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Welcome Coaches

Spring 2024



Slide 1

1

change to spring 2024

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AYSO Staff

Welcome

Any New Coaches?

Introductions of Board Members



What you need to do to be a Coach

AYSO Child protection requires that all volunteers:

- Complete a Background Check
 - Complete Safe Haven
 - Have required age specific coach and/or referee courses

California HSC, AB-25/379/588/1639/2007/2127, and safe sport act require that all volunteers:

- Complete CDC Concussion training
- Complete Sudden Cardiac Arrest
- Complete California Safe Sport training
- Complete a Background Check
- Complete Live Scan

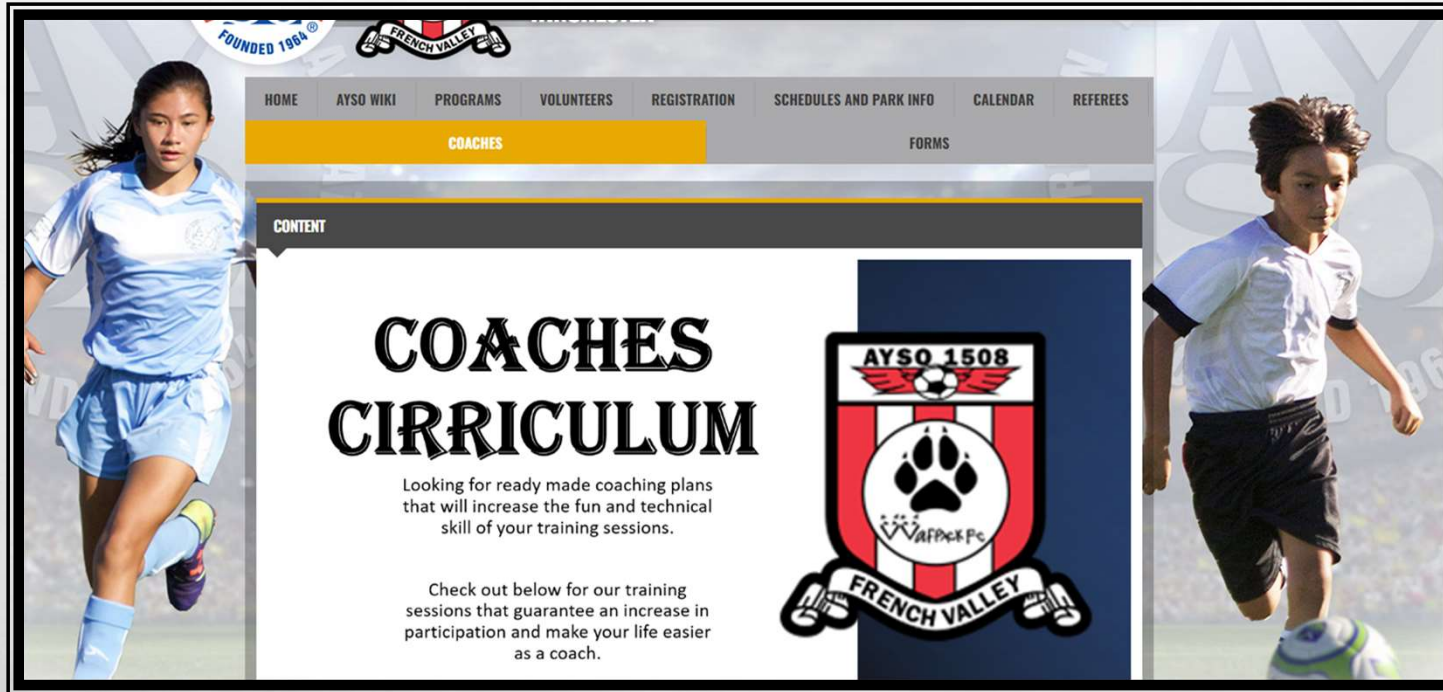
LIVE SCAN TODAY

Training



- **Coaching Courses**
 - In-person
 - **AYSOU**
- **Coach Mentors**
- **Practice Plans online at AYSO1508.com-
FREE**
- **Many online sources for Training players**

Practice Plans



The screenshot shows the French Valley AYSO website. At the top, there is a navigation menu with links for HOME, AYSO WIKI, PROGRAMS, VOLUNTEERS, REGISTRATION, SCHEDULES AND PARK INFO, CALENDAR, and REFEREES. Below this is a secondary menu with COACHES and FORMS. The main content area is titled "CONTENT" and features a large heading "COACHES CURRICULUM". To the left of the heading is a photo of a female soccer player in a light blue uniform. To the right is a photo of a young boy in a white shirt and dark shorts kicking a soccer ball. The curriculum text includes:

COACHES CURRICULUM

Looking for ready made coaching plans that will increase the fun and technical skill of your training sessions.

