



Pine-Richland Soccer Club **Coaching Playbook**

Spring 20

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Welcome to PRSC!

The Pine-Richland Soccer Club (PRSC) is a non-profit, **volunteer run** youth soccer organization - open to all children residing within Pine and Richland Townships. Our purpose is to provide recreational and competitive soccer leagues for boys and girls, with a strong emphasis on developing soccer skills. We also strive to create an environment which supports good sportsmanship, fair play and enthusiasm for the game of soccer. We offer a fall and spring season, and provide soccer leagues ranging from U4 through U19 (ages 3 to 18), including TOPSoccer, (The Outreach Program for Soccer), which is a **community-based training and team placement program** for young athletes with disabilities.

The PRSC is supported by volunteers in the community. It is governed by a seven member Board of Directors and is supported by five volunteer staff members. Approximately 145 additional volunteers (coaches, assistant coaches, and team parents) provide the effort needed each season to support our almost 700 youth soccer players each season.

PRSC is a member of the PA West Soccer Association and the United States Youth Soccer Association.

PRSC is not affiliated with the Pine-Richland School District.

The soccer season consists of an 8-week game minimum.

Key Dates for Spring 2026*:

March 11: Coaches meeting

Week of March 16: Practices begin

Week of April 6: Quickskills Academy Training begins

April 11 & 12: Games begin

May 23 & 24: OFF for Memorial Day Weekend

June 6 & 7: Final games of the season

June 14: Possible additional travel weekend due to bye weeks

*Dates/Times subject to change

Thank you for your time and leadership. Let's make this season a success!

Sincerely,

The Pine-Richland Soccer Club Board

Position	Name	Phone	Email
President	Jules Simendinger		jules@pinerichlandsoccer.org
Treasurer	Sean Indick		sean@pinerichlandsoccer.org
Secretary	Kristin Helfrich		kristin@pinerichlandsoccer.org
Risk Manager	V. Michael Patton		mike@pinerichlandsoccer.org
Travel Commissioner	Matt Sundo		matts@pinerichlandsoccer.org
In-House Commissioner	Chris Gardner		chris@pinerichlandsoccer.org
Director of Player & Coach Development	Jerry Concannon		jerry@soccerquickskills.com
Registrar	Ali Marshall		ali@pinerichlandsoccer.org
Fields Coordinator	Josh Mueller		josh@pinerichlandsoccer.org
Recruitment Coordinator	Katie Rummel		katie@pinerichlandsoccer.org
Sponsorship Coordinator	OPEN		
Uniforms Coordinator	Jen Halahan		jen@pinerichlandsoccer.org
Coaches Equipment Coordinator	Megan Wild		megan@pinerichlandsoccer.org
Webmaster	OPEN		

Board of Directors and Staff

If you are interested in joining the Board of Directors, please contact Jules at jules@pinerichlandsoccer.org.

Program Overview

In-House Programs

The Pine Richland Soccer Club program aims to provide children of all skill levels the opportunity to learn the game of soccer in a positive, fun, and friendly environment. The In-House programs are where we introduce the U4/U5/U6 age groups to the game of soccer, providing the right foundation for player growth and development; ball control, dribbling, and passing. As players progress into the U8 age group, the focus continues to provide the right foundation of player growth and development while introducing more team concepts, in addition to the Goalkeeper position.

U4 Little Rams Program

PRSC is excited to launch our Little Rams introductory soccer program, led by professionals from QuickSkills Soccer. Coach Jerry and his team will provide an emphasis on coordination/movement skills for athletic development, social/listening skills, along with building self-confidence all conducted in a positive, encouraging and “fun-first” environment. Sessions will take place on Saturdays at Pine Park, focusing on developing your Little Rams fundamental soccer skills while incorporating YOU into all of the fun, too!

