

GLRSA Fall '25 Coaches' Meeting

- ▶ **THANK YOU** for Coaching!
- ▶ **Contact Information**
- ▶ **E-Mail:** info@glrsa.org
- ▶ **Web Site:** www.glrsa.org





GLRSA Rec Board

David Ungaro	President	dtcungaro@comcast.net
Miles Madren	Vice President	milesmadren5@gmail.com
Shannel Lose	Treasurer	glrsatreasurer@gmail.com
Molly Kinsey	Secretary	Mollykinsey.arearep@glrsa.org
Erica Crum	Administrative Assistant	info@glrsa.org
Brett Creech	Webmaster	Brettcreech.glrsa@gmail.com
Lindsey Martin	Sponsorships	sponsors@glrsa.org
Erica Crum	Game & Practice Schedules	schedules@glrsa.org
OPEN POSITION	Fields	
David Ungaro	Referee Assignor	dtcungaro@comcast.net
Tim Wagner	Buildings/Equipment	atwagner@tds.net
Miles Madren	Area Rep Coed U5/U6	milesmadren5@gmail.com
Josh Martin	Area Rep BU7-BU10	joshmartinsoccer@gmail.com
Jacob Crum	Area Rep GU7-GU10	jacobcrum.arearep@glrsa.org
Jeremy & April Vale	Area Rep BU11-BU14	Aprilvale.arearep@glrsa.org
Molly Kinsey	Area Rep GU11-GU14	Mollykinsey.arearep@glrsa.org

If you are interested in joining the GLRSA Board, send an email to info@glrsa.org with a brief bio about yourself and areas you would be interested in serving.

- *Voice in the organization
- *Registration fees covered each season
- *Schedule Priority
- *Boilers FC tuition discount
- *Great serving opportunity



Philosophy of GLRSA

GLRSA = Recreational league with Equal playing time!

U5/U6 – every game is a tie (don't keep score)
No Referees – 1 Coach is on the field (Keep it Simple & Have Fun!)

U7/U8/U9/U10 – teach the game of soccer, play all kids at all positions, teach proper techniques
U7 Only: 1 coach is allowed on the field – steer clear of play

U11/U12/U14/U18 – begin to match kids to their strengths and introduce new soccer skills, plays, etc.

We offer competitive soccer with our Travel League – Boilers FC





Where To Get Help

1. Check the Website

Announcements, Practice/Game schedules, Field Status, etc...

2. Email Your Area Rep

Questions, Concerns, Advice

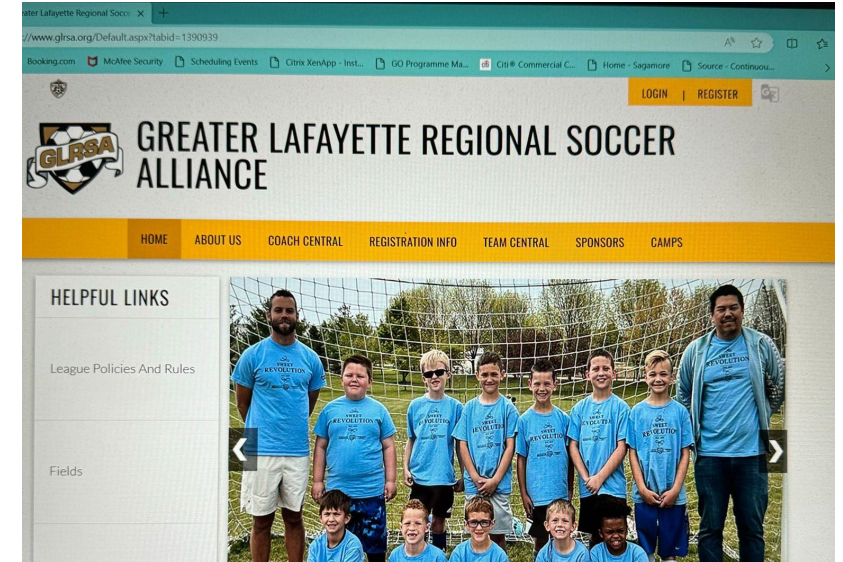
3. Email GLRSA @ info@glrsa.org

General League Questions or Concerns, Referee No-Show

4. Email the Scheduling Rep @ schedules@glrsa.org

Game Results, Scheduling Questions, Practice Concerns

www.glrsa.org



Coed U5, U6	Miles Madren	milesmadren5@gmail.com
Boys U7, U8, U9, U10	Josh Martin	joshmartinsoccer@gmail.com
Boys U11, U12, U14	Jeremy & April Vale	Aprilvale.arearep@glrsa.org
Girls U7, U8, U9, U10	Jacob Crum	jacobcrum.arearep@glrsa.org
Girls U11/U12, U14	Molly Kinsey	mollykinsey.arearep@glrsa.org



