



American Youth Soccer Organization

2025

# Coach Meeting

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



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# Agenda

- Welcome/Intro
- AYSO Basics
- Volunteer Requirements
- Division Information
- Practice/Field Etiquette
- Playoffs and Points
- New Rules
- Practice Sessions Pointers
- Resources
- Misc. / Questions



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## Board Members

- Mike Regis – Commissioner
- James Fortuna – Registrar, Asst. Sean Wiggins
- Ann McCarthy – Coach Admin
- Laila Seitz - All Stars & Extra Coordinator
- Jennifer Wiemer – Treasurer
- James Torres – Safety Director
- Ariana Israel - CVPA
- Nabil Shihadeh– Region Referee Admin
- Kellie O'Neill – Regional Secretary



# Board Members

- Sean Wiggins— Asst. Registrar
- Lee Aydelotte – Referee Dir. of Assessment
- Samir Barudi – Scheduler
- Jillian Kroese – Team Parent Coordinator
- Charlee Sessions— EPIC Director
- Thomas LaParne – Player Cards
- Kristina Barri – Snack Bar
- Natalie Davis - Merchandise
- Kiana Matlock— Fundraising / Social Media
- Ashley Scholder – Yearbook
- John Kramer, Mark Jones – Fields
- Awards – Emily Selna
- Playground - Donna Brady



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# Division Coordinators

- Rebecca Cady - U5, U6 & U7
- Alicia Weber – U8
- Ashley Stowers – U10
- Adam Brammer – U12 & U14

E-mails for all board members and division coordinators are on our website, Board page.



# AYSO Basics

## Structure

- You play in Region 56
  - Close to 850 Regions nationwide
  - Region 56 was National Region of the Year in 2014
- Region 56 is in Area K
  - Close to 100 Areas nationwide
  - There are 5 Regions in Area K, 5, 55, 56, 117, 143
- Area K is a part of Section 11
  - There are 14 Sections throughout the U.S.
  - Section 11 covers South of LA to San Diego and to the Arizona border
- National Office
  - All Personnel up to National are VOLUNTEERS!



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Region 56 is Celebrating its  
50<sup>th</sup> Anniversary this year!





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## **Vision Statement**

To provide world class youth soccer programs that  
*enrich children's lives.*

## **Mission Statement**

To develop and deliver quality youth soccer programs,  
which promote a fun, family environment based on the  
AYSO Philosophies...





## AYSO Philosophies

### 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 half of every game.

### Balanced Teams

- Each year we form new teams as evenly balanced as possible — because it is fair and more fun when teams of equal ability play.





## AYSO Philosophies

### 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.

### Positive Coaching

- Encouragement of player effort provides for greater enjoyment by the players and ultimately leads to better-skilled and better-motivated players.





## AYSO Philosophies:

### 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.





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## Registering as a Volunteer

In order to volunteer with AYSO, you must complete this process by following the steps below at your earliest convenience:

1. Log in to your AYSO56.org account
2. Click on My Account on left side of screen.
3. Click on **Volunteer** to the left of the screen
4. Click on **Find Volunteer Roles** on the right side.
5. Select Program, then Age group then position.
6. Fill out all your information or verify it then click on **Continue**.
7. Scroll all the way down and click on **Update**
8. Complete your eSignature

**Recommended you USE A DESKTOP OR LAPTOP**

Insurance Coverage: As part of a players AYSO National Fee player insurance is include. Registered / certified volunteers are covered by AYSO insurance.





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## Volunteer Requirements

### **Go to [ayso56.org](http://ayso56.org) for:**

- Registering as a Volunteer
  - Complete the Background check (e-mail)

### **Go to [AYSOU.org](http://AYSOU.org) for:**

- Complete Safe Haven course (AYSOU)
- Complete CDC Concussion training (AYSOU)
- Complete Sudden Cardiac Arrest training. (AYSOU)
- Complete Safe Sport – (link on the Volunteer tab)
- Sign up to take Coach or Referee courses (AYSOU)
  - AYSOU Training Events – Area Training Camp / other
- Fingerprinting



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## **Required Training - AYSOU**

Access AYSOU via [www.aysou.org](http://www.aysou.org)