Check out below for our training sessions that guarantee an increase in participation and make your life easier as a coach.

The website also features a logo for "AYSO 1508" with a paw print and "FRENCH VALLEY" on a banner below it.

Located on coaches' tab, select coaching curriculum

Practice plans cont'd

COACH SESSION PLANS	COACHING MANUALS
<p>Blank Session Plan</p> <p>U6</p> <p>U6 Lesson Plan Week 1 U6 Lesson Plan Week 2 U6 Lesson Plan Week 3 U6 Lesson Plan Week 4 U6 Lesson Plan Week 5 U6 Lesson Plan Week 6 U6 Lesson Plan Week 7 U6 Lesson Plan Week 8 U6 Lesson Plan Week 9 U6 Lesson Plan Week 10 U6 Lesson Plan Week 11 U6 Lesson Plan Week 12 U6 Lesson Plan Week 13 U6 Lesson Plan Week 14 U6 Lesson Plan Week 15 U6 Lesson Plan Week 16</p> <p>U8</p> <p>U8 Lesson Plan Week 1 U8 Lesson Plan Week 2 U8 Lesson Plan Week 3 U8 Lesson Plan Week 4 U8 Lesson Plan Week 5 U8 Lesson Plan Week 6 U8 Lesson Plan Week 7 U8 Lesson Plan Week 8 U8 Lesson Plan Week 9</p>	<p>Coaching Manuals</p> <ul style="list-style-type: none">• 6U Coaching Manual• 8U Coaching Manual• 10U Coaching Manual• 12U Coaching Manual <hr/> <p>AYSO COACHING MANUAL</p> <p>We are delighted to announce we have signed a new partnership with our friends at The Coaching Manual. This exciting new partnership will provide FREE access to the ayso.thecoachingmanual.com for every coach in AYSO.</p> <hr/> <p>DIVISION GUIDELINES</p> <p>Division Guidelines for Core Program</p> <p>The guidelines below apply to the Core program. Other programs, such as Select and Extra may follow special guidelines.</p>

- Each week is broken down, by division
- Coaching manuals are available on the same page on the right.



Practice plans cont'd

U12 Spring

[U12 Spring Lesson Plan Week 1 Passing and Receiving - Possession with a Purpose](#)

[U12 Spring Lesson Plan Week 2 Striking Long Ball II](#)

[U12 Spring Lesson Plan Week 3 Possession for Penetration](#)

[U12 Spring Lesson Plan Week 4 Support and Team Shape on the Attack](#)

[U12 Spring Lesson Plan Week 5 Defending in Small Groups](#)

[U12 Spring Lesson Plan Week 6 Group Defending](#)

[U12 Spring Lesson Plan Week 7 Striking Volleys](#)

[U12 Spring Lesson Plan Week 8 Finishing from Combination Play](#)

[U12 Spring Lesson Plan Week 9 GK Distribution](#)

[U12 Spring Lesson Plan Week 10 Switching the Point of Attack](#)

U14-U18

[Attacking & Finishing in the Final Third](#)

[Attacking in the Defensive Third](#)

[Attacking In the Middle Third](#)

[Changing the Point of Attack](#)

[Defending In the Attacking Third](#)

[Defending In the Defensive Third](#)

[Defending In the Middle Third](#)

[Functional Training of the Central Backs](#)

[Functional Training of the Central Midfielders](#)

[Functional Training of the Forwards \(1 Forward\)](#)

[Functional Training of the Forwards \(2 Forwards\)](#)

[Functional Training of the Forwards \(3 Forwards\)](#)

[Functional Training of the Goalkeeper](#)

[Functional Training of the Wing Backs](#)

[Functional Training of the Wing Midfielders](#)