Age Division Breakdowns

Division	Ball Size	Game Time
U5 – U6	3	10-minute quarters (4)
U7 – U8	4	10-minute quarters (4)
U9 – U10	4	20-minute halves (2)
U11 – U12	4	25-minute halves (2)
U14 – U18	5	30-minute halves (2)

<u>Division</u>	<u>Players on Field</u>	<u>Minimum</u>
U5-U6	5 field + goalie = 6 total	4
U7-U10	6 field + goalie = 7 total	5
U11-U12 & U18	8 field + goalie = 9 total	7
U14	10 field + goalie = 11 total	7



Rosters Are Final

There are over **1367 players** on **110 teams!** We cannot honor every request & we cannot make changes now that rosters have been sent.

***Please contact your players no later than THIS Friday 8/1!!**

It's ok if you don't have all the info, get a welcome email out this week!!

GLRSA has roster guidelines

*Minimum and maximum number of players on a team

Area Reps review requests and attempt to honor them

*It is not always possible to honor requests.

*We will fix rosters if a coach's child is placed on the wrong team.

If you fall below the minimum number of players

*We will look to add players from the waiting list – please notify your Area Rep if you find yourself in this situation.

FINAL



Coach Responsibilities

<u>Safety:</u>	Don't leave until all kids are picked up
<u>Conduct:</u>	Adhere to the Code of Conduct
<u>Communicate:</u>	With parents, players, GLRSA
<u>Know:</u>	Rules for your age group
<u>Plan:</u>	For practices and substitutions for games
<u>Teach:</u>	Soccer skills based on age level
<u>Have Fun:</u>	Don't sweat the small stuff!



Coach Behavior Expectation

Read and Know the Code of Conduct on the GLRSA website (“About Us” Tab)

Read and Know the Playing Time Policy on the GLRSA website (“About Us” Tab)

Read and Know the Sideline Rule on the GLRSA website (“About Us” Tab)

REMEMBER - You are setting an example for your players.

You have the opportunity to teach:

- The great game of soccer
- Teamwork & Sportsmanship
- How to be a gracious winner
- How to deal with disappointment



At the first team practice, remind parents of the GLRSA Code of Conduct and set the expectation that they understand it and follow it.

Violation of the GLRSA Code of Conduct may result in suspension.

Receiving a red card results in a one game suspension – next scheduled game.

GLRSA may impose additional disciplinary actions.



Adding Assistant Coaches

Each team can have up to 2 assistant coaches.

- Please let your area rep know if you would like to add an assistant coach.

If GLRSA approves the coach, your Area Rep will send you an updated roster and order a shirt for them.

- The shirt will be ready in approximately 5 business days from the date they are added to the roster.
- **You may call Custom Tees after 5 days to see if shirt is ready for pick up.**

Background check and Training policy – All coaches must register online & submit a background check

Thank you to everyone that got their GotSport registration completed, background check submitted and the required Heads-up and Safe Sport training completed. Only coaches that have completed the checks and training will be assigned to a team. Thanks for your patience!



Field Conditions/Locations

Practice Field Locations: Davidson Soccer Park, The Grove Church, CAT Park, Amphitheater – addresses can be found at GLRSA.org

Game Field Locations: Davidson Soccer Park, The Grove Church, CAT Park, and possibly Boilers FC if required

- 7 regular season games and tournament (U9 – U18) – Blind Draw Format**
- 8 regular season games (U5 – U8)**

All fields are getting a lot of use! Several fields are showing wear and tear.

- Stay out of the goal boxes as much as possible during each practice!!**



Schedules and Practices

Practice Schedule:

- The schedule is complete and up to date for those times that have been received.
- **If you will practice on a NON-GLRSA sanctioned field, you will need an updated Insurance Rider provided by GLRSA – contact Dave Ungaro to begin this process.**
- **If you DO NOT have the above referenced Insurance Rider, you will be assuming ALL liability as head coach should there be an injury....or worse.**

Practice Schedules will be posted on the website when they are complete.

If you do not see your practice on the schedule, email Erica at schedules@glrsa.org.

Game Schedule:

- Schedule SHOULD be posted by the end of this week. Please be patient!

Games begin August 16th with final games/tournament championships Oct 11th-12th.





Game Reschedules

Reschedules must be submitted **by September 14th.**

After schedules are released, the Reschedule Request Form can be found on GLRSA website under the Team Central heading.

****You must contact the coach of the other team BEFORE submitting the reschedule form. Both coaches must agree on rescheduling the game: new date, location, and time.****

- Not all reschedule requests may be honored – we'll do our best but make no promises.
- Wait for confirmation from GLRSA that the rescheduling request was approved. Please provide advance notice **(at least 10 days)** to GLRSA of the new match date so that we can ensure a referee is available for the match.
- Contact information for the opposing coaches in your division will be sent via email.

