

# 10U And Above

Understanding The Game



**HELP MAKE A POSITIVE IMPACT IN THE LIVES OF KIDS IN YOUR COMMUNITY BY BECOMING AN  
AYSO VOLUNTEER THIS SEASON**

# WHY AYSO



**Vision - To Provide World Class Youth Soccer Programs That Enrich Children's Lives**

**Mission – To Develop And Deliver Quality Youth Soccer Programs Which Promote A Fun, Family Environment Based On Our 6 Philosophies**

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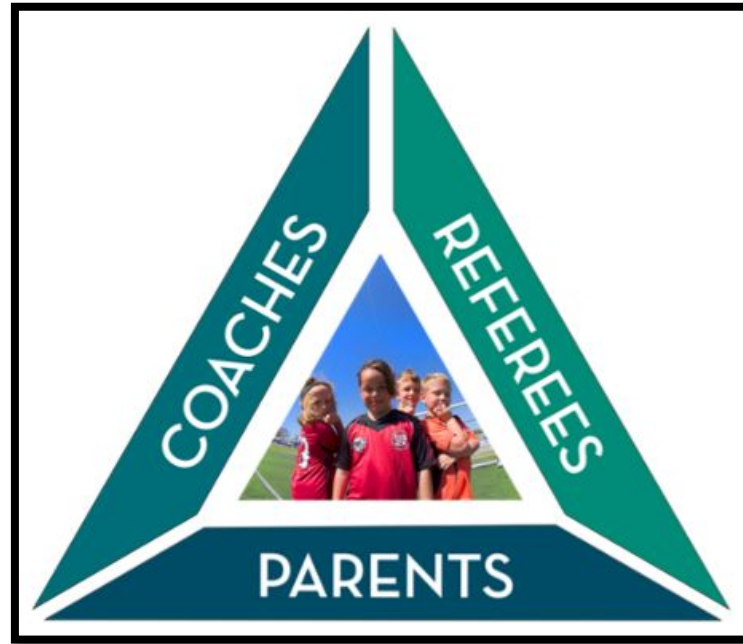
# AYSO Philosophies



- \* **Balanced Teams – Because It's Fair And More Fun**
- \* **Everyone Plays - Our Goal Is For Kids To Play Soccer**
- \* **Good Sportsmanship – Safe, Fair, Fun And Positive**
- \* **Player Development - Skills And Knowledge**
- \* **Open Registration - Open To All Children**
- \* **Positive Coaching – Encourage Player Effort**

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# You Are A Part Of The Team



Coaches, Referees And Parents Are Members Of The AYSO Team And Need To Work Together, To The Best Of Their Ability, To Make The Game Positive For The Players.

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# Every Team Needs

- **1 Head Coach – They Are Responsible For Coaching**
- **1 Assistant Coach – Assist The Head Coach**
- **2-3 Referee (minimum) – Ensure The safety of the players and the continuation of the game.**
- **1 Team Manager – Assist The Coach, Communicate with Parents, Organize Snacks, End of Season Party, Bonding Events**
- **1 Field Prep (minimum) – Assist The Coach In Setting Up and Taking Down The Fields on Game Days**



# What It Takes To Be A Volunteer



- Every Volunteer Must Complete
  - Background Check Through Sterling \* \*
  - Fingerprints \* \* \*
- Every Volunteer Must Complete These Online Courses
  - SafeSport \* \*
  - AYSOs Safe Haven \* \*
  - Concussion Awareness \* \*
  - Sudden Cardiac Arrest \* \*
- Additional Online Training
  - Head Coaches \*
  - Assistant Coaches \*
  - Referees (Ages 10 And Older)\*

Region 120 Area 11Q

<input type="checkbox"/>	Certification
<input type="checkbox"/>	Risk Status (Submitted for the season)
<input type="checkbox"/>	Concussion Awareness
<input type="checkbox"/>	Fingerprinting California Only
<input type="checkbox"/>	Sudden Cardiac Arrest
<input type="checkbox"/>	AYSOs Safe Haven
<input type="checkbox"/>	SafeSport
<input type="checkbox"/>	Coaching License
<input type="checkbox"/>	Referee Grade

\* No Cost To You

\* Not Applicable For Youth Volunteers (Between Ages 10-17)

\* Only Need To Complete This Once In Your Lifetime with AYSO Region 120

# Mark Your Calendar



- August 18 - Twinkle Park Open For Practice (5-8pm Mon Thur)
- September 2nd - JHSC Opens for Practice (4-9pm Mon - Thur)
- September 6 – Opening Day
- September 21- Picture Day (No Make Up Day)
- 10 Week Season

## **Rainouts**

- Practice - Mudline (714-754-5041) Receive an email From AYSO Region 120
- Games – MatchTrak