**Competitive divisions
provide themed based
training plans too
allow you to customize
training depending on
needs of your team.**

Communication



- **Social Media**
 - Facebook
 - Instagram
- **Email Blasts**
- **Slack channels**
- **Game Changer App**
- **Calendar Tab**
- **Board/Staff Emails**
- **Division Coordinator**

Important Dates

- **2/10: Coaches Meeting 3-5 pm**
- **2/10: Rosters, Uniforms, Equipment Distributed**
- **2/13: Spring Practice begins**
- **2/13: Board Meeting 6:30 pm**
- **2/18: Parents meeting 6:30 pm (Virtual Event)**
- **2/22: Team Manager (Virtual) Meeting**
- **2/24: Goalkeeper Clinic(Free) (Virtual)**
- **2/29: Referee Meeting 6:30 pm**
- **3/2: Picture Day (Emerald Park)**
- **3/8: Goalkeeper Clinic(Free)**
- **3/9: Opening Day Week 1 Core**
- **3/12: Board Meeting 6:30 pm**
- **3/21: Makeup Picture Day (Emerald Park)**
- **4/1 - 4/4: Spring Break Soccer camp**
- **4/9: Board Meeting 6:30 pm**
- **3/30: No Games 3/30-Easter and 4/6-Expo weekend**
- **5/11: Last games for Core/Select**
- **5/13 - 5/18: Select Playoffs (depending on the division)**
- **5/18: French Valley Cup**

What to Do After This Meeting

- Get Uniforms, Equipment, Rosters
- Contact Team
- Hold Team Meeting
- Complete **All** certifications
- Recruit
 - Assistant Coach
 - Team Manager
 - Referees



Sideline Behavior

PLAYERS PLAY, COACHES COACH, PARENTS CHEER, REFEREES REF

Do not run up the score...if you go up by 6-7 goals please move your defense to offense, pass with your left foot and do 10 passes.

Don't let your parents coach your team! You are the coach and let them know. Keep the players at the coaching box. Parents want to coach them during the game.

Wait for the referee to call you on the field when the referee calls you only...just don't run out there

Please stay in your technical area (painted coaching box)

Any problems with your parents let the referee know and the tent after that if need be

Positive, Instructional and Encouragement

Keep your parents on your side of the field and don't let them by the goalies

Never leave a player alone at the field after games or practices

No Pets ALLOWED

Weekly Practice



HOME	2024 SPRING SCHEDULE / STANDINGS	AYSO WIKI	PROGRAMS	VOLUNTEERS	REGISTRATION	CALENDAR
PARK LOCATION AND INFO	REFEREES	COACHES	PARENTS GUIDE	FORMS		

- **6U - 8U Practice should be 1 hour once a week.**
- **10U -12U Practice should be 1 hour, twice a week.**
- **14U- 16U Practice can be up to 1 ½ hours, twice a week.**
- **Be considerate of those around you. Don't take more space than necessary.**
- **Stick to your grid.**
- **Stick to your time.**

SAMPLE PRACTICE SCHEDULE

The image shows a screenshot of a spreadsheet and a diagram of a soccer field. The spreadsheet has columns for days of the week (Monday through Thursday) and grid numbers (1-8). Time slots are listed at the top: 4:4:30 PM - 4:30-5 PM, 5:30-6 PM, 6:6:30 PM, 6:30-7 PM, and 7:7:30 PM. The 4:4:30 PM - 4:30-5 PM slot is highlighted in yellow. To the right of the spreadsheet is a diagram of a soccer field with a baseball field in the foreground. The soccer field is divided into eight numbered grids (1-8) in a 2x4 arrangement. A red text box next to the diagram says "ONLY 6U 8U 10U TEAMS".

Practice Parks

- Emerald Park 6U/8U/10U
- Butterfield 6U/8U/10U
- RBV2 10U/12U
- Upper Spencer's Crossing
12U/14U/16U
- Victory Park 12U/14U
- Abelia Park 14U/16U

YOU must have your player forms and roster with you

Spring '24 French Valley Cup

- May 18
- 10U - 14U
- Must have:
 - Referee points (min. 20 points)
 - 4 pts. Center (per game)
 - 2 pts. AR (per game)
 - Sportsmanship points (min. 60 points)
 - Player rating turned in
 - **Coach must be certified at level they are coaching**



Sportsmanship Points

Each 10U-14U team will be required to earn at least 60 Sportsmanship points to enter the *French Valley Cup*.

