



Coaches Handout

What is the Coach's Code?

1. Enthusiastically support and practice the Everyone Plays, Good Sportsmanship and Positive Coaching philosophies of AYSO.
2. Be reasonable in your demands on a young player's time, energy, enthusiasm and performance on the soccer field.
3. Impress on your players that they must abide by the Laws of the Game at all times.
4. Develop team respect for the ability of opponents and for the judgment of referees and opposing coaches.
5. 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.
6. Set a good example and be generous with your praise when it is deserved. Children need a coach they can respect.
7. Keep informed of sound principles of coaching, growth and child development.
8. Check your equipment and playing facilities. They should meet safety standards and be appropriate for the age and ability of your players.
9. Follow the advice of a physician when determining when an injured child is ready to play again.

How does AYSO protect its volunteers and athletes?

- **Safe Haven™**

Safe Haven™ is a program designed to address a growing need for child and volunteer protection. There are four elements in the Safe Haven™ intervention cycle: Create Policies, Screen Volunteers, Train Volunteers, and Promote Education and Awareness. These are intended to stop child abuse and its agents before they get into the program.

- The Volunteer Protection Act of 1997
This law grants immunity from certain types of prosecution for volunteers who meet its requirements. In order to receive full protection under the law, AYSO volunteers need must:
 1. Be properly trained and certified.
 2. Be performing duties as laid out in a position description.
 3. Act within the scope of AYSO's Policies, Procedures, and Guidelines.

- AYSO Certification
AYSO's goal is to provide training certification for all its volunteers. Certification offers the hope that every AYSO child will be treated with understanding, compassion, and respect.
 - Kids Zone™
The national media has focused on the negative, even violent, behavior of players, coaches and parents involved in youth sports. Kids Zone™ is a dynamic program targeted to eliminate negative sideline behavior. Kids Zone™ buttons and signs are distributed throughout the Region and parents are asked to sign the Kids Zone™ Pledge promising to behave within the guidelines of the program.
-

What are AYSO's Supervision Protocols?

While performing duties related to an AYSO volunteer position, the volunteer is:

- Subject to the bylaws, rules, regulations, policies, procedures, and guidelines of AYSO;
- Under the overall authority of and directly supervised by the Regional Commissioner; and
- To maintain the recommended adult to child supervision ratio of 1:8 or less; that is one adult for every eight or fewer children and two adults (one of whom may be the coach and one of whom should be of the same gender as the group) present at all times. For the protection of both the children and the volunteer, no volunteer should permit himself or herself to be alone with any child or group of children (except his or her own) during AYSO-sponsored activities.

Coaches Reminder for Practice **Region 678**

Please make note of the following for your practices:

- Try to be prepared and on time.
- At your first practice remember to have your parents sign their child's player registration form and ask each child and parent if he or she has any medical issues that may require special attention (such as **Asthma**) and note it on the form in the blank box area that says "Region Specific Message". Keep these forms with you at all practice and games and where ever you go with your team.
- At all practices each child needs to have shin guards.
- Where ever you practice be courteous to the other coaches and share the space that is available. You don't need a large space to run your practice. Space is first come first serve. No one has lease space.

- Pick-up all your trash. We don't want to ruin our existing relations with our permitted fields and we don't want any other locations we don't have a permit with to call us and say we can't practice there anymore.
- If you are using goals please don't set them up at the same spots as game day goal locations. We don't want the goal area to become one big spot of dirt.
- If you have an assistant coach he or she also needs to be SafeHaven certified, and encourage them too to take the coaches class. Also **ALL Team Coordinators HAVE to be registered (volunteer form) with AYSO. . .and take Safe Haven.**

Coaches & Sidelines

Let me start off by saying thank you for volunteering this year. Whether it was your first time coaching, maybe something you decided on your own or someone talked you into, I hope it was something you enjoy and plan on coming back again & again.

I have been coaching in this Region now for 8 years and have been on the Region board for 4 years. Some of you know me, some have heard of me and some of you may say, "Who?"

Every year I hear about incidents with coaches, parents and players. It's expected when you have Region of our size, with 200+ coaches, 2,000+ players and multiply that by family and friends on the sidelines. Are any of these incidents things that should be on the 6 o'clock news? Thank goodness no. Lets again put this all in perspective for all coaches, family and friends and I will do this by Division.

U-8

- These are kids that are 7 years old and are out there to kick the ball around, have fun and learn the early fundamentals of soccer.
- Technically at this level we are not keeping score. Are we (coaches, parents and some kids) keeping score? That's an easy "yes" answer, but this is the age level where we should be trying to focus on how the kids are playing the game and what needs to be worked on during the next practice to correct any issues from the previous game and above all, making sure that the kids are enjoying the game.
- In general, most of you coaches are parents that don't have a soccer background and are getting involved to learn the game of soccer along with your son or daughter. And this is the perfect time to start. Keep in mind since it's you and the other coach that referee your game, there are going to be some missed and/or improper calls. Let's not get to carried away focusing on the calls. Now is a good time for both you, and your sidelines to understand there are going to be missed calls or calls you disagree with, but yelling or constant complaining about it isn't going to help the

situation. The only thing it does is distracts the kids during the game and when a 7 year old sees and hears this from a coach and/or parent, it is something that some kids will believe early on that this is part of soccer when it really should not be. The other thing that will occur is some type of disciplinary action from the Region — and this is something that none of us should be dealing with at this age level of soccer.