U6 or U8 Coach Training – all Head and Assistant Coaches  
You can take U8 to satisfy all lower division coach training

AYSO Safe Haven – all volunteers

AYSO Concussion Protocol – all volunteers

Sudden Cardiac Arrest – all volunteers

Referee Training – all referees and EXTRA coaches; U8 (includes U7) / Regional / Intermediate / Advanced)

Safe Sport (Federal Requirement)

Fingerprinting (State of CA requirement)



## Required Volunteers

Every team should have the following:

- Head Coach
- Assistant Coach
- Team Parent
- **1 Referee (U7 and U8 only)**
- **3 Referees (U9 and above)**
- Field Prep / Sponsor / Photographer / SoccerFest / Snack Bar

All volunteers must complete the required training courses.

Make sure all volunteers sign up and are assigned to your team.

AYSO rules require at least two volunteers with the children at all times and at least one volunteer needs to be of the same gender as the players



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## Reaching out to your Team

- Please reach out to your team by August 10<sup>th</sup>
- You can set up an initial Team Meeting, Meeting and Greet or Kick about
- Request Team Volunteers, in addition to registered volunteers:
  - SoccerFest, Sponsorship, Snack Bar, Fields, Photographer, etc.
- If you have a player drop, let us know! [registrar@ayso56.org](mailto:registrar@ayso56.org)
- Communications: e-mail, text, Mojo
- Practice schedule
- Hand out uniforms – special orders if a larger size is needed





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# Team Page

To go to your team page: Log into your account, click on the team name (next to your name or your players name).

On you home page you can see your roster.

Print Team Roster – print your roster with contact info

Print Team Line Up – Use Edit Roster to update Jersey #'s

Coaches Clipboard – AYSO Resources

Check for your volunteers – if they are not signed up and assigned to your team they may not be receiving important information.



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# Play Time Rules

AYSO's Philosophies focus on the development of all players. Our Region rules reinforce this by assuring all players get the opportunity to play and develop.

**All Players must play 3 out of 4 quarters in each game** for teams playing in region, when possible. (not possible in U9/10 and U14).

If your roster number does not allow for  $\frac{3}{4}$  play for all players, U9/10 and U14, **No player should play only two quarters in more than three games in each regular season.**

**For U8 – U10 divisions, No player should play keeper more than two quarters per game.**



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# Schedules

Most division schedules will be out shortly.

Extra / U14 / U16 are issued by Section or Area.

Some divisions will have some weekday games.

Schedules are posted on Matchtrak. Links are posted on the Coaches tab.

First game Sun Icons, Last game clock icon. First team is responsible for field lining and set up. Last game is responsible for take down and lock up.



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## Practice & Field Etiquette

- Region 56 fields:
  - Peterson Elementary
  - Hawes Elementary
  - Eader Elementary
  - Smith Elementary
  - Moffett Elementary (U12 and above)
  - Edison Community Center (U8 and below)
  - Dwyer Middle School (U12 and above)
  - Lamb (U12 and above)

No field use (practice, scrimmage, etc.) on Sundays.

Please log your practices (Google doc sent out)

PRACTICES ARE ALLOWED **ONLY** ON REGION 56 FIELDS

Rain Day Notification – [www.Matchtrak.com](http://www.Matchtrak.com) or our Fields tab



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## Field & Equipment Stewardship

- Goals and other equipment in the bins are for games only
- Pick up any trash your team create. Please park in designated spaces.
- If you are the last to leave a field, make sure **things are locked up** (Combinations for locks will be sent to all of you). This includes the bin, porta potty, goals where required, GATES! Make sure to daisy chain gates.
- Field Space is first come first serve but please be respectful of other teams needs. Do not take more than 1/2 a field. Share goals on 30 min. intervals if requested.
- Scrimmages **do not** take precedence over practices and MUST be on Region 56 approved fields.



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- **NO DOGS ARE ALLOWED AT ANY OF OUR FIELDS!**
  - Our fields are school property and in O.C. dogs are prohibited on all school grounds.
  - Tell your players parents to leave their pooch at home
  - If you see a dog, politely inform the parent of this and ask them to leave
  - We do not ask you to monitor outside / neighbors walking their dogs.
  - Recommended you keep a doggy poop bag in your coach bag.