Teams can earn 9 points per game.



Loss of sportsmanship points may result in your team being denied entry in the *French Valley Cup*.

Don't run up scores!

Common ways teams lose points

- Caution or send-off to a player or coach
- Yelling at the referee
 - Zero tolerance regarding Youth Referees
- Running up the score!
 - Example: winning by more than 6 goals
- Sideline/Spectator poor sporting behaviors
 - Referees may deduct Sportsmanship Points for unacceptable behavior from the coach or sideline



When is it acceptable to dispute referee calls?

Referee calls on the field are not subject to dispute.

Team captains or coach may politely ask for clarification of a call however, referees are not obligated to clarify or explain their calls. Many do not out of interest of keeping the match moving.

If you need further clarification or discussion, contact the referee administrator. If a referee fails to appropriately apply the IFAB Laws Of The Game, the referee staff will determine the appropriate action or education opportunity regarding the referee.

Do Not Argue with the referees!!!

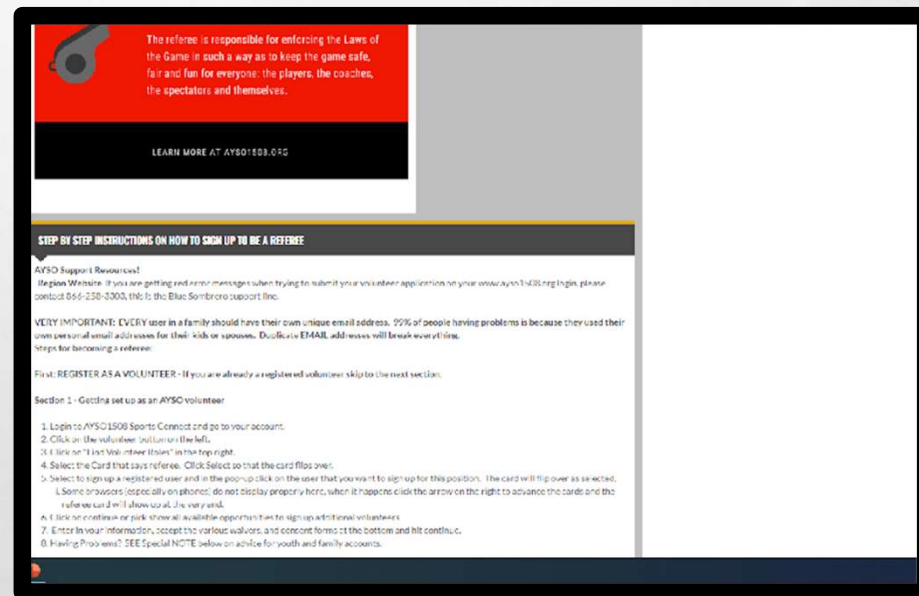
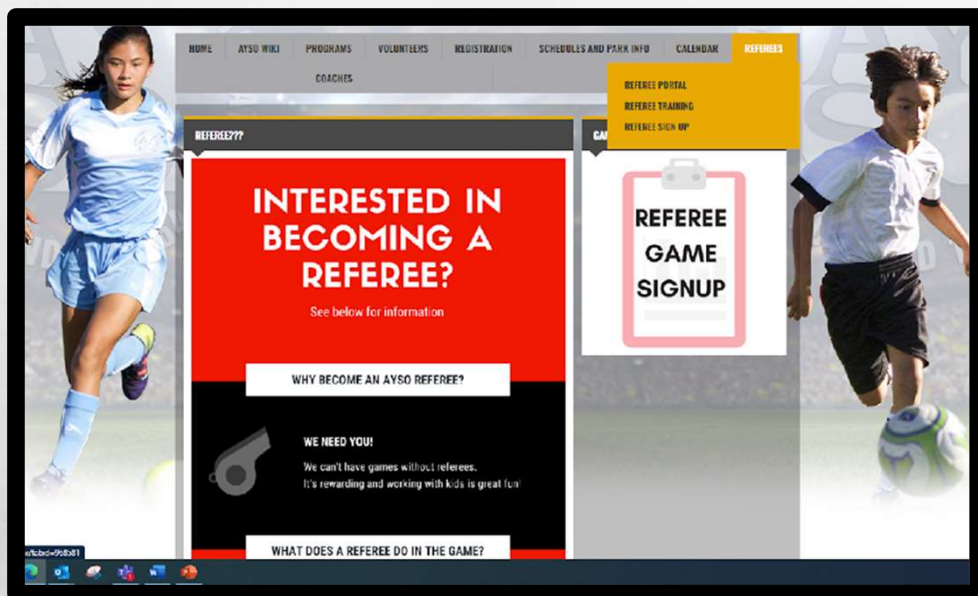
Referee Requirements

