



Coach Manual

2022 Fall Season



Coaches:

Playing and practice space is getting harder to obtain. There are more children playing soccer in the valley each year while our playing space is not growing. There are a few things we must do to help us retain the space we do have.

- We will ask specific divisions to practice at specific locations. This is done to separate the large kids from inadvertently hurting the smaller kids. It is also done to accommodate divisions that will play on those fields during games.
- We must get along among ourselves. Practice space must be shared equally. Arriving early can let you stake out your preferred space but early arrival does not allow a team to grab 2 or 3 times as much space as other teams are using. A typical space for practice should be 20 yards by 20 yards for 6U-10U and 30 yards by 30 yards for 12U and above. On a crowded day, coaches must work together and may need to use a smaller area.
- Other groups may share our locations. If you suspect that a group does not have a permit and is using space you may ask the park personnel for assistance but please do not demand it. Keep your Division Coordinator informed if you run into field use conflicts.

A lot of people have worked very hard organizing things so that you can work very hard running your teams! Thank you for your consideration and have a safe, fun, and fair season.

See you on the pitch.

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Section 1: AYSO's Mission & Vision

To Be The Nationally Recognized Youth Soccer Program Of Choice

AYSO's Vision is to provide world class youth soccer programs that enrich children's lives.

AYSO's Mission is to develop and deliver quality youth soccer programs which promote a fun, family environment based on AYSO's Six Philosophies:

- Everyone Plays®
- Balanced Teams
- Open Registration
- Positive Coaching
- Good Sportsmanship
- Player Development

The mission is accomplished by providing these essential services:

- Coaching and referee programs including quality delivery systems
- Quality administrative and operating systems with a support network
- Strong financial position
- Special network for volunteers, supported by a national staff
- Program research and development

Section 2: AYSO's Six Philosophies

AYSO's Philosophies are living tenets that separate it from other sports organizations. They are Everyone Plays®, Balanced Teams, Open Registration, Positive Coaching, Good Sportsmanship and Player Development.

Everyone Plays®

The AYSO National Program's goal is for kids to play soccer, so we mandate that every player on every team must play at least 50% of every game. In Section 10, Area V, which Region 58 is a part of; we require that every player on the team must play 3/4 of the game where the team numbers allow it. It's no fun to spend the game on the bench...and that's no way to learn soccer!

Balanced Teams

Each year we form new teams as evenly balanced as possible because it's more fun and a better learning experience when teams of similar ability play. It allows for each player to gain the experience of a wide variety of teammates of different skill levels. This means in Competitive Divisions (10U and older), we will hold evaluations for first time players so they can be rated.

Open Registration

Our program is open to all children between 4 and 19 years of age who want to register and play soccer. Interest and enthusiasm are the only criteria for playing. There are no elimination try-outs and nobody gets cut.

Positive Coaching

Encouragement of player effort provides for greater enjoyment for the players and leads to better- skilled and better-motivated players. A coach can be one of the most influential people in a child's life, so AYSO requires them to create a positive experience for every boy and girl.

Good Sportsmanship

We strive to create a positive environment based on mutual respect rather than a win-at-all-costs attitude, and our program is designed to instill good sportsmanship in every facet of AYSO.

Player Development

We believe that all players should be able to develop their soccer skills and knowledge to the best of their abilities, both individually and as members of a team, in order to maximize their enjoyment of the game.

Section 3: Coach and Parent Code of Conduct

Coach's Code

- Enthusiastically support and practice the "Everyone Plays" and "Positive Coaching" Philosophies of AYSO.
- Be reasonable in your demands on the young player's time, energy, enthusiasm, and their performance on the soccer field.
- Impress on your players that they must abide by the rules of the game at all times.
- Develop team respect for the ability of opponents and for the judgment of referees and opposing coaches.
- 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.
- Set a good example and be generous with your praise when it is deserved. Children need a coach they can respect.
- Keep informed about sound principles of coaching, growth, and development principles relating to children.
- Enlist the support of your team's parents in your efforts to instill the proper attitudes and values in the players.
- Check equipment and facilities that you use. They should meet safety standards and be appropriate for the age and ability of your players.
- Follow the advice of a physician when determining when an injured child is ready to play again.

