





# COACH KICKOFF MEETING

AYSO REGION 4 – August, 2025



# THANK YOU FOR COACHING!

## AGENDA

- Expectations
- Rules & Protocols of Behavior
- Setting a Tone
- Practice Rules
- Logistics
- Game Conduct & Sportsmanship
- Post Season
- Questions





**“A coach will impact more people  
in one year than the average  
person will in a lifetime.”**

# Expectations

Positive Environment

Good Sportsmanship

Kids Growth First

Set Goals

Six Philosophies



***AYSO's Philosophies guide what we do on and off the field.***

***We need your help to carry them out.***

# Rules and Protocols of Behavior

AYSO has one of the most comprehensive programs governing conduct and behavior

- Background check
- ID check
- Safety classes
- Job specific training

Misconduct is taken seriously

See something, say something – obligation to report

Personal data, images, social media

Not just other AYSO participants

Respect



***Child & Volunteer Protection Advocate (CVPA)***  
***Kim Barbato, [CVPA@AYSOregion4.com](mailto:CVPA@AYSOregion4.com)***

# Rules and Protocols of Behavior

**COMPLETE CERTIFICATIONS AND CLASS TRAINING AS SOON AS POSSIBLE**

## **CHILD SAFETY**

- Children only with AYSO verified volunteers
- No child left unattended
- Important: Have registered Team Manager of same gender as players if no coaches are the same gender



# Setting the Tone

## MEETING WITH PARENTS (CAN BRING KIDS)

Pick a date and location as soon as you get rosters

Recommend holding after first practice, a park, etc.

## SET THE TONE & EXPECTATIONS

What do parents expect from you and what do you expect from parents?

Your expectations should include:

- Improve the kids as players
- Exhibit sportsmanship (players, parents and coaches)
- HAVE FUN (want kids to play in the future)

Convey importance of a positive attitude (i.e., parents can only say things positive and in the past tense)

Remind them they need sit on your team's side of field!



# Set the Expectations

*The digital Coach Packet will have detailed information, advice and tips about team meetings*

# Setting the Tone

## ALL NEED TO VOLUNTEER (100% VOLUNTEERS)

Coaches already are making a huge commitment, you do not and should not need to do more – over-reach negatively impacts your coaching

- Team Manager (A CERTIFIED POSITION)
- Referee
- Ad hoc roles (field set up/take down)

Uniforms are not handed out until team **volunteer roles** are filled in by the TM, **sponsor check** is in, and all **certifications completed**



**It takes  
everyone**

# Practice Rules



## GIVE CLEAR, SPECIFIC EXPECTATIONS AND DETAILS (SUCH AS):

- Kids arrive early or on time to the training ground
- Kids have water with name, shin guards under soccer socks, sunscreened, cleats on and tied, restrooms visited, etc.
- Contact team staff if going to be late
- Prior notice required if missing training or a game
- Pick up players promptly after practice
- AYSO volunteers (coaches, team manager) are responsible for child safety – no child left after practice

## INFORM SO THERE'S NO EXCUSES

- Practice and game times and locations (also via Sports Connect)

## BE SPECIFIC

How do you define success?

# Practice Rules

## SAFETY IS KEY

- Sufficient water breaks
- Too hot for you?
- At least two certified volunteers at all times, at least one same gender of the team
- No authorized practices
- Same gender volunteer for bathroom visits



**Safety  
First**

# Trainers

## We're Here to Help

- Region 4 trainers powered by Aspire
- Practice plans are available
- 10U and 12U will have one practice a week guided by trainers and with built in “sparring partner”
- 14U+ and 6U-8U will have trainers available on site. Coaches can approach them and they will be roving
- Skills intensive sessions will be offered later in the fall.
- Mentoring – Ofir Magen, Coach Administrator  
[coach@aysoregion4.com](mailto:coach@aysoregion4.com)



**Up-  
leveling  
our pro  
training**

# Trainers





AGOURA WESTLAKE  
AYSO

12U

## PRACTICE CURRICULUM OVERVIEW

Key:

