

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®

Our program's goal is for kids to play soccer so we mandate that every player on every team must play at least 50 percent of every game. 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.

Open Registration

Our program is open to all children 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 they 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.

*In addition please read AYSO policies and procedures listed on www.ayso1508.com

Coaching the AYSO Way

Thank you for being a Coach. Without you gameplay isn't possible. As an AYSO Coach you are helping players develop not only as athletes, but also a good person in general. Your weekly interaction with your players will leave a tremendous mark on them. AYSO, parents, and players put our trust in our coaches to guide children through their journey. On the field you are the face of AYSO1508.

AYSO1508 has these expectations of our coaches:

1. Positive coaching- No negative comments on the field.
2. Everyone plays at least 50% of the game.
3. No yelling/arguing with referees. They are volunteers also and sometimes see things coaches do not.
4. No one can run a practice or game unless they have completed an AYSO volunteer form and required training and certification.
5. Maintain control of the sidelines-parents and spectators are the coach's responsibility. They must follow the same rules as our coaches regarding good sportsmanship.
6. Have a team parent meeting and explain expectations on the field.
7. Communication with other team is limited to compliments.
8. Teach the basics. You will have kids that have played before and some that haven't. AYSO allows any child to play ages 4-19.
9. Remember it is not about the win. AYSO is about having fun, developing as an athlete, and creating friendships
10. Thank you again for Volunteering. Have fun on the field!

* At the end of every season we will handing out parent surveys to see how we can improve as coaches, referees, and a region.

AYSO COACH TRAINING MATRIX

TRAINING	TIME COMMITMENT	BRIEF DESCRIPTION	DESIGNED FOR
ANNUAL COACH MEETING	1-3 hours	<i>Informative meeting to familiarize volunteers with coaching requirements</i>	<i>All Head Coaches in the region (Required every year)</i>
TEAM AND GAME MANAGEMENT COURSE	2 hours	<i>Hands-on instruction to Manage Team and Fields for Game Days</i>	<i>All Head Coaches in the region (Required 1 time in 6U/8U and 1 time in 10U+)</i>
SAFE HAVEN CERTIFICATION	45 min. Available Online	<i>Course covers child protection issues and volunteer protection</i>	<i>All coaches and assistant coaches in the region (Update required every 2 years)</i>
CDC CONCUSSION TRAINING	45 min. Available Online	<i>Course covers concussion safety and awareness in youth athletes</i>	<i>All coaches and assistant coaches in the region (Required once)</i>
6U COACH COURSE	2 hours	<i>Course covers skills to be taught at the 6U level and the benefits of short-sided play</i>	<i>All 6U Head Coaches & Assistant Coaches (Required once)</i>
8U COACH COURSE	3 hours	<i>Course covers skills to be taught at the 8U level and the benefits of short-sided play</i>	<i>All 8U Head Coaches & Assistant Coaches (Required once)</i>
10U COACH COURSE	4 hours	<i>Course covers skills to be taught at the 10U level and the benefits of short-sided play</i>	<i>All 10U Head Coaches & Assistant Coaches (Required once)</i>
12U COACH COURSE	5 hours	<i>Course focuses on techniques of soccer, rules of the game and beginning tactics.</i>	<i>All 12U Head Coaches & Assistant Coaches (Required once)</i>
INTERMEDIATE COACH COURSE (Given by Area Staff)	15 hours	<i>Course focuses on tactical situations and set pieces</i>	<i>All 14U Head Coaches & Assistant Coaches Prerequisite: 12U Coach (Required once)</i>
ADVANCED COACH COURSE (Given by Area Staff)	18 hours	<i>Course focuses on tactical situations and advanced tactics</i>	<i>All 16U/19U Head Coaches & Assistant Coaches Prerequisite: INT Coach (Required once)</i>
NATIONAL COACH COURSE (Given by National Coach Staff)	56 hours	<i>Coach training for the most advanced levels of play</i>	<i>Advanced Coaching Course graduates with authorization</i>

So if I'm the coach...

what do I do to get started ?

YOU'RE THE COACH - NOW WHAT?

- A... make team roster
- B... look for medical conditions ie ASTHMA or FOOD ALLERGIES
Note food allergies on roster to parents
- C... contact team ASAP!!!! set up parents meeting 15-20 min.
- D... parent meeting :
 - 1... introduction of coach (if new let them know - someone will help)
 - 2... have an idea of practice schedules - adjustments might be req'd
1 practice good, 2 better
 - 3... practice equip. req'd - shin guards - ball - water not juice
 - 4... YOU'RE the coach but need help with:
volunteer for snack schedule (keep in mind food allergies)
Make team banner (home made give it a PERSONAL touch).
Contact and invite sponsor to games & party
 - 5... drop-off/pick-up ... Parents need to be on time!
 - 6... at games, parents don't coach
- E... you (the Coach) are responsible for your parents actions.
- F... complaints : if you have a complaint about a parent or player and you need help,
let us know !
- G... WE WILL REPLACE A COACH if:
Comments from parents...
Comments from other coaches...
Comments from referees

PRACTICES

- A... warm ups for them AND YOU!
Circle - while stretching, it's a good time to discuss birthdays or school. Once the season starts it's a good time to discuss last Saturday's game. The Good, Bad, Ugly.
- B... develop skills
See "Our Goals for the Year"
- C... finish w/ scrimmage
- D... HAVE FUN

GAME DAY

- A... emphasize promptness
- B... each child plays ½ game
- C... rotate fairly
- D... ½ time snacks
- E... don't run up score
- F... don't yell instructions, they wont hear you....let them play
- G... Turn in "Game Report" sheet after your game is done and over.