Parent's Code*

- Have Fun! Remember the game is for the children.
- Be on time to practices and games
- If you leave the park during practices or games be on time for pick up.
- Stay off the field during game time. This is a law of the game.
- Everyone plays at least half a game.
- Loud criticism is not part of AYSO.
- Use only positive comments.
- Games can end in a tie.
- Remember all Referees, Coaches, and administrators are volunteers.
- Volunteer for something, anything!

*Coaches are responsible for sharing this Parent's Code with their families.

Section 4: Coach's Code of Conduct

COACH'S CONDUCT PLEDGE

I understand and agree:

- That being selected to be a coach of AYSO Region 58 is a privilege not a right.
- Once I accept to be a coach of AYSO Region 58, I automatically understand and agree to follow and uphold the coach's pledge.
- That I have been entrusted with a responsibility to conduct all of my coaching activities to accomplish the six (6) Philosophies of AYSO which are Everyone Plays, Balanced Teams, Open Enrollment, Good Sportsmanship, Positive Coaching and Player Development.
- That in all of my coaching activities, I must maintain a safe, fun, fair and positive environment with the primary objective of youth development.
- That it is my responsibility to train and coach my team to the best of my ability and their mental and physical well-being is my top priority.
- That it is my responsibility to insure that all players on my team and in attendance at an AYSO game shall play a minimum of 3/4 of a game for U5, U6, U7, U8, U10, U12, & U14 divisions; and will follow Area guidelines for U16 & U19 games.
- That I will not consume alcoholic beverages and/or tobacco products nor be under the influence of alcohol or illegal drugs during AYSO practice or games, or in the immediate vicinity of an AYSO game.
- That I will not allow a player to participate in practice without appropriate shin guards.
- That I will not allow a player to participate in practice or game wearing a cast, splint or jewelry of any kind including but not limited to pierced earrings.
- That the coaches sideline participation during an AYSO game is limited to a maximum of one head coach and 1 assistant coach. That all coaches' participation will be positive, instructional and encouraging. That all coaches shall remain in the technical area and will remind non coaches that their role is to cheer for the team.
- That any negative comments made by myself or others directed at or concerning any players relating to their participation in AYSO is detrimental to the primary objectives of AYSO and is not safe, fun, fair, or positive for the players. Accordingly, I pledge to refrain from making any such negative comments and will instruct others to do likewise.
- That because I may be perceived by players, parents, and others as a representative of AYSO and Region 58, any negative comments or complaints that I make directed at or concerning a referee is disruptive to the game, is harmful to the AYSO program and undermines the authority of the referee. Accordingly, I pledge to refrain from making or causing any negative comments or complaints concerning a referee before, during or after a game.
- That I have the right to submit comments, concerns, or complaints of referee behavior. I will make such comments to my Division Coordinator, the Regional Coach Administrator, or Regional Referee Administrator.
- That Region 58 has adopted a "zero tolerance policy" toward any verbal harassment and/or violence toward referees, board members, coaches, parents, players and participants. I have reviewed and agree with this policy. I understand and agree that if I violate this policy I am subject to ejection from games and thereafter further suspension from coaching, attending subsequent games and/or removal from the region.

