

PHMSA October Coach Meeting



EVERYONE PLAYS® BALANCED TEAMS OPEN REGISTRATION POSITIVE COACHING GOOD SPORTSMANSHIP PLAYER DEVELOPMENT

PHMSA ROCKS!

Join the Board



EVERYONE PLAYS®

BALANCED TEAMS

OPEN REGISTRATION

POSITIVE COACHING

GOOD SPORTSMANSHIP

PLAYER DEVELOPMENT

Field Issues Discussion

Mid-Season Reminders



1. Remember the Why



4. Set the Tone with Parents



2. Model Composure



5. Celebrate Effort,
Not Just Results



3. Respect the Refs



Remember:

It's Just a Game

Remember - they're kids!

Psychosocial

6U

- Rapid, unpredictable mood swings
- Sees world only from their perspective
- Need attention, praise and encouragement
- Easily bored
- Limited grasp of group play

Physical

- Lots of energy
- Tire quickly
- Can run, stop, start, jump and skip
- Can't sit still too long

Psychosocial

8U

- Definite likes and dislikes
- Friendship and belonging to a group are important
- Beginning to compare themselves to others
- Afraid of failure
- Begin to grasp moral rules of the game
- Like to be part of group

Physical

- Work and play hard
- Exhibit significant improvement in physical skills - agility, balance, endurance, hand-eye coordination

Remember - they're kids!

Psychosocial

10U

- Enjoy talking and being with friends
- Feelings can be easily hurt (keep comments positive and encouraging)
- Take things literally
- Understand cause and effect
- Starting to be self critical so stay positive

Physical

- Still in early stages of physical development
- Will compete enthusiastically
- May be large differences in physical ability

Psychosocial

12U

- 12U players are ready to learn!
- Can process more complex tasks.
- More analytical which boost their tactical awareness and understanding.
- Early/late puberty can impact self-esteem and relationships.

Physical

- Strength, stamina and power increase
- Players should be able to execute with more confidence and capability
- Observable differences in genders start to develop

Remember - they're kids!

Psychosocial

14U

- Concerned about physical changes (self-conscious).
- Strive for independence (but still need guidance).
- Concerned about fitting in.
- Mood shifts and increased defiance.
- Justice and fairness important.
- Challenge assumptions and consider consequences.
- Engage in new kinds of problem solving.

Physical

- Physical changes can cause self-consciousness.
- Broad range of sexual maturity and growth patterns.
- Boys may mature as much as 2 years later than girls.
- Overtraining can be an issue at this stage so rest and recovery are important.
- Well-balanced diets are critical to continued growth and healthy development.

Psychosocial

19U

- Develop own set of values and beliefs
- Value committed relationships and being respected
- Look for more adult social settings
- Want guidance from adults, but make own decisions
- Apt to reject goals set by others
- Expect to be treated as if they are “fully” grown
- Considering long-term goals and career possibilities

Physical

- Physical growth starts to taper off but still have concerns about body image
- Physical maturity can conflict with overall maturity
- Most have reached biological sexual maturity by 18
- More realistic view of physical ability and limits



Managing your Touchline

- **Technical Area - width of the center circle**
- **Spectators**
 - 6 ft off touchline, outside center circle, down to top of Penalty Area.
 - Not allowed behind the goal line **except** with permission from referee - for photographer or due to issues (e.g. shade on hot day), if so at least 5 yds from goal line and remain silent.
 - May at no time approach or address the referees before, during or after the game to comment on calls.
- **Coaches are expected to manage their sidelines and spectator behavior.**
 - Maintain appropriate sportsmanship per AYSO Kid Zone Pledge
 - Referees may ask you for help with a spectator issue. It is your responsibility to address the issue it but you could delegate to someone (e.g team mgr) to deal with it as long as it is dealt with.
 - Coaches may be cautioned for failure to properly control their team's spectators.



Respecting and Supporting Our Referees

- **Constructive feedback is valuable** — but **should never be given during a match**.
- You can ask a quick question, but they may not have time to answer during the game.
- If you wish to discuss something, you may **ask to speak with the referee after the game**—on the field, once they've completed their duties.
- When you do:
 - Be **constructive, specific, and respectful**.
 - If you disagree with their explanation, **thank them** for their time and, if needed, **agree to disagree**.
- These calm, respectful conversations help referees reflect and learn more effectively than sending complaints to the RRA. If you do email, recommend waiting 24 hrs.

