

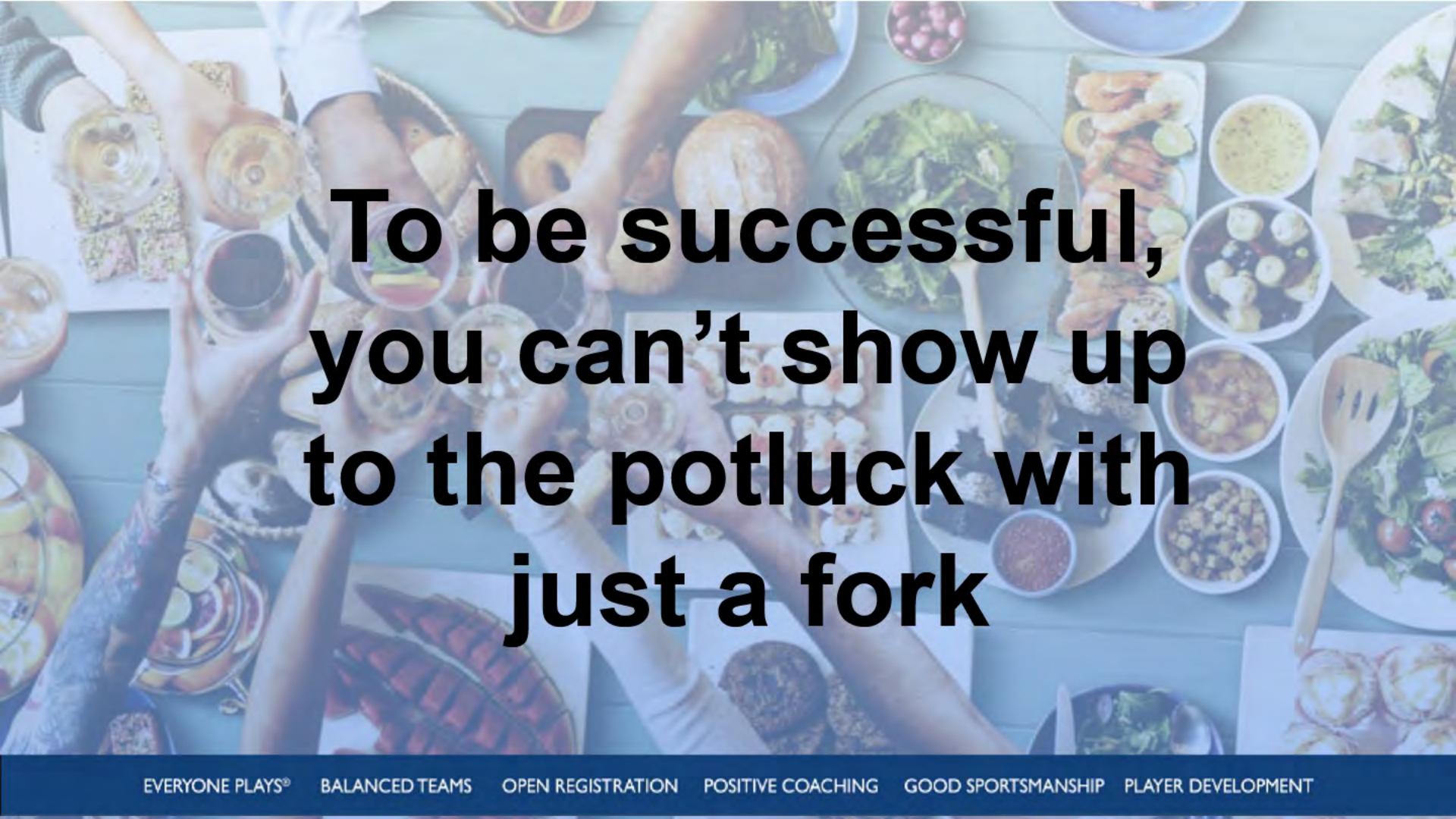
September Coaches Meeting



AGENDA

- Points Program
- Games
- Rule Changes
- Fields
- Referees





**To be successful,
you can't show up
to the potluck with
just a fork**

PICTURE DAY

Sunday 9/7



If your team did not receive an email to select a picture time please

1. Check your spam for an email from Shooting Stars
2. Email events@ayso281.org

GET YOUR POINTS IN!

