Disable all Web browser pop-up blockers when visiting eAYSO. [Click here](#) for details and any known issues such as printing Player and Volunteer applications with certain Web browsers.

McAfee SECURE  
TESTED DAILY 12-AUG

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# Safe Haven Certification

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- ❖ What is it?
- ❖ Who takes course?
- ❖ Required to do only once
- ❖ **100% compliance required**
- ❖ For your protection as well as the kids
- ❖ Online course:
  - ▶ <http://www.aysotraining.org>
  - ▶ Need AYSO ID
  - ▶ 35-45 min.
  - ▶ We get notified when you take it



# Supervision of Children

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- ❖ Head Coach assumes **charge of the children** on his/her team until duly designated adult takes charge of child after practice or game or the child leaves the immediate vicinity of the practice or game as prearranged by the parent (e.g. walking home)
- ❖ Game Referee is responsible for providing a “**child safe**” atmosphere before, during, and after the match, and has both the **duty and authority** to take any reasonable action to make it so
- ❖ Recommended supervision – Safe Haven rules:
  - ▶ 1 adult for every 8 or fewer children
  - ▶ 2 adults present at all times
  - ▶ 1 adult same gender, one the coach
  - ▶ Never alone with child or group of children (except own)



# Supervision of Children

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- ❖ Safe Haven rules recommend:
  - ▶ 1 adult for every 8 or fewer children
  - ▶ 2 adults present at all times
  - ▶ 1 adult same gender, one the coach
  - ▶ Never alone with child or group of children (except own)

# AYSO Kids Zone

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- ❖ Program eliminate negative sideline behavior.
- ❖ Positive impact on everyone involved in youth soccer.
- ❖ Key attributes
  - ▶ Positive, Instructive and Encouraging (PIE)
  - ▶ Prescriptive Coaching versus Descriptive Instructing
  - ▶ Stay in the Coach Area
    - 10 yards on either side of half line, 3 feet from sidelines
  - ▶ Cheer-- a lot; Laugh -- a lot



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Jane Bohrer – Divisions Commissioner

# **DIVISION COORDINATORS**

## **“DCs”**



# DC Role

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- ❖ Recruit coaches
- ❖ Team formation/balance
- ❖ Manage waitlist
- ❖ Manage moves/adds/deletes



# Team Formation

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## ❖ Goals:

- ▶ Balanced teams
- ▶ Equal distribution of asst coaches
- ▶ Equal distribution of refs coming from each team
- ▶ Equal distribution of school and grade level
  - Try for min of 2, max 3 from same school/grade per
- ▶ Avoid teams made up of one school
- ▶ One buddy per team (if both request on reg form)

# Maximizing Player Participation

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- ❖ Available to practice on team practice day
  - ▶ Specified by coach when selecting practice field
  - ▶ Specified by player in registration (one day conflict allowed on form)
- ❖ Placed on team with at most one other person indicated in sibling field
  - ▶ Carpool opportunity
  - ▶ Buddy

# Balanced teams implies

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- ❖ **Roughly equal playing ability** across teams as measured primarily by:
  - ▶ Goals scored
  - ▶ DC's personal knowledge of the players
  - ▶ Normalized coach evaluations
  - ▶ Parents' ratings of their child player
- ❖ **Roughly equal distribution** of related factors:
  - ▶ School grades (4th vs 3rd, for example)
  - ▶ Ages of players (measured by months from cutoff)

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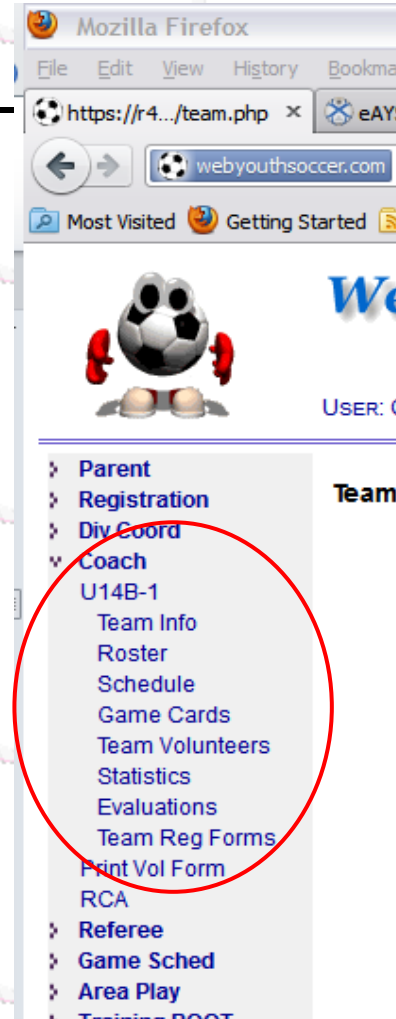
Friendly Advice:

