



Coaches Meeting August 2009



Handouts today

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



Region 43 Executive Board Members

- Regional Commissioner **ALAN BLACK**
- Divisions Commissioner **JANE BOHRER**
- Registrar **DARYL ODNERT**
- Treasurer **FRANK PINKELMAN**
- Child & Volunteer Protection Advocate **JANE DUPERRAULT**
- Safety Director & Fields Commissioner **STEVE BROCKSEN**
- Coach Administrator, Regional **FUAD ABU NOFAL**
- Referee Administrator, Regional **LAURENT DELAMARE**
- Marketing/Scheduling **JON JACOB**



AYSO Philosophies

1. Balanced Teams
2. Everyone Plays
3. Good Sportsmanship
4. Open Registration
5. Positive Coaching
6. Player Development (Proposed)



Player Development Philosophy

"Simply put, the goal of the **Player Development Philosophy** is to embrace the objective of improving the soccer skills of every AYSO player, from our VIP to our U-19 members, such that their self-esteem is enhanced, their love of the game heightened and they thereby have more fun."



AYSO Player Development FAQ

- What does “Player Development” mean?

- *It means AYSO kids get to develop their soccer skills and knowledge individually and as members of a team to the best of their abilities, in order to maximize their enjoyment of the game.*

*Developing kids as people and players is **fun**damental in AYSO.*

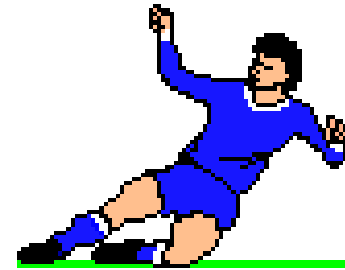
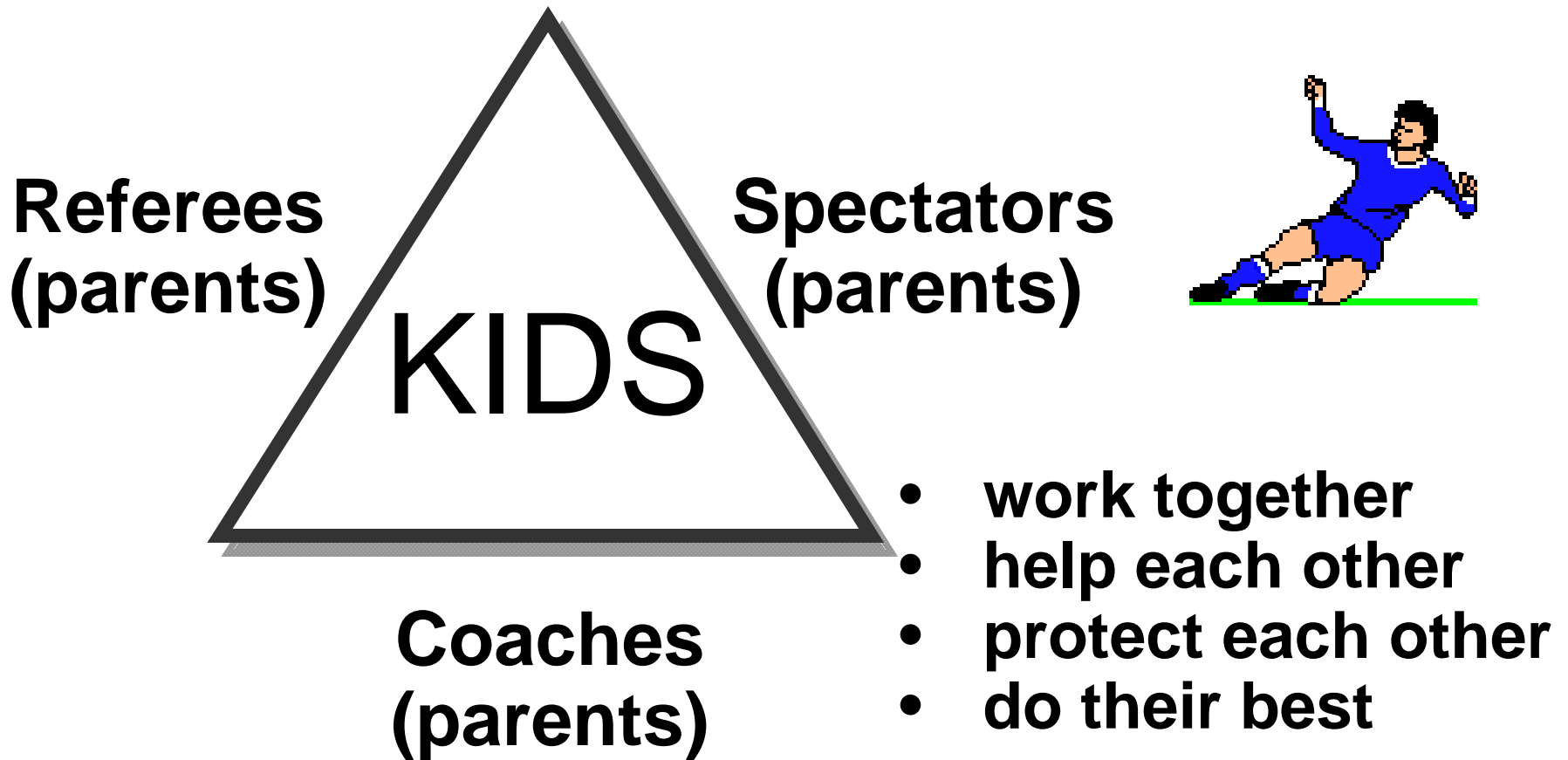