I agree to the foregoing and acknowledge that I have read & understand the Coach's Manual,

Signed _____ Print Name _____

Date _____ Division _____

Section 5: Season Calendar

August 14	12U Coach Course at North Valley**
August 20	6U, 8U and 10U Coach Courses at North Valley**
August 22	Mandatory Coach Meeting for Instructional Divisions (6U, 7U, 8U)
August 25	Mandatory Coach Meeting for Competitive Divisions (10U, 12U, 14U)
August 26	Regional Referee Training Course at VNSO**
August 28	Live Scan Event at VNSO
	Pick up uniforms and supplies at VNSO (tentative)
September 10	Saturday Games at VNSO Park - Week 1
September 17	Saturday Games at VNSO Park - Week 2
September 24	Saturday Games at VNSO Park - Week 3
October 1	PICTURE DAY and Saturday Games at VNSO Park - Week 4
October 8	Saturday Games at VNSO Park - Week 5
October 15	Saturday Games at VNSO Park - Week 6
October 22	Saturday Games at VNSO Park - Week 7
October 29	SILENT SATURDAY and Saturday Games at VNSO Park - Week 8
November 5	Saturday Games at VNSO Park - Week 9
November 12	Saturday Games at VNSO Park - Week 10
November 19	Region Playoffs and Friendlies at VNSO Park - Week 11*
November 26	No Games
December 3	Region Playoffs 10U-14U at VNSO Park
December 10-11	Area 10V League Playoffs 12U & 14U (TBD)
December 17-18	Area 10V League Playoffs 10U and Finals (TBD)
January 14-15	Area 10V All Star Playoffs 12U & 14U (TBD)
January 21-22	Area 10V All Star Playoffs 10U & Finals (TBD)
February 18-19	Section 10 League Invitational 10U-14U (Bakersfield)
March 4-5	Section 10 All Star Invitational 10U-14U (Bakersfield)

*Last week of games for Instructional Divisions 6U, 7U, and 8U

**Pre Registration required. Enroll through AYSOU on www.ayso58.org account.

All games are tentative and subject to change. Season make-up games TBD by RC or AD.

16U/19U games are played on Saturday nights or Sunday. Season will end before HS seasons start. See Area 10V calendar for more information.

Section 6: Board Member Contacts

The following is a list of board members that you may need to contact during the season. As a coach, your first point of contact will be your Division Coordinator. Next would be the Regional Coach Administrator (RCA) and Assistant Commissioner of Competitive or Instructional Divisions. Referee matters can be addressed to the Regional Referee Administrator (RRA).

Note: If you obtain phone numbers, please keep them private.

Position	Name	Email
Commissioner	Sara Zaldivar	commissioner@ayso58.org
Asst. Comm. Competitive Divisions	Lori Schlaifer	asstcomm.compete@ayso58.org
Asst. Comm. Instructional Divisions	Gary Teague	asstcomm.instruct@ayso58.org
Coach Administrator	Sheldon Costin	coachadmin@ayso58.org
Referee Administrator	Jason Hudson	refadmin@ayso58.org
Child & Volunteer Protection Advocate (CVPA)	Jay Spillane	cvpa@ayso58.org
Safety Director	Sasha Saldana	safetydirector@ayso58.org
Conflict Resolution	Richard Valdez	realtorvaldez@gmail.com
Competitive Division Coordinators		
16U & 19U Division Coordinator	Sheldon Costin	16U19UDivMgr@ayso58.org
14UG Division Coordinator	Marcus Charuvastra	14UGDivMgr@ayso58.org
14UB Division Coordinator	Mike Rudin	14UBDivMgr@ayso58.org
12UG Division Coordinator	Jay Spillane	12UGDivMgr@ayso58.org
12UB Division Coordinator	Craig McKenna	12UBDivMgr@ayso58.org
10UG Division Coordinator	Ryan Edwards	10UGDivMgr@ayso58.org
10UB Division Coordinator	Alex Kasendorf	10UBDivMgr@ayso58.org
Instructional Division Coordinator		
08UG Division Coordinator	Jay Spillane	08UGDivMgr@ayso58.org
08UB Division Coordinator	OPEN	08UBDivMgr@ayso58.org
07UG Division Coordinator	Kevin Crosby	07UGDivMgr@ayso58.org
07UB Division Coordinator	Colin Sweeney	07UBDivMgr@ayso58.org
06UG Division Coordinator	Chris Pauley	06UGDivMgr@ayso58.org
06UB Division Coordinator	Chris Pauley	06UBDivMgr@ayso58.org
05U Division Coordinator "Jamboree"	Chris Davidson	05UDivMgr@ayso58.org
04U Division Coordinator "Playground"	Chris Davidson	05UDivMgr@ayso58.org