# MANAGING YOUR SEASON



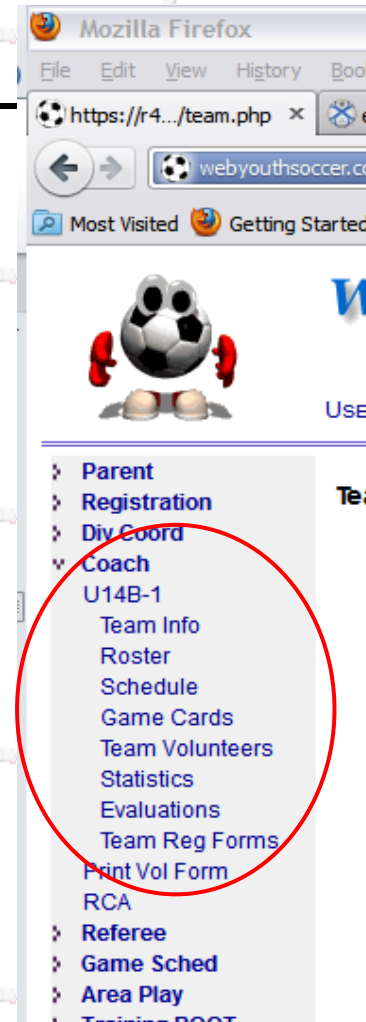
# Getting Started - WYS

- ❖ Log into WebYouthSoccer (“WYS”)
  - ▶ r43.webyouthsoccer.com
  - ▶ From [www.ayso43.org](http://www.ayso43.org) home page
- ❖ Coach tab
  - ▶ Roster, email tools, “web tools”
  - ▶ Game schedule, game cards/results
  - ▶ Player evaluations, playing time
- ❖ Home base for coach admin tasks
- ❖ Teach your parents to use as well



# WebYouthSoccer Tips (cont.)

- ❖ Team Info
  - ▶ Team Name/Color
  - ▶ Messages to Team: click on “edit” at top header
  - ▶ Practice Location
  - ▶ Jersey Numbers
- ❖ Roster
  - ▶ Contact information
  - ▶ Email distribution
- ❖ Schedule
- ❖ Game Cards
  - ▶ Print before every game
- ❖ Team Volunteers
- ❖ Statistics
- ❖ Evaluations
- ❖ Team Reg Forms
- ❖ Make Team Website (optional)
  - ▶ You can link from Team Info



# Getting Started (cont)

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## ❖ Forms:

- ▶ Print out team roster before first practice
- ▶ READ forms: know if kid has asthma, etc
- ▶ Print out player registration forms
  - One set for each coach/asst
  - Have parents sign all forms – original signature
  - Keep with you at ALL practices/games
  - Give to covering adult if you're absent
  - Return 1 set to your DC at end of season

# Getting Started (cont.)

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- ❖ **GET HELP FROM YOUR PARENTS**
- ❖ Communicate w/ asst coach/players/ parents
  - ▶ Welcome email with bio, practice locations, times
  - ▶ Let them know about 1<sup>st</sup> practices, WYS
- ❖ Schedule Parent Meeting
  - ▶ Send email invite to the team
  - ▶ State purpose and logistics
  - ▶ See example on web of Parent Meeting letter
  - ▶ Can schedule before or around 1<sup>st</sup> practice
  - ▶ Best way to get forms signed
- ❖ **GET HELP FROM YOUR PARENTS**



# Parent Meeting Tips

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## BEFORE MEETING:

- ❖ Email all parents w/date, time, location
  - ▶ Your house may be best
  - ▶ Another option is before/after 1<sup>st</sup> practice
  - ▶ Reason for meeting (meet, volunteer, see uniform)
- ❖ Print out dates of college and pro games
- ❖ Small snack and water
- ❖ Get name tags, extra pens



# Parent Meeting eMail

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- ❖ Available on [www.ayso43.org](http://www.ayso43.org) under coach tab
- ❖ Includes:
  - ▶ Welcome
  - ▶ AYSO Philosophy
  - ▶ Schedule
  - ▶ Absences
  - ▶ Special Team Activities
  - ▶ Team Composition
  - ▶ Team Name
  - ▶ Uniforms
  - ▶ Equipment
  - ▶ WYS
  - ▶ Parent Volunteer Roles
  - ▶ Contact info



# Parent Meeting planning (cont.)

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- ❖ Print 2 Registration forms and one Parent Meeting letter per kid. Put family name at top of meeting letter to keep track of ones not distributed
- ❖ Print Kids Zone letter (on web)
- ❖ Print Volunteer Sign Up form (on web)
- ❖ Pick date for Parent/Kid game, include on Parent Meeting letter
- ❖ Paper clip forms for each parent with family name on Parent Meeting letter

# Parent Meeting Agenda

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- ▶ Introductions
- ▶ AYSO and your philosophy of kids' soccer
- ▶ Review Kids Zone guidelines – get signatures
- ▶ Parent(s) sign all Reg forms/validate medical info
- ▶ Schedule, practices, absence policies
- ▶ Special team activities (get help)
- ▶ Uniforms (show example), team name, banner
- ▶ Kids' equipment (e.g., shoes, shinguards)
- ▶ Web Youth Soccer intro, (set expectations)
- ▶ Volunteer sign ups (e.g., Team parents, photo)
- ▶ **Need 2 Refs per team in U7-U12**
  - Ask parents/siblings, training is easy
  - Point them to [ayso43.org](http://ayso43.org) ref pages; OR
  - Tell them to email [rra@ayso43.org](mailto:rra@ayso43.org)