The screenshot shows the AYSO website's navigation bar with links: HOME, PROGRAMS, TEAM CENTRAL, VOLUNTEERS, AYSO WIKI, and RESOURCES. The 'VOLUNTEERS' menu is highlighted in red and contains the following items: REFEREES, Referee Training, Referee Certification Requirements, AYSO/USSF cross certifications, Youth Referees, COACHES, Coaches Toolbox, Coach Training Events, and PHMSA BOARD. A blue arrow points from 'Coaches Toolbox' to the 'Start of the Season Documents and Resources' section. Another blue arrow points from 'Team Volunteer Sign-Up Sheet' in the 'Get Parents to Volunteer' section to the 'Team Volunteer Sign-Up Sheet' link in the list.

COACHING RESOURCES

Start of the Season Documents and Resources

Whether you're a new or returning coach, the following resources will help you get organized and set your team up for success at the start of the season.

Meeting Presentations:

- [Coach Kick-Off Meeting - July 24, 2025](#)

Get Organized:

- [Now I'm a coach...what's next?](#)
- [Live Scan Fingerprinting](#)
- ["Welcome to the Team" Email Template](#)
- [Pre-season Team Meeting - Talking Points](#)

Get Parents to Volunteer:

- [Team Points Program](#)
- [Team Volunteer Sign-Up Sheet](#) (printout for team meeting use)
- [Team Volunteer Google Form](#) (to submit once roles are filled)

COACHING MANUALS

are direct download links to the manuals. You must be logged into the AYSO volunteer account prior to downloading the manuals. The manuals provide information on all of the materials and resources available for training and coaching. They are very helpful age-appropriate training session techniques, activities, and skill-centered training plans.

You must be logged into AYSOU for these download links to work!

- [6U Coaching Manual](#)
- [8U Coaching Manual](#)
- [10U Coaching Manual](#)
- [12U Coaching Manual](#)
- [14U \(Intermediate\) Coaching Manual](#)
- [16U - 19U \(Advanced\) Coaching Manual](#)

FALL 2024

Team Points
ProgramMT. DIABLO MUSTANG
SOCCER

EPIC - EVERYONE PLAYS

PHMSA BOARD

ALLIANCE SPRING 2024

TEAM POINTS

Current Team Point Standings:

[View Online](#) or [Download PDF](#)

PHMSA is an all volunteer league. To support our league and our volunteers, we ask that each team do their part. We've had a stellar two years with our team points system. It's been quite beneficial to our teams, refs, and PHMSA in general. Since its adoption, we've witnessed the miracle of every single game covered by referees! As you know, no ref = no game!

We listened to your feedback and made improvements to the points system. As you know, teams must accrue points throughout the season to qualify for our PHMSA cup at the end of the season (10U+). This year, the points tally is as follows:

	6U & 8U	10U-19U
Points Required	5	20
Deadline	November 1st	End of PHMSA Cup Pool Play
Number of Refs per team	1	2

To earn points:



**NO PETS
ALLOWED AT
PRACTICES OR
GAMES**



NO JEWELRY ALLOWED

GAME SCHEDULES

The screenshot shows the 'TEAM CENTRAL' section of a website. At the top, there are four tabs: HOME, PROGRAMS, TEAM CENTRAL (highlighted in red), and VOLUNTEERS. Below these is a 'TEAM DIRECTORY' header. Underneath, there's a 'Teams' section with a search bar and a dropdown menu. The search bar is empty, and the dropdown menu is set to '2025 Fall Core'. To the right of the search bar, there's a list of teams and their programs. Three red arrows point to specific elements: Arrow 1 points to the 'TEAM CENTRAL' tab; Arrow 2 points to the '2025 Fall Core' dropdown menu; Arrow 3 points to the 'Team Home' button for the first team, PHMSA01.