KEEP IN MIND

- A... keep fields clean
- B... be respectful to referees

Six tips for parents to ensure a positive soccer experience for players

1. Avoid 'coaching' from the sideline while watching your child's game

A common problem in youth soccer is the impulse parents have to shout instructions to their young player from the sideline. It's especially difficult for a child because he or she has a tendency to refer to what a parent says, which often conflicts with the instruction from the coach.

2. Do not criticize the referee

Spectators should realize that referees are people and will make mistakes — even those officiating at the highest levels of play. When parents go after a referee for what they perceive as a mistake, it begins to make the game about the adults rather than the kids.

3. Focus on the benefits of the game rather than the score

Often times parents worry about the numbers formed by illuminated lights on a scoreboard rather than the experience their child has while playing youth sports. While it's natural for everyone to want to win, parents need to keep focus on the larger picture.

4. Think when interacting with opposing fans

Parents should be able to go and enjoy their child's experience without having any confrontation. Good sportsmanship includes all teams, all players, all parents, all the time. When on the field, you're not just representing the team, you're representing your child. If you are not displaying good sportsmanship ask yourself, would you allow your child to act like this?

5. Don't stress out over the game

Do you find yourself pacing up and down the sideline? Do you anxiously follow the action as it unfolds on the field? Stop it. Breathe. Just calm down. Enjoy it, remember, it's not your game. Look at your child. Is he or she having fun? Is your child active, enjoying the social nature of the game and is your child gaining as much out of this experience as he can?

6. Save issues with the coach for the next day

Perhaps you find that you don't agree with how much your child played in a game or another decision the coach made during the match. It's important to take some time to think about it rather than confronting the coach in front of your child and the team.

Soccer is about the kids and remember:

They Play, We Coach, You Cheer, We all win!

Zero Tolerance

All individuals responsible for a team (Coaches, Assistant Coaches and Team Parents) and all spectators shall support the referee. Failure to do so will undermine the referee's authority and has the potential of creating a hostile environment for the players, the referee, and all the other participants and spectators.

Consequently, French Valley AYSO1508 has adopted and modified the following rules:

1. No one, except the players, are to speak to the referee during or after the game. Exceptions: Coaches may ask questions before the game, point out emergencies during the game, or respond to the referee if addressed by the referee.
2. **Absolutely No Disputing Calls**, during or after the game, **No remarks** to the referee to watch certain players or attend to rough play. **NO YELLING** at the referee, **EVER**, and no criticism, sarcasm, harassment, intimidation, or feedback of any kind during or after the game.
3. Violators may be ejected and are subject to disciplinary action by the French Valley AYSO1508 Regional Board.

If coaches or spectators have questions regarding particular calls, rules, or a referee, or wish to give feedback regarding a referee, please contact the referee administrator or board member at the tent on the game day.

Player Injury Policy

If a player who has suffered an illness or injury on or off the field that required the care of a physician or a visit to a medical care facility a Participation Release form must be completed by the parent and a physicians release must be attached for players to return to practices or games.

When a player is injured at an AYSO event the coach should immediately forward a completed Incident Report to the Regional Safety Director.



SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs or symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

SIGNS OBSERVED

- Appears dazed or stunned
- Is Confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

SEEK IMMEDIATE MEDICAL ATTENTION FOR ANY OF THE FOLLOWING SYMPTOMS

- One pupil larger than the other
- Blurred vision or inability to wake up
- A headache that gets worse and won't go away
- Weakness, numbness or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Unusual behavior, confusion, restlessness or agitation
- Loss of consciousness

COACH ACTION PLAN

If you suspect that an athlete has a concussion, you should take the following four steps:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the CDC fact sheet for parents on concussion.
4. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says they are symptom-free and it's OK to return to play.

ADDITIONAL AYSO COACH PROCEDURES

5. Submit AYSO Incident Report to Safety Director
6. Refer parents to the AYSO/CDC Information sheet and SAI information available at AYSO.org
7. Obtain signed AYSO Participation Release from Parent/Guardian prior to return to play
8. Obtain a Medical Release if required by State Law
9. Give all signed forms to your AYSO Safety Director

AYSO REFEREE ACTION PLAN

During a game, if there is any reason to suspect a concussion:

1. Whistle to stop play immediately.
2. Call the coach onto the field.
3. If safe, have the player leave the field to be checked for signs /symptoms. If any sign/symptoms are observed, the player must not play for the remainder of the day.
4. If signs/symptoms are observed after the player returns to play, remove player from the game.
5. File a supplemental game report of the incident with the appropriate AYSO authority.