- **10U – 12U:**
 - Each team will provide referee for game before or after
 - Each team will provide AR for their game
- **14U – 16U: Provide two AR's for Every Game**
 - Board will provide center at minimum



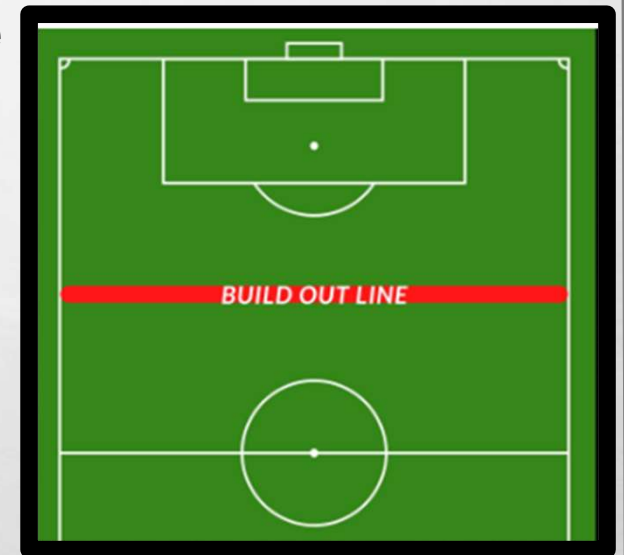
Referees please!

Once you get your referees, send them to the region website where we have step by step instructions on how they can sign up to referee. **GET 2-3 REFEREES!**



U.S. Soccer's Player Development Initiatives (PDI's)

- No Offside between buildout line and halfway line
- No Heading 12U and below
- Build Out Line for 10U
- No Keeper Punting in 10U
- 6U kick in (no throw-in)
- 6U-8U Indirect Free Kicks only (No PK)



Check in Procedure

Coaches

- Must have properly completed game card
- Can be found under Coaches tab on AYSO1508.com
- Each week, must check in at board tent prior to match to receive sportsmanship medal
- Coaches should check in the log book & monitor Points/Status


Referees

- Check in 20 minutes before Match
- Full Uniform
- Return completed game card to board tent after each game



Game Card

Fill out game cards completely before check in.
(team number, player first and last names)



Home Team is listed first on the schedule & supplies the game ball
 Home Team Visitor

REGION	DIVISION		
1508			
TEAM NAME			
TEAM COLORS			
COACH			
ASST COACH			

Date:	Time:	Field:
Halftime Score:		In Favor Of:
Final Score:	Winning Team:	Losing Team:

Indicate GK=Goalkeeper, C=Captain, A=Alternate Captain.
ALL PLAYERS on roster must be listed; indicate reason for absence.

No.	PRINT PLAYER NAME	GOALS SCORED	Qtrs PLAYED			
			1	2	3	4

SPORTSMANSHIP AWARD RATING
1= Poor 2= Normal 3= Exceptional

Conduct of Players1-3 _____pts
 Conduct of Coaches1-3 _____pts
 Conduct of Spectators1-3 _____pts
 Courtesy Towards Referees1-3 _____pts

Total _____pts

No points shall be awarded to any team that receives a red or two yellow cards during a game; or abandons a game.