Keep Perspective

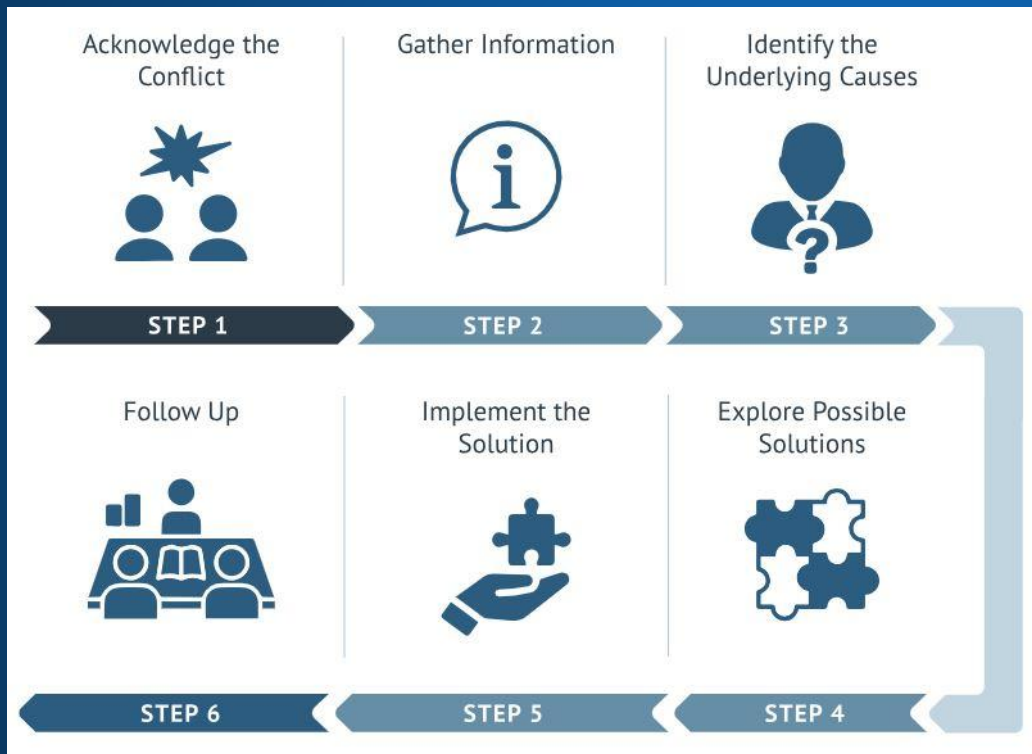
- **Refereeing is extremely difficult.** Most spectators and coaches naturally view the game through a their own team's lens.
- **Give referees the benefit of the doubt.** They are essential to our youth soccer program. They are positioned on the field to have a better angle to see play.
- Remember — referees, like players and coaches, are **learning and growing** each game.

Zero Tolerance Policy for Abuse

- **Coaches and spectators must not:**
 - Question referee calls during the match, causing stoppages.
 - Confront referees or volunteers before or after games about officiating decisions.
 - Spectators may at no time approach or address the referees before, during or after the game to comment or criticize.
 - Concerns should go to coach who can contact RRA
- **AYSO's Zero Tolerance Policy** strictly prohibits this behavior.

Conflict Resolution

*We're here
for the kids!*



KEYS TO SUCCESS

- ✓ Identify the real issue
- ✓ Understand both perspectives
- ✓ Ask clarifying questions
- ✓ Develop action plan
- ✓ Monitor resolution

HEY COACH



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Player Evaluations

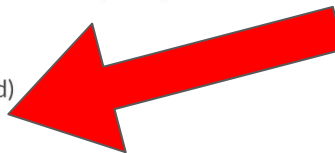
Coaches Toolbox

End of Season Player Evaluation

The following player rating spreadsheet is required for the end-of-season evaluation, which ensures teams are balanced in the following season—one of AYSO's core principles.

Player Rating Spreadsheet:

- [Google Sheets version](#) (Make a copy - Google login required)
- [Excel version download](#)



Division:	13UG			
Team number:	85			
Team name:	Pain in the Grass			
Coach name:	Emma Hayes			
Player Rank	Player Name	Coach 1 Rating	Coach 2 Rating	Average
(For Reference)				
1	Rose Lavelle	50	48	49
2	Sohpia Smith	46	45	45.5
3	Naomi Girma	30	32	31
4	Mallory Swanson	28	30	29
5	Lindsey Horan	27	25	26
6	Trinity Rodman	25	25	25
7	Emily Fox	20	18	19
8	Sam Coffey	19	17	18
9	Jadelyn Shaw	15	17	16
10	Claire Hutton	9	6	7.5
11				0
12				0
13				0
14				0
15				0
16				0
17				0
18				0
Overall Team Rating:		26.9	26.3	26.6

Player Goodies

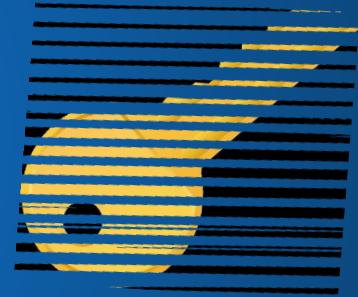
Evaluations must
be turned in
before pickup



Equipment Return

Sunday November 9th

@ PHMSA soccer locker



November 8th & 9th



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What's next?

Tryouts for
Spring

Nov 15-16



Dec 13-14



CSL
Jan-Mar
Tournaments
Mar-June

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What's good?

What could be improved?

What didn't work?



SAVE THE DATE

Friday November 14th



Volunteer Appreciation Dinner Board Game Bonanza

Coaches,
referees,
board members,
roll the dice, and let the fun begin!

Want to help with the party? Own a business or have something to donate?

We're looking for a few parents or volunteers to join our End of Year Party Event Champions. Whether it's helping with décor, lending a hand on the day-of, or donating prizes, it's a fun way to get involved and help us celebrate our amazing volunteers.



We can't have games without you!

AYSO EXPO



MARCH 5-8 2026 SPARKS NV AYSO NORTHWEST

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Questions?



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