# Parent Meeting (after)

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- ❖ Distribute Reg forms between you and assistant right after meeting. Keep one set with balls
- ❖ Send any corrected info from Reg forms to your DC to update WYS
- ❖ Contact parents who missed meeting, let them know that forms need to be signed before kid can practice.
- ❖ Ask team parent to get missing parents to volunteer for empty positions



# Coach Equipment

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- ❖ Supplied by Region:
  - ▶ Balls (1/2 per player), pumps, bag, cones, discs, first aid kit
- ❖ Supplied by You (or Your Parents):
  - ▶ Player reg forms and Kids Zone (get signed)
  - ▶ Ice packs and/or cooler with ice (styrofoam frozen cups?)
  - ▶ Extra water, extra shin guards if have them
  - ▶ Cell phone (with LA 911# programmed 947-2779)
  - ▶ Chalk talk board
  - ▶ Paper/pen, hand towel, extra hair ties (girls)
  - ▶ Lineup cards, Attendance sheet/who will be missing next game
  - ▶ Get “sweet spots” for younger players’ shoelaces

# BALL SIZES

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#3 for U6-8

#4 for U9-12

#5 for U14/16/19



# Practice Locations

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- ❖ Check WYS for locations, layouts of fields
- ❖ Rosita U7B, U8B, U8G
- ❖ Almond U9B, U10 B
- ❖ Egan patch U10G
- ❖ Santa Rita U12G, U12B, U14 (pract)
- ❖ Egan/Hillview U14 (games)
  
- ❖ Oct 14 U10 games moved to Sunday Oct 15 due to school use of fields
- ❖ Flag Football uses ½ Santa Rita and Almond on Mon/Wed 3 – 4:30 (till 4:45 on Monday)
- ❖ Coach Games at Almond Sunday pms (TBA)

**NEEDS UPDATING**

# Fields: Practice times

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## ❖ Time slots:

	<u>First Slot</u>	<u>Second Slot</u>
Sept	3 – 5 pm	5 – 7 pm
Oct	3 - 4:30 pm	4:30 – 6 pm
Nov	3 – 4 pm	4 – 5 pm

## ❖ Recommended length

- ▶ U-7/U-8                      1 hr                      1/wk
- ▶ U-10                            1.25 hr                    1-2/wk
- ▶ U-12 +                        1.5 hr                      2/wk

## ❖ Communicate practice times to DC

# First Practice Suggestions

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- ❖ Label balls with division/team number
- ❖ Bring balls, first aid kits, signed Reg forms
- ❖ Play name game
- ❖ Pick team name
  - ▶ Put it (with team color) on WYS that evening!
  - ▶ Give banner parent name of team immediately, So banner will be done by first game
- ❖ OBSERVE
- ❖ Play games & scrimmage every practice!
  - ▶ Stretch/Warm-up every practice and game
    - Include fun game/activity
    - Set good example, good for coaches too!
  - ▶ End practices with scrimmage



# Practice Before First Game

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- ❖ Teams are pretty well settled by now
- ❖ Assign jerseys by size not number
  - ▶ Line kids up by height at end of practice
  - ▶ Write down numbers and enter on WYS
  - ▶ Do not hand out jersey's until week before first game in case of any last minute team changes
- ❖ Take individual photo of all kids and coaches
  - ▶ Distribute photos of team at second practice
- ❖ Set your snack policy with parents and kids
  - ▶ Advice: water/sports drink with healthy after game

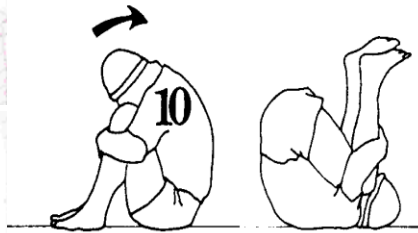
# Future Practices and Other Ideas

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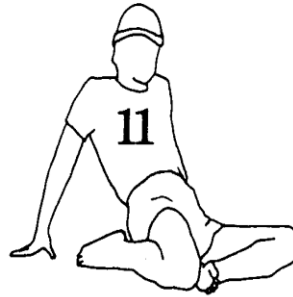
- ❖ Have practice plan for each week based on game
- ❖ Have a parent-coach versus player game
  - ▶ Near beginning and/or end of season
- ❖ Attend Stanford, SCU, SJSU games (in team uniforms)
- ❖ 1000 Minutes to Better Soccer
  - ▶ <http://ayso43.org/Coaches/1000 Minutes of Soccer.pdf>
  - ▶ Check players' progress/practice sheet each week
- ❖ Incentives?
  - ▶ Ice cream coupons for highest total minutes practice at home
- ❖ Save your receipts for tax purposes (NPO)
- ❖ Breakfast party with colored hair spray
- ❖ Other ideas? Send to RCA for next year's presentation

# Soccer Stretches

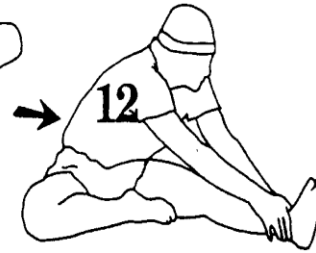
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8-10 times  
(page 62)