 Suggested  
Coach  
Session

 Trainer  
Supported  
Session

WEEK	TOPIC	ACTIVITY 1	ACTIVITY 2	ACTIVITY 3	ACTIVITY 4
1	Combine Beyond Pressure	Arrival Scrimmage (rules & boundaries & build-out line)	Mosquito Knockout	River Monster 2v1 2v1 + GK's	Scrimmage Scrimmage vs Neighboring
2	Pass in the Build Up from Goal Kick	Arrival Scrimmage (goal kicks & throw-ins)	4v2 to Small Goals (2 grids) Tre Zoner	8v4 Build Up Game 8v4 Build Up Game	Scrimmage Scrimmage vs Neighboring
3	Passing in Build Up from GK Possession	Arrival Scrimmage (diamond shape)	Long Ball 1v1 into 2v2 Tre Zoner	7v5 Long or Short Game 3 Zone Game	Scrimmage Scrimmage
4	Defending - Protecting the Goal	Arrival Scrimmage (position & shape from goal kicks)	1v1 + GK 1v1 Boxes	Flying Changes 1v1 2v2 + GK's	Scrimmage Scrimmage vs Neighboring
5	Shooting & Goalkeeping	Arrival Scrimmage (goal side & defending corners)	Shoot it or Block It Flying Changes 1v1 into 2v2	Flying Changes 1v1 3v3 + Crossers	Scrimmage THE Shooting Scrimmage
6	Defending - Disrupting the Build Up	Arrival Scrimmage (attacking corner kicks)	Video Game Gauntlet 2v2 1v1 Boxes	7v5 Pressing Game 7v5 Pressing Game	Scrimmage Scrimmage vs Neighboring
7	Passing/Running Through in Attacking Half	Arrival Scrimmage (shooting & GK positioning)	River Monster 2v1 2v1 to Big End Zones	Ladder Flying Changes 3v2 + GK (Past the Build Out)	Scrimmage
8	Defending - Disrupting the Build Up	Arrival Scrimmage (defending free kicks in shooting range)	4v2 to Small Goals (2 Grids) Star Wars (Death Star Escape)	8v4 Build Up Game 3v2 + GK	Scrimmage
9	Passing Through & Around in Build Up	Arrival Scrimmage (attacking free kicks in shooting range)	Ball Tag Tre Zoner	Tre Zoner 7v5 Long or Short Game	Scrimmage
10	Defending - Protecting the Goal	Arrival Scrimmage (corner kicks)	2v2 + GK's 3v2 + GK	7v5 Into the Deep End 3v3 + Crossers	Scrimmage
11	Shooting & Goalkeeping	Arrival Scrimmage (GK positioning)	Shoot it or Block It Goalie Wars	Flying Changes 2v2 4v4 Cup w/ 2 Targets next to goals	THE S
12	Season's Best	Arrival Scrimmage	Coach's Choice Player's Choice	Coach's Choice Player's Choice	Scrimmage

### KEY DEVELOPMENT OBJECTIVES:

### DEFENDING



AGOURA WESTLAKE  
AYSO

6U

### All about the BALL

#### Wow, Soccer is Fun!

- FAST closing speed "Cheetah Speed!"
- Recognize when the ball is behind you to recover FAST



7U/8U

### All about ME

#### Year of the Dribble

- "Surf it Up" body position
- Cheetah speed and then slow down



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AYSO

### KEY DEVELOPMENT OBJECTIVES:

### ATTACKING

6U

### All about the BALL

#### Wow, Soccer is Fun!

- Learn to keep the ball close while dribbling.
- Turn with the ball while dribbling to get around opponents.
- Make contact with the ball to shoot.