NEW: You will need to provide the reason for the reschedule on the request form.

Reschedules should be used only in two situations:

- 1. You do not have a coach (head or assistant) that can be present. A head coach missing the game is not cause for a reschedule if the assistant coach is able to attend.**
- 2. You do not have the minimum number of players to field a game. Missing one or two key players is not a reason to reschedule a game.**



Helpful Practice Tips

Practices **should start no earlier than 5:30pm** unless all of your parents agree that they are ok with an earlier time.

Review Field Information on our website to find out where/when your practice is scheduled.
(Coaches Central)

Practices should not last more than 1 hour.

Practice sessions no more than 2 times per week

- U5 & U6 practice – 1 time per week for max of 45 minutes each practice
- U7 – U18 practice – 2 times per week for max of 1 hour each practice

Practice Drills and Tips can be found on the GLRSA Website within the
Coaches Central Header

Non-GLRSA players are not allowed to practice with GLRSA players for liability reasons.

Internal Use Only



Safety is a Must!

GLRSA fields are not open for practice until 8/11
Week of 8/4 will be GREEN SPACE ONLY

FIELD DAY EXPECTED WEEKEND OF 8/9-8/10. VOLUNTEERS WILL BE NEEDED!
Details will be blasted when finalized pending fields getting lined.



Do not practice with unanchored goals/do not move goals.

If you notice goals are unanchored or moved, please set them down and send an email to GLRSA as soon as possible; or post on the GLRSA Facebook page.

If you hear Thunder or see Lightning...

Clear the field immediately! No exceptions!

Must wait 30 minutes to return after last sound of thunder or sight of lightning.





Bad Weather

View website for information – especially on game days!

- Field Status will be displayed in the banner at the top of the homepage.
- Report to the field if nothing is listed on website.

Referee or GLRSA will make decision on rain/lightning during games.

- If no referee or board member is present, coaches should work together and use good judgment.

If games are canceled, GLRSA will handle reschedules when possible.

If a game has reached halftime, it is considered a complete game.





Game Day

Know the rules for your age division.

- They are on the GLRSA website (Coach Central/Policies & Rules)
- Please review before games start

Bring a copy of your roster to every game!!

- You cannot use players not on roster (cheating will not be tolerated).

Last season we did have a team that had to forfeit a game because of this!

- You cannot have parents on the players sideline that are not on your official roster!

Be prepared with a substitution plan.

- Have a plan that gives each player has equal playing time (a must).

Sideline rules:

- Both teams are on one sideline of the field.
- Each team keeps to one half of the sideline – including coaches.
- Parents and fans stay behind the spectator lines.
- All spectators must stay on the opposite sideline from the teams.
- No coaches or spectators on the end lines or behind the goals.





Rule Reminders

Recent Rule Changes to remember:

U5 – U6: All members of the opposing team must be on their defending half of the field prior to a goal kick.

U5 – U12: No player is allowed to intentionally head the soccer ball during practices or games.

U5 – U10: No punting or drop kicking the ball!!

U5 – U10: We do not enforce the pass back rule to the goalie

U5-U12: **No full time goalies (must alternate goalies)**

*Must have a minimum of two goalies with each one playing no more than half the game in goal.

***GLRSA Rules can be found at www.GLRSA.org under the About Us tab.**



Greater Lafayette Regional Soccer Alliance

The Greater Lafayette Regional Soccer Alliance is a non-profit organization whose goal is to create an enjoyable learning and playing experience. It supports our youth as they learn the skills and experience the thrills of the world's most popular sport.

1. Greater Lafayette Regional Soccer Alliance (GLRSA) requires that all players receive **equal** playing time. This is dependent upon players' practice participation (i.e. if a player does not make it to any/many practices, the coach is not obligated to play her or him as much as those who have participated in more or all practices). Coaches are responsible for monitoring and administering.
2. We always have more teams than we have practice fields available to us. Our game and practice sites are provided to us with the expectation that they will be used wisely. Teams must all get along at practices and games. Scheduled games take precedence over practices at the respective fields. If any extreme situations occur, please send email to glrsa1@aol.com.
3. Players are not allowed to be added or moved except by GLRSA. Any team found to have an illegal player(s) will forfeit all games up to and including the affected game. An illegal player is one who does not appear on the official GLRSA roster of the team in question. Any team found to be playing an illegal player is subject to disciplinary action(s). Coaches should have a GLRSA provided copy of their



Build Out Line - Fall 2025

Additional
Training slides
now available

Ages U7-U10 will play with Build Out Lines.

There are 2 situations when the opposing team must retreat behind the build out line.