## U5/U6 Division Rules

5-8 players per team

Practices can take place at Eader, Peterson, Hawes, Smith or Edison Park.

Limit to max of 1 practice per week, M-F only (30-45 min in length)

Games played 4v4 or 5v5

20 minute game (10 mins per half; 5 min half time)

Goals are 4x6 ft

Size 3 ball

All players must wear shin guards. NO BASEBALL OR FOOTBALL CLEATS ALLOWED

No throw-ins: pass-in on out of bounds

No headers

No goalies

Players cannot “goal tend” on defense or “cherry pick” on offense. All players must make an attempt to be involved in the flow of the game.

No more than 2 coaches (1 per team) on the field during the game.

Coaches act as referee, suggest each coach take the lead for 1 half.

Coaches may NOT stand behind the play (blocking the goal) and should try and move up and down the side lines – STAY OUT OF THE MIDDLE OF THE FIELD



## U7 Division Rules

5-8 players per team

Practices can take place at Eader, Peterson, Hawes, Smith or Edison Park. .

Limit to max of 1 practice per week, M-F only (45-60 min in length)

Games played 5v5

40 minute game (20 mins per half; break near quarter mark, 5 min half time)

Goals are 4x6 ft

Field size is 35 yds wide and 45 yds long

Size 3 ball

All players must wear shin guards. NO BASEBALL OR FOOTBALL CLEATS ALLOWED

No throw-ins: pass-in on out of bounds

No headers

No goalies

Players cannot "goal tend" on defense or "cherry pick" on offense. All players must make an attempt to be involved in the flow of the game.

No coaches on the playing field during game. Every game will have 1 referee.

Referee to be provided by the Home team





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## U8 Division Rules

7-8 players per team

Practices can take place at Eader, Peterson, Hawes, Smith or Edison Park.

Limit to max of 1-2 practices per week, M-F only (45-60 min in length)

Games played 6v6

40 minute game (20 mins per half; break near quarter mark, 5 min half time)

Goals are 6x12 ft

Field size is 45 yds wide and 60 yds long

Size 3 ball

All players must wear shin guards. NO BASEBALL OR FOOTBALL CLEATS ALLOWED

Throw-ins

No headers

Goalies

Build out Line

No Punting By Goalie

No coaches on the playing field during game. Every game will have 1 referee.

Referee to be provided by the Home team



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## **U9/U10 Division Rules**

9-10 players per team

Practices can take place at Eader, Peterson, Smith or Hawes.

Games played 7v7

50 minute game (25 mins per half; break near quarter mark, 5 min half time)

Goals are 6 ydx6 ft

Size 4 ball

All players must wear shin guards. NO BASEBALL OR FOOTBALL CLEATS ALLOWED

No headers

No punting by goal keeper

Build out line

Every game will have 3 referees. Referees sign up for games



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## U11/U12 Division Rules

11-12 players per team

Practices can take place at Eader, Peterson, Smith, Moffett, Hawes, Dwyer or Lamb

Games played 9v9

60 minute game (30 mins per half; break near quarter mark, 5 min half time)

Goals are 7 ydx7 ft

Size 4 ball

All players must wear shin guards. NO BASEBALL OR FOOTBALL CLEATS ALLOWED

No headers

Every game will have 3 referees. Referees sign up for games



## **U13/U14 Division Rules**

13-15 players per team

Practices can be at Eader, Peterson, Moffett, Smith, Dwyer, Hawes or Lamb.

Games played 11v11

70 minute game (35 mins per half; break near quarter mark, 5 min half time)

Goals are 8 ydx8 ft - Size 5 ball

All players must wear shin guards. NO BASEBALL OR FOOTBALL CLEATS ALLOWED

Every game will have 3 referees. Referees sign up for games

Free Substitution

## **U16 Division Rules**

13-22 players per team

Practices can be at Eader, Peterson, Moffett, Sowers, or Brethren Christian

Games played 11v11

80 minute game (40 mins per half; break near quarter mark, 5 min half time)

Goals are 8 ydx8 ft - Size 5 ball

All players must wear shin guards. NO BASEBALL OR FOOTBALL CLEATS ALLOWED

Every game will have 3 referees. Referees sign up for games

Free Substitution



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# Free Substitution

U14 plays in Area with free substitution

The  $\frac{3}{4}$  play rule is still applicable

Teams must have a time keeper to track play time.



