



AMERICAN YOUTH SOCCER ORGANIZATION

**OKEEHEELEE PARK
REGION 345**

WWW.AYSO345.COM



**American Youth Soccer Organization
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THANKS, COACH!



There is a person that has been a key
in my life,
This person an inspiration, a brilliant light.
A personal counselor, coach and
true soccer lover -

Passion and strength make you different from others.

I have not told you enough how much you mean,
Your integrity and honor, the role model you've been.

When I think about all of the people's lives you have touched,
It makes me want to be better, to be as much.

You make me see that a coach can be so much more

Than someone who just wants to win and score.

With every game comes a lesson that you have worked hard to teach,

to care, to have compassion;

It's the person you must reach.

It was you that made me feel alive inside

To believe and to try, to have dignity and pride.

You are the best, you are a champion, and you teach the same

You teach us to win in life, through this wonderful game. . .



THE AYSO REGION 345 COACH

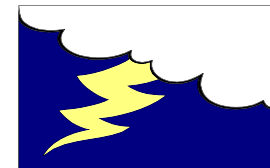
Welcome to Region 345 of the American Youth Soccer Organization (AYSO). AYSO is a national organization, headquartered in California, with more than 400,000 soccer players. The country is split into 13 Sections, each section is split into Areas and each area is split into Regions. We are in Section 14, Area I, Region 345. Our program is staffed with only volunteers—like you. We absolutely believe we are the best Region in the country and have been recognized as such by our national organization by receiving the Platinum award for an unprecedented amount of years. Our success is due directly to the efforts of our coaches who so effectively implement the six basic philosophies you learn about in the coaching clinics. Our philosophies are: **Everyone Plays, Balanced Teams, Open Registration, Good Sportsmanship, Player Development and Positive Coaching.**

A great deal of work goes on behind the scenes to make this program successful, but without you, the coach, there is nothing. You are the first line of contact with the kids. You are the role model, the mentor, the friend, the one who makes it fun, the one that makes each player want to return to play again next year. We cannot do it without you.

Although you may feel alone at the first practice of the season or when your team just cannot seem to find that first win, we want you to know there is a support group to help you. Please contact your Division Coordinator for any assistance you may need. This might be to suggest some new drills, discuss the player whose attention is always somewhere else, find out whether new players are available to fill in for some that have just dropped or just someone with which to discuss the last game. Division Coordinator names are listed in the Parent/Player Handbook distributed at the beginning of every season. Although, we ask you to follow our internal structure and chain-of-command, you can also call on the Assistant Coach Administrator or Girl's Coaching Director or Boy's Coaching Director for help or information.

Again, Welcome, or Welcome Back to AYSO Region 345. Have a successful season and a rewarding experience with our kids.

AYSO REGION 345 POLICIES AND PROCEDURES LIGHTNING



Purpose: The following is AYSO Region 345's policy and procedure to protect the safety of parents, players and coaches of the region in the event of lightning.

Policy:

- I. If lightning is visible, airhorns will be used to notify teams to clear the fields, and to seek shelter (soccer activity building or your car).
If you see lightning, count how many seconds before you hear the thunder. If it's less than 30 seconds, take cover.
Avoid the following 'danger zones' in the event of lightning:
-Water- Open Areas -Metal Objects -Tall Trees -High Ground
- II. If you are in an open area without shelter, the following should be done.
-**Avoid standing in groups. Spread out to reduce the risk of multiple casualties.**
-**Crouch on your feet, keep your head low; avoid being the tallest object. Avoid lying on the ground.**
- III. If fields are cleared due to lightning, everyone should move away from the listed 'danger zones' including bleachers and small or open shelters and either to a sturdy building nearby or their vehicle.
- IV. In the event someone is struck, immediate medical attention should be sought and 911 should be called. Prior to resuming any activities, wait 30 minutes after the last of flash of lightning or sound of thunder.

Check our website at

AYSO345.com

For more complete information!!

Training drills may be found at

AYSO.com



KNOW THE FOULS?

PENAL FOULS

There are 10 major fouls that result in a **direct free kick** (DFK) and from which a goal may be directly scored against the opponents.

The 10 fouls are divided into two groups:

These six require that the foul be committed carelessly, recklessly or with disproportionate force:

Kicking or attempting to kick an opponent.

Striking or attempting to strike an opponent.

Pushing an opponent.

Charging an opponent.

Tripping an opponent.

Jumping into an opponent.

These four require only that they be committed:

When **tackling** an opponent, making contact with the opponent before the ball.

Spitting at an opponent.

Holding an opponent.

Handling the ball deliberately.

NON-PENAL FOULS

There are five (5) minor fouls that result in an **indirect free kick** (IFK). At least one additional player of either team must touch the ball before a goal can be scored from an IFK.

Dangerous Play: including high kicking near another player's head or trying to play a ball held by a goalkeeper.

Fair Charge Away From the Ball: fairly charging when the ball is not within playing distance.

Impeding the Progress of an Opponent: getting between an opponent and the ball when not playing the ball.

Charging the Goalkeeper: shoulder-to-shoulder contact within the penalty area.

Goalkeeper Infringements:

1. Taking more than six seconds to put the ball back into play from their hands or otherwise intentionally disrupting the flow of the game.

2. Playing ball with hands when the ball is kicked by a teammate.



AYSO Region 345 Coach's Code Of Conduct

- ⚽ Enthusiastically support and practice the "Everyone Plays," "Good Sportsmanship", "Player Development", and "Positive Coaching" philosophies of AYSO.
 - ⚽ Be reasonable in your demands on a young player's time, energy, enthusiasm and performance on the soccer field.
 - ⚽ Impress on your players that they must abide by the Laws of the Game at all times.
 - ⚽ Develop team respect for the ability of opponents, and 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.
 - ⚽ Keep informed of sound principles of coaching, growth and child development.
 - ⚽ Check your equipment and playing facilities. 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.
- As the coach, you are the most visible person to the parents. Remember to conduct yourself at all times in a manner that upholds AYSO's philosophies. As role models, we must constantly be aware of our behaviors and attitudes.

What Are My Responsibilities as a Coach?

Provide an Enjoyable Experience

Sports should be fun. Even if nothing else is accomplished, make certain your players have fun. Take the fun out of sports and you'll take the kids out of sports.

Children enter sports for a number of reasons (e.g., to meet and play with other children, to develop physically, and to learn skills), but their major objective is to have fun.

Provide a Safe Experience

You must ensure that the field on which your team practices and plays and the equipment team members use are free of hazards. You also need to protect yourself from any legal liability that might arise from your involvement as a coach.

From a legal standpoint, a coach has 7 duties to fulfill:

1. Provide a safe environment.
2. Properly plan the activity.
3. Provide adequate and proper equipment.
4. Supervise the activity closely.
5. Evaluate athletes for injury.
6. Know emergency procedures and first aid.
7. Keep adequate records.

Provide Opportunities for Children With Disabilities

There's a possibility that a child with a disability of some kind will register for your team. Don't panic! Your Coaching Administration can provide you with information to help you meet this child's needs.

Teach Basic Soccer Skills

In becoming a coach, you take on the role of educator. You must teach players the fundamental skills and strategies necessary for success in their sport.



Beating The Heat



What Do You Do?