30 seconds  
each leg  
(page 33)



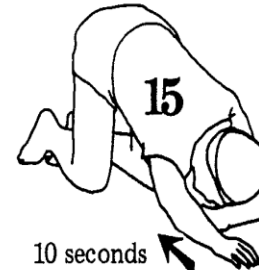
30 seconds  
each leg  
(page 36)



30 seconds  
(page 93)



20 seconds  
(page 31)



10 seconds  
each arm  
(page 40)

# Game Prep

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- ❖ Confirm # of players expected at the game
- ❖ Plan line-up before each game
  - ▶ Goal keepers/Field positions
  - ▶ Be sure to rotate positions (U12 and below)
  - ▶ Check WYS stats regularly (see later slide)
- ❖ No sleepovers on Fridays :)
- ❖ Print out Game Card (see 'Web Tips')
- ❖ Arrive 30 minutes early to warm up
  - ▶ earlier if in charge of nets; 1<sup>st</sup> game of the day
- ❖ Give Game Card to referee
  - ▶ don't fill in area on right, leave blank for refs



# Game Card Fill-out Procedures

To Referee

By Referee

Official Lineup Form

HOMEAN 25 LW 5 REFEREE GS21

TEAMNAME Green Giants

TEAMCOLORS Green/black

COACHNAME Susan Verdusco

ASSISTANT COACH NAME Ted Ho

NO	PLAYER NAME	Goals Scored				Sub. Played
		1	2	3	4	
1	Smith, Jacey					
2	Noss-Williams, Karen					
2	Wong, Alice					
4	Hernandez, Jen					
5	Johnson, Katie					
6	Kakutani, Riyomi					
7	Michaels, Serena					
8	Worth, Katie					SICK
9	Allen-Goldman, Rachael					
10	Marques, Roberta					
11	Ho, Lisa					
12	Weissman, Sara					
13	Verdusco, Elena					
14	Coupez, Naayana					

\* Indicates GK - Goalkeeper, C - Captain, A - Alternate Captain.  
 All players on roster must be listed, indicate reason for absence.

Date 9/7/91 Time 8:30 Field J.L.S. 2

Home Team Score \_\_\_\_\_ Home CP \_\_\_\_\_

Visit Team \_\_\_\_\_ Visiting Team \_\_\_\_\_

Please mail sign returns to: \_\_\_\_\_

Official Lineup Form

HOMEAN 25 LW 5 REFEREE GS21

TEAMNAME Green Giants

TEAMCOLORS Green/black

COACHNAME Susan Verdusco

ASSISTANT COACH NAME Ted Ho

NO	PLAYER NAME	Goals Scored				Sub. Played
		1	2	3	4	
1	Smith, Jacey			X		
2	Noss-Williams, Karen			X		
2	Wong, Alice					GG
4	Hernandez, Jen					X
5	Johnson, Katie			X		
6	Kakutani, Riyomi					X
7	Michaels, Serena			X		
8	Worth, Katie					SICK
9	Allen-Goldman, Rachael		X			
10	Marques, Roberta					X
11	Ho, Lisa			GG		X
12	Weissman, Sara			X		
13	Verdusco, Elena					X
14	Coupez, Naayana					X

\* Indicates GK - Goalkeeper, C - Captain, A - Alternate Captain.  
 All players on roster must be listed, indicate reason for absence.

Date 9/7/91 Time 8:30 Field J.L.S. 2

Home Team Score 2-1 Home CP GS23

Visit Team 3-2 Visiting Team GS21

Please mail sign returns to: \_\_\_\_\_

- Names and Jersey #
- Missing Players
- Team / Match Info

- Subs Out (X)
- Goals by (|)
- Goal Keeper (G)
- Score and Team

Before Game

After Game



# Game Time Behavior

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- ❖ **Sit down** during game and write notes
- ❖ Stay within Coaches Area.
- ❖ No one behind goal line at any time!
- ❖ Teach team some cheers for the season
- ❖ Parent who is too aggressive and negative?
  - ▶ Give them a task like to record stats such as assists or turnovers or similar, photographer
- ❖ Coach and team thank ref at end of game
- ❖ Parent bridge for both teams?
- ❖ Clean up your area – water bottles, etc
- ❖ After game team meeting/debrief



# AYSO Substitution

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- ❖ Approx midway each half; slightly extended normal stoppage
  - ▶ Stop for 30 seconds or less; maybe quick water if hot
  - ▶ Kids stay on field (parents off, hand water from sidelines)
  - ▶ Kids leaving let ref see jersey number
  - ▶ Subs take field position of those leaving (suggested)
  - ▶ Keeper change OK but quick
  - ▶ Remember, here for fun and to let kids keep playing
- ❖ Half time
- ❖ If injury and sub desired

# Playing Time (all divisions)

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- ❖ Area / Regional “Everyone Plays” refinement
  - ▶ Every able and willing player must sit out one “quarter” before any other player sits out a second “quarter”
  - ▶ Keeper position is rotated during game and throughout season in U12 and below, no child plays more than half a game as keeper (ok in U14 and above)
  - ▶ Across season, every kid gets as equal playing time as possible and equal chances to start the game