1. The goalie saves the ball. After the goalie saves the ball, the other team must retreat to the build out line. The goalie can then use their hands to pass to a teammate. If they wish, they can throw the ball past the build out line in the air. The goalie can also put the ball on the ground to kick it. If they choose to do this, once the goalie puts the ball on the ground, the ball is “live” and the opposing team can cross the line. The ball can be kicked beyond the build out line. **Goalies can NOT punt or drop kick the ball.** The Goalie can choose to play the ball before the other team fully retreats, but does so at their own risk. The defending team can cross the build out line as soon as the ball is put into play.

2. On a goal kick. On a goal kick, a player from the defending team plays the ball with their feet. The opposing team must retreat behind the build out line before a goal kick. The opposing team can cross the build out line as soon as the ball is put into play. For the ball to be considered in play it must have been kicked by the possessing team and clearly moved. The possessing team can play the ball before the other team has fully retreated, but does so at their own risk.

Changes to Offsides:

While we have always had offsides policies, the location where offsides will be called was changed with the addition of the Build Out Line:

- For U7 & U8, offsides will only be called when a player is "cherry picking" inside of the box.
- For U9 & U10, we will now call offsides starting at the build out line.

The full policy is available on the website under the “About Us” tab. Please familiarize yourself with this policy before the season begins!

Build out situations

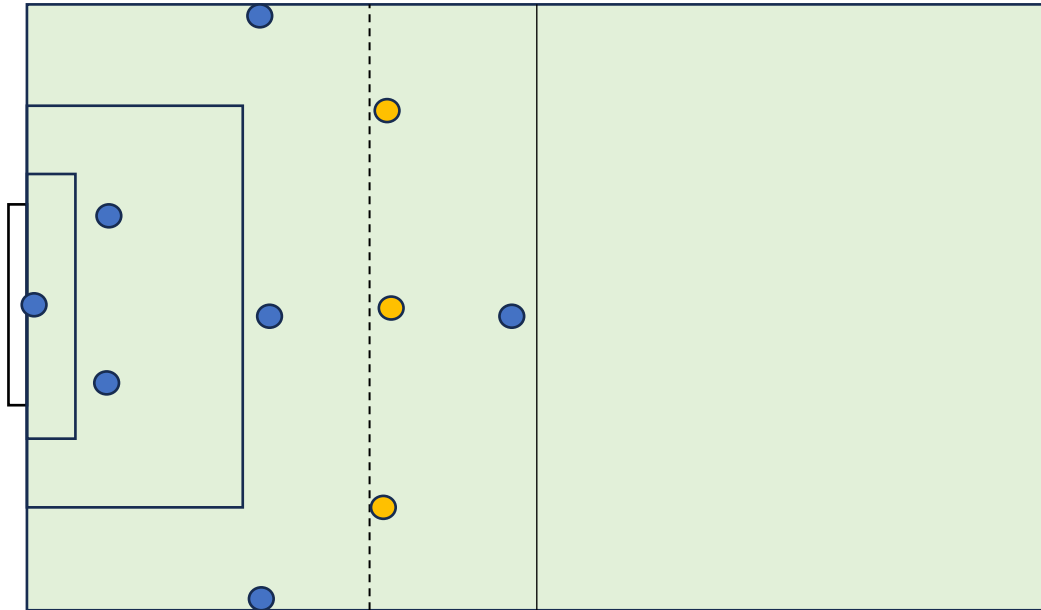
Situations for the build out line

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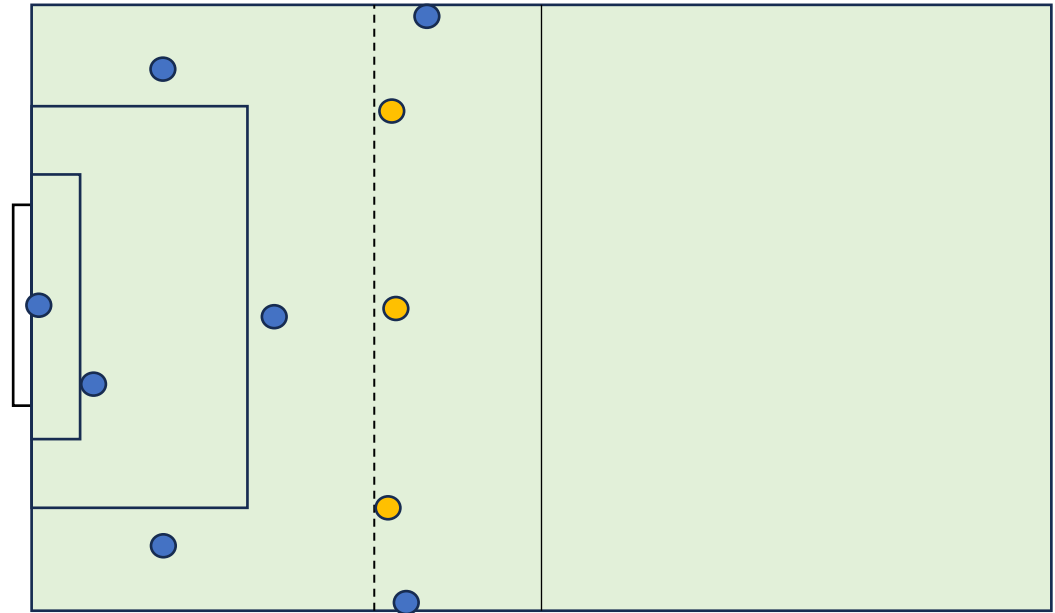
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7v7 formations