For heat exhaustion: A savvy individual knowledgeable of heat exhaustion conditions can do a lot to protect themselves and their players. Some preventive tips are listed below:

- ◆ Keep on hand plenty of water (or an electrolyte solution such as Gatorade), ice cold packs, and wet cloths. Be sure players take drinks during the game, even if they're not thirsty. Remember, if you're thirsty it's because your body is already losing water. Drink before you're thirsty!
- ◆ Watch kids for signs of extreme fatigue, nausea, heavy sweating or headaches.
- ◆ Have victims sit out in the shade and sip a cool drink slowly. Fan them for up to 30 minutes before allowing them back into the game, if necessary.
- ◆ Monitor their behavior closely. Just because you do not see outward signs for this condition does not mean the person won't suddenly develop them. In some more severe cases, victims may ignore the symptoms and abruptly become unconscious.

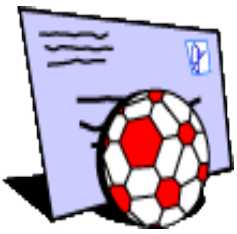
For heat stroke: If you find that an individual is experiencing heat stroke, a different approach is required. Here's what to do:

- ◆ Do not give anything by mouth. This can aggravate the condition.
- ◆ Keep the skin moist by spraying a fine mist of water, and fan the victim.
- ◆ Immediately have someone call for emergency medical assistance (911 in most states). Do not leave the victim until help has arrived.

Heat Exhaustion vs Heat Stroke

Heat Exhaustion: Heavy sweating. Cool, pale, moist, clammy skin. Headaches, nausea, vomiting. Normal body temperature and low heart rate. Exhaustion.

Heat Stroke: Little to no sweating. Hot, dry, red skin. Convulsions, dazed, unresponsiveness. Increased body temperature and rapid heart rate. Shallow breathing.



SOCCKER WATCHWORDS



The Art of Being a Successful Youth Coach

SHIN SPLINTS

What is it: A pain or tenderness near or on shins due to a sharp increase in running and jumping. Particularly prevalent at the beginning of soccer season.

How it happens: It can occur because of play on hard surfaces or because player turns feet out more than normal when running.

Immediate relief: Coaches can offer those players afflicted rest and ice, to reduce shin inflammation. Aspirin (to those who can tolerate it) and/or anti-inflammatory creams can also help.

Long-term relief: Shoes with more cleats or better padding can reduce injury in the long run. Jumping exercises should be avoided for those soccer players most affected by shin splints. Long calf stretching exercises should be implemented prior to every practice and game.

SUN RISK FACTORS

According to the American Cancer Society, parents should be especially careful about protecting children from the harmful rays of the sun if they have one or more of the following risk factors:

- ◆ fair skin and/or freckles
- ◆ blond, red or light-brown hair
- ◆ blue, green or gray eyes
- ◆ a tendency to burn easily
- ◆ a family history of skin cancer
- ◆ live in a warm, sunny climate
- ◆ long periods of sun exposure
- ◆ a large number of moles

When is UV radiation strongest? Between 10 am and 2 pm. Work to structure outdoor activities away from this time period, if possible. If you can't, use a good sunblock.

So you want to be a Youth Coach! Congratulations, you're volunteering for a very influential role in the life of a youngster.

There's an art to being a coach in the Youth Leagues. You have to be a combination teacher, parent, cheerleader and counselor!

And remember, being successful as a coach is not necessarily reflected in the win-loss column of your team. The ultimate measure is whether your players end up the season seeing themselves as winners regardless of their record.

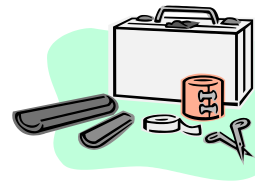
From the youngster who stops at midfield to wave to a friend on the adjacent soccer field, to the upper level "phenom" with the talented foot, each player will be building memories, and you will have an opportunity to help make them positive.

CONCENTRATE ON POSITIVES As a Youth League coach it is important to avoid the "criticism trap". If a player hears mainly negative comments and receives attention for negative behaviors, the player can quickly lose self confidence and even a desire to play. One of the best things a coach can do is to "catch the player doing well". There should be a "four-to-one" ratio of positive remarks to critical remarks. Thus, for every "correction" there should be at least four (4) "pats on the back". Correction is sometimes necessary, but encouragement should be the norm. A coach can be a real factor in building a youngster's confidence by noting all the positive things that go on with each player.

OVERTEACH Repeat, repeat, repeat! Most players are not one-time learners. They need to be told over and over and over. It may seem boring at times, but the coach needs to repeat instructions several times. Obviously, as the player moves from level to level there is less need for repetition. However, time spent on the earlier levels repeating basic instructions is well spent.

AMPLIFY SUCCESSES - When a player does something correctly, it is extremely important that the coach respond with lots of enthusiasm and excitement. Often, we tend to be animated in our response to a mistake, and somewhat calm when giving praise. For the player, the opposite needs to happen.

That is, the coach need to show lots of enthusiasm and excitement and animation when giving praise, and should try to remain calm and supportive when reacting to a mistake.



Notes From Your Safety Director

COMPLIMENT SPECIFICS It is important for the coach to attend to specific achievements rather than to make general statements. "Good game", and "nice try" are less effective than "I like the way you followed through on that kick", or "I like your quick throw-ins". When you praise specific behavior in a player, you have a better chance that the youngster will remember what you said, and pay attention to it, and believe it!

HAVE FUN- It is important to remember that...

AFTER ALL IS SAID AND DONE, HAVING FUN IS "NUMBER ONE"

when it comes to Youth League. Youngsters learn better and remember more when they're having fun. The successful coach is one who teaches skills, sportsmanship, and teamwork in an overall atmosphere of "fun and games".

INSTRUCT AND ASSESS SKILLS- Each player should be given the opportunity to become aware of the various skills needed in the game and should also have the opportunity of learning and practicing those skills. Obviously, some players will respond more quickly than others. Some will need more attention than others. But each youngster deserves attention. A simple checklist of the basic skills in kicking, passing, dribbling, throw-ins, heading and trapping can be used as an opportunity for each coach to teach and measure progress in each player.

The emphasis needs to be on teaching and not criticizing. If a player makes a "mistake" this should become an opportunity to learn how to do it correctly rather than an opportunity for "feeling bad" about making a mistake.

NEVER PRESUME ANYTHING. BE SPECIFIC- Spell it out! Many players, especially those in lower levels, do not understand soccer jargon. Phrases like "mark your opponent", "center the ball", "the ball is still live" can be baffling to a player who tends to take things literally. When giving instructions, always ask the player to repeat what you said and to show you a visual example. Visual drawings on blackboards, walk-through exercises on the field with players, and "what-if" quiz games with the players can be very helpful in getting them to understand your expectations.

GET INTO THEIR SHOES. EMPATHIZE- Empathy is extremely important in a coach. Seeing the Youth League experience through the eyes of the player is essential. Some have had very little experience. Some have little or no encouragement from parents. Some are playing "for their parents' sake". Some are experiencing "family problems". Some have a very low self esteem. Some have a long habit of "temper tantrums". A coach should not take reactions from players "personally". Players, at any level, are still growing physically and emotionally and are likely to have "good days" and "bad days".

If you, as a volunteer, require any medical attention to yourself or to any of your players, please contact the Safety Director listed in the Player/Parent Handbook immediately so that we can process the necessary paperwork. There is a Preliminary Accident report form that **MUST** be filed within 90 days of injury.