# Fielded Team Size (U12 and below)

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- ❖ Before game time and at half time
- ❖ Coaches must agree on the number of players
- ❖ Guidelines
  - ▶ KEY is Fun, Fair and Safe
  - ▶ Within allowable min and max for division
  - ▶ Is NOT adjusted dynamically during half
    - Even if injuries, absences, equipment, misconduct, and team changes occur
  - ▶ In case of numbers imbalance, trade off:
    - Balanced teams
    - Maximizing playing time
  - ▶ If one of the teams is below the “min”, then forfeit, rebalance teams by swapping players, and scrimmage

# Balancing Team Stats – Poor Job

No.	Player	Quarters Present	Quarters Played	Quarters As Keeper	Quarters Absent	Quarters Injured	Goals Scored
11		32	29 90%				
8		20	17 85%		12 37%		2
10		28	19 67%		4 12%		
12		32	23 71%	2 6%			
9		18	13 72%		12 37%	2 6%	
3		32	20 62%				
16		28	20 71%	1 3%	4 12%		
4		32	27 84%				1
14		28	23 82%	1 3%	4 12%		
7		32	30 93%	11 34%			1
5		32	20 62%				
18		20	14 70%		12 37%		1
17		32	24 75%				
15		28	26 92%		4 12%		
6		32	30 93%	12 37%			
2		32	19 59%	1 3%			
13		32	25 78%				



# Balancing Team Stats -- Better Job

No.	Player	Quarters Present	Quarters Played	Quarters As Keeper	Quarters Absent	Quarters Injured	Goals Scored
2		23	21 91%	3 13%	9 28%		
5		13	12 92%	1 7%	<b>19 59%</b>		4
14		16	14 87%		16 50%		1
9		20	19 95%	5 25%	12 37%		3
13		28	27 96%	9 32%	4 12%		4
10		16	14 87%		16 50%		
16		28	25 89%		4 12%		2
11		20	18 90%	2 10%	12 37%		3
15		28	23 82%		4 12%		
3		29	25 86%	1 3%	3 9%		
6		28	24 85%	2 7%	4 12%		2
4		32	27 84%				3
7		28	23 82%	1 3%	4 12%		
12		28	25 89%	2 7%	4 12%		3
8		32	28 87%	3 9%			
17		32	28 87%				2

Note: Player w/most playing time was keeper 32% of the time

# BLOW OUTS

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- ❖ Definition: one team wins by 5+ goals
- ❖ Goal and mandate: NO blowouts ever
- ❖ DCs can help identify potential blowouts
- ❖ Coaches communicate before games
- ❖ See Policy of Play



# BLOW OUTS – Game Management

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## ❖ How to avoid:

- ▶ Change positions: defenders move forward, strong scorers move to defense, keeper or sit out
- ▶ Challenge team set up those who haven't scored
- ▶ Minimum 3-5 touches then pass
- ▶ Have to try to score/advance ball
- ▶ Score only with off foot or head
- ▶ Be respectful: don't make it obvious
- ▶ Let team know you're looking at teamwork and skill with ball rather than scoring
- ▶ Let losing team move ball out of their defensive half before touching ball
- ▶ Play player or two down

# End of Season

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- ❖ Fill out player evaluations (thru WYS) early!
- ❖ Team Party (nominate parent)
- ❖ Awards
  - ▶ Player trophies and photos
    - Given to you only if all evals submitted
  - ▶ Player awards
  - ▶ Brief comment on kid's season
- ❖ Distribute photos of the season
  - ▶ From photography parent
  - ▶ Team photo
- ❖ Come to Volunteer Party!!

# RESOURCES (cont)

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- ❖ Banners [bannersusa.com](http://bannersusa.com)
  - ▶ 800-804-3777 (custom made, \$80-\$100)
  
- ❖ Videography [savingthegame.com](http://savingthegame.com)
  - 707-751-3947
  
- ❖ AYSO Yearbook [ayso.sharebook.com](http://ayso.sharebook.com)
  - Customized 32 page book with photos/stories

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# Fields and Equipment Update



# Fields Policy – Access and Rain Outs

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- ❖ Less, more expensive, “as is” condition
  - ▶ Rosita closed at beginning this season
  - ▶ Limited practice and games fields
  - ▶ Some cooperation with MVLA
  - ▶ Precious resource, need your help
- ❖ Rain-outs
  - ▶ School district -- no policy, fields in bad shape already, use discretion
  - ▶ LA City (Hillview, Rosita) -- no play if rained in past 48 hours or over watered
  - ▶ No rescheduling (no available field slots)

# Equipment

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- ❖ Practices: First/Last team coaches on field
- ❖ Games: Rotating assignments
  - ▶ In WYS, “Nets” will be on your game schedule
  - ▶ Not the Referees responsibility!!!
- ❖ Goals
  - ▶ Must be staked or combo locked to fence
  - ▶ All goals must be off school fields during school day
    - Including U7/8 hockey style goals
- ❖ Setup/Take down from Field Box
  - ▶ Corner flags, nets (if applicable), “Kids Zone” poster
  - ▶ Keep locked all day
- ❖ Locks (combo “6778”)
  - ▶ Relatch immediately to box, cable or fence so not lost
  - ▶ Never leave unlocked during day !!!