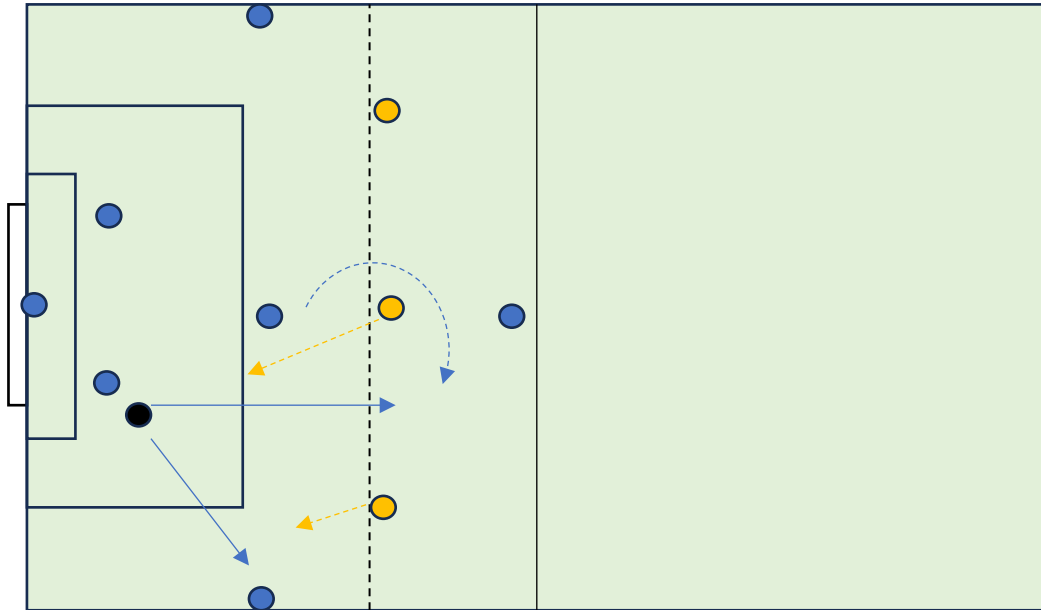
- Offensive focused: 2-1-2-1



- Defensive focused: 1-2-1-2



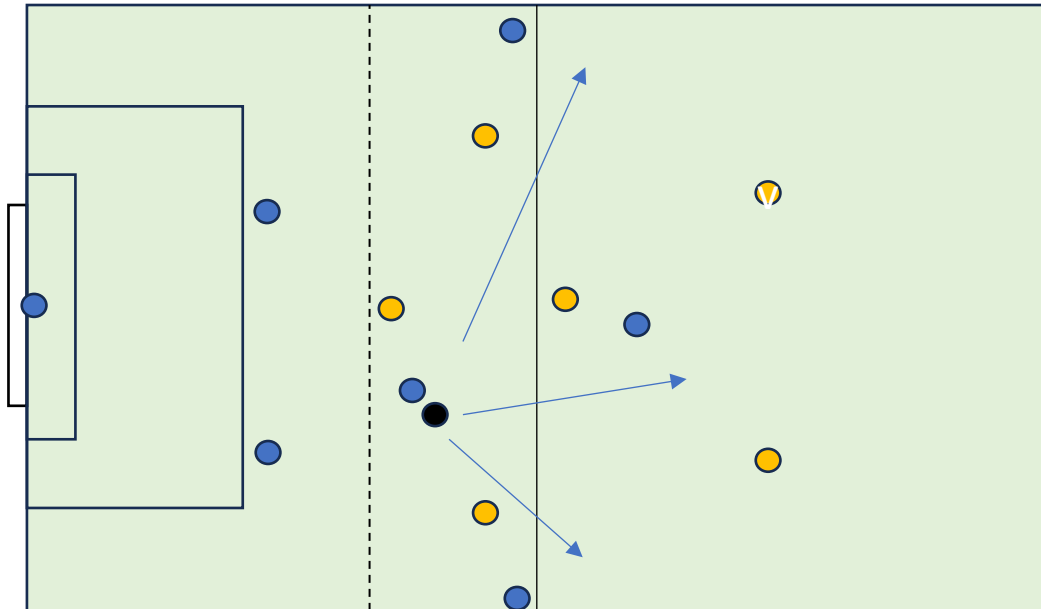
First Pass Decision



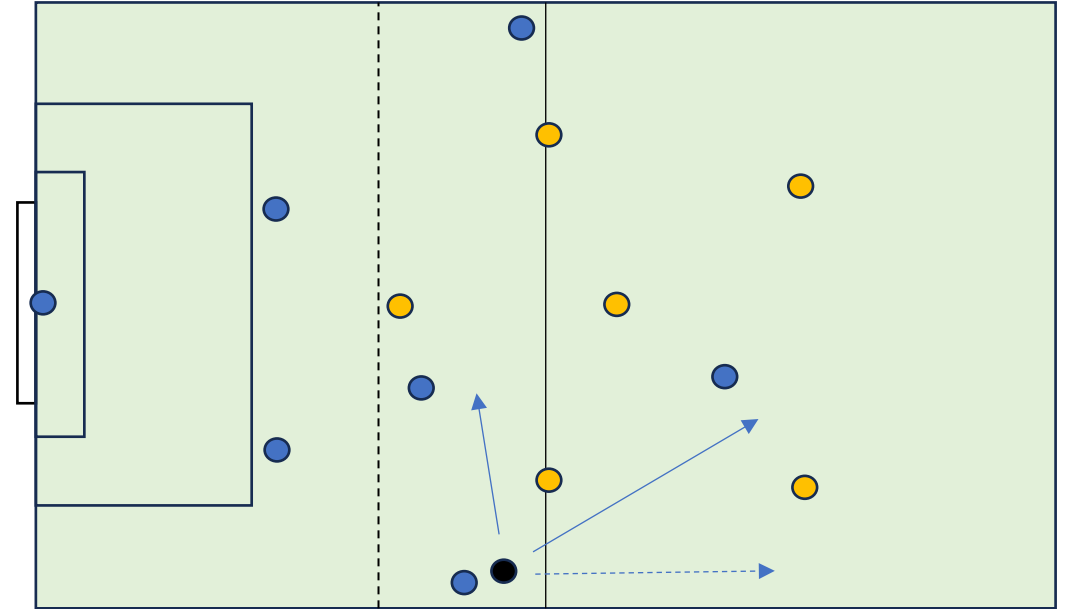
- Goalie plays small pass to outside defender
- Outside Defender looks for wide player or central midfielder

Second Pass Decision

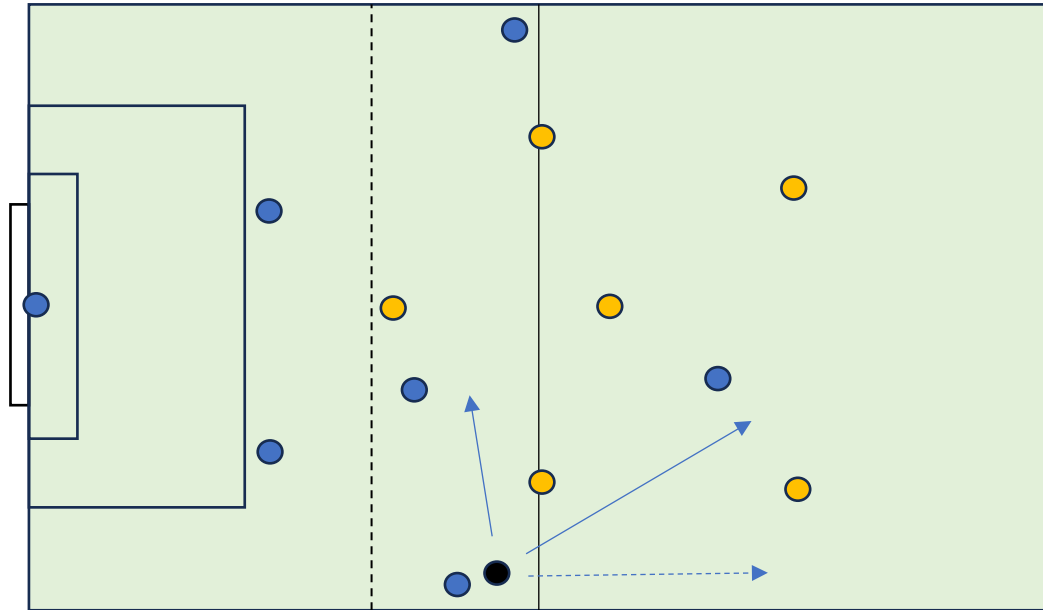
- Center Midfielder can play back to strong side wing OR through ball to Center Forward OR switch the field to the weak side wing



- Outside wing can take the ball down the line OR play a through ball to Center Forward OR play a square pass to the center midfielder



Second Pass Decision



- Outside wing can take the ball down the line OR play a through ball to Center Forward OR play a square pass to the center midfielder



Mercy Guidelines

You should not win a game by more than 6 goals!! Goal Differential stops at 6, so there is no benefit to winning by more!