AYSO Player Development FAQ

- **What will it cost to implement the 6th philosophy?**
 - *The only expected cost will be to include it in printed materials as they are updated, so there is little or no additional cost.*
- **Is “player development” a philosophy or a goal?**
 - *A philosophy. The goal is healthy, happy kids. Learning new skills and developing talents is a way to make any activity more fun and rewarding.*



AYSO Team



AYSO Spirit of Soccer

Safe,

Fair, and

Fun

To keep in the back of your mind at ALL times



Coach Safe Haven Certification

- What is it?
- Who takes course?
- How often?
 - Required to do only once
- Online course through eAYSO.org
- Seeking 100% compliance for **your protection** as well as **the kids**



Volunteer Forms

- Who?
 - Coaches, Refs, Board
- Why?
 - AYSO policy for any adult in direct contact with children
- How?
 - **ONLY the eAYSO.org volunteer form is acceptable.**
- Next step?
 - **Give to your CC or if you want more privacy mail to CVPA, AYSO43, PO Box 1303, Los Altos, CA 94023**
- Reviewed?
 - Randomly selected, CVPA reviews for accuracy, references checked
- Annually? Yes, fill out again each year



Supervision of Children

- 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)



AYSO Kids Zone



- Dynamic program targeted to eliminate negative sideline behavior. It is aimed toward producing a thoroughly positive impact on everyone involved in youth soccer.
 - Positive, Instructive and Encouraging (PIE)
 - Prescriptive Coaching versus Descriptive Cheering
 - Stay in your prescribed area (10 yards on either side of half line, 3 feet from sidelines)
 - Cheer-- a lot; Laugh -- a lot
 - Detail on AYSO43.org
-



Division Updates

- U6:
 - One Practice/Game week; 3v3; Size 3 ball
- U8/U7:
 - One practice and one game per week; 2 Teams/Coach ~12 kids/team; 5v5; Size 3 ball
- U10/U9:
 - One practice and one game per week; Team of ~9 kids; 7v7; Offside rule; Size 4 ball



Division Updates

- U12:
 - One practice and one game per week; Team of ~12 kids; 9v9; Size 4 ball; End of year regional tournament
- U14:
 - One practice and one game per week; Team of ~15 kids; 11v11; Size 5 ball; Inter regional games; End of year inter-regional tournament