TOPSOCCER

TOPSoccer (The Outreach Program for Soccer) is a community-based training and team placement program for young athletes with special needs. TOPSoccer provides meaningful learning, development, and physical participation opportunities to these young athletes through the game of soccer. The emphasis of this program is on development, training, and meaningful participation rather than on competition.

Our goal is to enable the young athletes with disabilities to develop their physical fitness, technical skills, courage, and self-esteem, through the joy and excitement of playing soccer. A TOPSoccer player is defined as any youth player between the ages of 4 and 19 who has a disability that limits their ability to perform at the level of play in which they have chosen to participate.

Pine-Richland Soccer Club is proud to provide this opportunity for members of our community, at a minimal cost.

TOPSoccer sessions will take place on Saturdays at Pine Park.

For more information on TOPSoccer, check out their website :

<https://www.usyouthsoccer.org/topsoccer/>

U5/U6 Coed Program

Birth Year: 2021/2020

- The U5/U6 age group meets once a week on Saturday morning at Pine Park from 9:00-10:00AM.
- Teams play a 4v4 game following skill training.
- Reversible uniforms are used for this age group, players may rewear uniforms from previous in-house seasons.
- Quickskills Training Academy at Richland Park Soccer Field #15 on Mondays from 6-7pm. This is a combined practice of all U6 players.

U8

Birth Year: 2019/2018

- The U8 program is divided into boys' and girls' teams.
- Players can practice twice a week (one team practice and one academy training) and games are played on Saturdays at Pine Park.
- Team practice is led once a week by the head coach. The day/time will depend on the coach's availability.
- Academy training is led by professional staff from QuickSkills Soccer on Wednesdays at Richland Park from 6:00-7:30PM. This is a combined practice of all U8 players.
- Reversible uniforms are used for this age group, players may rewear uniforms from previous in-house seasons.

Travel Programs

Throughout PA West, there are six (6) divisions of play in the travel division.

Divisions 1, 2, and 3 are considered Classic and commonly referred to as “Cup” teams.

- They can draw kids from any area and are not limited by geographical areas. For more information on Classic play, please see the PA West website.

Divisions 4, 5, and 6 are composed of community-based programs that play games against other community-based programs. THIS IS PRSC.

Division 4 provides the most competitive level of play for a community-based team. These teams play against other teams throughout PA West (including West Virginia, Altoona, and Erie). This Division requires the most travel among our community teams. Try-outs are held for this division.

- Division 5 and Division 6 are for those kids who are interested in playing in a less competitive travel league. Teams play against other teams in the North District (ex. Hampton, North Allegheny, North Hills, Shaler, etc.). There is still some travel within these divisions but on a much smaller scale.

If your child is interested in joining one of our competitive travel teams, PRSC holds tryouts for D4 (and some D5) teams for the following Fall/Spring seasons. All kids in the PRSC program who are interested in playing in a more competitive environment are encouraged to try out. Players who have made travel teams in the past are still required to try out for the following season as teams are formed based on the tryout results.

- Plays games on Sundays.
- Practices two weeknights with the team coach and/or Academy Training
- Competitive tryouts required for team placement. In-Person Evaluations recommended for all travel players. Tryouts and evaluations are held in late spring.
- If placed on a competitive travel team, commitment is for both the fall and spring season.

If your child does not make a D4/D5 travel roster, or your child chooses not to try out, they will be placed on a travel team.

U10 Travel

Birth Year: 2017/2016

Travel League team placement is based on competitive tryouts held in late spring (for the following fall and spring season). Team commitment is for both the fall and spring season. Most travel is within an hour drive of Pine-Richland. Players participate in a 7v7 game module along with the introduction to offsides rule. Size 4 ball.

- The U10 travel program is divided into boys' and girls' teams.
- Teams practice twice a week and home games are played on Sundays at Richland Park or Pine Park.
- Team practice is led 1-2 times a week by the head coach. The day/time will depend on the coach's availability.
- Game schedules can be delayed, as we are coordinating with many other local clubs and PA West to start the season. Schedules will be posted as soon as they are available.
- **A travel uniform kit can be purchased from Soccer Source after registration.** Reversible uniforms from previous in-house seasons may not be reused for travel soccer. Players may rewear uniforms from previous travel seasons as long as there is not a number conflict with another player.