Be prepared to manage a lopsided game

- Move offensive minded players back to defense
- Goal kicks for the other team – pull your team back
- Challenge your players – shoot only with non-dominant foot, shoot from outside penalty area, 7 connected passed before you can shoot, change your formation to fewer offensive players, etc...
- If all else fails, tell them not to shoot!

What if the opposing coach doesn't adjust?

- Don't lose your composure
- Keep encouraging your players
- Send an email to GLRSA





Scores & Results

Applies to U7 – U14 only

Please e-mail the following information immediately after each game to schedules@glrsa.org:

- **Date:**
- **Teams:**
- **Score:**
- **Age Division:**

The above information is used to confirm with the Referee's report to ensure there are no discrepancies.



If no referee shows for your game, please work together to have a parent/coach referee the game. The game is to be played as scheduled. Please report "no referee" with your game results.



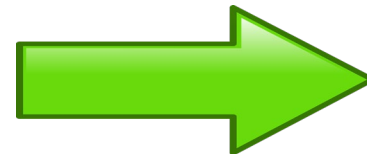
Required Gear

- Shin guards are required for all practices and games!! If a player does not have shin guards, they cannot practice or play.
- Players should bring their own water bottle to practices and games.
- Players should bring their own ball to practice.
 - U5/U6 – size 3
 - U7-U12 – size 4
 - U14/U18 – size 5
- Players may not wear jewelry. Taping over starter earrings is not acceptable, they must be removed.
- Cleats are not required but are suggested. Toe cleats are not allowed. Please see the photo for further explanation.



Only cleats with one SINGULAR front toe cleat are prohibited.

All three of these cleats are acceptable.





Referees

Treat referees with respect! They will make mistakes! SEE Next Slide for UPDATED POLICY!

Some of our referees are young – encourage them – do not verbally abuse a referee. **This is a violation of the Code of Conduct and will not be tolerated.**

Referee decisions are final.

- You are not allowed on the field unless directed by a referee!
- Do not discuss decisions with the referees during or after a game.

If you have a concern with a referee, please provide GLRSA with a detailed description of your concern (info@glrsa.org), and it will be reviewed.

NOTE: U7 age division will be the last to have referees assigned each week. If there is a referee shortage for the week, you may not have a referee and will need to work with the opposing coach to referee the game.

Should this happen, both coaches will receive an email from their Area Rep at least 1 day prior to their game notifying them that no referee will be present.



NEW US Soccer Referee Abuse Policy



REFEREE ABUSE PREVENTION

POLICY 531-9 PENALTY OVERVIEW / YOUTH & AMATEUR

The Penalties Matrix defines consequences associated with physical and non-physical offenses against Referees.

NON-PHYSICAL OFFENSES of gross misconduct, abuse, and / or assault

NON-PHYSICAL*	MIN. GAMES	TIME
Insulting, Belittling, Insinuating or Taunting Behavior Undermining Referee Authority	2	
Harassment, Intimidation, Retaliation, Abusive, or Threatening (Non Physical) Language	4	
Aggression, Attacking, Derogatory, Cyberbullying, Doxing or Threatening (Physical / Violence) Language	6	6 - 24 Months
Offensive or Discriminatory Act	10	12 - 24 Months

PHYSICAL OFFENSES of gross misconduct, abuse, and / or assault

PHYSICAL*	MIN. GAMES	TIME
Minor or Slight Deliberate Touching	3	1 - 6 Months
Pushing, Grabbing, Pulling, Squeezing, Pinching, Lightly Slapping, Use of Object in Non Striking Manner, or Physical Property Damage	10	6 - 24 Months
Hitting, Punching, Elbowing, Kicking, Biting, Spitting, Choking, Tackling, Throwing or Use of Object or Any Part of Body (Forearm, Knee, Head) in a Striking Manner		12 Months - Lifetime

(*) **Disclaimer:** These are only a few examples of abuse – other actions or statements may also fall into this category.

KEY PENALTY FACTORS

- Single offenses are at **minimum the prescribed game penalty or time penalty** for non red zone offenses
- Penalties can be **both game and time depending on severity** / circumstances
- Second time offenders receive **double punishment**
- Third time offenders receive a **lifetime ban**
- More than one offense at the same time is **at least the punishment for the most serious offense**
- Offenses against minors are automatically subject to a **"minor multiplier" resulting in triple punishment**
- **One offense warning per league** to be managed by states and leagues collaboratively
- Game consequences are **inclusive of 1 game penalty for any red cards given**
- Optionality for **50% penalty for first offense from a minor**