REMEMBER, WHEN IN DOUBT, SIT THEM OUT.

For more information and to order additional materials free-of-charge, visit

www.cdc.gov/Concussion



AMERICAN YOUTH SOCCER ORGANIZATION

National Office | 19750 S.Vermont Ave., Suite 200 | Torrance, CA 90502
(800) 872-2976 | www.AYSO.org

AYSO Concussion Release

This form is to be given to the medical provider of a player who exhibited signs or symptoms of a concussion and was evaluated by a medical professional. It is to be completed in full and signed and dated where indicated upon the player being cleared by a medical professional who has received training in the evaluation and management of concussions. When a player is away at an event or competition, a facsimile copy of the medical professional's signature is acceptable. The coach should immediately forward any completed form to the Regional Safety Director.

Print Player's Full Name

I hereby certify that the above named player has been released by me and cleared for full participation to play soccer in the AYSO program without restriction. I further certify that my training as a medical professional included the evaluation and management of concussions.

Print Medical Professional Full Name

Medical Professional Signature

Date

This Portion is for Regional Use Only

Region _____ Safety Director: _____

Received by AYSO Regional Safety Director:

Signature: _____ Date: _____



AYSO INCIDENT REPORT FORM

Complete this form for any of the following: (check type)

Injury/illness Threats Fights Property damage Calls to Police Other

Return **completed** form to the
Regional Commissioner,
Safety Director, Area Director,
or Tournament Director.

AFFECTED PARTY: <input type="checkbox"/> Player <input type="checkbox"/> Official <input type="checkbox"/> Coach <input type="checkbox"/> Spectator <input type="checkbox"/> Volunteer <input type="checkbox"/> Other		AYSO ID #	Region #
Last Name		First Name	MI
Address:		City:	State: Zip:
Does the injured person have other medical insurance? YES <input type="checkbox"/> NO <input type="checkbox"/>		If yes, please provide name of company and policy #:	
Birth date:		Phone:	

GUARDIAN/PARENT (if affected party is a minor):			
Last Name		First Name	
Address:		City:	
MI		Telephone Number:	
State:		Zip:	

INCIDENT INFO:	Date of Incident:	Age Division:	<input type="checkbox"/> Boys <input type="checkbox"/> Girls	Time of Incident:	AM / PM
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Tournament Name & Location (if applicable)		
Team Involved #1:	Coach Name:	Region #
Team Involved #2:	Coach Name:	Region #

FOR INJURIES: BODY PART INJURED			TYPE OF INJURY			FIELD SURFACE	LOCATION
<input type="checkbox"/> Ankle (L/R)	<input type="checkbox"/> Shoulder(L/R)	<input type="checkbox"/> Tooth	<input type="checkbox"/> Abrasion	<input type="checkbox"/> Dislocation	<input type="checkbox"/> Pain	<input type="checkbox"/> Dirt	<input type="checkbox"/> Before Competition/Event
<input type="checkbox"/> Knee (L/R)	<input type="checkbox"/> Wrist (L/R)	<input type="checkbox"/> Back	<input type="checkbox"/> Burn	<input type="checkbox"/> Foreign Body	<input type="checkbox"/> Seizures	<input type="checkbox"/> Grass	<input type="checkbox"/> During Competition/Event
<input type="checkbox"/> Leg	<input type="checkbox"/> Finger	<input type="checkbox"/> Neck	<input type="checkbox"/> Cardiac	<input type="checkbox"/> Fracture	<input type="checkbox"/> Sting/Bite	<input type="checkbox"/> Turf	<input type="checkbox"/> After Competition/Event
<input type="checkbox"/> Foot	<input type="checkbox"/> Eye (L/R)	<input type="checkbox"/> Internal	<input type="checkbox"/> Cold Injury	<input type="checkbox"/> Heat Exhaustion	<input type="checkbox"/> Strain	<input type="checkbox"/> Indoor	<input type="checkbox"/> Concession Area
<input type="checkbox"/> Toe	<input type="checkbox"/> Ear (L/R)	<input type="checkbox"/> No Injury	<input type="checkbox"/> Concussion	<input type="checkbox"/> Laceration	<input type="checkbox"/> Sprain		<input type="checkbox"/> Parking Lot
<input type="checkbox"/> Arm	<input type="checkbox"/> Nose	<input type="checkbox"/> Other	<input type="checkbox"/> Contusion	<input type="checkbox"/> Nausea			<input type="checkbox"/> Restrooms
<input type="checkbox"/> Hand	<input type="checkbox"/> Head						