Section 7: First Team Meeting

Outline for First Team Meeting

1. Introduction of coach & any other volunteers associated with the team (assistant coach, team parent, etc) and share official Region team number and name.
2. Goals and Objectives of a Successful Year
 - a. Everyone Plays (3/4 of a game)
 - b. Positive Coaching and Feedback
 - c. Good Sportsmanship
 - d. Skill Development
 - e. Understanding of Teamwork
 - f. Have Fun!
3. What do I need to play?
 - a. Shoes: soccer shoes suggested, not required. Tennis shoes ok. No toe cleats.
 - b. Shin Guards: provide a reasonable degree of protection and covered by socks
 - c. Ball: Size 3: 5U, 6U, 8U; Size 4: 10U, 12U; Size 5: 14U, 16U, 19U - put name on ball
 - d. Water bottle: put name on it
4. Division Rules; see [Section 8](#); go over
5. Required Team Volunteers
 - a. Assistant coach: each team should have one and be certified.
 - b. Referee: on the average the region needs two referees for every team in 10U, 12U and 14U.
 - c. Team Manager, can be shared: coordinates snacks (after game), picture day, messages for events/parties, final team party
 - d. Division Day: Divisions are assigned specific Saturdays and required to provide volunteers, anyone can volunteer on any other Saturday
6. Season Calendar: share with parents
7. Reminder for the Players
 - a. Be on time for practices and games (minimum 30 minutes before game time)
 - b. Bring a ball, water, and anything else needed to all practices and games
 - c. Wear shin guards and soccer shoes (or tennis shoes) to practices and games
 - d. Label anything your kids can leave behind!
 - e. Be in uniform for games: jersey, shorts, socks and shin guards
8. Reminder for the Parents when at VNSO park. We are guests at their fields. They and AYSO have some rules that we all need to respect
 - a. No smoking, No Alcohol, **No dogs** (except guide dogs).
 - b. We must leave the grounds and bathrooms clean when we are done.
 - c. Respect the neighbors. Park only in designated areas. Do not block driveways!
9. Practice and Game times: keep within bounds of our permits
10. Uniforms
 - a. Uniforms are not to be worn to practices, only to games
 - b. Team names and player names are not to be put on the uniform
 - c. The uniform is yours to keep after the season

Section 8: Division Rules

Division Rules Summary

5U-19U

AYSO is a participation league. Our National by-laws require a minimum of 2 quarters play per player per game. The by-laws for Section 10, Area V and Region 58 require a minimum of 3-quarters play per player per game with the following exceptions: A player who arrives during the first quarter of the game is guaranteed 2 quarters of play, a player who arrives during the second quarter is guaranteed 1 quarter of play. A player may lose playing time by leaving the game early.

Home team uses the North or West side of the grass fields. On the T2 and T3 fields, the home team uses the North or West bleachers when available. The Home team is responsible for providing 3 appropriately sized, well-maintained game balls for their match.

For 10U-19U, playing time is tracked on the game card and is used as the formal record of playing time. A line drawn through the player's name indicates that the player was absent the entire game. An "X" indicates that a player started the quarter sitting out. A "G" indicates that the player was goalkeeper at the start of the quarter. An "I" indicates that the player started the quarter by sitting out due to illness or injury (this is an exception to the 3/4 play rule). These marks are not changed during the quarter to reflect changes made due to injury.

6U

- 4v4
- The sessions will begin on time with a 20 minute practice session for drills and skills
- The game will be 20 minutes – 4v4 game (played in two halves of 10 minutes each with a short break at the quarter to make substitutions and get a quick drink)
- 5 minute half time and 2 minutes to make changes between quarters
- No direct kicks – keep the ball moving and kids playing
- No penalty kicks
- No throw-ins – the ball is placed on the line and the ball is put into play with Kick-ins
- No offside
- In 6U, the coach or assistant coach from each team are allowed on the field to assist the players.
- No keeping score and no standings are kept
- Children of this age are just learning how to play with other children their own age. This is an age of rapid learning and growth for them; don't be too strict on how soccer is to be played. There is a lot of time left for them to learn the specifics of the game. Now is the time to teach our children to have fun, love the game, and to respect others. Let them play with minimum interruption.