U11/U12

Birth Year: 2015/2014

- The U11/U12 travel program is divided into boys' and girls' teams.
- Teams practice twice a week and home games are played on Sundays at Richland Park or Pine Park.
- Team practice is led by the head coach twice a week. The day/time will depend on the coach's availability.

- Game schedules can be delayed, as we are coordinating with many other local clubs and PA West to start the season. Schedules will be posted as soon as they are available.
- A travel uniform kit can be purchased from Soccer Source after registration. Reversible uniforms from previous in-house seasons may not be reused for travel soccer.

U13 and older

Birth Year: 2013 and older

- Teams are created and rostered by player and coach availability at the U13 age group and older.
- The U13+ travel program is divided into boys' and girls' teams.
- Teams practice twice a week and home games are played on Sundays at Richland Park or Pine Park.
- Team practice is led by the head coach twice a week. The day/time will depend on the coach's availability.
- Game schedules can be delayed, as we are coordinating with many other local clubs and PA West to start the season. Schedules will be posted as soon as they are available.
- A travel uniform kit can be purchased from Soccer Source after registration. Reversible uniforms from previous in-house seasons may not be reused for travel soccer. Players may rewear uniforms from previous travel seasons.

Questions?

In-House Program: Contact Chris at chris@pinerichlandsoccer.org

Travel Program: Contact Matt at matts@pinerichlandsoccer.org

Coaching Expectations

The Pine-Richland Soccer Club (PRSC) depends on **volunteer** coaches to provide a successful soccer league for the Pine-Richland community. Previous soccer experience is helpful, but not a requirement. PRSC's coaching program is one of the largest leadership programs in the community, providing leadership opportunities for 700 kids and 140 adults. Thank you for volunteering with PRSC this season! We wish you all success.

PRSC is committed to providing a world-class soccer experience for our youth. We are committed to the following for our youth:

1. Teaching leadership skills
2. Providing a sense of belonging
3. Developing character
4. Putting children in a position to succeed
5. Having fun

Three Needs of A Player

1. Fun
2. Development
3. Belonging

Coaches are expected to lead by example, positively engage, reinforce every players' development, and demonstrate sportsmanship in every situation.

Various educational opportunities will be provided in this playbook including in-person and digital resources. Working with Jerry Concannon of QuickSkills Soccer, the Pine-Richland Soccer Club strives to provide high quality training for coaches of all experience levels.

The Six Main Tasks of a Coach

1. Coaching Games
2. Coaching Training Sessions
3. Leading the Player
4. Leading the Team
5. Managing Parents/Communicating
6. Leading Oneself

Coaching Certification Process

1. PA West Soccer's Risk Management policy requires that all team staff **NEW OR RETURNING**, register directly at <https://pa-bgc.sportsaffinity.com/Reg/index.asp?domain=pa-bgc.sportsaffinity.com>
2. State Police Criminal Record - <https://epatch.pa.gov/home>
3. PA Child Abuse Clearance - <https://www.compass.state.pa.us/cwis/public/home>
4. PA Resident > 10 Years - https://www.pawest-soccer.org/wp-content/uploads/sites/283/2024/04/volunteer_affidaviteditrev.pdf
5. PA Resident < 10 Years - FBI Criminal Background Check - <https://uenroll.identogo.com/>
6. SafeSport Certificate must be completed annually - <https://safesporttrained.org/?KeyName=JJFAQsQPWNRj01edWcPr>
7. Grassroots Training Course - <https://learning.ussoccer.com/coach/courses/available/16/details/1546>

Goal Setting

PRSC is committed to helping every player achieve these goals in each age group. We rely on the support of our volunteer coaches to focus on these throughout the season.