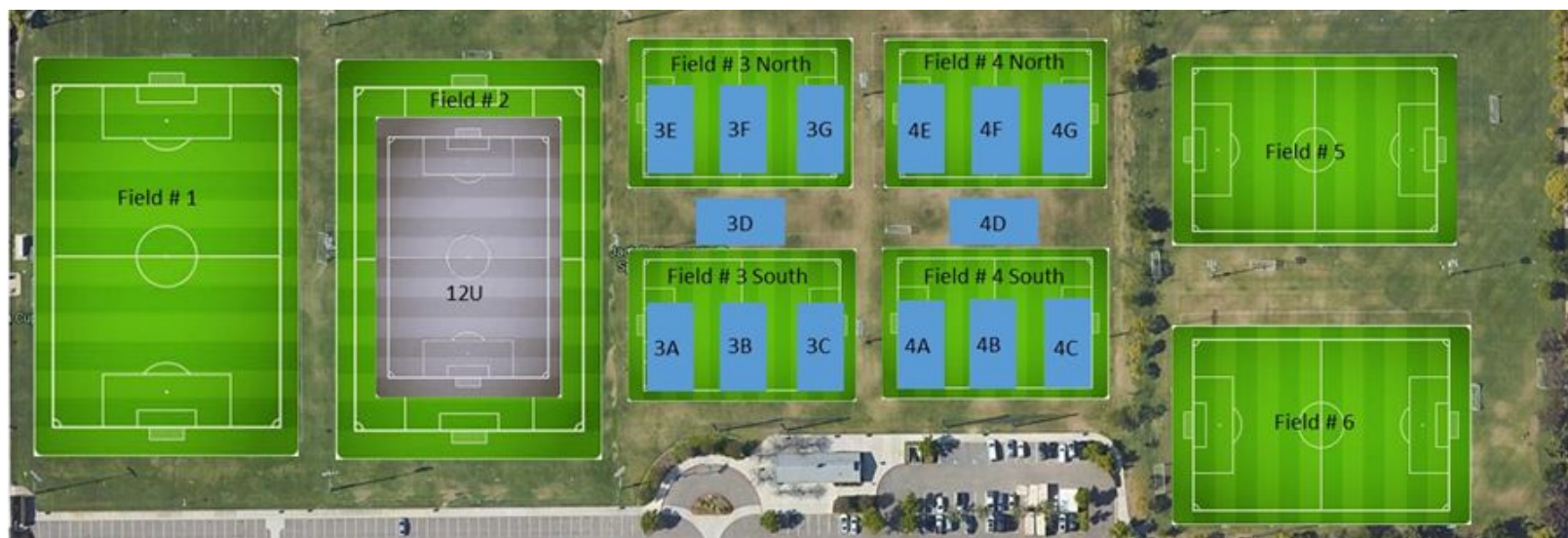
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# Field Schedule Practices / Games



		North Field 3			North Field 4			Field 5			
C	C	E	F	G	E	F	G	A	B	C	D
B	B	Open Field A	D	Open Field C	Open Field A	D	Open Field C	Open Field - A	Open Field - B	Open Field - C	Open Field - D
A	A	A	B	C	A	B	C	A	B	C	D
Field 1	Field 2	South Field 3			South Field 4			Field 6			



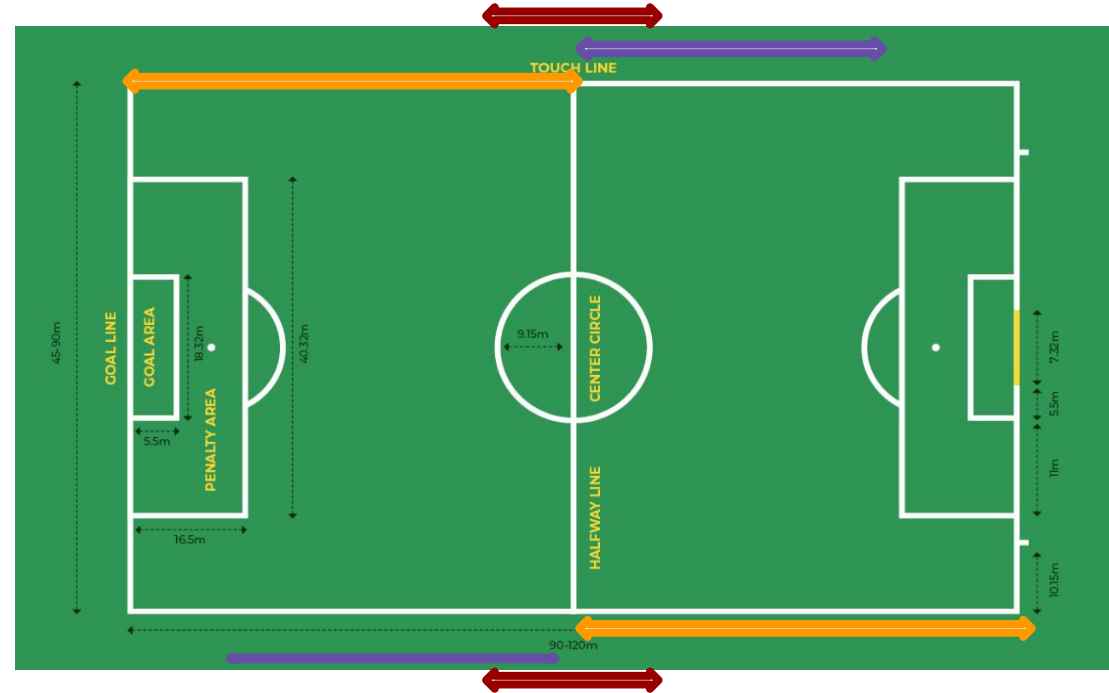
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# Where To Sit On The Sideline?