CAUSE	OUTCOME	POLICE REPORT FILED?:
<input type="checkbox"/> Collision (participant/spectator) <input type="checkbox"/> Struck by falling/flying object <input type="checkbox"/> Struck by or fell into goal <input type="checkbox"/> Animal/Insect bite/sting <input type="checkbox"/> Slip/Fall <input type="checkbox"/> Assault/Sexual <input type="checkbox"/> Assault/Non-Sexual <input type="checkbox"/> Property Damage	No care given: <input type="checkbox"/> Not Needed <input type="checkbox"/> Patient Refused Released: <input type="checkbox"/> To Parent <input type="checkbox"/> To Personal Vehicle	Referral: <input type="checkbox"/> To Doctor <input type="checkbox"/> To Hospital/Clinic EMS transport: <input type="checkbox"/> Region Recommended <input type="checkbox"/> Patient/Parent Requested
		<input type="checkbox"/> Yes <input type="checkbox"/> No Report No: _____ Officer's Name & Contact No: _____

Describe how the incident, injury or property damage occurred: (use the backside or attach a separate sheet if necessary - may attach a copy of the Referee Game Misconduct Report)

WITNESS INFORMATION - Confidential		
Name	Address	Phone Number

Person/volunteer completing/submitting this form:			
Name:	Signature:	Ph: ()	
Position Title:	e-mail address:	Cell: ()	Date:
Regional Commissioner: print name	Signature:		Date:

AYSO Staff: Forward copy of completed form to AYSO, Attn: Risk Mgmt, 19750 S Vermont Ave, Suite 200, Torrance, CA 90502 or scan and email to riskmanagement@aysa.org.

Dehydration Safety

Heat Illnesses

Heat cramps, heat exhaustion, and heat stroke are all serious (in some cases fatal) heat-induced conditions. It is imperative for the safety of your players and volunteers that you and your coaches know how to identify and treat them.

Heat Cramps

When a body loses too much water and salt through sweat, muscles tend to cramp (particularly in the abdomen and legs). Players suffering from these painful "heat cramps" should:

- Rest in a shady spot.
- Sip one glass of cool water every 15 minutes until the pain relents.

If the player's parents are on hand, have them help by:

- Massaging the affected muscles.
- Applying cool, wet cloths to help relax the muscles.

Heat Exhaustion

Players with cool, moist, or flushed skin, heavy sweating, headache, nausea, dizziness, or muscle cramps may be experiencing heat exhaustion. This condition occurs when, because of high humidity or restrictive clothing, sweat is not properly evaporated and the body cannot cool down. To assist a player experiencing heat exhaustion:

- Have the player lie down in a shady spot and elevate his or her feet.
- Remove the child's shoes, shin guards, and socks.
- Apply cold packs to the armpit and scalp areas.
- Have the player drink water or an electrolyte solution.
- Dampen the player's skin with cool cloths.
- Fan the player to help evaporate excess sweat.

If the player's parents are on hand, have them:

- Remove the player's shirt.
- Apply cold packs to the groin area.

Heat Stroke

When a body completely loses the ability to cool itself, the internal temperature continues to rise resulting in heat stroke. If a player's temperature rises too quickly, brain damage and/or death may result. Players suffering from heat stroke may have hot, dry skin — those with fair complexions may appear red, while darker-skinned individuals may appear gray. Victims may also experience a very rapid pulse and extremely high body temperature. In some cases, victims of heat stroke may seem confused, unresponsive, or even suffer from seizures. Recovery from heatstroke depends on the amount of time it takes to return the body temperature to normal, so immediate medical attention is imperative.

If you suspect that a player is suffering from heat stroke:

- Call 911 immediately.
- Follow the recommended treatment for heat exhaustion.

- DO NOT attempt to give any liquids.
- Contact the player's parents.

Professional soccer players lose seven and a half pounds of sweat during a game. In order to avoid serious heat-induced conditions, players must drink enough fluids to replace that sweat. Every player should carry his or her own sports bottle to practice, and coaches need to stop for drink breaks every 15 minutes during the summer. Symptoms of dehydration may include:

- Dry lips and tongue.
- Sunken eyes.
- Dizziness or a loss of energy.

In addition to staying hydrated, wearing loose-fitting, lightweight clothing in light colors will help keep the body cool. Coaches must remember to conduct shorter, easier practices in the summer.



COACHING THE BASICS

Never forget - This is about the kids having fun kicking a ball with friends!

As a coach, in order of importance, you are:

- Teaching kids good sportsmanship towards all.
- Teaching players individual and team soccer skills.
- Competing to win.



Key Points to remember

- Model the behavior you want both your players and parents to follow.
- Win or lose, insist that your players, your parents, and all involved, demonstrate good sportsmanship at the end of a match.
- Be on time, Be prepared and Look the part for practices and games – wear your AYSO badge proudly!
- Communicate! Communicate! – practice times, game schedules, locations, and brief game summaries that highlight the positives.
- Never yell at or belittle a player! Keep it Positive, Instructional, and Encouraging.
- Normalize errors – mistakes are stepping stones to development, making them feel bad about them reverses that.



Key Points to remember (cont.)