HOME PROGRAMS **TEAM CENTRAL** VOLUNTEERS

TEAM DIRECTORY

Teams

Team Program

Search 2025 Fall Core

PHMSA01 2025 Fall Core

Team Home Roster Calendar

PHMSA02 2025 Fall Core

Team Home Roster Calendar

PHMSA03 2025 Fall Core

06U - Boys (Players born in 2020)
06U - Girls (Players born in 2020)
08U - Boys (Players born in 2018 & 2019)
08U - Girls (Players born in 2018 & 2019)
10U - Boys (Players born in 2016 & 2017)
10U - Girls (Players born in 2016 & 2017)
12U - Boys (Players born in 2014 & 2015)
12U - Girls (Players born in 2014 & 2015)
14U - Boys (Players born in 2012 & 2013)
14U - Girls (Players born in 2012 & 2013)
19U - Boys (Players born 2007-2011)
✓ 19U - Coed (Players born 2007-2011)
19U - Girls (Players born 2007-2011)
Playground - Coed (Players born in 2022)
SchoolYard - Boys (Players born in 2021)
SchoolYard - Girls (Players born in 2021)
19U - Coed (Players born 2007-2011)
19U - Coed (Players born 2007-2011)

GAME SCHEDULES

 My Account

 **Calendar**

 Volunteer

 My Orders

 Messages

 AYSOU

 Email Settings

 Home

 Support

My Calendars

 **Trent Ricks**
1 calendar

☒ Games >> PHMSA01 >> 2025 19UC

 **Brandan Ricks**
1 calendar

☒ Games >> PHMSA01 >> 2025 19UC

Calendar

Agenda

Week

Month

 Export

September-2025

SUN	MON	TUE	WED	THU	FRI	SAT
31	01	02	03	04 	05	06  EPIC VS. PHMS... 9:00 AM - 10:00 AM
07	08	09	10	11	12	13  MDSA02 VS. P... 4:00 PM - 5:30 PM
14	15	16	17	18	19	20  PHMSA01 VS. M... 9:00 AM - 10:30 AM
21	22	23	24	25	26	27  CON1 VS. PHMS... 9:00 AM - 10:30 AM
28	29	30	01	02	03	 DELTA1 VS. 
05	06	07	08	09	10	11