7U/8U

### All about ME

#### Year of the Dribble

- Identify diamond team shape.
- Stay far enough away from teammate to not crowd their dribble.
- Turn away from pressure when dribbling.
- Execute controlled dribbling engaging the opponent with



# Additional Resource

## Electronic communication app

- MOJO
- This is the team app everyone must use this year
- “Omni-channel” – alerts and emails
- Has drill ideas with videos

## Website

- Easy to follow step by steps
- Important documents
- Regional calendar



## Lesson the Coach burden

# Logistics

## Equipment list 6U/7U/8U

- RED MESH BAG
- - 6-9 size three balls
- - 6 pinnies
- - ball pump
- - 30 cones (20 one color, 10 another)
- - Pop up goals

## Equipment list 10U/12U

- BLACK MESH BAG
- - 10-12 size 4 balls
- - 6 pinnies
- - ball pump
- - 30 cones (20 one color, 10 another)
- - 12x6 goal, one pop up



***Assistant Commissioner, Field & Equipment  
Steve Cooper, [Fields@AYSOregion4.com](mailto:Fields@AYSOregion4.com)***

# Logistics

## Equipment list 14U/16U/19U

- BLUE MESH BAG
- - 15-20 size five balls
- - 6 pinnies (adult)
- - ball pump
- - 30 cones (20 one color, 10 another)
- - 16x7 goal, one pop up

Week 1: Partial equipment put out

Week 2+: Full equipment and trainer support



***Assistant Commissioner, Field & Equipment***  
***Steve Cooper, [Fields@AYSOregion4.com](mailto:Fields@AYSOregion4.com)***

# Logistics

## YOUR VOLUNTEERS

- Field set up and take down (make sure your parent volunteers have information)
- Request Field Set Up & get first match of the day (8U and 7U still needed)

## GAMEDAYS

- Keeping sites clean (limited/no trash cans at fields)
- Broken equipment (incl. sprinklers) – contact your Division Director or [Fields@AYSOregion4.com](mailto:Fields@AYSOregion4.com)
- Parking (neighborhoods and business areas); pay attention to red zones
- No Pets



# Logistics



**Team rosters & practice schedules have been emailed out for those who have met their safety requirements** (contact families right away with meeting date and location)

**First training can begin the week of August 4th (check with your DD)**

6U-7U-8U 1x week, 1-hr each

10U-12U-14U 2x/wk, 1-hr each

16U and 19U – 2x/wk, 1.5 hr each

- **Division level meetings will be held to review specifics of your division**

**First game Saturday, August 24**

No games on Labor Day (8/31) weekend

**Picture Day September 14th,**

**Make-up Picture Day October 5th**

**All-Star Coach applications for 10U-14U due the first week of October**

**Silent Saturday – October 18<sup>th</sup>**

## GAMEDAYS

**Pick Up Stix** has Buy One/Get One entrée special on Gamedays

Region 4 does NOT provide trophies or awards at the end of the season. Teams or families are welcome to purchase their own. Info will be on the website later this year for vendor offering a discount

# Game Conduct & Sportsmanship

## BE KIND. BE RESPECTFUL.

- Referees run the matches
- “Red Shirts” have final say in all matters
- Very low tolerance for misconduct
- Zero tolerance for youth referee abuse
- Your job to demonstrate
- Game Cards – you team manager will have them



# Game Conduct



**HEADING** \*No deliberate heading of the soccer ball in 12U and younger

## 6U BOYS & 6U GIRLS

**Rosters: 6 -7**

**Games: 4 v 4 on the field**

**Goalkeeper: No** (cone zone)

One coach from each team is on the field to serve as referees and guide learning.

**“Dribbling Soccer”** on gamedays to be introduced (2v2 format with frequent player subs)

**Gameplay: Kick-ins** (no throw ins),  
**Goal kicks from the end-line,**  
**Build Out Line concept**

**Ball: Size 3**

**Location: Medea Creek M.S. Oak Park**

## 7U BOYS & 7U GIRLS

**Rosters: 7 -8**

**Games: 5 v 5 on the field**

**Goalkeeper: Introduction** (cone zone)

One coach from each team is on the field to serve as referees and guide learning

**“Dribbling Soccer”** on gamedays to be introduced (2v2 format with frequent player subs)

**Gameplay: Kick-ins** (no throw ins),  
**Goal kicks from the end-line, Build**  
**Out Line concept**

**Ball: Size 3**

**Location: Deerhill Park, Oak Park**

## 8U BOYS & 8U GIRLS

**Rosters: 8 -9**

**Games: 6 v 6 on the field** (incl GK)

**Goalkeeper: Yes**

**Protect goalkeepers**

Teach kids to NOT challenge balls near goalkeepers and reinforce this during practice and games. GK has “possession” of ball when has one finger on ball.