No child may play with any cast or splint. THIS IS WITHOUT EXCEPTION. If a child has been in a cast or splint, AYSO must have a doctor's release before the child can play. AYSO will not allow them to play without this due to a possible injury to the child. The insurance will not pay for any injury should it occur in this setting.

Please help us to keep Okeehelie Park beautiful and safe for all to enjoy by following a few simple procedures:

1. Keep the children off of the goalposts, crossbars and nets. These items, although very tempting, can become dangerous.
2. No bystanders are allowed behind the goalposts during the games.
3. Pick-up all of the snack wrappers and cups after each game.

All children **must wear shin-guards at every practice and at game.** No metal cleats are allowed.

Please be aware of your surroundings during practices and at the games. Look for broken glass, potholes, sprinkler heads and slick mud spots. If you see a situation that you cannot fix, please notify AYSO Region 345 Staff at 561-642-5449 or email to region345@aol.com.

Be careful of heat exhaustion and heat stroke. One good way to help prevent heat stroke and dehydration is to drink plenty of water the day before the game, as well as, up to game times.

Thank you for your cooperation and let's have a safe, healthy and injury free soccer season!





Policy On Heading

Because of the recent concerns regarding the skill of heading, the following memo has been produced for distribution by the National Coaching Commission in conjunction with the National Board of Directors.

The National Support Center has been in contact with physicians and psychologists investigating recent claims that heading causes brain impairment. They concur that soccer is a safe sport. Furthermore, those experts to date have found no conclusive evidence that heading causes damage.

Heading is a part of the game of soccer and should be taught to our players. Here are guidelines that should be followed:

Overview:

Heading a ball causes more apprehension than any other soccer skill, particularly among younger players. Therefore, the coach needs to be concerned with this anxiety and the poor technique which may result.

Guidelines:

- * Per the Rules & Regulations of AYSO Region 345, NO INTENTIONAL HEADING will be allowed in 6U, 8U, 10U, and 12U.
- * Begin to teach heading at the appropriate age level of 14U and older.
- * Begin to teach heading when players show an Interest, not when the coach thinks it should be taught.
- * Teach heading correctly. (Refer to AYSO Youth Coaching Manual).
- * Do not make an unwilling player head the ball. He/she will not head the ball in a game and should not be forced to do it in practice.
- Limit the amount of times a child heads the ball during practice.

SET AN EXAMPLE OF GOOD SPORTSMANSHIP- It is essential that the coaches be role models for their players in all the areas of sportsmanship including interactions with the referee, with other teams, with players on the same team, and with parents. Players are looking to their coach for leadership and will pick up quickly on temper tantrums, sarcasm, put-downs, and hazing.

ORGANIZE TO AVOID CONFUSION- Players do better in a structured and consistent environment. The more the coach anticipates details and attends to them before practice and/or games, the more time can be spent on teaching and playing the game. Lineup cards, equipment inventory, and field preparation are just a few of the items which often times, if put off till the last minute, add to confusion when the player shows up for practice or games. Visual aides often are helpful in "spelling out" expectations which the coach has for the players. A blackboard on the sidelines may help for listing lineups, positions, etc..

It is also important that the coaches present a "united front" to the players so that they do not get mixed messages.

CREATE TEAM SPIRIT- Another goal of the coach is to get the player to think "we" instead of "me". This is difficult in the lower levels because of the immaturity and developmental levels of the player. However, from the beginning, there should be a clear message that criticism among players is not acceptable. Asking players to identify specific progress in the other players on the team helps set up a positive team approach. Players should be encouraged and praised for cheering the other members of the team. Team "chatter" and cheers should be encouraged, but only cheers which support team members, not cheers which antagonize or are attempts to "rattle" the other team. All team members should be encouraged to be "good sports" toward the other team before, during, and after each game.

Although some players will be seen as "heroes" for some game winning feat, a coach needs to make sure that each team member gets significant recognition. Individual captains for each game is one way of making sure that each player gets some leadership opportunities.

PARENTAL INVOLVEMENT- can be very helpful for developing team spirit. Recognition of the team "parent" is very important. Involvement of all parents by the manager and coach can go a long way towards developing team spirit. A letter to all parents describing your coaching philosophy can be helpful in eliciting parent involvement. They can also be encouraged to cheer for all the players, using the checklists and sample of positive remarks.



CONCENTRATE ON PROGRESS One job of a coach is to help each player develop confidence and see progress while learning the game. A player who is taught to see some progress at each practice and game has a good chance of increasing self-confidence. Progress can be noted in three areas:

Frequency (how often), **Duration** (how long it lasts), or **Intensity** (how much emotion is involved). Using the checklists or by just observing players, a coach can always find some progress to point out to each player: Frequency (i.e., passed the ball twice to a player in the open); Duration (i.e., stayed in position for two consecutive plays); Intensity (i.e., out-hustled the opposing player going for a free ball).

It is also helpful to get players to recognize progress in each other.

EXPECT ONLY WHAT IS REASONABLE Obviously, expectations of level of play will vary from lower to upper levels. Attention span is often very short at the lower levels. Coaches at lower levels will become very frustrated if they expect total attention, dedication, and motivation to the game of soccer. It is important for all of us to remember that, out of the millions and millions of players, only a few ever become professional soccer players.

REMEMBER TO LAUGH A LOT It is really important as a coach to realize there is "life beyond Youth League". We run the risk of taking ourselves too seriously. A sense of humor is essential, both in coaches and players. Smiling and laughing adds to relaxation, which adds to productivity and enhancement of performance.

Once again, it is important to remember that...

***AFTER ALL IS SAID AND DONE,
HAVING FUN IS "NUMBER ONE"***



12 Under AYSO Region 345 Rules of the Game

7. Players, Coaches, and Team Managers **MUST** stay on one side of the field with Spectators & parents on the opposite side.
8. Teams will play 11 on 11 and the minimum number of players on the field is 7. If one team is short-sided, the Two Goal rule will apply (see definition under 16U & 19U rules).
9. All players must play two quarters. No player can play four quarter until all players have played at least three quarters.
10. Red and yellow cards will be given to both players and coaches for any infraction listed under AYSO Region 345 Disciplinary Rules or penal fouls as Applicable. **A Player receiving (3) three cumulative yellow cards in a season, WILL sit out the next game.**
11. A Parent from each team **MUST** be used as Assistant Referee (AKA Linesperson).
12. Scoring-(6) six goal rule. If a team wins by more than (6) six goals, the coach shall be given a yellow card. If this happens twice in a season, the coach will be suspended for (1) one game.
13. **NO PUNTING/DROPKICKS ALLOWED!** Goalkeepers are only allowed to throw, roll or kick the ball.