Division Rules Summary Continued...

7U

- 4v4
- No goalkeeper
- NO HEADING THE BALL – cannot be taught at all and is not allowed during the game
- No throw-ins – the ball is placed on the line and the ball is put into play with kick-ins
- ONLY INDIRECT FREE KICKS FOR FOULS, taken from where the infraction occurred
- No penalty kicks
- No offside
- Coaches are not allowed on the field during the game, and must stay on their side of the field.
- Games shall consist of two 20-minute halves. Each half shall be split into two 10-minute quarters
Players must stay on the field during quarter break unless they are being substituted out
- If a youth or adult referee is not assigned, the game shall be officiated by the coach or registered volunteer designee of the “Home” Team
- No standings are kept

8U

- 5v5
- No goalkeeper
- NO HEADING THE BALL – cannot be taught at all and is not allowed during the game
- ONLY INDIRECT FREE KICKS FOR FOULS, taken from where the infraction occurred
- No penalty kicks
- No offside
- Coaches are not allowed on the field during the game, and must stay on their side of the field.
- Games shall consist of two 20-minute halves. Each half shall be split into two 10-minute quarters
Players must stay on the field during quarter break unless they are being substituted out
- If a youth or adult referee is not assigned, the game shall be officiated by the coach or registered volunteer designee of the “Home” Team
- No standings are kept

10U

- 7v7
- Goalkeepers may play 2/4 of the game in goal
- Coaches must stay on their side and restrict themselves to the technical area (10 yards either side of the mid field line)
- Game time is two 25-minute halves with one water break during each half and at least a 5-minute half time
- Players must stay on the field during water breaks

Division Rules Summary Continued...

- Game is forfeited if a team has fewer than 5 players; teams should then balance players and play a "for fun" game so that all players get to play a game
- NO HEADING THE BALL – cannot be taught at all and is not allowed during the game
- BUILD-OUT LINES (BOL) – will be marked with Orange line
- No Punting - Keepers cannot punt the ball (includes half volleys) – must throw, roll out, or pass the ball
- All other soccer rules apply

12U

- 9v9
- Coaches must stay on their side and restrict themselves to the technical area (10 yards either side of the mid field line)
- Game time is two 25-minute halves with one water break during each half and at least a 5-minute half time
- Goalkeepers may play 3/4 of the game in goal
- Players must stay on the field during water breaks
- Game is forfeited if a team has fewer than 7 players; teams should then balance players and play a "for fun" game so that all players get to play a game
- NO HEADING THE BALL – cannot be taught at all and is not allowed during the game
- All other soccer rules apply
- Teams may have to travel to other regions in Area V for games