---

Welcome!

# RETURNING COACHES



# Importance of Coaches

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THANK YOU!  
THANK YOU!  
THANK YOU!



# AYSO Philosophies

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Balanced teams

Everyone plays

Positive coaching

Open registration

Good sportsmanship



**Player  
Development**



# 3 Key Actions From Today

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❖ Register

❖ Safe Haven

❖ Training

➔ ...and now the rest of the story!

# Register on eAYSO.org

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- ❖ Must be done annually
- ❖ Protects you and the children
- ❖ We will be tracking and enforcing
- ❖ **ONLY eAYSO.org form is acceptable**
  - ▶ Print and sign 2 forms
- ❖ Next steps
  - ▶ CVPA reviews for accuracy and verifies ID
  - ▶ National reference check, database search



# New Safe Haven Course – ONLINE

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- ❖ No more Safe Haven Coach
- ❖ Revamped – All in one
- ❖ Normally, “once and done”
- ❖ BUT...recommend you take it again!
- ❖ Online course:
  - ▶ <http://www.aysotraining.org>
  - ▶ Need AYSO ID
  - ▶ 35-45 min.
  - ▶ We get notified when you take it



# Age Group Appropriate Training

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- ❖ If Player Development is KEY?
- ❖ National/Section/Area/Region MANDATE
- ❖ National Coaching Program
  - ▶ Only accredited age group curriculum



*Regional Goal – Head coach at level,  
Assistant working towards level*

# Training – Survey Feedback

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“I did not think I needed the training, but I was wrong.”

“Drills that we learned were quite helpful in training sessions.”

“It was great to get refreshed on the rules, to remember all the tips and drills that I had forgotten, and to meet coaches from other regions.”

“I learned by watching the more experienced coaches.”



# Training Courses

Division	Training	On-line?	Class Time (hrs)	Pre-req
U6	U-6 Coach	Yes	2	-
U7/U8	U-8 Coach	Yes	2	-
U9/U10	U-10 Coach	Yes (*)	3	-
U12	U-12 Coach	-	5	-
U14	Intermediate	-	15	U-12
U16/U19	Advanced	-	18	Intermediate
	National	-	56+	Advanced

(\*) – Field portion required to complete

## Other Notes:

- 1) Live course always preferred to on-line.
- 2) Class time for live course versus on-line (25 – 35 min)



# Coach Training Resources

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- ❖ On-line ([www.aysotraining.org](http://www.aysotraining.org))
  - ▶ Safe Haven for Coaches
  - ▶ U6, U8, U10
  - ▶ U10 requires on field portion to complete
  - ▶ Must have verified AYSO ID
- ❖ On field training classes
  - ▶ U10, U12, Intermediate, Advanced
  - ▶ Combined with Area 2A/J
  - ▶ Courses offered every weekend in August
  - ▶ See email on how to enroll

# Finding Field Training Courses

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- ❖ Log into [www.eAYSO.org](http://www.eAYSO.org)
- ❖ At home page, Enroll to take a Class
- ❖ Use search criteria in Areas 2A/J/N
- ❖ You can even reserve space in course



# SWAG for Training

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❖ All Trained Coaches



❖ Inter./Adv./National



# Region 43 Calendar (Fall 2011 season)

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Sun, Aug 14	Coach orientation meeting
Sun, Aug 21	Mandatory referees' meeting
Mon, Aug 22	Fields available and practices can begin (NOTE: U6 does not hold practices)
Sat, Sept 10	Opening games (U6 – U14)
Sun, Sept 11	Opening games (U16 & U19)
TBD	Referee appreciation day
Sun, Oct 9	Picture day at Santa Rita School
TBD	LASD walk-a-thon (No U6-U12 games)
TBD	Make-up picture day
Sat, Nov 12	U6 – U14 regular season ends
Sun, Nov 13	U16/U19 season ends (including playoffs)
Sat/Sun, Nov 20-21	U12-14 regional tournament (begins)
TBD, Nov	U12-14 regional tournament (continues)
Sat/Sun, Dec 4-5	Volunteer appreciation party (families incl,)
Sat/Sun, Dec 10-11	U12-14 area tournament
	U10 regional tournament(*)
	U12-14 section tournament

→ FOLLOW COACHES CALENDAR FOR UPDATES:

<http://ayso43.org/coaches/coach-calendar-key-dates/>



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# **DIVISION UPDATES IN BRIEF**



# INTRODUCING THE DCs

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## ❖ Division Commissioner

**Jane Bohrer**

### Divisions

- ▶ U6
- ▶ U7B
- ▶ U8B
- ▶ U8G
- ▶ U10B
- ▶ U10G
- ▶ U12B
- ▶ U12G
- ▶ U14B/G
- ▶ U16/19

### Coordinators

Archana Appanna  
Debbie Dell'Oca  
Jane Bohrer  
Andrea Morokutti  
Soobin Son  
Jessica Chang  
Jane Bohrer  
Nancy Webb  
Pierre Pasturel  
Ben Loebner