14 Under, 16 Under, 19 Under AYSO Region 345 Rules of the Game

1. **The Goalkeeper is to be protected at all times.**
2. **Goalkeeper change with Field Player:** The goalkeeper may change places with a player on the field when the clock is stopped. Any time the goalkeeper is changed, the referee shall be notified.
3. All players will be allowed to retake a bad throw-in once, without a penalty, for the first week.
4. **Game duration:** Four 15 minute quarters with 2 1/2 minutes after 1st and 3rd quarter and 5 minutes at halftime for water and substitutions.
5. NO coach or parent may enter the field of play without the referee's permission.
5. The Coach may substitute during a quarter only if a player is injured. The coach must receive permission from the referee before any substitutions can occur.
6. All FIFA Rules apply unless superceded by AYSO Rules.
7. Players, Coaches and Team Managers **MUST** stay on one side of the field with spectators & parents on the opposite side.
8. Teams will play 11 on 11. No game will take place if a team cannot field at least 7 players. If one team is short-sided, the Two Goal Rule will apply. **(The Two Goal Rule states: In any game where one team is unable to field the same number of players as the other team, except by reason of receiving a red card, the team with the greater number of players must reduce to the same number of players immediately upon scoring a goal which causes them to have a two goal lead. This same team may replace their player(s) at the next regular substitution if they no longer hold a two goal lead.)**
9. All players must play two quarters. No player can play four quarters until all players have played at least three quarters.
10. Red and yellow cards will be given to both players and coaches for any infraction listed under AYSO Region 345 Disciplinary rules or penal fouls as applicable. **A Player receiving (3) three cumulative yellow cards in a season, WILL sit out the next game.**
12. A Parent from each team **MUST** be used as Assistant Referee (AKA Linesperson).
13. Scoring-(6) six goal rule. If a team wins by more than (6) six goals, the coach shall be given a yellow card. If this happens twice in a season, the coach will be suspended for (1) one game.

10 Under AYSO Region 345 Rules of the Game

1. The Goalkeeper is to be protected at all times.
2. All players will be allowed to retake a bad throw-in once without a penalty for the first two weeks.
3. The coach may substitute during a quarter only if a player is injured. The coach must receive permission from the referee before any substitutions can occur.
4. NO coach or parent may enter the field of play without the referee's permission.
5. Game duration: Four 12 1/2 minute quarters with 2 1/2 minutes after 1st & 3rd quarter and 5 minutes at half time for water and substitutions.
6. All FIFA Rules apply unless superceded by AYSO Rules.
7. Players, Coaches, and Team Managers **MUST** stay on one side of the field with spectators & parents on the opposite side.
8. Teams will play 8 on 8 and the minimum number of players to play on the field is 6. If one team is short-sided, the Two Goal Rule will apply (see definition under 16U & 19U rules).
9. All players must play two quarters. No player can play four quarters until all players have played at least three quarters.
10. Red and yellow cards will be given to both players and coaches for any infraction listed under AYSO Region 345 Disciplinary Rules or penal fouls as applicable. A Player receiving (3) three cumulative yellow cards in a season, WILL sit out the next game.
11. Intentional Heading and Slide Tackling is not permitted. Any infraction of this, will warrant an indirect free kick for the opposing team.
12. A Parent from each team MUST be used as Assistant Referee (AKA Linesperson).
13. Scoring-(6) six goal rule. If a team wins by more than (6) six goals, the coach shall be given a yellow card. If this happens twice in a season, the coach will be suspended for (1) one game.
14. **NO PUNTING/DROPKICKS ALLOWED!** Goalkeepers are only allowed to throw, roll or kick the ball (Any infraction of this, will require a redo for the first few games of the season).
15. **Buildout Line/Offside Line**-This line will be halfway between the 18 yard box and the center line. If the Goalkeeper has ball in hand, the opposing team players **MUST** retreat behind the buildout line until the goalkeeper's teammate touches the ball. (Any infraction of this, a free kick will be awarded to the offensive team at the point of the infraction).

12 Under AYSO Region 345 Rules of the Game

1. The Goalkeeper is to be protected at all times.
2. All players will be allowed to retake a bad throw-in once without a penalty for the first week.
3. The coach may substitute during a quarter only if a player is injured. The coach must receive permission from the referee before any substitutions can occur.
4. NO coach or parent may enter the field of play without the referee's permission.
5. Game duration: Four 15 minute quarters with 2 1/2 minutes after 1st and 3rd quarter and 5 minutes at halftime for water and substitutions.
6. All FIFA Rules apply unless superceded by AYSO Rules.

SOCCER SKILLS CHECKLIST

Kicking

- _____ 1. Looks at target while approaching ball.
- _____ 2. Keeps eye on ball at time of kick.
- _____ 3. Kicks with full contact of foot.
- _____ 4. Follows through in intended direction.

Passing

- _____ 1. Accuracy: reaches target.
- _____ 2. Power: maintains appropriate speed of ball.
- _____ 3. Timing: releases when player is "open".
- _____ 4. Disguise: uses body and head fakes.

Dribbling

- _____ 1. Keeps ball close to feet.
- _____ 2. Controls and varies ball speed.
- _____ 3. Controls without always looking at ball.

Throw-ins

- _____ 1. Keeps both hands on ball.
- _____ 2. Releases from over the head.
- _____ 3. Keeps both feet on the ground.

Heading

- _____ 1. Uses forehead.
- _____ 2. Keeps eye on ball at time of contact.
- _____ 3. Coordinates feet, legs, trunk and neck.

Controlling

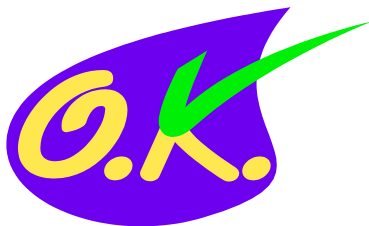
- _____ 1. Keeps eye on approaching ball.
- _____ 2. Relaxes & pulls back controlling body part on contact.

Remember to stay in line with the correct age appropriateness of each category.

SOCCER POSITIVE BEHAVIOR CHECKLIST

(Sample behavior to look for and praise in the player)

- _____ 1. Hustles onto the field and back.
- _____ 2. Goes to the ball.
- _____ 3. Throws-in rapidly to open player.
- _____ 4. Avoids "offside" penalties.
- _____ 5. On defense, stays between attacking player & goal.
- _____ 6. Follows up on kicks.
- _____ 7. Moves without the ball to get open.
- _____ 8. Calls out ball location to teammates.
- _____ 9. Kicks with either foot.
- _____ 10. Cheers for teammates while on sidelines.
- _____ 11. Encourages teammates (nice try).
- _____ 12. Pays attention to the game (score, quarter, time left, etc.).
- _____ 13. Hustles to keep ball in bounds.
- _____ 14. Stays in position.
- _____ 15. Pays attention to coach during practice and game.
- _____ 16. Passes to open teammates.
- _____ 17. Respects team equipment (balls, cones, nets).
- _____ 18. Keeps track of personal equipment (ball, shoes, shin guards, etc.)
- _____ 19. Helps pick up team equipment after practice and game.
- _____ 20. Arrives on time for practice and game.



6 Under AYSO Region 345 Rules of the Game

The game should be kept flowing as much as possible without risk of injury. The game should be fair to all players and should be kept FUN, SAFE, & FAIR!

8 Under AYSO Region 345 Rules of the Game

Coach or team representative will be required to referee their own game. (Home team first half and visitor second half).