U4 Goals	U5 Goals	U6 Goals
1. Have fun & participate	1. Have fun & participate	1. Increase confidence & participation
2. Introduce using the soccer ball with feet	2. Introduce basic dribbling and shooting skills	2. Introduce/Improve basic dribbling and shooting skills
3. Learn to follow instructions and develop social skills	3. Learn to follow instructions and develop social skills	3. Promote teamwork and rules of the game

U8 Goals	U10 Goals	U12 Goals
<p>1. Master ball control: Dribble to get out of trouble - change of direction dribbling moves</p> <p>Shielding (protecting the ball with the body while dribbling)</p> <p>Introduce using both feet</p>	<p>1. Master ball control: dribbling to get past an opponent (using moves and fakes)</p> <p>2. First touch and receiving</p> <p>Passing with both feet</p>	<p>1. Positional roles related to dribble/pass/receive/score</p> <p>Training in groups of players (horizontal or vertical), by position, in the place that they play on the field</p>
<p>2. Introduce passing over short distances & team play</p>	<p>2. Spacing - field positioning/individual positioning</p> <p>Two or more teammates keeping the ball from an opponent by passing and moving to get open (2v1, 3v1)</p>	<p>2. Possession vertical and horizontal on the field</p>
<p>3. Understand offense and defense</p>	<p>3. Possession - team play/team roles</p>	<p>3. Playing formations/ team sets/ team strategies as needed based on observation</p>

Age Appropriate Skills to Help Achieve Goals:

U5/U6

1. Dribble with ball close to feet
2. Striking the Ball
3. Movement/Coordination

U7/U8

1. Dribble to get out of trouble - change of direction dribbling moves
2. Shielding (protecting the ball with the body while dribbling)
3. Pass to teammate on ground over short distances
4. Striking the Ball
5. Both feet

U9/U10

1. Dribble to get around an opponent (past someone) using fakes to past opponents
2. Two or more teammates keeping the ball from an opponent by passing and moving to get open (2v1, 3v1)
3. First touch when controlling the ball
4. Get the ball back after losing it

U11/U12

1. All above from U10
2. As needed based on observation
3. Training in groups of players (horizontal or vertical), by position, in the place that they play on the field.

Practice Framework

Four Elements of Practice Activity

1. Organized
2. Repetition
3. Challenging
4. Coaching

This framework provides a structure for coaches when running practices for their teams at the Pine Richland Soccer Club.

Phase 1	“Activation” Starting Practice	Tag game 1 player, 1 ball activities Soccer game	Coordination with or without the ball Each player has ball (or pairs) Start practice with a soccer game
Phase 2	Practice Activity	Unopposed Opposed	No opposition Includes opposition
Phase 3	Practice Activity	Opposed	Includes opposition
Phase 4	Soccer Game	Small Sided Game	Include GK’s, throw-ins, goal kicks, corner kicks, etc

One Focus:

- Stick to 1 theme for practice
- It’s easier for players to learn 1 thing at a time
- Ex. instead of focusing on dribbling, passing, and shooting in one practice – focus on dribbling for practice 1, passing for practice 2, and shooting for practice 3

Game-Like:

- Spend at least 50% of your practice time in Phase 3 or Phase 4
- Using opposed activities or small sided games
- More than 50% is even better

Back-Up Plan:

- If you don’t have time to plan a practice simply have the kids play a soccer game or create a soccer tournament
- The idea is that they play the whole time

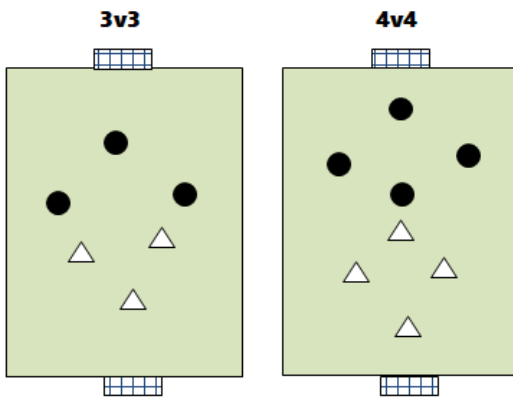
- It's easy on you if you don't have time to plan, the players will enjoy it