Division Updates

- U16:
 - One practice and one game per week; Team of 15+ kids; 11v11; Size 5 ball; Inter regional games; End of year inter-regional tournament
- U19:
 - One practice and one game per week; Team of 15+ kids; 11v11; Size 5 ball; Inter regional games; End of year inter-regional tournament



COACH ORIENTATION



Coaching Admin Team

- Regional Coach Administrator
 - Contact at rca@ayso43.org
 - Or ayso43rca@gmail.com

- Coach Coordinators
 - First contact for coaching questions
 - Advocate for coach whereas DC must “monitor” coaches in division
 - Not enough volunteers



AYSO Coach Training Programs

- U6 2 hours (also during practices)
- U8 2 hours
- U10 3 hours
- U12 5 hours
- U14 15 hours (Intermediate)
- U16 18 hours (Advanced)



Coach Equipment

- Supplied by Region:
 - Balls (1/2 per player), pumps, bag, cones, discs, first aid kit
- Supplied by You:
 - 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
 - List of suggestions/teachable moments/congrats from last game
 - Get “sweet spots” for younger players’ shoelaces



Getting Started

- **Get help from other parents**
 - Communicate with your asst coach/players/parents
 - Welcome email with your bio, practice locations, times, etc
 - Schedule Parent Meeting (parents bring calendars to review known absences)
 - Let them know the volunteer positions available ahead of meeting so they come prepared
 - See example on web of Parent Meeting letter
 - has list of volunteer roles and AYSO expectations for parents, resources, etc
-



Getting Started (cont)

- Take coach training course
 - Including Safe Haven – course is now online
 - Pick up uniforms, balls, first aid kits
 - 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– must be original signature
 - Keep with you at ALL practices/games (put in gallon size plastic bag or binder). Give to covering adult if you're absent
 - Return one set to your Division Coordinator at end of season (legal requirement for region)
-



Parent Meeting Tips

BEFORE MEETING:

- Send email to all parents with date, time, location (your house is best), directions, and reason for meeting (meet, volunteer, see uniform)
 - Print out dates of college and professional games schedule if want team to go to one
 - Small snack and water
 - Get name tags, extra pens
-



Parent Meeting planning

- 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 (cont)

- Team composition
- Team name
- Uniforms (show example)
- Equipment
- Web Youth Soccer info, check for updates through season
- Volunteer sign ups. **Get refs! (need one Parent Ref per team in U8-U12)**



Parent Meeting (after)

- 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



Parent Meeting letter (cont)

- Available on WYS under coach tab
- Includes:
 - Welcome
 - AYSO Philosophy
 - Schedule
 - Absences
 - Special Team Activities
 - Team Composition / Team Name / Contact info
 - Uniforms / Equipment
 - WYS



Examples of team spreadsheets

- Jersey #/Name/family email/team job/home phone/mother and father name and cell phone
- Games schedule with snack family and expected absences



First Practice Suggestions

- Label balls with division/team number
 - Bring balls, first aid kits, signed Reg forms (kids can't play w/o them)
 - Take individual photo of all kids and coaches
 - Distribute photos of team at second practice
 - Play name game
 - Pick team name
 - Pick once you know your uniform color (and put it on WebYouthSoccer that evening!)
 - Give banner parent name of team immediately
-



First Practice (cont)

- Be sure to scrimmage every practice!
 - Start and end practices with one, gets everyone there on time
 - Stretch every practice and game
 - Run with the kids if you can
- Assign jerseys by size not number
 - Line kids up by height at end of practice
 - Write down numbers and enter on WYS
- **Do Not Distribute Jerseys in the First Practice**
 - Wait until week before first game in case of any last minute team changes



Future Practices and other ideas

- 1000 Minutes to Better Soccer
 - Check players' progress/practice sheet each week
- Have practice plan for each week
- Have a parent-coach versus player game
 - Near beginning and/or end of season
- Breakfast party with colored hair spray
- Attend Stanford, SCU, SJSU games as a team (in uniforms?)
- Save your receipts for equipment bought for team for tax purposes (non profit organization)
- Incentives?
- Other ideas? Send to RCA for next year's presentation