1. This division plays without a goalkeeper.
2. It is important for a referee to explain every call to the kids as they occur for the first three weeks of the season.
3. All players will be allowed to retake a bad throw-in once without a penalty for the first three weeks.
4. The coach may substitute during a quarter if a player is injured. The coach must receive permission from the referee before any substitutions can occur.
5. **NO coach or parent may enter the field of play without the referee's permission.**
6. **Game duration:** Four 10 minute quarters with 2 1/2 minutes after 1st and 3rd and 5 minutes at halftime for water and substitutions.
7. All kicks are Indirect Free Kicks (except the Open "Direct" Kick)
8. We will not give any Red or Yellow cards to any player in this division at any time. **ALTHOUGH COACHES AND SPECTATORS MAY BE GIVEN ONE.**
9. Players, Coaches, and Team Managers must stay on one side of the field with spectators and parents on the opposite side.
10. Number of players is 6 on 6, the minimum number of players is 4. If one team is short-sided, the team may borrow a player from the opposing team if both coaches agree to it.
11. No Offside in this division.
12. Ball size 3. Shinguards are mandatory for practices and games. Tennis shoes or soccer cleats may be worn. NO baseball or football cleats are allowed. Metal spikes are not allowed.
13. All players must play two quarters. No player can play four quarters unless all players have played at least three quarters.
14. Scoring-(6) six goal rule. If a team wins by more than (6) six goals, the coach shall be given a yellow card. If this happens twice in a season, the coach will be suspended for (1) one game.
15. Goal Box-(1) if offense touches ball inside the goal box an Indirect Free Kick will be awarded to the defensive team (2) if defense touches ball inside the goal box-the offensive team will be given an Open "Direct" Kick with all players behind the ball with no rebounds whether the ball hits the bar or not, the ball is dead and the game will resume with a kick off.
16. **Intentional Heading and Slide Tackling is not permitted.** Any infraction of this will warrant an Indirect Free Kick for the opposing team.
17. Referees should emphasize: **FUN, FAIRNESS, SAFETY, LEARNING!**

AYSO Region 345 Rules of the Game

6 Under AYSO Region 345 Rules of the Game

1. Coach or team representative will be required to ref their own game. (home team first half and visitor second half).

2. Duration of the Game: Four five-minute periods. There is a 2 1/2-minute break at the end of the 1st & 3rd quarters. A 5-minute break at half-time.

3. Start of Game: Both teams are lined up at center circle to check all players for shinguards and tennis shoes or soft cleated soccer shoes. NO jewelry is allowed. A coin toss will occur at this time and the winner of the coin toss picks which goal they desire to defend. Both coaches need to give their line up cards to the referee. The number of players is 4 on 4, with a minimum number of players on the field being 3. Teams may borrow a player from the team they are playing if both coaches agree to it. All players must play a minimum of two quarters, and three quarters when possible. NO player can play four quarters until all players have played at least three quarters. We do not play with a goal keeper and no player may use their hands except for throw-ins. The referee will blow the whistle to start or stop play. Remember, the players will learn to play the whistle. It is important for the referee to explain every call to the kids as they occur.

4. Restarts

Throw-ins: A throw-in is taken to restart the game after the ball goes out of play past the touch line (Side Line). The ball must cross completely over the touch line to be out of play. The throw-in is taken by any player on the team who did not touch the ball last. The throw-in must be taken from the spot where the ball went out last. All players should be kept back a safe distance. All players will be allowed to retake a bad throw-in all season without penalty.

Kicks: When the whole ball passes over the goal line (not in the goal), it should be kicked into play from the goal line half way between the goal and the corner. (No corner kicks) All players should be kept back a safe distance

Intentional Heading and Slide Tackling Is NOT permitted. Any infraction of this, will warrant an Indirect free kick for the opposing team.

Fouls and Misconduct: All fouls and misconducts must be started by an Indirect Free Kick, with opponents at least five yards away. An Indirect Free Kick means the ball needs to touch another player before it can be deemed a goal. Pushing, kicking, striking, tripping, and hand balls are all fouls. If multiple players fall down around the ball, this is considered dangerous. The game should stop and restarted with a drop ball. The ball is dropped between two players (one player from each team). We will not give any Red or Yellow cards to any player in this division at any time.

ALTHOUGH COACHES AND SPECTATORS MAY BE GIVEN ONE.

5. Method of Scoring: When the whole ball crosses over the goal line and into the goal area, the team receives 1 point.

NO coach or parent may enter the field of play without the referee's permission. Players and parents must be on the opposite sides of the field. No coach or parent should be in the areas behind the goals.

85 Ways to Say "Very Good!"

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 figured it out.
13. Outstanding!
14. That's coming along nicely.
15. I knew you could 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 much better.
33. Super!
34. You did a lot of work today!
35. Keep it up!
37. Congratulations.
38. Exactly right!
39. Nice going.
40. Excellent!
41. Sensational!
42. You're doing beautifully.
43. You've just about 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're really going to town.
52. Keep up the good work.
53. That's it!
54. That's better.
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 than before.
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.

Disciplinary Sanctions for Youth Referee Abuse

1. The Regional Referee Administrator, upon receipt of any reported abuse of a youth referee shall investigate the incident and shall implement appropriate discipline, before the next game if possible. The offending person and the Division Coordinator, Regional Coach Administrator, Regional Referee Administrator, Regional Commissioner, Youth Referee Director, and the Region 345 Child Protection Advocate shall be notified of the disciplinary action.

The following sanctions will be applied until and unless modified by the Disciplinary Committee convened to hear the matter:

Type of Abuse	Recommendation to Disciplinary Committee
i. Verbal Abuse of a youth referee (serious, repetitious dissent to provoke an argument, criticism or demeaning language, but which doesn't include offensive, insulting or foul language)-first offense	1 game/week suspension
ii. Serious verbal abuse of a youth referee (e.g. using offensive, insulting, or foul language Or repeated incident of less serious abuse	2 game/week suspension- Disciplinary Committee hearing to consider additional sanctions and/or remedial actions
iii. Stepping onto the field or other threat to a youth referee (by word or action)	4 game/week suspension – Disciplinary Committee hearing to consider additional sanctions and/or remedial actions and, if required by a letter of apology to the youth referee, any specified form of appropriate apology to the player, coaches and parents of the teams affected by the conduct.

2. The Disciplinary Committee when determining whether a lesser level of sanction should be applied take immediate and sincere remorse on the part of the offender into account.

3. Egregious offenses (e.g. repeated of multiple abusive situation, physical contact with a youth referee, or Exceptionally inappropriate misbehavior directed toward a youth referee) shall result in immediate and continuing suspension of the offending person pending a Disciplinary Committee hearing. The Disciplinary Committee will determine if further or more serious discipline is warranted. An egregious offense violates The fundamental mission of AYSO and requires strong action. Discipline may include, but is not limited to, suspension for the season, suspension for multiple seasons, taking referee training, referee a set number of games, or other remedial education and training), or expulsion of the person and/or their child from further participation in AYSO.

4. A suspended parent or other non-coach may not, during their suspension, attend a game of the team at who's game the conduct occurred; that adult may attend other children's games in other age groups. A suspended coach may not, during the suspension, attend any game for the team at whose game the conduct occurred. The coach may attend practices of that team and games of other teams unless notified of additional restrictions by the Regional Referee Administrator or the Disciplinary Committee.

5. The Regional Board of Directors shall be notified of all suspension at its next regular meeting and shall, subject to any further action of the Disciplinary Committee and any **right of appeal, enforce the disciplinary action.**

6. These sanctions apply only to the discipline of adult spectators or coaches. This policy doesn't apply to AYSO players or youth (under age 18) spectators.