One coach from each team is on the field to serve as referees and guide learning

**Gameplay: Throw-in & Goal kicks,**  
**Build Out Line concept**

**Ball: Size 3**

**Location: Russell Ranch Park,**  
**Westlake Village**

# Game Conduct

## 10U BOYS & 10U GIRLS

**Rosters: 9 -10**

**Games: 7 v 7 on the field**

**FIFA Laws of the Game**

**Build Out Line (“Blue Line”)**

**No punting by Goalkeeper**

**No deliberate heading of the ball**

**Ball: Size: 4**

**Location:**

**Brookside Elementary, Oak Park**

## 12U BOYS & 12U GIRLS

**Rosters: 11 -13**

**Games: 9 v 9 on the field**

**FIFA Laws of the Game**

**No deliberate heading of the ball**

**Ball: Size 4**

**Location: Westlake Community**

**Park (WCP) “YMCA fields”**

## 14U BOYS & 14U GIRLS

**Rosters: 13-15**

**Games: 11 v 11 on the field**

**FIFA Laws of the Game**

**Limit heading in practice (max 15-20 in practice & no more than 30 min a week)**

**14U Girls & Boys play in Area 10E circuit (Malibu, Moorpark, Newbury Park, Simi, TO)**

**Ball: Size 5**

**Home Game Location:**

**Valley View Park, Oak Park**

## PLEASE PROTECT GOALKEEPERS

A Goalkeeper in AYSO is considered to have “possession” of ball with one finger on ball. This does not mean that a Goalkeeper cannot commit a foul. Teach kids to NOT recklessly challenge balls near Goalkeepers and reinforce this during practice and games.

# Game Conduct & Sportsmanship

## 6U, 7U, 8U COACHES

One coach from each team is on the field to monitor play, call directions, halt play for obvious foul or injury – help guide play, be positive and encouraging without cheering