Game Day Expectations

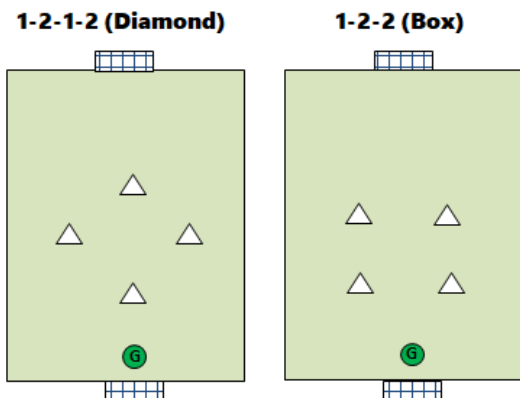
Age Group	U5/U6	U8	U10	U12
# Players on field	4v4 (no goalie) Evenly divided teams	5v5 (including goalie)	7v7	9v9
Ball Requirements	#3 Ball	#4 Ball	#4 Ball	#4 Ball
Game Duration	4 - 8 minute quarters	4 - 10 minute quarters	2 - 25 minute halves	2 - 30 minute halves

Game Formations

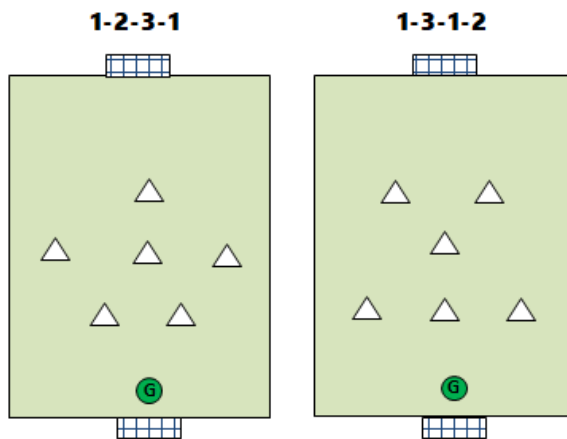
U5 & U6



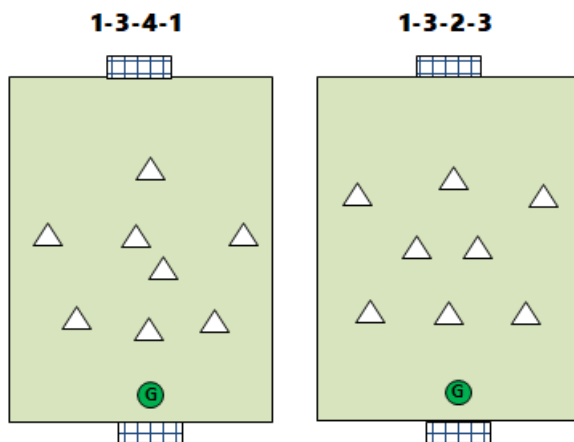
U8: GK+4 (5v5)



U10: GK+6 (7v7)



U12: GK+9 (9v9)



All Age Groups:

- [PAWest Youth Rules](#)
- NO cleats with metal spikes. NO exceptions.
- NO jewelry of any kind (earrings, tongue studs, necklaces, bracelets, watches, arm bands, loose things around the wrists). Taping of earrings is NOT allowed. NO exceptions.
- NO metal barrettes or other metal hair accessories.
- Medical bracelets may be worn, but must be taped down.
- NO coaches or parents on the end lines (near or behind the goal). All spectators must stay on the sides of the field with parents on one side, coaches and team on the other - if playing on side-by-side fields, coaches/teams should be in the middle area between the fields.