12U+ Sample Interplay Schedule

2024 Area 2C Interplay 14U 19U ☆ 📁 ☁

File Edit View Insert Format Data Tools Extensions Help

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14UG

SortOrder	RoundNo	HomeTeam	AwayTeam	MatchDate	StartTime	EndTime	Location	Field	Score - Home	Score - Away
1	1	14UG	PHMSA02	9/7/2024	15:00	16:15	Sequoia Middle	14U Field		
2	1	14UG	CON1	9/7/2024	11:00	12:15	El Dorado Middle School	Field 1		
3	1	14UG	DELTA1	9/7/2024	11:00	12:15	Riverview Middle School	Field 1		
4	1	14UG	MD3	9/7/2024	13:00	14:15	Pine Hollow Middle School	Field 1		
5	1	14UG	MD1	9/7/2024				Field 1		
6	3	14UG	PHMSA04	9/14/2024	13:00	14:15	Sequoia Middle	14U Field		
7	2	14UG	CON1	9/14/2024	11:00	12:15	El Dorado Middle School	Field 1		
8	2	14UG	MD1	9/14/2024	9:00	10:15	Pine Hollow Middle School	Field 1		
9	2	14UG	MD3	9/14/2024	11:00	12:15	Pine Hollow Middle School	Field 1		
10	2	14UG	MD2	9/14/2024				Field 1		
11	3	14UG	PHMSA02	9/21/2024	15:00	16:15	Pine Hollow Middle School	Field 1		
12	3	14UG	DELTA1	9/21/2024	11:00	12:15	Riverview Middle School	Field 1		
13	3	14UG	MD3	9/21/2024	11:00	12:15	Pine Hollow Middle School	Field 1		
14	3	14UG	PHMSA01	9/21/2024	9:00	10:15	Sequoia Middle	14U Field		
15	3	14UG	PHMSA02	9/21/2024				Field 1		
16	4	14UG	MD1	9/28/2024	15:00	16:15	Pine Hollow Middle School	Field 1		
17	4	14UG	MD3	9/28/2024	13:00	14:15	Pine Hollow Middle School	Field 1		
18	4	14UG	PHMSA04	9/28/2024	13:00	14:15	Hidden Lakes Park	HL Turf Field		
19	4	14UG	PHMSA03	9/28/2024	9:00	11:15	Sequoia Middle	14U Field		
20	4	14UG	CON1	9/28/2024				Field 1		
21	5	14UG	PHMSA04	10/5/2024	15:00	16:15	Pine Hollow Middle School	Field 1		
22	5	14UG	PHMSA02	10/5/2024	9:00	10:15	Sequoia Middle	14U Field		
23	5	14UG	CON1	10/5/2024	9:00	10:15	El Dorado Middle School	Field 1		
24	5	14UG	DELTA1	10/5/2024	11:00	12:15	Riverview Middle School	Field 1		
25	5	14UG	MD3	10/5/2024				Field 1		
26	6	14UG	MD1	10/12/2024	13:00	14:15	Pine Hollow Middle School	Field 1		
27	6	14UG	CON1	10/12/2024	11:00	12:15	El Dorado Middle School	Field 1		

+ ☰ Area 2C Guidelines • 📍 Field Locations • 🧑 Coach Information • 14UG • 14UB • 19UC

12U+ Contact Opposing Coach Before the Match

Excel spreadsheet showing a list of teams and their coaches. The spreadsheet is titled "Coach Information" and includes columns for Team #, Color, Head Coach, HC Email, HC Phone, Assistant Coach, AC Email, AC Phone, and Team Size. The data is organized by year (2024) and team type (14U, 19UC, 14UB, 19UC).

The spreadsheet is divided into sections for different years and team types. The 14U section is highlighted in blue. The 19UC section is highlighted in yellow. The 14UB section is highlighted in green. The 19UC section is highlighted in orange.

A red arrow points to the "Head Coach" column for the 14U section, indicating the contact information for opposing coaches.

Team #	Color	Head Coach	HC Email	HC Phone	Assistant Coach	AC Email	AC Phone	Team Size
PHMSA 14UB01								
PHMSA 14UB02								
PHMSA 14UB03								
PHMSA 14UB04								
PHMSA 14UB05								
PHMSA 14UG01								
PHMSA 14UG02								
PHMSA 14UG03								
PHMSA 14UG04								
PHMSA 19UC01	City Blue							18
PHMSA 19UC02								
MDSA 14UB01								
MDSA 14UB02								
MDSA 14UB03								
MDSA 14UB04								
MDSA 14UG01								
MDSA 14UG02								
MDSA 14UG03								
MDSA 19UC01								

GAME CARDS REQUIRED

OFFICIAL LINEUP CARD

REGION Region 281 AGE GROUP 19U TEAM # 022C-81 CBBU-0007 DATE _____

TEAM PHMSA01 OPPOSING TEAM _____

COACH'S NAME Ricks ASSIT. COACH'S NAME _____

All team players must be listed in order by Jersey #. If absent, indicate reason.