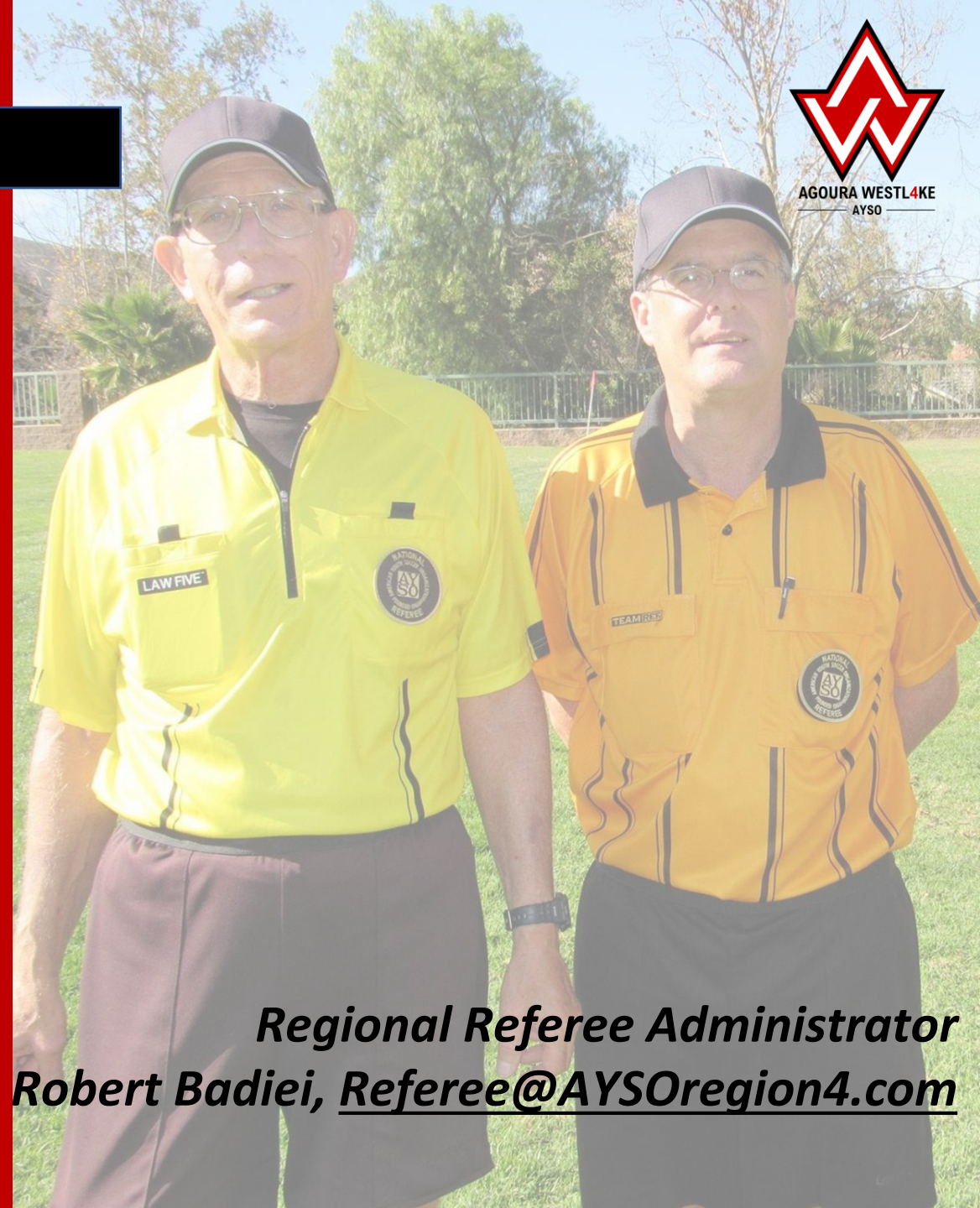
## TEAM REFEREES (10U, 12U, 14U)

Each team should have 1-3 registered volunteer referees to work in the region.

- Team referees can be anyone age 12+ who is certified
- Referees self-select matches
- Referees CAN work own team's games in 10U

## LAWS OF THE GAME

- 10U+ divisions follow FIFA Laws of the Game with some exceptions in 10U (Buildout line, no GK punting)
- Coaches benefit from knowing the Laws (see Referee page on our website)



***Regional Referee Administrator  
Robert Badiei, [Referee@AYSOregion4.com](mailto:Referee@AYSOregion4.com)***

# Post Season

## REGULAR SEASON POINTS SYSTEM

- Match points: Win = 2 pts, Tie = 1 pt.
- Sportsmanship points = 1 pt. per match can be earned

## QUALIFICATION FOR REGIONAL INVITATIONAL TOURNAMENT

- Teams need a minimum of 20 points
- Must have team referee(s) worked at least 12 matches (combined) to be eligible for any AYSO post-season play
- Teams cannot advance in tournament without having a referee work at least one playoff game for each round

## QUALIFICATION FOR AYSO AREA 10E PLAYOFF

- Division Directors & Commissioners select top teams to compete in Area playoffs in December. All teams must have met the Regional Tournament qualifications.



# PRO SCRIMMAGE

## WHAT'S PRO SCRIMMAGE

- A day for referees to develop their skills and work alongside mentors with 10U and 12U teams
- Saturday, August 16th at Brookside Elementary
  - Opportunity for all 10U and 12U teams to scrimmage with referees (combine players from multiple teams if you're not able to bring a full team)
  - See website and emails for details on how to get your team signed up





**THANK YOU**

***AYSO Region 4 – 100% Volunteers  
Bill Barbato, Regional Commissioner  
[RC@AYSORegion4.com](mailto:RC@AYSORegion4.com)***