In-House Rules Reminders:

- In-House games are meant to teach kids the game of soccer in a game experience. We prioritize having fun and being a good teammate, and do not promote blow out winning. If this is occurring, please use your best judgment in shuffling line-ups to provide an even amount of skill throughout your team.

U5/U6

- “Live Ball” rule - when the ball goes out of bounds, the coach resets the ball and rolls it to a player of the team who earned possession. During the game, please ensure each player gets an opportunity to gain possession of the ball.
- Goals and Fields require coach set-up prior to each game. Fields are 30x20. Review field maps for location of field on turf.
- Free kicks are DIRECT.

U8

- Teams are to be divided by ability (A/B)
- Rotate the goalie each quarter, minimum of 2 per field per game
- **No punting by goalies in U8** (to prevent ping pong back and forth between the goalies. Having the goalie throw the ball out will help the team learn to get open to receive the ball.)
- Build out line rules apply, with the build out line at midfield. All attackers must move back behind the build out line after the keeper makes a save and/or on goal kicks. Players must remain behind the build out line until the ball is touched by a teammate of the goalkeeper.
- Helmets (provided by the club) must be worn by goalkeepers.
- Goals and Fields require coach set-up prior to each game. Fields are 30x20. Review field maps for location of field on turf.
- Free kicks are DIRECT.

U10

- Rotate the goalie each half at a minimum, at least 2 per game
- U10 games are 25 min halves. U12 are 30 minute halves.
- Build out line rules apply (with dotted lines marked on the field) and
- NO PUNTING by goalies.
- All attackers must move back behind the build out line after the keeper makes a save and/or on goal kicks. Players must remain behind the build out line until the ball is touched by a teammate of the goalkeeper.
- Substitutions: Permitted during any stoppage of play including kick-offs, goal kicks, corner kicks, throw-ins, quarter/half-time breaks and injuries.
- DIRECT vs. INDIRECT kicks: All free kicks for U6 and U8 will be DIRECT kicks. INDIRECT kicks are introduced for the U10 age group.
- Off-sides: Applicable to U10 only. Offside rules apply starting at the build out line.
- Passing back to goalie rule: the goalie is not permitted to handle a ball that has been intentionally passed back to him by his own teammate. He may trap and kick the ball, but cannot pick it up with his hands. The penalty is a free kick near the box.

U10-U14

Game Day Rosters: Prior to your game, coaches must print a Game Day Roster through the PAWest website. This roster is given to the referee to use during player check-in and is an official document used for competition with PAWest. Please review the game day roster information on the next page.

Game Day Tips:

U5/U6

“When we have the ball” - Attacking

- Don't take ball away from your teammate – “Go someplace else” - Left or right
- Can you go forward?
- Can you go around someone with the ball?
- Can you keep the ball?

“When we don't have the ball” – Defending

- Can you get the ball back?
- Can you stop someone from going around you?

U7/U8

“When ball goes out of bounds can you get back into our formation?”

“When we have the ball” - Attacking

- Don't take ball away from your teammate - – “Go someplace else” – Left, right, in front
- Don't just kick!
- Can you go forward?
- Can you go forward by using a teammate?
- Can you keep the ball from the other team?

“When we don't have the ball” – Defending

- Can you get the ball back?
- Can you stop the player with the ball from going around you?
- Can you and a teammate stop the ball from going around you?