- NEVER leave a player alone after a practice or a game.
- Let your players explore different positions on the pitch and teach the entire game, including throw-ins, set plays and goal kicks.
- Teach the kids to play the entire pitch (i.e.: a throw-in doesn't have to be down the touchline, the ball can be played forwards and backwards, switching play opens things up, etc.)



Use AYSO coaching tools

- Your age group AYSO coaching manual will give you age-appropriate activities and practices for your players.
- Contact your Region's coach mentors and use their experience to help you be a better coach.
- Attend Area/Region Coach Ed events, use The AYSO Coaching Manual platform and learn from your Region's professional coaching partners.

Additional Tips

- Take a referee class – it will make you a better coach.
- Get a parent to volunteer as a team parent to assist you with team notifications, gatherings, snacks, etc.



As a coach, measure how you did by two yardsticks:

(not team record)

1. Do your players want to come back and play next season?
2. Did your team, as individuals and as a team, improve during the season?



Goal Safety

NEVER allow anyone to climb on net or goal framework

Always instruct players on the safe handling of and dangers associated with moveable goals.

Check for structural integrity and proper hardware before every use. If unsafe contact your division coordinator immediately.

Always use caution when moving goals. Use adequate manpower to move goals.

Moveable goals should only be used on level surfaces.

Field Use

Only designated fields authorized by AYSO1508 may be used.

No Dogs on fields during any AYSO event (practices or games). Only exception is service animals.

If there is standing water on field practice should be cancelled or moved to another field. Please let your division coordinator to arrange another field.

If rain occurs it is the decision of Valley Wide Parks and Recreation to close the field. Unfortunately AYSO1508 does not make this decision. Valley Wide does not make that decision until late afternoon. Please have patience with us.

Playing the Game

Start of Play

To start the first and second halves and following each goal in all age-group games, play is started or restarted with a kick-off in the middle of the field. A coin toss is used to determine which team kicks off to start the game and the other team kicks off to start the second half. Following a goal the team scored upon kicks off.

Kick-off

The kick-off is taken from the center of the field with each team in their own half and the team not kicking off at least eight yards from the ball.

Ball In and Out of Play The ball is out of play in all age group games when it completely crosses the touch-line (side-line) or goal line (end line), either on the ground or in the air.

Method of Scoring A goal, in all age group games, is awarded when the ball completely crosses the goal line into the goal.

Fouls

For 10U and older games, all fouls identified in Law 12 apply. Although there is now the potential for more fouls, referees still try to only stop play for deliberate breaches of the Law that are not trifling (i.e. unimportant) or doubtful. The goal is to maximize playing time and minimize unneeded stoppages.

Misconducts

Misconduct should still be relatively rare in 10U games. Coaches at all levels of play have the option of calling players to the touchline to receive a few words of "positive instruction" concerning the player's behavior. A coach also has the option of telling a player to ask the referee for permission to leave the field and then, after getting the player under control, having the player request permission to reenter the game. The referee should permit these requests. However, substitution is not allowed for the player leaving the field in this situation.

Free Kicks

Free kicks, in 10U and older games, may be either direct (may score directly) or indirect (must be touched or played by another player before a goal can be scored). Opponents must be at least eight yards from the ball or on the goal line between the goal posts during free kicks in 10U games. Free kicks awarded the attacking team inside the defending team's goal area are to be taken from the nearest point on the goal area line parallel to the goal line. Refer to the Laws of the Game for further details.

Goalkeeper Punts

For 10U, the goalkeeper shall not punt the ball. An indirect kick will be awarded to the opposing team at the spot of the offense if a goalkeeper for 10U deliberately punts the ball during a match.

AYSO-1508: 8U Guidelines

1. THE FIELD

Dimensions: Maximum 50 yards long by 25 yards wide (150 ft x 75 ft)
Center circle with a six-yard radius in the center of the field. Corner arcs with a one-yard radius at each corner of the field. THE BALL Size three (3)

2. NUMBER OF PLAYERS PER TEAM

Maximum number of players on the field at any time: four (4);

***no goalkeeper**

Maximum number of players on roster: six (6)

Substitutions: Halfway through each period (quarter) and at halftime, NO FREE SUBSTITUTIONS, unless an injury has occurred.

Playing time: Minimum of 50% of the total playing time for each player and 75% when possible. No one should play four periods until everyone has played three quarters

1. DURATION OF GAME

Four 10 minute "quarters" Twenty minutes Half
Halftime breaks of five minutes

2. PLAYERS' EQUIPMENT

Footwear: Tennis shoes or soft-cleated soccer shoes

Shin guards: MANDATORY for both practices and games

3. THE START OF PLAY

No change from regular play except that opponents must be six (6) yards from the center mark while kick-off is in progress.

4. BALL IN AND OUT OF PLAY:

No change from regular play

5. METHOD OF SCORING

No change from regular play.

6. OFFSIDE

There should be no offside called

7. FOULS & MISCONDUCT

No change from regular play except: Direct free kick for all fouls, with the opponents six (6) yards away

8. FREE KICKS

All kicks are *direct* free kicks

Free kicks awarded the attacking team inside the defending team's goal area should be taken from the nearest point on the goal area line in front of the goal.