Games

- Confirm number of players expected at the game at that week's practice
 - Keep track of goal keepers/positions each game
 - 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 20-30 minutes early to warm up (earlier if in charge of nets; first game of the day)
 - Give Game Card to referee
-



Games (cont)

- **Sit down** during game and write notes
- Stay within 10 yards of half-line and 3 feet away from touchline. No one behind goal line at any time!
- Teach team some cheers for the season
- Parent who is too aggressive and negative?
- Coach and team thank ref at end of game
- Parent bridge for both teams?
- Clean up your area – water bottles, etc



Game Card Fill-out Procedures

To Referee

By Referee

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

Official Lineup Form

TEAM NAME: Green Giants

TEAM COLORS: Green/black

COACH NAME: Susan Verducco

ASSISTANT COACH NAME: Ted Ho

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

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

Home Score: _____ Home CP: _____

Field Team: _____ Visiting Team: _____

Please must sign reverse side. Losing Team: _____

Official Lineup Form

TEAM NAME: Green Giants

TEAM COLORS: Green/black

COACH NAME: Susan Verducco

ASSISTANT COACH NAME: Ted Ho

NO	PLAYER NAME	Goals Scored				Sub. Played
		1	2	3	4	
1	Smith, Jailey			X		
2	Neas-Williams, Karen			X		
2	Wong, Alice					GG
4	Hernandez, Jen					X
5	Johnson, Katie			X		
6	Kakutani, Kiyomi					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	Verducco, Elena					X
14	Coupez, Naayana					X

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

Home Score: 2-1 Home CP: GS23

Field Team: 3-2 Visiting Team: GS21

Please must sign reverse side. Losing Team: GS23

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

Before Game

After Game



Balancing Team Stats -- Bad

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 --

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%	19 59%		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 that player with highest playing time was keeper 32% of the time



AYSO Playing Time Rule (all divisions)

- AYSO National “Everyone Plays”
 - Every able and willing player present must play at least ½ the game (no bench warmers)
 - A player cannot play more than ½ the game as keeper and must play at least one quarter (period) not as a keeper (Small Sided Game rule)
- 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



BLOW OUTS

- Definition: one team ahead by 6 goals
 - Goal and Mandate: NO blowouts ever
 - How to avoid:
 - Change positions if 3 goals ahead: defenders move forward, strong scorers move to defense or keeper
 - Ask team to have anyone who hasn't scored this season to be the next one to score (pass/assist)
 - Minimum 3-5 touches then pass
 - Score only with left foot
 - Be circumspect
-



BLOW OUTS (cont)

- 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
- Best option for younger players is to change positions. They have a hard time holding back



End of Season

- Fill out player evaluations early! Send to DC
 - Send one set signed Reg forms to DC
 - Team Party
 - Awards
 - Player trophies and photos given to you only if all forms received by your DC
 - Paper plate award? (nicknames written on plate)
 - Brief comment on kid's season
 - Distribute photos of the season
 - From photography parent
 - Team photo
-



Referees Needed



New Referees Needed!

- ❖ We need more referees than coaches
 - ▶ 3 refs per games (2 in U7/U8)
 - ▶ We don't require referees to come every Saturday
- ❖ Younger divisions must provide pipeline of new entry level referees
- ❖ U9, U10 and U12 teams
 - ▶ It's OK to start as AR
 - ▶ Encourage siblings to sign up too
- ❖ Team referee = ticket to tournament



You can help recruit & retain referees

- ❖ Ask one of us to attend your team meeting
- ❖ Point them to our FAQ at ayso43.org
 - ▶ I don't have any experience
 - ▶ I can't referee every Saturday
 - ▶ I don't have time to take the training
 - ▶ I can't put up with coaches and spectators
- ❖ Throughout the season
 - ▶ Work as a team with the refs
 - ▶ Make sure the refs have a nice experience so they come back next season!
 - ▶ Zero-tolerance on yelling at Youth referees