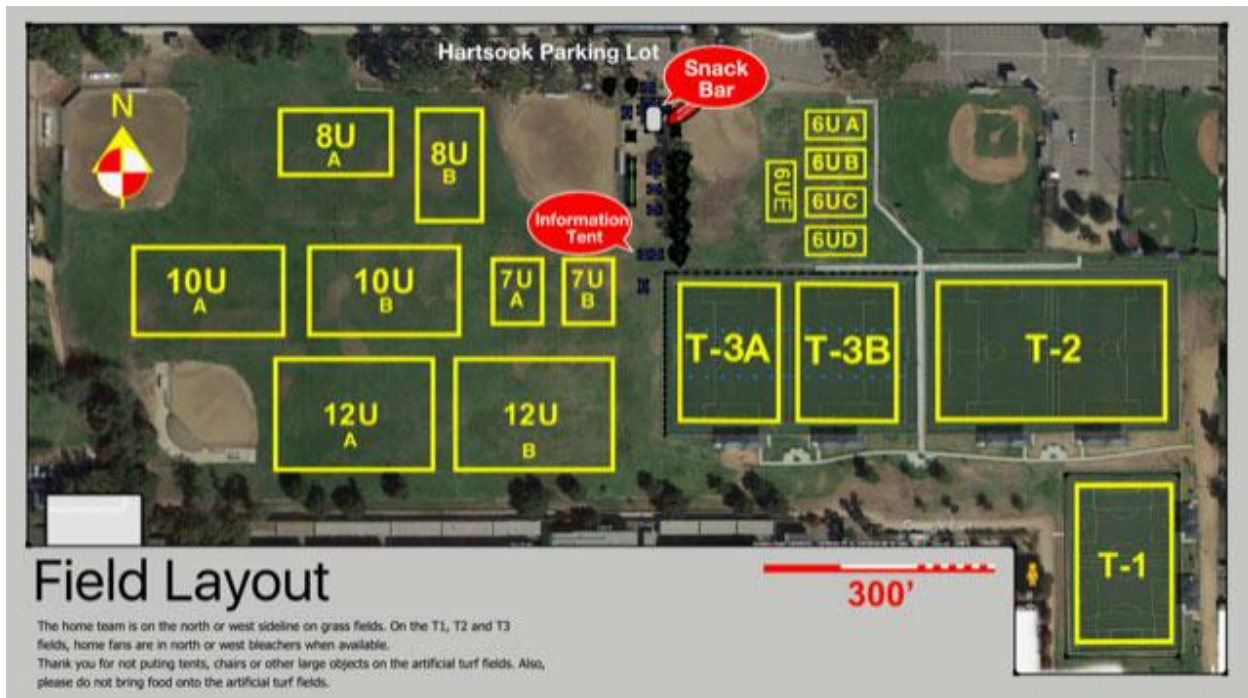
14U

- 11v11
- Coaches must stay on their side and restrict themselves to the technical area (3 feet from either side of the mid field line and going 10 yards)
- Game time is two 30-minute halves with one water break during each half and at least a 5-minute half time
- Goalkeepers may play 4 quarters of the game in goal
- Players must stay on the field during water breaks
- Game is forfeited if a team has fewer than 7 players; teams should then balance players and play a "for fun" game so that all players get to play a game
- All other soccer rules apply
- Teams may have to travel to other regions in Area V for games

16U and 19U

- Teams in these divisions participate in play organized at the Area level and the rules of the games are coordinated by Area.

Section 9: Field Map, Permits, and Practice Requirements



Permits

- Permits for the grass are Monday thru Friday, 4:30-7:30pm and begin August 15th.
- There are no lights on the grass.
- You are welcome to practice on the Hazeltine grass but we do not have permits and you may be asked to move to accommodate someone with permits.
- Permits for the turf are Monday thru Friday, 4:30-7:30pm and begin August 15th.
- There are lights for the turf and they will come on as needed later in the season.

Practice Requirements

- 6U, 7U, and 8U will practice on the grass.
- 10U is allowed to practice on turf field T-3 or the grass.
- 12U is allowed to practice on turf field T-3 but are recommended to practice on the grass.
- 14U is allowed to practice on turf field T-2 or the grass.
- 16U will practice on turf field T-2.
- 19U will practice on turf field T-2.
- 12U and upper divisions practicing on the grass must be mindful of the lower divisions also practicing on the grass.
- Practice times for the turf should be 4:30-6:00pm or 6:00-7:30pm to accommodate the most teams.
- Warm-ups can be completed on the grass prior to moving to the turf.

Section 10: Referee Points, First Place Determination and Region 58 Playoffs

Participating divisions

The non-competitive divisions do not identify a first place team. These divisions are 5U, 6U, 7U, 8U. The 16U and 19U divisions play under rules coordinated at the Area level.

All competitive divisions, 10U through 14U, shall use a combination of referee points and in region win-loss-tie record to determine playoff qualification and first place teams.