THROW-IN/DRIBBLE IN

CORNER KICK

No change from regular play, except that opponents must be eight (8) yards from the ball

- A goal kick or
- A throw-in or
- A corner kick
- The punishment for being offside is an indirect free kick for the opposing team
- The indirect free kick is taken from the location of the offside player
- The referee may or may not declare a violation of the Offside Law depending upon his judgment of the circumstances

Build-out Line

- The build-out line shall be placed across the field equidistant between the top of the penalty area and the halfway line.
- The opposing team must move behind the build-out line for a goal kick or when the goalkeeper has possession.
- The player taking the goal kick does not have to wait for opposing players to move behind the build-out line to put the ball into play. **The goal kick may be played to either side of the build-out line.** The ball is in play after the ball is kicked and clearly moves, after which the opposing team may cross the build-out line. If an opponent crosses the build out line before the ball is in play and interferes with the goal kick, the kick is retaken.
- The goal keeper in possession of the ball in their hands does not have to wait for the opposing players to move behind the build out line to release the ball. **The ball may be released to either side of the build out line,** after which the opposing team may cross the build out line. If an opponent crosses the build out line before the ball is released and interferes with play, an indirect free kick is awarded to the goal keepers team at the point where the opponent crossed the build out line.
- The build-out line in the opponents half of the field shall be used as the line to determine offside. Players cannot be penalized for an offside offense between the halfway line and that build-out line.
- A goalkeeper's six second limit to distribute the ball should start once the opposing team is behind the build-out line.

No Heading!

Consistent with the US Soccer mandates on heading the ball, heading is banned for all division players 11U (12U and below for programs without single age divisions) and below in both practices and matches. An indirect free kick will be awarded to the opposing team if a player age 10 or younger, deliberately touches the ball with his/her head during a match (taken from the place where the player touched the ball with his/her head).

An indirect free kick awarded to the attacking team inside the opposing team's goal area must be taken on the goal area line at the point nearest to where the goalkeeper punted the ball.

Penalty Kicks

Penalty kicks may be awarded in 10U and older games. A penalty kick results from a player committing one of the ten direct free kick fouls inside his/her own penalty area. The penalty kick is taken from the penalty mark with all other players outside the penalty area except for the opposing goalkeeper. Refer to the Laws of the Game for further details.

Throw-in

Second chances are not given for improper throw-ins for 10U and older players. An improper throw-in results in a throw-in for the opposing team. The referee, in an attempt to keep the game moving and to minimize unnecessary interruptions, must judge if indeed the throw-in violated the spirit of the throw-in Law, or if the violation was trifling and not worthy of stopping play.

Goal Kick

New in 2019 A goal kick is awarded to the opposing team, when the attacking team is last to touch the ball before it crosses the goal line but not scoring a goal. The goal kick may be taken from any point inside the goal area. **The ball is in play once the kick is taken; it can be played before leaving the penalty area.**

Corner Kick

A corner kick is awarded to the opposing team, when the defending team is last to touch the ball before it crosses the goal line but not scoring a goal. The opposing team must be at least 8-yards from the ball when the corner kick is taken in 10U games. Refer to the Laws of the Game for further details.

Offside

The offside Law applies in 10U and older games.

- A player is an offside position if he is **beyond the build-out line** nearer to the opponents' goal line than both the ball and the second to the last defender. Being in an offside position in itself is not an offense. A player is not in an offside position if:
 - He is in his own half of the field of play or
 - He is level with the second last opponent or
 - He is level with the last two opponents
- The player in an offside position is only penalized if, at the moment the ball is touched or played by a teammate, the referee considers him to be actively involved in the play by:
 - Interfering with play or
 - Interfering with an opponent or
 - Gaining an advantage from being in that position
- There is no offside offense if a player receives the ball directly from

Our Goals for the Year...

The U5 & U6 Player

These years are the first for many of our players. Their attention span is extremely small but they have tons of energy! Everyone needs to be involved with very little standing around time, i.e. waiting in line. Everything from stretching, to dribbling drills needs to be a "team" effort. "Beehive" Soccer is the norm! Where the ball is, there too you will find ALL the players, from BOTH teams.

Good technique starts at a very early age. If this is not established early, then coaches for years will have to undo bad habits. Dribbling and Throw-ins should be taught at each practice. Kicking with the side of the foot should be a part of EACH practice. While this will definitely not be readily accepted in their little minds, with time they will begin to get used to this form of kicking. Kicking with the toe's is perhaps the #1 "bad habits" that Coaches have to break in the future!

Practices, as well as game day should be an enjoyable experience for players as well as parents.

Items to Introduce and Learn :

Beginning Dribbling	Throw-ins
Kicking with side of foot	Have Fun!