- Are these kids watching the clock and concerned about if the game is starting on time and if time is cut short a few minutes because the game prior to yours ran over a little? No, they are not, and nor should you or your sidelines. All the kids are concerned about is let's play and what kind of snack is after the game. Praise from our coach and parents, is what the kids should be hearing regardless of what kind of player, Coach/Ref mistake occurs or occurred during the game.
- Coaches remind your parents a simple saying that will help you in managing your game and keeping the peace with the Referees. "I Coach / They Play /You Cheer"

U-10

- Everything above listed in U-8 applies to you with the exception of the age and you now are keeping score.
- You are now in the competitive division. With that said the only difference is you are now playing 7v7 and have Region-trained referees which will consist of a center referee and 2 assistant referees (AR's).
- The referees that will be referring your matches will be a mixture of seasoned refs, new refs and youth referees, and even some dedicated volunteer refs who no longer have kids in the program. As this is your first year with referees keep in mind that some of the refs that will be refereeing your game may have just completed and passed his/her referee course and this is the level where they will begin referring and applying what they just learned. This may include you, because the majority of the refs are also coaches. So during the course of your game keep this in mind. The refs are doing their best and the Region will not tolerate badgering of our referees from coaches nor the sideline parents and spectators. (See our web site for types of disciplinary action)
http://www.ayso678.org/docs/Overall_Sportsmanship_Program.pdf
http://www.ayso678.org/docs/AYSO_Region_678_Sportsmanship_Scoring_System.pdf
- Coaches remind your parents a simple saying that will help you in managing your game and keeping the peace with the Referees. "I Coach / They Play /You Cheer"

- In the spirit of AYSO, coaches, parents & spectators are requested to make “the game” a positive experience for all of the players. Let all of us remember that every coach, referee and board member out there are simple everyday people that are volunteering their time because they enjoy it, want to be part of their kids sports experience, and enjoy the camaraderie of the day at the soccer field and not because they have some sort of alternative plan or is getting paid. Many hours of their own time is spent in making our Region 678 to run as smooth as possible (i.e. this letter)

Division U10 thru U12 **Playing Time**

AYSO REGION 678: has a policy that every player will play three quarters of every game. No one plays four quarters until all players have played three quarters.

NO EXCEPTIONS

The only exceptions to this rule are as follows:

Now, if a parent of the player contacts either the Coach Administrator or Regional Commissioner that their child cannot play three quarters of a game for the following reasons:

1. Any medical condition, which inhibits playing time.
2. Any other reason that the parent feels necessary to only play half a game.

A decision will be made by the RCA and RC ONLY.
Coaches will maintain a record of playing time to ensure that all players participate equally.

ANY TEAM IN VIOLATION OF THIS POLICY WILL FORFEIT THEIR GAME

Three quarter rule play also applies to Region and Area Playoffs
Late Arrivals should be played as follows:

1. If a player arrives during the first quarter, the player must play at least two of the remaining quarters.

2. If a player arrives during the second or third quarter, the player must play at least one quarter.

No exceptions, so don't ask.

This policy also applies to Area and Region Playoffs.

Goalkeepers restrictions: Applies to the U10 & U12 division. If a player participates in three quarters of the match, the player must play two quarters in a field position (other than goalkeeper), meaning they can only play one quarter as goalkeeper. If a player participates in four quarters of the match, the player may play a maximum of two quarters per match as goalkeeper. This requirement is eliminated during regional playoffs.

Substitutions

Substitutions allow players to enter and leave the game, and change places on the field. Substitutions are allowed as follows:

1. At quarter breaks & half break. Substitutions are noted on the scorecard by the AR.
2. For injuries. (note; if you have a player that physically can not continue play during the game, instruct your players to take a knee. This is a universal way of letting everyone know the player is having a problem.

Coaches may make any substitutions they wish during the quarter & halftime break, provided the playing time requirements are met.

The AR (sideline referee) must recognize substitutions before players may enter the field. Both incoming and outgoing players should line up along the touchline at the centerline and wait to be recognized. The only players that are allowed to come off the field are those that are being substituted at the quarter break. Many referees are very particular about this rule, so teach your players to follow the correct procedure.

The only exceptions to the substitution rule is as follows:

During excessive heat: Prior to the start of the game you can review your concerns with the center referee and the opposing coach, and if you all come to agreement, if a player during the course of the game chooses to come off the field they can do so, but that same player or another player can not come back on the field until there is natural break in play such as a throw in, corner kick, goal kick. The coach has the option of either **A)** playing short and letting the kid return at a break in play with the referee's permission. Or **B)** A coach can substitute a bench player for the injured player, in which case the injured player may not enter until the next quarter at the earliest. FYI at any time during the course of the game players are allowed to come to the touch line and get water but must stay on the field. **Do not take advantage** of this exception and use it as free substitution which only is allowed in U16 & U19. If the center referee sees anyone taking advantage of this exception it is at their discretion to put a stop to it and deny the substitution.

Note: It is not up to the Referees to inform you of any player substitution violations.

Coaching Links

The following links to other web sites are provided as a service to our coaches and other users. Some are pay subscription and some are free.

| | |
|-----------------------------------|--|
| AYSO Coach Page | www.soccer.org |
| Short Sided Game Guidelines | www.soccer.org |
| Over Coaching | Over Coaching |
| FIFA | www.fifa.com |
| Coaching Games to use at Practice | www.aysohelp.org |
| AYSO National Coach Section | www.soccer.org/Members/Coaches |
| Better Soccer Coaching | www.bettersoccercoaching.com |
| Fine Coaching | www.finesoccer.com |
| Challenger Sports | www.thechallengerway.com |
| World Class Coaching | www.worldclasscoaching.com |
| Grass Roots Coaching | www.grassrootscoaching.com |
| Soccer Tutor | www.soccertutor.com |
| Inside Soccer | www.insidesoccer.com |