Referee points given to teams

Referee points will be awarded to teams as outlined in the Region 58 Referee Point Policy found on www.ayso58.org.

Standings Points

3 points	Win
1 points	Tie
0 points	Loss

To qualify for playoffs

First and foremost, a team must be in good standing. Teams that accumulate an excessive number of ejections (players, coaches, parents) or have a pattern of poor sportsmanship are not considered to be in good standing. Additionally, the severity of any one person's single action could cause the team to fall out of good standing with the region. Any team that is in danger of missing the playoffs due to behavior issues will be informed.

The coach of the team must be certified at the appropriate level for their team. The teams must accumulate the correct amount of Referee points as outlined in the Referee Point Policy. The tie-breakers for teams tied in the standings are: 1) Head to Head, 2) Most wins, 3) Least goals against, 4) Goals for, 5) Shots from the mark.

All teams that meet the above requirements qualify for the region playoffs. Of the teams that qualify, the team with the best win-loss record shall be declared the first place team.

The 10U Division shall automatically send the first place team, by season standings, in the boys and girls division to the Area 10V Playoffs. A second 10U team from the boys and girls division shall also be sent to the Area 10V playoffs and that second team shall be the first place finisher of the Region 58 playoffs.

The 12U and 14U shall send one team from each of the boys and girls divisions to the Area 10V playoffs. The teams shall be the first place finishers of the Region 58 playoffs.

If our region is awarded a wild card for another team in any division, that team shall be the second place finisher from the Region 58 Playoffs. The intent of this is to reward teams that focused on player development. The board shall determine the format of the playoff based on the number of teams that qualify for the region playoffs and the number of teams to be sent to the Area 10V Playoffs.

Teams must remain in good standing during the Region playoffs. Teams (players, coaches, & parents) that exhibit poor sportsmanship or that violate any Region Policies during the Region Playoffs may not be allowed to attend the Area 10V Playoffs. All Teams earning the opportunity to play in the Area 10V playoffs need to be approved by the Region 58 Regional Commissioner or Designee.

Section 11: Volunteer Points

1. Each team, in every Division, must earn a minimum of 12 volunteer points during the regular season.
2. All volunteers must meet AYSO volunteer requirements.
3. No points will be awarded to volunteers who have not registered as an AYSO volunteer.
4. A volunteer can earn 1 point for each team they are associated with.
5. Volunteer points cannot be donated.
6. It is the responsibility of each team to report all volunteer hours.
7. It is the responsibility of the coach and/or team parent to make sure all volunteer shifts are filled on their respective Division Days.

Earning Volunteer Points

Volunteer points may be earned through a combination of the following activities:

1 point for a single two-hour Saturday shift in the following areas:

Field Set Up

Info Table

Snack Bar/Concessions

Field Monitor

Field Take Down

1 point for a single two-hour Picture Day shift

Section 12: Required Volunteer Contact Information

Fill out and email to your Division Coordinator.

Division: _____

Coach: _____

Assistant Coach

Full Name: _____

Email Address: _____

Phone: _____

Registered As a Volunteer? YES / NO

Team Parent/Manager

Full Name: _____

Email Address: _____

Phone: _____

Registered As a Volunteer? YES / NO

Competitive Divisions (10U-14U)

Referee 1

Full Name: _____

Email Address: _____

Phone: _____

Registered As a Volunteer? YES / NO

Referee 2

Full Name: _____

Email Address: _____

Phone: _____

Registered As a Volunteer? YES / NO

Section 13: Coach's Checklist for Game Day

- Check in with the Info Tent at least 30 minutes prior to game
- Collect Game Card from Info Tent
 - You must fill out the first Game Card by handwriting your players in numerical order.
 - Game Cards will be preprinted for the remainder of the games.
 - Take note if you are the first game or last game of the day. You will need to help set up or take down goals.
- AYSO Player Registration Forms with eSignatures.
- Home Team must provide 3 appropriately sized, well-maintained game balls for the match