No.	PRINT PLAYER NAME	Goals Scored	*Otrs.* Not Played			
			1	2	3	4
2	Preciado, Iseliah					
3	Ricks, Trent					
4	Parenti, Siena					
5	Mullen, Aislin					
6	Norry, Jott					
7	Joaquin, Raphael					
8	Estrada-Dennis, Isabel					
9	Moreno Lopez, Samantha					
10	Pelayo-Zamora, Joshua					
11	Gonzales, Jacob					
12	Schofield, Madison					
13	Parenti, Matteo					
14	Schofield, Robert					
15	Benson, Aidan					
17	Chequer, Clara					
19	Mallon, Reid					
20	Ardelean, Maxwell					
23	Boles, Collin					

[HOME](#)
[PROGRAMS](#)
[REFEREES](#)
[TEAM CENTRAL](#)
[VOLUNTEER INFO](#)
[COACHES TOOLBOX](#)
[AYSO WIKI](#)

[COMMUNITY AND EVENTS](#)
[PHMSA BOARD](#)

TEAM DIRECTORY

PHMSA01

[HOME](#)
[ROSTER](#)
[CALENDAR](#)
[NEWS](#)
[EMAIL](#)
[FILES](#)

[Roster View](#)
[Photo View](#)
[Print Roster](#)
[Print Team Line Up](#)
[Coach's Clipboard](#)
[Edit Roster](#)

Aidan

Profile

Colin

Profile

Team Staff:

Brandon

Head Coach

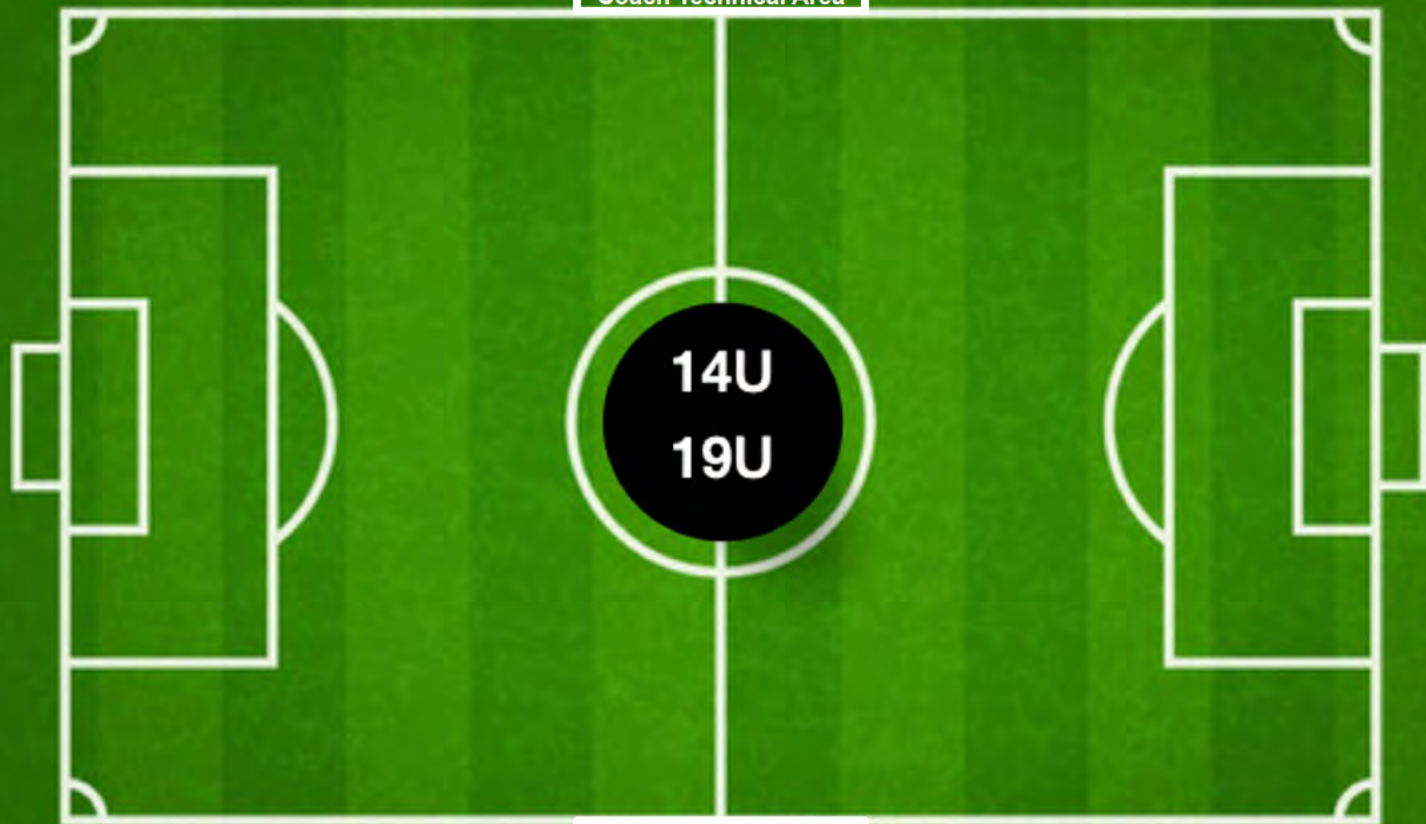
Profile



Visiting Spectators

Visiting Team

Coach Technical Area



Home Team

Home Spectators

6U

- Size 3 ball
- 4v4
- Shinguards required
- 30 minute game – 7 minute quarters
- Subs at quarter breaks and halftime
- Halftime = 5 min
- Restarts
- Kick off, indirect free kick, goal kick, corner kick, drop ball
- Opponents 5 yards away on restart
- No penalty kicks
- No offside
- No goalkeepers
- NO SLIDE TACKLING

8U

- Size 3 ball
- 5v5
- Shinguards required
- 40 minute game – 10 minute quarters
- Subs at quarter breaks and halftime
- Halftime = 5 min
- Restarts
- Kick off, indirect free kick, goal kick, corner kick, drop ball
- Opponents 5 yards away on restart
- No penalty kicks
- No offside
- No goalkeepers
- NO SLIDE TACKLING
- Registered and certified referees required

Together parents, coaches, and referees are expected to provide and promote a fair, fun, and safe environment for the players.

10U

- Size 4 ball
- 7v7
- Shinguards required
- 50 minute game – 12.5 minute quarters
- Subs at quarter breaks and halftime
- Halftime = 5 min
- Build Out Line
- No heading
- Offside only after BOL
- All other IFAB laws enforced
- NO SLIDE TACKLING in September
- Registered and certified referees required

12U

- Size 4 ball
- 9v9
- Shinguards required
- 60 minute game – 15 minute quarters
- Subs at quarter breaks and halftime
- Halftime = 5 min
- No heading
- All other IFAB laws enforced
- Safe slide tackling allowed
- Registered and certified referees required
- 8-second Rule Enforced

Together parents, coaches, and referees are expected to provide and promote a fair, fun, and safe environment for the players.

14U

- Size 5 ball
- 11v11 or 9v9 as needed
- Shinguards required
- 70 minute game – 35 min halves
- Free substitution
- Halftime = 5 min
- All IFAB laws enforced
- Safe side tackling allowed
- Registered and certified referees required

19U

- Size 5 ball
- 11v11 or 9v9 as needed
- Shinguards required
- 80 minute game - 40 min halves
- Free substitution
- Halftime = 5 min
- All IFAB laws enforced
- Safe slide tackling allowed
- Registered and certified referees required

Together parents, coaches, and referees are expected to provide and promote a fair, fun, and safe environment for the players.



Stands for:

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

EVERYONE PLAYS®

BALANCED TEAMS

OPEN REGISTRATION

POSITIVE COACHING

GOOD SPORTSMANSHIP

PLAYER DEVELOPMENT

“Our biggest issue is not with the national teams or senior national team or with MLS, it is with youth development. One thing that is amazing about America is that we wanna win. The problem is that trickles down to six-year-old soccer games.

**The emphasis for a
six-year-old should be
on getting better, not
winning soccer games.”**

Landon Donovan



Managing Blowouts

Adjust player positions: Move goal scorers to defense or to goalkeeper, and put developing players in key positions.