The U7 Player

This player is starting to understand the game a little more. They want to please, and they want to win (for at least this moment). Their attention span is growing a little but they still don't like to stand in line (to much). Their energy level is still high so keep things moving. Everything from stretching, to dribbling drills needs to be a "team" effort. "Beehive" Soccer is still going to happen at the beginning of the season, but hopefully, by the end of the season, less and less of this will happen.

Dribbling and Throw-ins should be taught at each practice. Reinforce the kicking with the side of the foot at EACH practice. While some players will still not accept this in their little minds, with time they will begin to get used to this form of kicking. Again... kicking with the toe's is perhaps the #1 "bad habits" that Coaches have to break in the future! Remember, Good technique starts at a very early age. If this is not established early, then coaches for years will have to undo bad habits.

Practices, as well as game day should be an enjoyable experience for players as well as parents.

Items to Introduce and Learn :

Beginning Dribbling	Throw-ins
Kicking with side of foot	Trapping
Passing	Have Fun!

By end of season; "positions"

The U8 Player

This player is starting to understand the game a little more. They want to please and they want the ball as much as possible. The still aren't good about "sharing the ball". They like to be competitive in everything and they want to win. Their attention span is growing a little but they still don't like to stand in line. Their energy level is still high but manageable. They are starting to enjoy the game since they don't have to cover the WHOLE field by themselves. They are eager to learn new things, yet their motor skills aren't quite all there right now.

Dribbling, Kicking with the side of the foot, Throw-ins should be a part of each practice. While some players will still find it difficult to kick with the side of their foot, with time, it will get easier. Always remember that kicking with the toe's is perhaps the #1 "bad habits" that Coaches have to break in the future! Start trying to instill the kicking with BOTH feet. Learning positions will also be implemented at this time. Try players at ALL the positions! Rotate into the Goalie position! Always remember, Good technique starts at a very early age, but bad habits take years to undo.

Practices should be fun and challenging! Games should be just as much fun. Winning should not be the most important thing of the day. Good sportsmanship, and trying your best makes a winner.

Coaches need to remind the parents that they are the Coaches and NOT the parents. Coaches : "Coach" ; Parents: watch, cheer and encourage.

Items to Introduce and Learn :

Continue Dribbling	Throw-ins
Kicking with side of foot	Trapping
Passing	Kicking with BOTH feet
learn positions	Have fun

The U10 Player

This player is understand the game a little more. They want to please and they still want the ball as much as possible but are learning that "sharing the ball" is important. They like to be competitive and they want to win. They still lack fine motor skill, but have better developed muscular systems. Their movements are usually whole body actions, with little accuracy. They have short bursts of energy and enthusiasm. They are highly motivated and enthusiastic. They like to be active. There is a noticeable improvement in ball control. They are enjoying the game and they are learning to play different positions. They are learning to work as a "team". They are enjoying learning new kicks, traps, positions and formations.

Dribbling, Kicking with the side of the foot, Throw-ins should be a part of each practice. While some players will still find it difficult to kick with the side of their foot, it will get easier. Kicking with BOTH feet should be part of the normal skills practiced. Learning positions will also be implemented at this time. Passing into "space" is an important fundamental to start learning as well as "centering" the ball. Try players at ALL the positions! Rotate into the Goalie position! Always remember, Good technique starts at a very early age, but bad habits take years to undo.

Practices should be fun and challenging! Games should be just as much fun. Winning should not be the most important thing of the day. Good sportsmanship, and trying your best makes a winner.

Coaches need to remind the parents that they are the Coaches and NOT the parents. Coaches : "Coach" ; Parents: watch, cheer and encourage.

Items to Introduce and Learn :

Continue Dribbling	Throw-ins
Kicking with side of foot	Trapping
Passing	Kicking with BOTH feet
learn positions	Centering the ball
Passing into space	Have fun

The U12 Player

These players are better balanced physically and mentally than any other age group. Players are more motivated than ever to practice hard, especially when a game is organized in which they can demonstrate their abilities to their friends and opponents. They start to become less self-centered and more group-oriented. The group formulates its own rules and laws which the players have to learn to win their place in that group and build contacts. They have a greater sense of team loyalty. They are very competitive and the urge to achieve increases. They are eager to learn skills and are capable of learning new movements very quickly. They have no fear because they have not yet learned to think about the consequences of their actions. The basis for learning technical skills should already be in place and the emphasis is now on developing insight into the game.

Dribbling, Kicking with the side of both feet, Throw-ins, trapping, passing, heading should be a part of each practice. While some players will find it difficult to do some of these tasks, through practice and persistence, it will get easier. Passes rather than "just kicking" should be taught at this time. Passing into "space" is an important fundamental as well as "centering" the ball. Try players at ALL the positions! Rotate into the Goalie position! Always remember, Good technique starts at a very early age, but bad habits take years to undo.

Practices should be fun and challenging! Games should be just as much fun. Winning should not be the most important thing of the day. Good sportsmanship, and trying your best makes a winner.

Coaches need to remind the parents that they are the Coaches and NOT the parents. Coaches : "Coach" ; Parents: watch, cheer and encourage.