Please view the video at the following link:

www.ussoccer.com/rap



Stack Team APP

GLRSA uses the Stack Sports GLRSA Team App

***You can Download the app now on GooglePlay or the iPhone app store.
After adding the app, search for GLRSA.***

- Mobile Team App for cellphone or PC use
- Central and direct line of communication to push announcements and reminders to parents/players and receive feedback
- Practice and Game schedule available within the app
- Coaches/Parents can utilize the app for multiple children playing within GLRSA – more than 1 team functionality
- Availability notification for practice & games
- Access to division standings and match results



****Please note: The rosters are being released tonight. The app cannot be synced until all of the rosters are published. You will need to be patient as the rosters may not show up immediately in TeamApp. If you can't see the teams and/or rosters by Friday, then you should email webmaster@glrsa.org Do NOT reach out before then to ask why you can't see the team. We are pushing out a lot of data at once and it will take time.**



Team & Individual Pictures

Team & Individual pictures will be taken by Personal Touch Portrait Studios

Locations & Dates:

- CAT Park – Saturday August 23rd - Davidson/The Grove – Saturday September 6th

Coaches must sign up at www.ptps.com to register your team for pictures. Choose your time slot and communicate this time slot to your team. **Plan to arrive 15 mins to ensure your time slot is met.**

The picture order form is located on the Personal Touch website for you to download, print and complete prior to arriving for pictures. The order form will also be located on the GLRSA website under the Coaches Central Header/Team Photos or will be available the day of pictures.

Where are the pictures taken?

- The Grove – southside of the parking lot
- CAT Park – Alongside the entrance just after entering the complex (closest to McCarty)



Team Shirts

Some team shirts are available for pickup after the meeting tonight – please see the slide at the end of the meeting for a list of teams that have shirts ready for pickup.

If you have questions or concerns about your shirts, contact GLRSA via email at sponsors@glrsa.org.

Check your team shirts against the sizes on your roster immediately. Do not wait until your first game. If you are missing a shirt, contact your assigned age division Area Rep.

- Custom Tees will only make new shirts if GLRSA sends in the order. If sizes are slightly off, please try to use what you received.
- If parents ordered the wrong size and request another one, they will be responsible for buying a second shirt. Contact your Area Rep to begin this process.

Goalies must wear a different colored shirt or penny during games.



Sporting Supply Discount Days

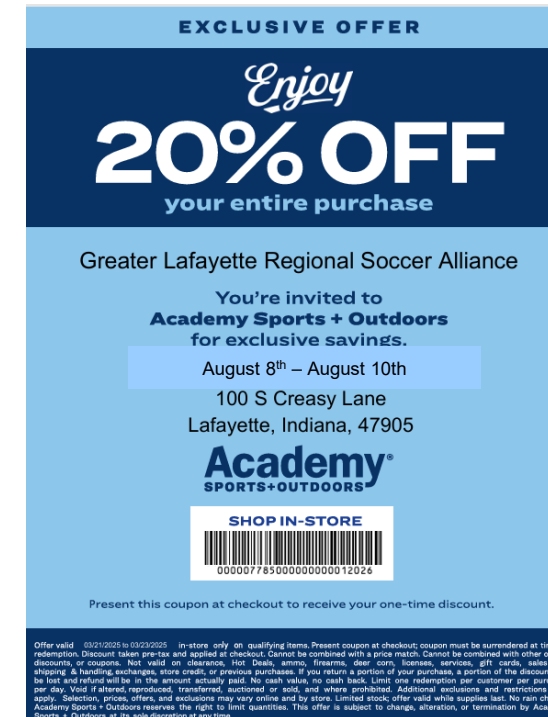
Dick's Sporting Goods

August 1-4th



Academy Sports + Outdoor

August 8-10th



Coupon can be found on the GLRSA website. Click on the “Sponsors” tab.



Coach's To Do List

To do after the meeting:

1. **Check shirt sizes.** (this will be on your roster) and confirm each size after picking up your shirts. If sizes are wrong or you are missing a shirt, please let your Area Rep know ASAP.
2. **Contact parents.** If you do not receive a response via email/text, try phone call. If still no response, email info@glrsa.org. **This needs to be done by the date mentioned previously during the coaches meeting.**
3. If you do not have a practice time assigned, email Erica tonight at schedules@glrsa.org.
4. **Get to know your Area Rep tonight** – they are here and ready to meet with you and answer any questions or concerns you may have. They should be your first point of contact for most things!



•**Work on a plan for practices:**

Depending on your age group, your focus should be fun, learning, and touches on the ball. As the players grow, and progress, you can add in focus on positioning, passing, and teamwork.

There are many resources to plan practices. You can look up games and drills online or use the resources provided on glrsa.org. For younger age groups, drills disguised as games work very well for example, sharks & minnows or red light/green light modified for soccer.



Questions?

THANK YOU for Coaching!

**** See next slide for the list of shirts that are ready for pick-up tonight!**