7. These sanctions do not limit, prevent, or replace any voluntary or required report or referral of improper conduct, by any adult toward any child , to any law enforcement or child protection agency.



- 70. You're really working hard today.
- 71. That's what I call a fine job!
- 72. I'm very proud of you.
- 73. One more time and you'll have it.
- 74. Fine!
- 75. That's good.
- 76. Good job.
- 77. You really make this fun.
- 78. Good remembering.
- 79. Nothing can stop you now.
- 80. You are doing much better today.
- 81. Keep on trying.
- 82. You are really learning alot.
- 83. You've just about got it.
- 84. I've never seen anyone do it better.
- 85. You are very good at that.

CHARACTER COUNTS

AYSO is made up of six key philosophies of play. Please, take the time to inform the players and parents of them and implement them during your games and practices.

By using these philosophies in our everyday lives, we are ensuring our future of not only physically fit players, but also those who respect and have compassion for one another.

Remember, Character Counts! - In ALL OF US

AYSO's Philosophies are:

- | | |
|--------------------|--------------------|
| Everyone Plays | Open Registration |
| Balanced Teams | Positive Coaching |
| Good Sportsmanship | Player Development |

Six Pillars of Character are:

- | | |
|-----------------|-------------|
| Trustworthiness | Respect |
| Responsibility | Caring |
| Fairness | Citizenship |



AYSO Region 345

"Zero Tolerance" Policy on Youth Referee Abuse

Purpose of the Policy

Youth development is the central focus of the AYSO program. This includes development of youth whether they are soccer players or soccer referees. All the AYSO guidelines and policies on providing a "Safe, Fair and Fun" environment for players also apply to youth referees. Only "Positive, Instructive, and Encouraging" comments are allowed to be directed at youth players or youth referees. The purpose of this policy is to make clear that verbal abuse of youth referees is as unacceptable as verbal abuse of youth players and to adopt basic standard sanctions for improper conduct.

This policy is not intended to imply that youth referees are always "right" and the adult spectator or coach is always "wrong". Just as youth players will make mistakes during play, youth referees will make mistakes in officiating, particularly in the younger divisions where they are learning how to referee. In addition, sometimes youth referees are "in over their head" because of a particularly challenging game, an assignment beyond their experience or comfort level, etc.

Policy on Youth Referee Abuse

1. It is never acceptable to abuse youth referees verbally or otherwise, in any situation. Region 345 will not tolerate any verbal or other abuse or criticism of a youth referee by any coach or spectator. Abuse includes any verbal or other conduct, which is defined or characterized as abusive conduct under the AYSO National Guidelines.
2. Should such abuse occur, the incident will be reported immediately by the Regional Referee Administrator who will implement the "Region 345 Disciplinary Sanctions for Youth Referee Abuse."
3. Any Board Member or AYSO certified adult referee shall, if necessary, intervene if any coach, spectator, or other adult is abusing a youth referee, verbally or otherwise and may take immediate appropriate action to include directing the offender to leave the site, and/or to suspend or terminate the game. Handling general dissent is part of the referee's job. If the offensive conduct constitutes dissent rather than abuse and the youth referee appears to be managing the dissent appropriately, no intervention is necessary. However, serious, repetitious dissent to provoke an argument shall be regarded as a type of abuse and is deemed unacceptable and will be dealt with according to the Disciplinary Sanctions for Youth Referee Abuse.
4. A Coach may only communicate in a positive way with a youth referee. The coach is responsible for ensuring all spectators follow the AYSO Guidelines relating to communication with a youth referee. A coach/ spectator may not express disagreement or dissatisfaction with the youth referee's officiating.
5. AYSO adult volunteers (any coaches, Board Member, other referees, Division Commissioner, etc.) shall report any incident of youth referee abuse to the Regional Referee Administrator within 24 hours of the incident.
6. There are appropriate avenues for coaches or spectators to share concerns about the quality of officiating. The Region 345 Referee Staff welcomes constructive comments about youth referees. However, any criticism or critique of a youth referee's performance may only be communicated to the youth by the Regional Director of Assessment, a designated Referee Mentor, the Youth Referee Director, or the Regional Referee Administrator. A Coach or Spectator should not, before, during or after a game, discuss with the youth referee the coach's critique of the referee's performance, other than to thank and compliment the referee.



What Planning Do I Need to Do?

Preseason Planning- Beginning coaches often make the mistake of showing up for the first practice with no particular plan in mind. These coaches find that their practices are unorganized, their players are frustrated and inattentive, and the amount and quality of their skill instruction is limited.

Effective coaches begin planning before the start of the season.

- l Familiarize yourself with the sport and organization you are involved in, especially its philosophy and goals regarding youth sports.
- l Examine the availability of facilities, equipment, instructional aids and other materials needed for practices and games.
- l Establish your coaching priorities regarding having fun, developing players' skills and winning.
- l Select and meet with your assistant coaches to discuss the philosophy, goals, team rules and plans for the season.
- l Hold an orientation meeting to inform parents of your background, philosophy, goals and instructional approach. Also, give a brief overview of soccer rules, terms and strategies to familiarize parents or guardians with the sport.
- l You will also need to ask for someone to become a team manager and then set up a meeting to discuss what each person will need to accomplish.

In-Season Planning- Your choice of activities during the season should be based on whether they will help your players develop physical and mental skills, knowledge of rules and game tactics, sportsmanship and love for the sport.

What you plan to do during the season must be reasonable for the maturity and skill level of your players. In terms of soccer skills and tactics, you should teach young players the basics and move on to more complex activities only after the players have mastered these easier techniques and strategies.

Refer to the chart on the following page to implement understanding and skills according to the players' proper age and



Can your players meet the requirements listed below?

If your answer is no, these are the areas you need to work one-on-one with the player. If you aren't sure how to help your players develop to these levels, ask your coaching administration for some help.

SKILL	6U	8U	10U	12U	14U	16U	19U
Object of game	B	K	K	K	K	M	M
Duties/Positions			K	K	K	M	M
Field Names		B	K	M	M	M	M
Laws of Game		B	B	K	K	M	M
Strategy			B	K	K	M	M
Match Situations			B	K	K	M	M
Throw In	B	K	K	M	M	M	M
Goal Kick		K	K	M	M	M	M
Corner Kick		K	K	M	M	M	M
Direct Kick	B	B	K	K	M	M	M
Indirect Kick			K	K	M	M	M
Penalty Kick			K	K	M	M	M
Drop Ball	B	B	K	K	M	M	M
Ball out of Play	B	K	K	M	M	M	M
Kick Standing Ball	B	B	K	K	M	M	M
Kick Moving Ball	B	B	K	K	M	M	M
Stop Moving Ball	B	B	K	K	M	M	M
Kick Ball w/ Direction		B	K	K	M	M	M
Advance with Ball	B	B	K	K	M	M	M
Dribble	B	B	K	K	K	M	M
Heading	NA	NA	NA	NA	B	K	M
Tackle			B	K	K	M	M
Passing		B	B	K	M	M	M
Ball Control			B	K	K	M	M
Juggling			B	B	K	M	M
Goalkeeper Training			B	B	K	M	M
Penal Fouls		B	K	K	M	M	M
Handball	B	K	K	M	M	M	M
Offside			B	K	M	M	M
Misconduct		B	K	K	M	M	M