Items to Introduce and Learn :

Dribbling	Throw-ins
Kicking with side of both feet	Trapping
Passing	Kicking with BOTH feet
learn positions	Centering the ball
Passing into space	Heading
Have fun !!!	

The U14 Player

Players experience a marked period of physical change usually accompanied by mental unrest. Differences in rates of growth and differences in the age of onset accelerated growth, lead to wide variations in performance. Players become more aware of themselves as individuals and become more critical. This can result in conflicts, stubbornness, and less self control. Development of individual opinions. They have a tendency to form social groups. Increased capacity to read the game. Heading drills are taken more seriously. Improvements in defensive play are apparent. The roles and responsibilities assigned to a particular position become clearer.

Dribbling, Kicking with the side of both feet, Throw-ins, trapping, passing, heading should be a part of each practice. While some players will find it difficult to do some of these tasks, through practice and persistence, it will get easier. Passes rather than "just kicking" should be taught at this time. Passing into "space" is an important fundamental as well as "centering" the ball. Try players at ALL the positions! Rotate into the Goalie position! Always remember, Good technique starts at a very early age, but bad habits take years to undo.

Practices should be fun and challenging! Games should be just as much fun. Winning should not be the most important thing of the day. Good sportsmanship, and trying your best makes a winner.

Coaches need to remind the parents that they are the Coaches and NOT the parents. Coaches : "Coach" ; Parents: watch, cheer and encourage.

Items to Introduce and Learn :

Dribbling	Throw-ins
Kicking with side of both feet	Trapping
Passing	Kicking with BOTH feet
learn positions	Centering the ball
Passing into space	Heading
Have fun !!!	



AMERICAN YOUTH SOCCER ORGANIZATION

National Office | 19750 S.Vermont Ave., Suite 200 | Torrance, CA 90502
(800) 872-2976 www.AYSO.org

AYSO Participation Release

This form is to be completed, signed and dated by the parent or guardian of a player who has suffered an illness or injury that required the care of a physician or a visit to a medical care facility. This form must also be completed for players who were removed from participation as described in the next paragraph. When a player is away at an event or competition, and a parent/guardian is not present, a facsimile copy containing the parent/guardian signature is acceptable. The coach should immediately forward any completed form to the Regional Safety Director.

When it is believed that a player has exhibited signs or symptoms of a concussion such that a coach, parent, guardian or other AYSO volunteer has removed the player from participation in the remainder of a practice or game because the person is concerned that the player may potentially have a concussion, AYSO strongly recommends that the player not return to play and participation in practices or games without evaluation and clearance by a medical professional. When required by State law¹, the player must be evaluated and cleared for return to play and full participation by an appropriately licensed medical professional who has received training in the evaluation and management of concussions. Some of those states also require documentation of that clearance be signed by that medical professional and that documentation must be provided to AYSO and attached to this form. (Such a Concussion Release form is the second page of this document.) Submission of this Participation Release form will constitute an acknowledgement by the player's parent or guardian: (1) that the player has been evaluated and cleared as required; and (2) that acceptance of this form does not constitute a waiver of these requirements.

Print Player's Full Name

I hereby certify that the above named player has been cleared for full participation in AYSO programs without restriction. If required by applicable state law, I have also attached a writing signed by a medical provider authorized to confirm such clearance.

Parent or Guardian Full Name (Print or type)

Parent or Guardian Signature

Date

This Portion is for Regional Use Only

Region _____ Safety Director: _____

Received by AYSO Regional Safety Director:

Signature: _____ Date: _____

¹ A list of the states in which these requirements apply is available at

http://www.ayso.org/For_Volunteers/region_boards/safety_director/safety_director_res/safety.htm#_Vt3F50lrJhE
or by calling the Safe Haven department at the AYSO National Office (1-800-USA-AYSO).



AMERICAN YOUTH SOCCER ORGANIZATION

AYSO Player General Release

Dear AYSO Parents:

Once the team coach has assumed charge of the children on his/her team, the coach remains responsible until a duly designated adult has taken charge of each child after a practice or game.

No child shall be left unsupervised after a game or practice. Parents who are unreasonably late or consistently tardy may be reported to the Regional Child and Volunteer Protection Advocate (CVPA) for action. Each coach may establish a standing policy of where children may be picked up by late parents.

AYSO does not encourage children to walk or ride a bicycle home or to a friend or relative's house. However, we recognize that it may be necessary in some cases.

Neither AYSO nor the coach can be responsible for a child's safety if they do walk or ride home. A parent or guardian assumes full responsibility for the safety of the child once he or she is released from a practice or game. Please note that this also applies in the case of players who are of legal driving age and transport themselves to and from AYSO activities.

If your child will be walking, riding a bicycle or driving themselves home from practice or games, please complete the following information in order for your coach to release them:

Print Child's Full Name

Print Parent or Guardian Full Name

Parent or Guardian Signature

Date

Child will be (check one): Walking Riding a Bicycle Driving

One Time (Date): _____ Ongoing

Carpooling with: _____

One Time (Date): _____ Ongoing