Game Day Roster Printing Instructions

To print the Rosters you must have a Team Manager or Head Coach or Assistant Coach account on the PA West Affinity Sports system

a) To set up your account

- i) Log in using your Team Manager's or Head Coach Account established on the PA West system
- ii) If you do not have an account please contact your Club Registrar, Affinity Sports or click the Forgot Username link to set up a Username and Password.

b) Printing the Gaming Roster

- i) **Go to:** www.pawest.affinitysoccer.com
- ii) **Click** the **Gaming Tab**
- iii) You can log in from this page by using the fields on the left hand side or **Click** on the league name listed in the Game Results Information area on the page. Make sure that you are on the **Current Tab** to display the current league information.
- iv) Once into your account **Click** on the **My Account** tab.
- v) In the **Tournament Applications/ Gaming Scoring** area find your respective team.
- vi) On the right hand side **Click** the **Schedules/Game Scoring** link.
- vii) The schedule will appear for the respective Team
 - (1) **The Game Roster Print button will only appear 5 calendar days prior to the game.**
 - (2) **Click** on the **Print Roster Button** to print the Game Roster for the upcoming Game.
 - (3) **The system will display a window with the Game Roster. Do Not Click the Browser Print function to Print the roster**
 - (4) **Within the window Click** on the Print icon at the top left hand side of the window. It is the third icon in from the left.



- (5) This will open up a PDF window from which you may print the Game Roster forms. You may also export the file to Word format if required, by clicking on the Export icon.

(6) 2 pages will print for the Game Roster

- (a) *Instruction Page*
- (b) *Team Manager Game Roster Copy (Print 2 copies of this page one for the your team and one for the Referee)*
- (c) **DO NOT PRINT using the Browser print function (Internet Explorer etc.).**