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# All-Stars

All Stars is a post season program.

Teams are fielded in U10, U12 and U14.

U9 players are eligible for the U10 team, but U10 players will be given preference.

The All Star tournament will be held Mid-January 2026, date TBD.

Coach interest/applications are due October 1<sup>st</sup>. The Board / All Star Committee will select the coaches.

Coaches should evaluate players all during September and October. Every player playing Core is eligible.



All Fall coaches in the All Star divisions will be invited to a Draft Meeting in early November where they will collectively form the All Star teams. Coaches should have their top 3-5 players in mind, with strengths, position recommendation, etc. Coaches may also “nominate” players from other teams. The main criteria should be skill and position, players should be spread out among teams. Every team should have a full roster and at least 4 alternates should be named. A minimum of two board members will attend the draft. The All Star coach and board members will have final input.

All Star player notices will begin after team selection and should conclude by mid-November (player commitment and registration).

Region 56 recommends a Turkey Tournament over Thanksgiving break to help kick off their season. We also recommend the H5 Tournament in January as preparation. These tournaments will need to be funded by players/teams, outside All Star registration fees.



# Region 56 EPIC Program

The AYSO **EPIC Program** (Everyone Plays in our Community) provides a quality soccer experience for all ages whose physical or mental disabilities make it difficult to successfully participate on mainstream teams. All EPIC Players have the opportunity to play a minimum of one-half of each game.

Includes players that are blind, visually impairs, autistic, impaired mobility, Down Syndrome, Cerebral Palsy, etc.

Volunteer opportunities for Buddy's.

We currently have 3 Epic Teams!

Games will be scheduled between the Epic teams and our U12G, U14G & U16G teams.





## Volunteer Appreciation Points (U9/U10 and above)

- If a team would like to participate in the Volunteer Appreciation Playoffs, they must qualify:
  - Earn a total of 80 volunteer points
  - **46 of the 80 points must come from referee points**
    - **Center Ref is awarded 5 pts., AR is awarded 3 pts.**
    - **Ref. meeting points, 2 per ref, up to 6.**
    - **A ref team of 3 can earn all the required points in 4 games.**
- Winners from each division U10-U14 in both boys and girls will go on to represent Region 56 in the Area League Playoffs. Area Champions move on to Section Championships.
- Further explanation of VAP qualifying can be found at [ayso56.org](http://ayso56.org), Fall Soccer Page, scroll down to the Team Parent Manual.



## Score Differential

For lower division teams, we ask coaches to manage the score so you do not exceed a 5 goal score differential.

- Move your strongest / scoring players to defense
- At quarter break sit your strongest players
- Have your players pass X number of times before shooting

For Area teams / Area playoffs there is a Score Differential penalty

- In Area Play there is a 6 max goal differential.
- For every goal over a 5 goal lead you will have point deducted that is added to the other team



# Training Sessions

The basics for a training session, should include a nice progression from teaching a skill to having it repeated with little pressure, then increase pressure then applied to a scrimmage.

- Development over Wining
- Avoid long line of players
- Avoid having the coach involved in the drill
- Avoid long talks
- Do not favor the better players in your drills
- Make sure players always learn to use both feet
- Use a progressive (Build up) practice plan:
  - Technique demonstrated and practiced with no pressure – Technical Warm Up
  - Technique practiced under pressure (Space, Speed, Opposition) – Small Sided Activity
  - Technique practiced in match- like situation – Expanded Activity
  - Small Sided Match



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# Resources For Drills

The internet is full of resources for drills here are some good ones:

- AYSO Region 56 Practice Plan (U5-8)
- AYSO Coaching Manual
- Mojo Sport
- Coach Tube
- Coaches Training Room (membership required)
- Amplified Soccer



# De-Escalation

As a coach you are responsible for your behavior, and that of your sideline.

