



Evanston AYSO Soccer

<https://www.evanstonsoccer.org>

Key Reminders for Coaching 10U

- Games START at the time listed on the website. This is important to keep on schedule and help families with multiple kids make their games. Coaches and players need to arrive 15-20 minutes early to warm up and get ready to play.
- Ask all parents to download the GameChanger app and use it by Saturday to let you know whether their child is coming. This will help you plan and balance playing time.
- If one team doesn't have enough players (or you have many substitutes and they have none), please lend players/mix teams as needed. Players should have both uniforms, and you have pinnies.
- Ask parents and other spectators to sit separately from you and your players. Involve parents as needed for injuries or managing player behavior.
- Please introduce positions at this age. Two easy formation options are:
 - 3 offensive players and 3 defensive players (generally, or with left/center/right designations)
 - 2 offense, 2 midfield, 2 defense (generally, or with left/right designations)
- If you need support managing persistent player behavior issues or significant incidents, email coach@evanstonsoccer.org or commissioner@evanstonsoccer.org
- Please let us know about problems or concerns before they escalate! via coach@evanstonsoccer.org and commissioner@evanstonsoccer.org

Game Management:

- Games are 7v7 including goalies. Make sure you're using a size 4 ball. Switch sides at half time.
- Play 25 minute halves with very brief quarter breaks for substitutions (at 12.5 minutes). Please time the halves/quarters and keep the game on schedule.
- Substitute at the quarter breaks **only** except for injuries. This helps players build endurance and continuity of play.
- Everyone plays half of each game; all players should play 3 quarters before anyone plays 4. Aim to balance total quarters played across games.
- Referees:
 - If there's a certified referee, they are the referee.
 - If there's no referee, choose 1 or 2 coaches to referee. Coaches who are acting as referees should not be coaching from the field - only instruct players in the rules as needed.
 - Other coaches are not allowed on the field during the game.
- Keep any directions to players during play short and minimal. You should not be directing every move - let them play. Coach during breaks and practice.
- Rule reminders:
 - Goalies may throw or roll the ball, or drop it to the ground and play it with their feet; no punts.
 - All players take a turn at goalie; no one plays more than 2 quarters in goal per game.
 - Non-kicking team must be behind the build-out line for goal kicks
 - Offside is based on the build-out line; if there's not one marked on the field, mark it with cones.
 - Kick-off can be in any direction; first player to kick the ball can only touch it once.
- If teams are clearly unbalanced in skill or the score becomes very uneven, see the laminated cheatsheet for options and strategies.