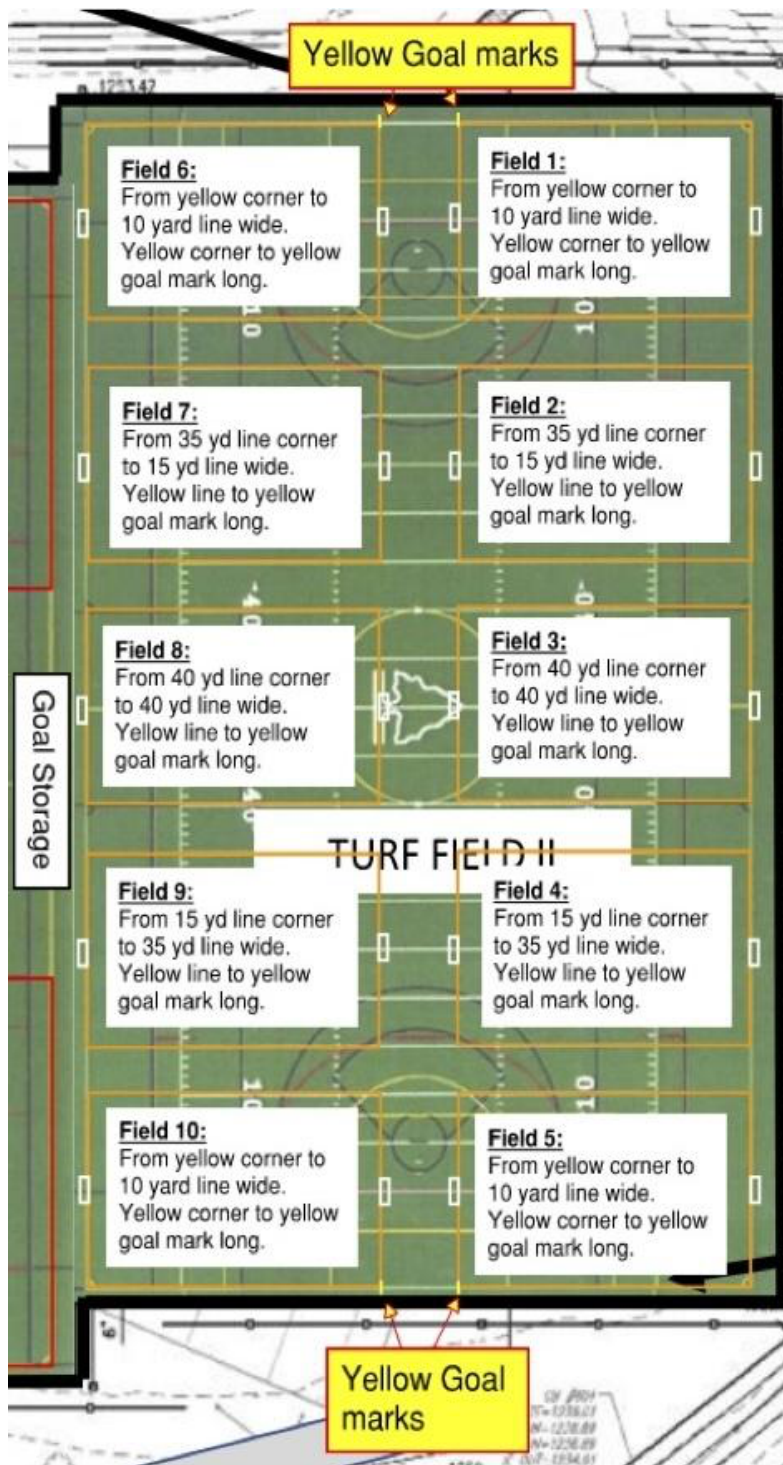
2) Game Roster Instruction

- a) Check to make sure that all of the players are on the Roster.
- b) If you did not update the Jersey numbers on the system, write in all the player Jersey numbers.
- c) If the listed coach will not be coaching the team, write in the coach along with the administrator ID# and Phone number.
- d) If the Team Manager listed will not be at the game write in the attending Team Manager's Name ID# and Phone Number.
- e) Give the Referee their copy for Check in.
- f) Make any adjustments or initial any changes to the Game rosters.

Game Day Sundays at Richland Community Park: U10+



Game Day Saturdays at Pine Park Turf Field 2: U5 and U6



Game Day Saturdays at Pine Park Multipurpose Fields: U8G & B



Spring 2026 Referee Fees

Age Group	Spring 2026 Rates
U10	\$45/\$35/\$35
U12	\$55/\$40/\$40
U14	\$70/\$45/\$45
U15+	\$80/\$55/\$55

Equipment

Player Equipment:

PRSC players require the following equipment for practices/games. Please label with the player's name.

1. Shin guards (must be worn inside the socks or be an integral part of the socks)
2. Cleats (no metal spikes)
3. Water bottle
4. Soccer Ball

Team Equipment Bag:

U5/6

- Size 3 ball (x4)
- 6 large yellow cones
- 8 small orange cones
- First aid kit
- Ball pump

U8

- Size 4 ball (x3)
- Cones (two colors, at least 20 one color and 10 another color)
- Large/tall cones (at least 4-6) - Replaced by 12 inch cones
- Medium Goalie Helmet (x2)
- First aid kit
- Ball pump
- Clipboard
- Pinnies - 8 Neon Green, 5 Blue
- Goalie gloves (1 pair)

U9/10

- Size 4 ball (x3)
- Cones (two colors, 20 one color and 10 another color)
- Large/tall cones (at least 4-6) - Replaced by 12 inch cones
- Large Goalie Helmet (x1)
- First aid kit
- Ball pump
- Clipboard
- Pinnies - 7 Neon Green, 5 Blue

- 1 Game ball (size 4)
- Goalie gloves (1 pair)

U11/12

- Size 4 ball (x3)
- Cones (two colors, at least 20 one color and 10 another color)
- Large/tall cones (at least 4-6) - Replaced by 12 inch cones
- Large Goalie Helmet (x1)
- First aid kit
- Ball pump
- Clipboard
- Pinnies - 9 Yellow, 6 Orange
- 1 Game ball (size 4)
- Goalie gloves (1 pair)

U13 and older

- Size 5 ball (x3)
- Cones (two colors, at least 20 one color and 10 another color)
- Large/tall cones (at least 4-6) - Replaced by 12 inch cones
- First aid kit
- Ball pump
- Clipboard
- Pinnies - 9 Yellow, 6 Orange
- 1 Game ball (size 5)
- Goalie gloves (1 pair)