For contact information, check the Board List on WebYouthSoccer

# Division Overview

Division	Gender	Games	Min Players	Roster	Ball Size	Objective
U6	Coed	3v3	n/a	6-7	3	Self-discovery
U7/U8	U7B only	5v5 (x2)	n/a	~12	3	Self-discovery
U10		7v7	5	~10	4	Self-discovery
U12		9v9	7	~12	4	Technical cleansing
U14		11v11	7	15	5	Read the Game
U16	No girl's	11v11	7	15+	5	Tactical teamwork
U19	No boy's	11v11	7	15+	5	Tactical teamwork

Division	Game Notes	Goalie/ Offside	Region Tourney	Area Tourney	Section Tourney
U6	Sat./Jamboree	no	no	no	no
U7/U8	Sat./Split team	no	no	no	no
U10	Sat.	yes	yes	no	no
U12	Sat./Interlock	yes	yes	yes	yes
U14	Sat./Interlock	yes	yes	yes	yes
U16	Sun./Area RR	yes	n/a	yes	no
U19	Sun./Area RR	yes	n/a	yes	no



# Division Updates

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## ❖ U6:

- ▶ One Practice/Game week; 3v3; Size 3 ball

## ❖ U8/U7: (*Girls combined*)

- ▶ One practice and one game per week; No goalie, 2 Teams/Coach ~12 kids/team; 5v5; Size 3 ball

## ❖ U10/U9: (*All combined*)

- ▶ One practice and one game per week; Goalies, Offside rule; Size 4 ball
- ▶ End of year Regional Tournament
- ▶ *New this year.*

Boys Team =12 players Games 9v9

Girls Team =11 players Games 8v8



# Division Updates

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## ❖ U12:

- ▶ One practice and one game per week; Team of ~12 kids; 9v9; Size 4 ball;
- ▶ Interlock games; End of year Area tournament

## ❖ U14:

- ▶ One practice and one game per week; Team of ~15 kids; 11v11; Size 5 ball;
- ▶ Interlock games; End of year Area tournament



# Division Updates

---

## ❖ U16:

- ▶ One practice and one game per week; Team of 15+ kids; 11v11; Size 5 ball;
- ▶ Interlock games; End of year Area tournament

## ❖ U19:

- ▶ One practice and one game per week; Team of 15+ kids; 11v11; Size 5 ball;
- ▶ Interlock games; End of year Area tournament



# Moves, Adds, and Deletes

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- ❖ DCs responsible for team rosters
- ❖ DCs work with Registrar to add or delete
- ❖ Please no direct coach involvement
- ❖ Refer requests to change teams the DC
- ❖ Make no promises/commitments
- ❖ Recruiting okay, if space available
  - ▶ Kids will go into general pool, not one team
- ❖ **NO EXCEPTIONS**

Recommendation: Do NOT pass out uniforms until last practice before games starts



# Game Schedules 2011

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- ❖ Will be available by Tues, 9/6 on web
- ❖ First games, Sat-Sun, 9/10-11
- ❖ U12/U14 interlock TBD
- ❖ U16/19 Area (county) round robin play



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Here to help you be successful

# COACHING STAFF



# RCA Staff – A Work In Progress

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## ❖ RCA

Chuck Yort – [coaches@yortfamily.com](mailto:coaches@yortfamily.com)

## ❖ Coaches Task Force (recruiting)

- ▶ Training and Development
- ▶ Communications and Community
- ▶ Player Development

## ❖ System Liaison

▶ eAYSO (*temp*)

Jane Duperrault

▶ eAYSO, WYS, ayso43

TBD



# Coaching Team Goals

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- ❖ Enable coaches to develop players
- ❖ Ensure coaches enjoy the experience

Kids + Investment = Enjoyment



# Mutual Investment

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- ❖ Training
- ❖ UK Soccer
- ❖ Tools\*
  - ▶ WYS, on-line resources
- ❖ Fields and Equipment
- ❖ Support/Spirit
- ❖ Communications

# Coach Training

---

- ❖ National and Section requirement:
  - ▶ ALL head, co- and assistant coaches
  - ▶ Safe Haven certified
  - ▶ Age appropriate training
- ❖ WHY?
  - ▶ Coaching kids different than playing adult soccer
  - ▶ AYSO philosophy and training works.
  - ▶ More consistent & better quality coaching
  - ▶ Educational, Motivational and FUN!
- ❖ See Coach Training page
  - ▶ [www.ayso43.org/coaches/training](http://www.ayso43.org/coaches/training)

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# UK Soccer Program

([www.uksocca.com](http://www.uksocca.com))



# 3 Key Program Assets

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- ❖ 3 UK International trainers
  - ▶ 6 weeks (8/30 – 10/9)
- ❖ Coach mentoring
- ❖ Coach/Player clinics
- ❖ On-line resources
- ❖ Not doing Player Assessments