RESOURCES

- Websites:
 - AYSO43.org
 - Eayso.org (volunteer registrations and ID)
 - AysoTraining.com (to take online classes)
 - Soccer.org (AYSO National's web)
 - AYSOhelp.org (PDF of manuals)
- Interested in the LOTG (Laws Of The Game)
 - http://www.fifa.com/mm/document/affederation/federation/81/42/36/lotg_en_55753.pdf

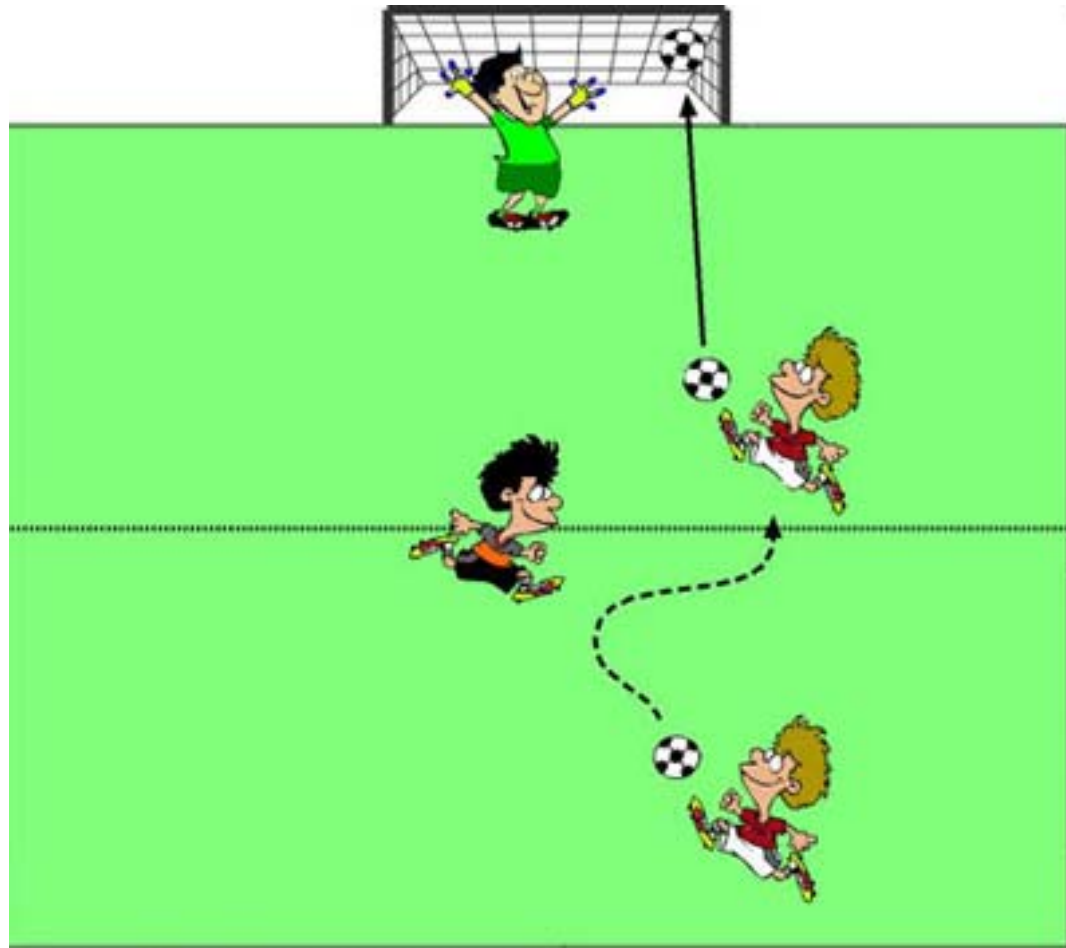


COACHING RESOURCES

- You can find a lot of 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
- This Year we can access uksoccer website:
 - <http://www.uksocca.com>
 - Online Curriculum
 - User ID: AYSO43
 - Password: Password



Drills



- What you've all been waiting for:

EQUIPMENT DISTRIBUTION