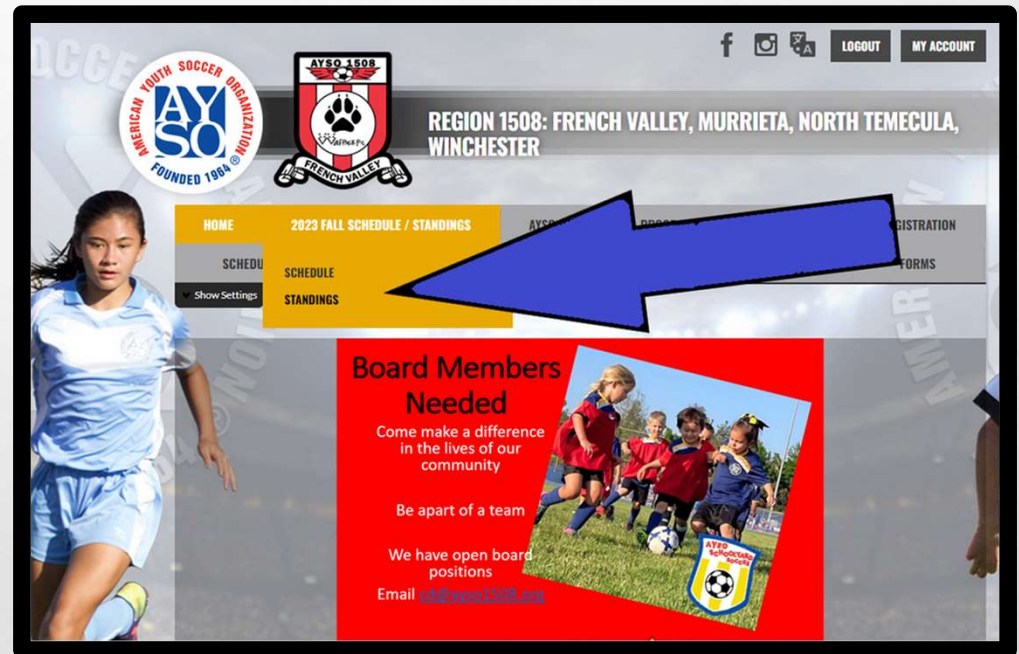
REFeree's REPORT

Disciplinary Actions Taken:

Additional Comments:

Schedules & Statistics

- Schedules will be in one location on the website
- We will be keeping stats and posting them each week
 - Standings
 - Referee Points
 - Sportsmanship Points



Be Prepared...

- Know the Laws of the Game (become a referee)
- Be Respectful of the Referees
- Know Your Players Health Conditions
- Minimize Coaching During the Game
 - Coach at the half not between quarters
 - One minute between quarters clock runs!!
- Every Player plays $\frac{3}{4}$ of the Match
- Keeper Rule
 - $\frac{1}{2}$ of the Game for 10U (must play $\frac{1}{4}$ on the field)
 - $\frac{3}{4}$ of the Game for 12U (must play $\frac{1}{4}$ on the field)

Team Manager

- **Get a Team manager ASAP**
 - **Order Banner**
 - **Snack Schedule**
 - **Updating on Game Changer & Slack**
- **Meeting**
 - **Feb 22 (Virtual)**



Pictures

March 2nd

- Emerald Park
- One week before the season starts
- THOP- The house of Portraits
- March 21st (Make Up)

Social Media

- Send pictures to highlight your team
 - SMC@ayso1508.org



Uniforms

Uniforms will be distributed on 2/10

- Line players up by size before passing out uniforms.
 - Do your best to pass out uniform sizes appropriately
 - Lowest number is the smallest
 - Contact Purchaser if uniforms issues ASAP





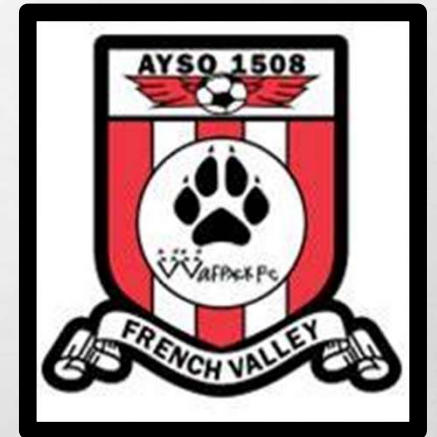
**WE NEEDED
YOU**

**If you are
interested in
joining the Region
Staff, please
contact
rc@ayso1508.org**

Have a great season!



- Have fun
- Develop players
- Great sportsmanship
- Positive coaching



Thank you for volunteering!