**NOTE:** Still looking for more housing volunteers

# Coach Mentoring

---



- ❖ Focus on U7, U8 and U10 age groups
  - ▶ Will support U12 and U14 as available
- ❖ 2-3 times/team for the season
- ❖ Trainers will work M-F at practice location
- ❖ UK staff will schedule with coaches directly
  - ▶ Coach identifies what trainer should work on
  - ▶ Skill assessment, workout plan, drills, games



# Coach/Player Clinics (*still WIP*)

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- ❖ Sunday afternoon – 2 sessions
  - ▶ U7/U8
  - ▶ U10
- ❖ Monday/Tuesday 3:15 – 4:15pm
  - ▶ Alternating each week
  - ▶ U10 and U12/14
  - ▶ Need to be flexible
- ❖ *Coaches invited to attend and participate*
- ❖ Special topics each week
- ❖ Begins 8/29 w/U10 and 8/30 – U12/U14



# Curriculum – Web Resources

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## ❖ Online Curriculum

- ▶ <http://www.uksocca.com>
- ▶ User ID: *AYSO43*
- ▶ Password: *Soccer*



- ❖ All coaches have access to the curriculum
- ❖ You can search for drills by age or topic
  - ▶ Leverages player assessment
- ❖ Progressive and age appropriate and acts as a guideline for you

# Communications

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- ❖ Schedules sent out the prior Sunday
- ❖ Best email addresses in WYS
- ❖ We need specific practice times
- ❖ You will be able to contact the UK Trainers through e-mail – [uksocca@ayso43.org](mailto:uksocca@ayso43.org).
- ❖ Please feel free to contact them after the sessions and ask them any questions.



# Support/Spirit

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- ❖ Regular “get togethers” (optional)
  - ▶ Monthly social get togethers
  - ▶ Coach/Referee meetings (bi-weekly)
  - ▶ Coach (and ref) games – *need organizers*
- ❖ Mentoring (informal only)
  - ▶ Requests to me
  - ▶ Volunteers mentors welcome
- ❖ Division Coordinators are your allies, too
  - ▶ Should be checking in during season
  - ▶ Especially about team balance, make-up



# Communication

---

- ❖ Email key – Don't want to abuse
  - ▶ Update email addresses on WYS
  - ▶ Often with instructions/surveys
  - ▶ Need your responses (otherwise follow-up)
- ❖ Yahoo! Group – “ay43coach”
  - ▶ [sports.groups.yahoo.com/group/ay43coach/](http://sports.groups.yahoo.com/group/ay43coach/)
  - ▶ Moderated, low volume/digests, recorded
  - ▶ Sign-up ([subscribe-ay43coach@yahoogroups.com](mailto:subscribe-ay43coach@yahoogroups.com))
  - ▶ Will transition to this method immediately
- ❖ Now on Facebook as well
  - ▶ <http://facebook.com/AYSO43>
  - ▶ Please “like” us to receive announcements



# Other Coaching Resources

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## ❖ Official Websites:

- ▶ AYSO43.org (*WIP – Feedback please*)
- ▶ AYSOTraining.com (to take online classes/manuals)
- ▶ Soccer.org (AYSO National's web)
- ▶ AYSOhelp.org (PDF of manuals)

## ❖ Free help on the web, examples:

- ▶ Look for “Jeff Pill” – focus on youth coaching
- ▶ For Excellent Short Video Clips, Go to:

[http://www.soccerhelp.com/Soccer\\_Video\\_Clips.shtml](http://www.soccerhelp.com/Soccer_Video_Clips.shtml)

## ❖ Interested in the LOTG (Laws Of The Game)

- ▶ [FIFA Laws of the Game](#)



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# Your Partner the REFEREES



# Referees Needed

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- ❖ Message to give to parents on your team:  
**each team must supply 2 referees**
  - ▶ No experience is OK, training is easy.
  - ▶ Siblings are welcome (starts at 11 years old)
  - ▶ Community service hours for high-school
  - ▶ U10/U12 teams without referees can't take part in the end-of-season tournament
- ❖ Referees are volunteers like you
  - ▶ Respect referee decisions 😊
- ❖ More info & contact
  - ▶ Referee menu on our web site: <http://ayso43.org/>
  - ▶ Referee administrator: Ben Loebner [rra@ayso43.org](mailto:rra@ayso43.org)

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# Q&A



# Final Thoughts

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- ❖ Today's slideshow available on web soon
- ❖ Need today:
  - ▶ eAYSO registration forms to CVPA
  - ▶ Pick up equipment and balls
  - ▶ Head over to 1<sup>st</sup> & Main Street Sports Lounge
- ❖ Need ASAP:
  - ▶ Names of potential referees (to [rra@ayso43.org](mailto:rra@ayso43.org))
  - ▶ Training completed (Safe Haven & Age group)
  - ▶ Signup to Yahoo! Groups – ay43coach
  - ▶ Housing for UK Soccer
- ❖ WYS Coach tabs available next week
- ❖ Have a great FUN season! Keep in touch!

**THANK YOU!**



# Final Thoughts (Reprise)

---

- ❖ Today's slideshow available on web soon
- ❖ Need today:
  - ▶ eAYSO registration forms to CVPA
  - ▶ Pick up equipment and balls
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**THANK YOU!**

