



2025 R57 Coach Meeting

Rian Cruttenden, Regional Commissioner
rc@ayso57.org

David Barnett, Regional Referee Administrator
david@ayso57.org

A
COACH
WILL IMPACT
MORE YOUNG PEOPLE IN A YEAR
THAN THE AVERAGE
PERSON DOES IN A
LIFETIME.

BILLY GRAHAM



Coach Etiquette

- PIE (Positive, Instructional, Encouraging) – kids want to have fun; getting yelled at is not fun
- Respect the referees (even if they make a wrong call - no one is perfect) – **Zero tolerance for abuse of youth referees**
- Control your sideline by controlling yourself. BE A GOOD ROLE MODEL – THE COACH SETS THE TONE (for both the kids and the parents)
- If you are winning by more than 3 goals, back it down. Respect the other players and the game. If playing a weaker team, set the lineup accordingly. If winning by a lot have your players use their left foot only.
- Teams are to sit on opposite sidelines. Home Team chooses the side. If you are the away team, ask the referee or home team, which sideline is yours.
- For Divisions U10 to U19 the Home Team is responsible for the corner flags. If you are the last game of the day put the flags in the bin. First game of the day sets them up. Your game schedule will indicate if you are the first or last game of the day. Do not make the referees do it!
- Report any issues with parents, players, coaches, referees to us Administrators

Practices and Games



- NEVER LEAVE A KID ALONE ON THE FIELD or Parking Lot
- Be on time – for games and practices
- Be prepared (decide what you want to work on and set your practice accordingly)
- Important - have line up cards ready for each match, divisions U10 to U19. Print them from your team page at www.ayso57.org “Team Central” tab
- Have a substitution rotation and game lineup ready before the game. Google “Fillable Soccer Lineups”. No speeches at the quarter breaks.
- Move the kids around on the pitch (ESPECIALLY AT U12 AND BELOW)
- The league has contracted with First Touch Soccer to provide professional soccer trainers to assist coaches with running practice sessions. The trainers are assigned weekly with coaches being notified via email.

Coach Certification - IMPORTANT

- CA Requirements for All Coaches
 1. Background Check and Fingerprinting
 2. Safe Haven, Concussion, Cardiac and SafeSport
 3. Coach License for the division you are coaching in
- To access the modules, log in to your account at www.ayso57.org, click on “volunteer” then click the “AYSOU” button.
- Instructions can be found under the “Volunteers” tab on the ayso57 homepage.



R57 Coach Mentor Program

Objective – Provide first time or less experienced AYSO coaches with both training session and game mentoring by senior Region 57 coaches.

The goal of the program is to support our Region 57 coaches while improving the soccer experience of the Region 57 kids and the coaching knowledge of our parent volunteers.

If interested, email rc@ayso57.org



A good coach can
change a game.



A great coach can
change a **life**.

John Wooden



U6 Games



- Are played 4v4 per field and are played on 2 fields simultaneously
- If team only has 6 players then games should be played 3v3 on each field
- Should never be more than 5v5 per field

U6 Games



- Game Duration is four 5 minute quarters
- No goalkeepers
- No standing in front of the goal (try to enforce)
- No heading
- Throw-ins, goal kicks, and corner kicks are allowed
- Free kicks are allowed
- Halftime duration is 5 minutes

U8 Games



- 7v7 with goalkeepers
- Goalkeepers cannot punt
- No heading allowed
- There is no offside
- All free kicks are direct. No PK's allowed. If fouled in the box, ball is placed outside box nearest the spot of the foul.
- Throw-ins, goal kicks, and corner kicks are allowed.
- Scores and standings are not kept

U8 Games



- Each team is required to have a certified team referee.
- The certification can be completed online
- Coaches are not permitted on the field during game play
- Game Duration is four 10 minute quarters
- No one plays the entire game until everyone has played at least 3 quarters

U10 Games



- Are played 7v7
- Game Duration is two 25 minute halves with a 1 minute substitution break at the halfway point of each half.
- Goalkeepers cannot punt
- No heading allowed
- Offside Enforced
- Buildout Line enforced

U10 Games



- Scores and Standings are kept
- 2 Team Referees are required for each team
- Referees must be AYSO certified and registered in Matchtrak
- If no referee is present for the game, the game is canceled. If the coaches choose to play the game anyway the game is still considered canceled and will not count in the standings

U10 Playoffs 11/1 to 11/15

- Eligibility requirements include:
- Coaches have completed all the volunteer requirements- Safe Haven, Concussion, Cardiac, SafeSport, Background Check, Live Scan, and U10 Coach License
- Teams must accumulate a minimum of 5 referee points in order to qualify for the playoffs
- Winner of U10 Playoffs may advance on to further Invitational Tournaments.



Referee Point System



- Teams must accumulate a minimum of 5 referee points in order to be eligible for playoffs
- A team referee will receive 1 point when they complete the referee training
- A team referee will receive 1 point for every match that they are the head referee
- A team referee will receive a half point for every match that they are the assistant referee

U12 Games



- Are played 9v9
- Game Duration is two 30 minute halves with a 1 minute substitution break at the halfway point of each half.
- Punting allowed by goalkeeper
- No heading allowed
- Offside Enforced
- Be nice to the referees, especially on our home fields
- Scores and Standings are kept
- 2 Team Referees are required
- Referees must be AYSO certified and an active referee in Matchtrak
- If no referee is present for the game, the game is canceled. If the coaches choose to play the game anyway the game is still considered canceled and will not count in the standings

U12 Playoffs - 11/8 to 11/15

- Eligibility requirements include:
- Coaches have completed all the volunteer requirements- Safe Haven, Concussion, Cardiac, SafeSport, Background Check, Live Scan, and U12 Coach License
- Teams must accumulate a minimum of 5 Referee Points
- Winner of U12 Playoffs may advance on to further Invitational Tournaments.



Game Day Tips



- Teams (coach, players, and parents) are to sit on opposite sidelines
- Home Team has choice of sideline
- First game of the day, home team sets up corner flags (U10 and up)
- Last game of the day, home team puts away corner flags (U10 and up)
- Flag bins are located at the field. It is not the referee's responsibility, it is the home team's.
- Winning team enters the score. For ties, either team enters the score. Scores need to be entered within 24 hours of game completion.

CDM AYSO



Rian Cruttenden - Regional Commissioner rc@ayso57.org

Gary Van Otten - Regional Coach Administrator gwvanotten@gmail.com

David Barnett - Regional Referee Administrator david@ayso57.org

Bernard Debbasch - Safety Director and Referee Instructor bernard@medviking.com

David Barnett - CVPA and Referee Instructor david@ayso57.org