Limit scoring: Require players to score from outside the penalty area, with their less dominant foot, or with a limited number of touches.

Require passing: Require players to make a certain number of passes before scoring, or have every player touch the ball before a shot.

Change formation: Consider a less attacking formation that focuses on ball possession.

Set new goals: Challenge players to accomplish new goals, such as more passing or shooting with their weaker foot.

Encourage other teams: When you see something done well by the other team, encourage their players.

Be respectful: No one likes to lose big, so it's important to be respectful



Equipment

Permits

PHPD

(925) 288-4600

AQI
0-50 all ok
50-100 w/moderation
100-120 training only
120+ all cancelled

Rain/Air

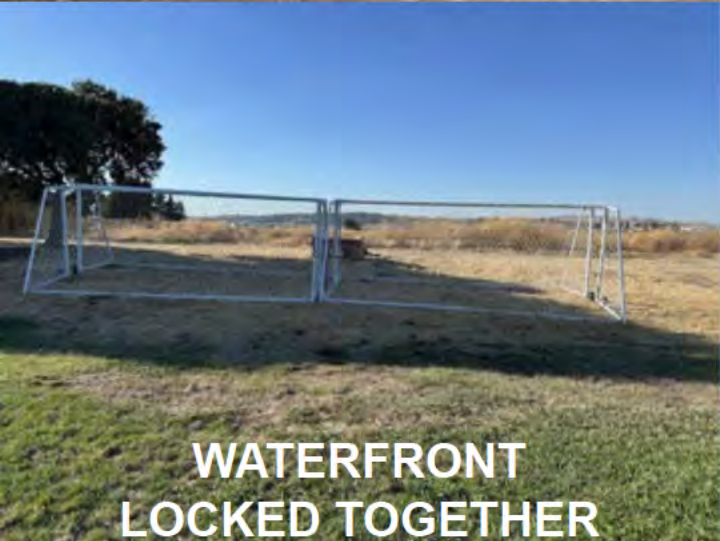
Incidents

Board
notification required

Pick up all trash!



PHMS



**WATERFRONT
LOCKED TOGETHER**

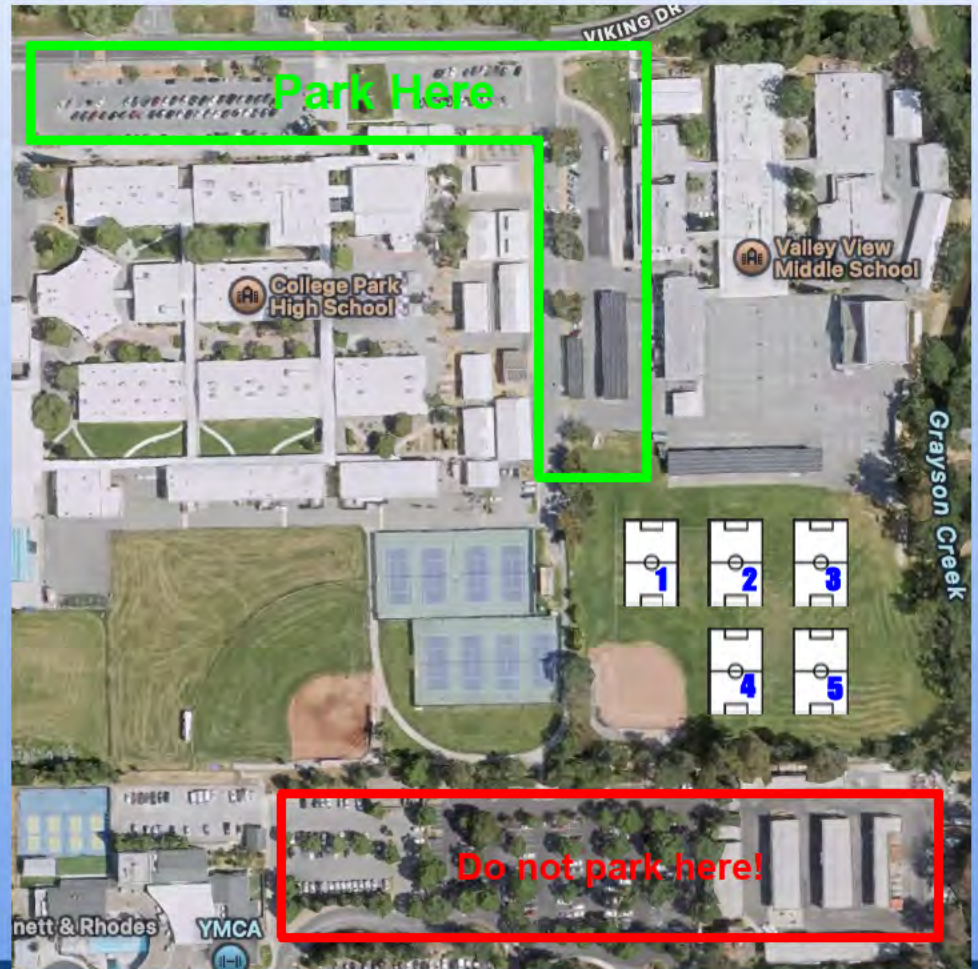
All goals
stored off
tracks
and
locked up
properly