- Set an expectation with parents that they are there to cheer
- Parents should not coach from the side-line, or address the Referee
- Explain that both of these are a hinderance to the game and their child's development as a player
- Introduce yourself and open a rapport with the Referee.
- Many Referees come from one game to another, help them with facilitating the game on time.
- If you have concerns regarding a Referee, reach out to the Region. You should contact the Ref Admin & Coach Admin.
- We will be addressing these same expectations with our Referees
- We will be actively mentoring our Coaches and Referees
- PLEASE HELP MAKE THIS PROGRAM THE BEST POSSIBLE FOR OUR KIDS



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# SoccerFest

**September 6<sup>th</sup>**

Picture Day

Silent Auction and Raffle

Toca, ProTouch mini-clinics

Vendors

Food Trucks

Entertainment – APA program performances





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# Misc.

**Volunteer for the Board!** Contact Ann or Mike

Each coach will receive a coach's bag with a ball, cones, pump, 1<sup>st</sup> aid kit, and for older teams, goalie gloves and shirt.

Thrift Store – look for dates

Team Store – look for e-mails on ordering Region 56 gear

Team Parent Meeting – Aug. 20th<sup>th</sup>

Referee Meeting – Aug. 18th





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## Misc.

Mentoring Program Development – Looking for coaches to attend younger team practices.

Silent Saturday – October 3-5<sup>th</sup> (National program) Upper divisions only.

Snack Bar Concession Stand – Peterson & Hawes – team points avail.!

Sportsmanship Program – Sportsmanship pins will be distributed for the fall season.

Our Web Site – [AYSO56.ORG](http://AYSO56.ORG)

- Fields and Field status

- Calendar / Events - **Including Angel City and OSCS games!!**

- Coach resources

- Area Guidelines are posted on the Area site ([www.ayso11k.org](http://www.ayso11k.org))

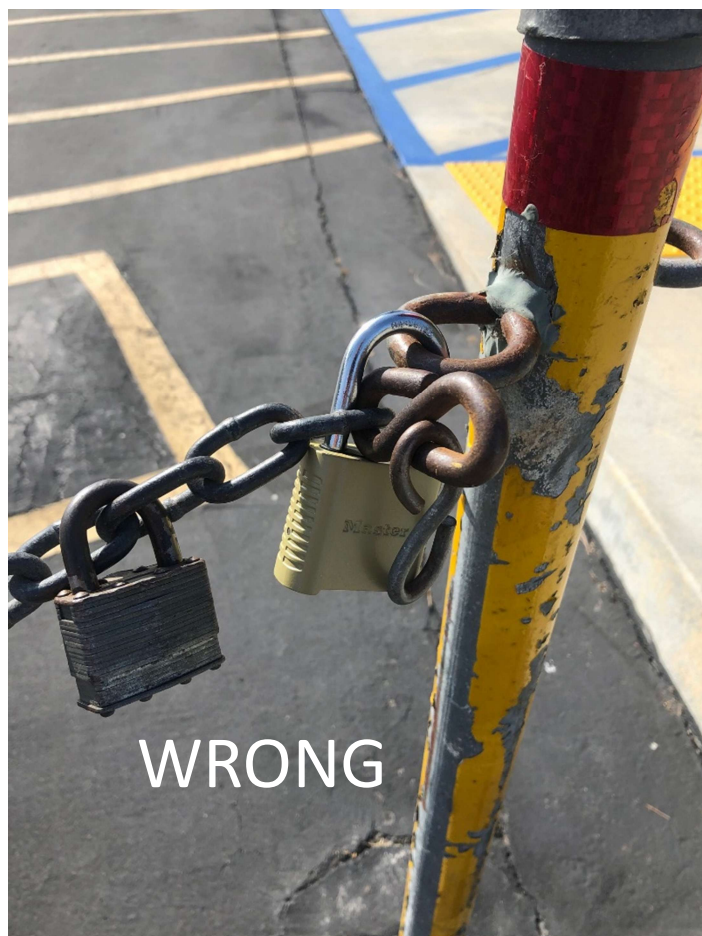




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# Misc.

Daisy Chain locks, don't leave locks unlocked.





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KEEP  
CALM  
COACH  
ON