B = Basic Idea K = To know or perform with some accuracy M = To Master

AYSO REGION 345 DISCIPLINARY RULES

CONDITIONS FOR ADMINISTERING DISCIPLINE AND APPEALING A DISCIPLINARY ACTION

1. Except as set forth below, disciplines may be issued only by a Regional Referee or higher. Persons receiving a disciplinary action shall leave the field of play immediately.
2. Referees will note any discipline given on the back of the game card, that is given to the Referee at the beginning of the game by the coaches, which they must sign and return to the Referee Administrator.
3. The Referee Administrator shall inform any person receiving a discipline that the discipline has been issued and direct them to this document to explain the procedures for appeal.
4. Appeals will only be considered if the card(s) received from disciplinary action, given by the Referee, goes against what is written in FIFA's Laws of the Game. Such appeal shall be made in writing and delivered to the Referee Administrator within 48 hours of receiving notification the discipline has been issued.
5. The Referee Administrator shall investigate the incident by speaking to available participants and available third parties.
6. Prior to the next game to be played, the Referee Administrator shall convene a committee meeting to consider the appeal and present the findings of the investigation. The committee shall consist of the Referee Administrator, Coach Administrator, Child & Volunteer Protection Advocate, Assistant Regional Commissioner, and Regional Commissioner. By a majority vote, the committee shall decide whether the discipline shall be upheld or overturned. Committee members with direct involvement in the incident leading to the discipline or original issuance of the discipline shall excuse themselves from participation in the appeal process. The vote shall be considered as upholding the discipline. The Referee Administrator shall notify the disciplined person of the results of the appeal.
7. The criteria set forth above are generally orientated toward game situations. The criteria may also be applied to infractions, which occur during practices or other regional functions. To this end, any board member may bring the behavior of any player, coach, referee, or spectator, which is deemed inappropriate according to the infraction conditions listed above, to the Regional Commissioner who shall issue the discipline according to the infraction list and corresponding disciplines, set forth within.

AYSO REGION 345 DISCIPLINARY RULES



What Makes Up a Good Practice?

OFFENSE	C	P	S & V	DISCIPLINE	LEVEL
Assault on Referee	X	X	X	5 Years	L/S
Scoring: (6) six goal rule (all divisions except 6Us) If a team wins by more than (6) goals, the coach shall receive a yellow card. If this happens twice in a season, the coach will be suspended for (1) one game.	X			1 Game	L/S
Any 10U & above player receiving (3) three yellow cards in one season will be suspended for (1) one game following the third one		X			L
Enter Ineligible Player *Player Under Suspension *Non-AYSO Player *Not Following the 3/4 Rule *Any player assigned to a team may not play in an age bracket lower than they are currently playing	X X X X			2 Games 1 Year 1 Game 1 Game	L/S L/S L/S
Enter Field W/O Permission	X	X	X	Yellow Card	L/S
Fighting	X	X	X	5 Games	L/S
Foul Language or Gesture	X	X	X	1 Game	L/S
Non-Specific Unsportsmanlike Behavior	X	X	X	1 Game	L/S
Red Card	X	X	X	1 Game	L/S
Second Caution	X	X	X	1 Game	L/S
Verbal Abuse	X	X	X	1 Game	L/S
Verbal Threats	X	X	X	1 Year	L/S
Violent Conduct	X	X	X	1 Year	L/S

C-COACH P-PLAYER S-SPECTATOR V-VOLUNTEER
LEVELS: L-LEAGUE GAME S-STATE GAMES

A Red Cards will carry over from the last game of the season to the next game the player is scheduled to play. Player's are required to sit on the bench for their suspension to be fulfilled.

A good instructional plan makes practice preparation much easier. In general, we recommend that in each of your practices you do the following:

WARM UP- As you're checking the roster and announcing the performance goals for the practice, your players should be preparing their bodies for vigorous activity. A (5) five to (10) ten minute period of easy-paced activities, stretching and calisthenics should be sufficient for youngsters to limber their muscles and reduce the risk of injury.

PRACTICE PREVIOUSLY TAUGHT SKILLS- Devote part of each practice to having players work on the fundamental skills they already know. But remember, kids like variety. Thus you should organize and modify drills so that everyone is involved and stays interested. Praise and encourage players when you notice improvement and offer individual assistance to those who need help.

TEACH AND PRACTICE NEW SKILLS- Gradually build on your players' existing skills by giving them something new to practice each session.

PRACTICE UNDER MATCH-LIKE CONDITIONS- Competition among teammates during practices prepares players for actual matches and informs young athletes about their abilities relative to their peers. Youngsters also seem to have more fun in competitive activities.

COOL DOWN- Each practice should wind down with a (5) five to (10) ten minute period of light exercise, including jogging, performance of simple skills and some stretching. The cool down allows athletes' bodies to return to the resting state and avoid stiffness and it affords you an opportunity to review the practice.

EVALUATE- At the end of practice spend a few minutes with your players reviewing how well the session accomplished the goals you had set. Even if your evaluation is negative, show optimism for future practices and send players off on an upbeat note.





AYSO REGION 345 PARENT MEETINGS

The "*athletic triangle*," consisting of coach, child, and parent, is a natural aspect of youth sports. And, because parents care too, the coach's role in dealing with parents is very important to the success of the program. Although many parents contribute positively to youth sport programs, the negative impact that some parents have is all too obvious. Uninformed parents can rob athletes of the benefits of sport participation. Hopefully, as a coach, you will be able to channel parents' genuine concerns and good intentions in a way that supports what you are trying to accomplish.

We have found that a preseason coach-parent meeting (leave the kids at home for this one) is the key to avoiding potential problems. This part of the handbook is a guide for planning and conducting an effective meeting. We recommend that you evaluate the guidelines and modify them to suit your personal situation.

The overall objective of a coach-parent meeting is to improve parents' understanding of youth sports. Plan for an hour-long meeting, but be prepared to go a little longer if needed. The meeting does not have to be elaborate to be successful. However, the importance of being well prepared and organized cannot be overemphasized. To improve organizational quality, a written program outline should be developed and followed.

The meeting should be scheduled as early in the season as possible - the sooner the better. A phone call, email or text should be used to notify parents. Include a brief statement about the objective of the meeting, its importance, and information about the date, time, location and directions. . Follow-up telephone call, email, or text are recommended to remind parents about the meeting.

In conducting the meeting, parents should be drawn into discussion instead of lecturing them. This can be done by (a) encouraging parents to ask questions, and (b) directing questions to them from time to time. Also, in creating an open atmosphere for exchange, it is very important to show respect for the parents. Make them feel that they are a contributing part of the meeting, rather than a mere audience.

Opening (5 minutes). Begin the meeting with an Introduction of yourself and your assistant coach(es).

SAMPLE AYSO REGION 345 OFFICIAL LINEUP CARD

REGION 345 AGE GROUP 10U GIRL TEAM # 1 DATE 9-9-17
 TEAM NAME 10U Girl #1 Redox OPPOSING TEAM 10U Girl #2 Tigers
 COACH'S NAME Doug Las Radas ASST COACH'S NAME Franchie Hilaire

All team players must be listed in order by Jersey#. If absent, indicate reason.