GREGORY GARDENS



SEQUOIA MIDDLE



Set-up - The first teams of the day oversee setting up the field for the day. If you have the first game, please have your field coordinator or someone **18 and older** lift the goals and carry them to your field. **Secure the bottom of each goal with a sandbag.**

Clean-Up – Last teams on each field are responsible for clean-up. Please put the goals away if you are the last teams using that field. If no one shows up after you, assume you are the last game and put them away!

8U @ Valley View - Do not take the nets off. There is plenty of space there for the goals and nets to be placed, in pairs, near the knock box.

Do not leave the goals out on the field

Do not drag the goals as that will chew up the field and ruin the nets

2025 FIFA LAW CHANGES



- Goalkeepers have 8-seconds to release the ball once they have clear control
- Referees will signal the final 5-seconds as a public countdown, serving as a warning to prevent time-wasting
- If the goalkeeper exceeds the time limit, the restart is a corner kick for the opposing team

Dropped Ball

Location of the ball when play was stopped:	Dropped ball to:	Restart Location:
Inside the penalty area	Defending team goalkeeper	In the penalty area
Outside the penalty area <Clear that a team had or would have gained possession>	Team that had or would have gained possession	Location of the ball when play was stopped
Outside the penalty area <No clear possession>	Team that last touched the ball	

Welcome to RefScheduler.net©

Please select your Section, Area, Region and you will be able to login to your associations' Referee scheduling system.

Section Selected: 2

Selected Area: C

Select your Region: 281 : AYSO Region 281 - Pleasant Hill Martinez ▼ ☐ Save Preferences?

Login

[Help](#)

[Help for Using Multiple Organizations](#)

CHECK YOUR GAMES!



REF'S – THEY'RE PEOPLE TOO

EVERYONE PLAYS®

BALANCED TEAMS

OPEN REGISTRATION

POSITIVE COACHING

GOOD SPORTSMANSHIP

PLAYER DEVELOPMENT





Issues?
Email a
board
member

19U-16U@ayso281.org

14U@ayso281.org

12U@ayso281.org

10UB@ayso281.org

8UB@ayso281.org

6U@ayso281.org

ca@ayso281.org

refadmin@ayso281.org

rc@ayso281.org



@P

@ayso_phmsa

PROUD AYSO COACH



EVERYONE PLAYS®

BALANCED TEAMS

OPEN REGISTRATION

POSITIVE COACHING

GOOD SPORTSMANSHIP

PLAYER DEVELOPMENT

NEXT COACH

Thursday October 16th
5pm 6U & 8U
7pm 10U+

- Save the Date -
Volunteer Dinner Nov 14th