No.	PRINT PLAYERS NAME	Goals Scored	"Otrs." Not Played			
			1	2	3	4
2	Rose Arsenault					
3	Noah Huspek					
4	Rachel Fobeger					X
5	Rachel Malinez					X
6	Rachel Castillo					X
7	Veronica Murphy					X
8	Melisa Cummins			X		
9	Natasha Rodriguez			X		
10	Grace Collier			X		
11	Gabby Rodriguez			X		
12	Sabina Rodriguez					Absent

Age Group	Each Half, not to exceed	Duration of the Game, not to exceed	Ball Size
18U	45 minutes	90 minutes	
16U	40 Minutes	80 Minutes	Size 5
14U	35 Minutes	70 Minutes	
12U	30 Minutes	60 Minutes	Size 4
10U	25 Minutes	50 Minutes	
8U	20 Minutes	40 Minutes	Size 3
6U	20 Minutes (10 min recommended)	40 Minutes (20 min recommended)	

Reorder #CS004-7

REV 4/04

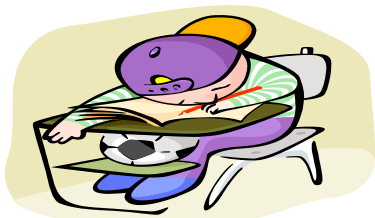
All players must play (2) two quarters before any player plays (3) three quarters, all players must play (3) three quarters before any player plays (4) four quarters.

Scoring-(6) six goal rule (applies to all divisions except for 6U's). If a team scores wins by more than (6) six goals, the coach shall be given a yellow card. If this happens twice in a season, the coach will be suspended for (1) one game.

How to Properly Fill Out a Line-up Card

- 1) Fill out top of Form
COMPLETELY - Region Number is 345
- 2) Player's Jersey Number in Numerical order
- 3) Player's First & Last Name
(Must insert ALL Names on Roster even if absent- Please Note why player is absent)
- 4) Fill in the Date, Time and Field playing on.
- 5) If a player cannot play the required amount of time per our rules due to illness or injury, please make a notation on the line up card.

Please make sure that this card is filled out. The game clock will start whether or not you are ready.



Philosophies of AYSO (10 minutes) After the opening remarks, there should be a discussion of AYSO's philosophies. Help parents to understand the difference between professional soccer and the developmental model (where what is most important is not wins or dollars, but the quality of the experience for young athletes) that guides your program.

Details of your sports program (10 minutes) During this part of the meeting, details should be presented about the operation of your sport program. You should specify what is expected of the children and parents relative to the program's goals. Listed are some of the things you will need to inform your parents.

1. Explain that we are a volunteer organization and that we **REQUIRE** parental support. Ask them to commit themselves for every game and practice, if possible. Stress commitment from player and parent for the entire season. This is a team game and they will be letting the whole team down if they don't show up.

2. Some of the volunteers that you will need for your team

a) An assistant coach(es), if you have not already been assigned one.

b) A Team Manager who will be responsible to phone the parents to schedule game drinks, any change of schedule, other news and reminder of game times.

c) Referee or Assistant Referee (linesperson).

Experience is not essential, we will train.

3. Ask the parents to help the players decide on a team name. Remember to include your Sponsor's name if you can. Your Team Manager must submit your team name to the Division Manager on the evening that they pick up the uniforms.

4. Transportation problems, if any, are to be resolved by the parents. **The coach is not a baby-sitter nor chauffeur.** The parents are expected to be on time at the beginning or ending of games and practices.

5. Absences from practices and games. Request that the parent, not the player, call you before a practice is missed. You need, if at all possible, 48 hours notice if they will be absent from a game. Such absences may, at the coach's discretion, have a bearing on the player's participation in the games to follow within the limitations of our other participation rules.

6. Ask the parents to read their Player/Parent handbook (which they will receive with their uniforms). It will cover everything they need to know about AYSO and the Region.

Bad weather and cancellations. All games are to be played and all players are to show up unless you have heard from divisional heads or a message posted on the field line. The

regional commissioner has sole authority in the matter and that decision is final. **Practices** may be cancelled due to rain and weather conditions. Contact the AYSO Region 345 field line at 642-2520 or website AYSO345.com to determine whether the fields are open.

It is your responsibility to call!

Proper dress. The full dress uniform consisting of an issued jersey (tucked into shorts), issued shorts, issued socks (pulled up), shin guards covered by the socks, regulation soccer shoes, gym shoes, or sneakers must be worn for regularly scheduled games and practice. **NO NAMES ON JERSEYS.** Also, no hats, sun visors or "dew rags" are permissible. Prescription glasses must be secured by a strap. The player cannot wear bracelets, earrings, wrist watches, barrettes, beads or any other such objects including a coast or split which could cause injury to themselves or another player. If the player is not in full dress, the referee may not allow the player on the field. Reasoning for this ruling - to ensure uniformity among teammates.

Referees. AYSO Region 345 provides trained referees for each 10U and above scheduled game. 6U & 8U games will be refereed by the teams coaches unless we have available referees. A referee, being only human, will make both good and bad calls. In any event, the decision of the referee is final in all cases and not subject to question. A positive attitude on the part of the parents and spectators will encourage a positive attitude in the player. The referee is in full charge of the playing surface and the players on that surface.



Sportsmanship. AYSO Region 345 encourages healthy and positive sports competition, within a regulated framework. It is not our desire to instill the "Win at all Costs" in the player, but to foster physical fitness, knowledge of the sport, agility, quick thinking and aggressive offensive and defensive play. Dangerous play or abusive language by anyone will not be tolerated.

Coaching roles and relationships. (10 minutes). Parents will benefit from knowing about your coaching style. In addition to describing the positive approach that you will be using, parents should be encouraged to reinforce it in interactions with their children.

Parent obligations and commitments. Informing parents about their role and the responsibilities you expect them to fulfill is the most important part of the meeting. The following topics should be discussed:

1. Parents must be willing and able to commit themselves in many different ways.

A) Can you accept your child's disappointments? When a disappointment occurs, parents should be able to help their children to see the positive side of the situation.

B) Can you show your child self control? Parents should be reminded that they are important role models for their children's behavior. You can hardly be expected to teach sportsmanship and self-control to youngsters whose parents obviously lack these qualities.

C) Rules for parents behavior:

Remain seated in the spectator area during the game.

Don't yell instructions or criticisms to the players.

Don't make any derogatory comments to the players, members of the opposing team, the officials, or league officials.

Don't interfere with their child's coach. They must be willing to relinquish the responsibility for their child to the coach for the period of the game or practice.

Closing (20-30 minutes). We recommend concluding the meeting with a question-and-answer session.



Things To Remember For Each Game

- ✓ **Soccer Bag**- Includes Ball, Registration Forms, Goalkeeper Shirt (pinnie), First Aid Kit, Ziploc Bag (for ice in case of injury), Coaches Handbook, etc.
- ✓ **Lineup Card Completely Filled Out**
- ✓ **Make Sure Someone is Supplying Water**
- ✓ **Your Referee outfit** (if you plan to ref)
- ✓ **If you are the First Team**- Help put up Corner Flags, set up benches, place Goals on the field, and sandbags on goals (if they pertain to your division)
- ✓ **If you are the Last Team**- Help take down Corner Flags, put benches in storage room, sandbags to storage room, and Goals put away and locked up (if they pertain to your division)