Home Team Decides Which Side Of the Field They Want  
Away team Sits On the opposite Side

Coach Area   
Where Parents Sit   
Assistant Referee Space 



- Snack Bar

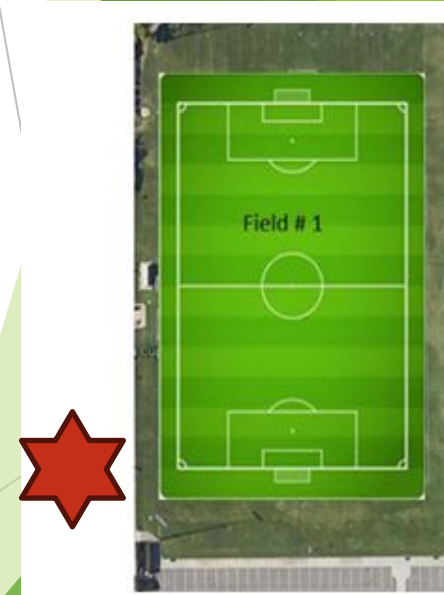
This is a fundraiser for our Travel Team. Please Support!



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# 10U Guidelines

- 10 Players On A Team
- 7 vs 7 On The Field
- Size 4 Ball
- Weekday Practice
  - 1 Hours Max – 2 Times A Week
- Regional Referees Needed
  - 1 Center
  - 2 Sideline
- Saturday Games
  - Home Games At Jack Hammett Sports Complex
  - Games Will Be Posted In MatchTrak
  - Game Start at 10:30am, 12:00pm, 1:30pm, 3:00pm, 4:30pm
  - 2 – 25 Minute Halves
- Home Team Sets Up –
- Home Team Takes Down
- Field Set Up / Clean Up
  - Get Equipment From Shed
  - Return Equipment To Shed
  - Move Goals Onto Field
  - Move Goals Off Field
- Shed is Located At The Front Entrance of JHSC (Near Field 1)



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# 12U Guidelines

- 11 Players On A Team
- 9 vs 9 On The Field
- Size 4 Ball
- Weekday Practice
  - 1.5 Hours Max – 2 Times A Week
- Regional Referees Needed
  - 1 Center
  - 2 Sideline
- Saturday Games
  - Home Games At Jack Hammett Sports Complex
  - Games Will Be Posted In MatchTrak
  - Game Start at: 12:00pm, 1:30, 3:00, 4:30
  - 2 – 30 Minute Halves
- Home Team Sets Up –
- Home Team Takes Down
- Field Set Up / Clean Up
  - Get Equipment From Shed
  - Return Equipment To Shed
  - Move Goals Onto Field
  - Move Goals Off Field
- Shed is Located At The Front Entrance of JHSC (Near Field 1)



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# 14U Guidelines

- 15 Players On A Team
- 11 vs 11 On The Field
- Size 5 Ball
- Weekday Practice
  - 1.5 Hours Max – 2 Times A Week
- Regional Referees Needed
  - 1 Center
  - 2 Sideline
- Saturday Games
  - Home Games At Jack Hammett Sports Complex
  - Away Games – Surrounding Areas In Orange County
  - Games Will Be Posted In MatchTrak
  - Game Start at 9:00am, 10:30am, 12:00pm, 1:30pm or 3:00pm
  - 2 – 35 Minute Halves
- Rainouts
- Practices - Mudline (714-754-5041)
- Games - Matchtrak



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# 16U Guidelines

- 18 Players On A Team
- 11 vs 11 On The Field
- Size 5 Ball
- Weekday Practice
  - 1.5 Hours Max – 2 Times A Week
- Regional Referees Needed
  - 1 Center
  - 2 Sideline
- Saturday Games
  - Home Games At Jack Hammett Sports Complex
  - Away Games – Surrounding Areas In Orange County
  - Games Will Be Posted In MatchTrak
  - Game Start at 9:00am, 10:30am, 12:00pm, 1:30pm or 3:00pm
  - 2 – 40 Minute Halves
- Rainouts
- Practices - Mudline (714-754-5041)
- Games - Matchtrak



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# 19U Guidelines

- 18 Players On A Team
- 11 vs 11 On The Field
- Size 5 Ball
- Weekday Practice
  - 1.5 Hours Max – 2 Times A Week
- Regional Referees Needed
  - 1 Center
  - 2 Sideline
- Saturday Games
  - Home Games At Jack Hammett Sports Complex
  - Away Games – Surrounding Areas In Orange County
  - Games Will Be Posted In MatchTrak
  - Game Start at 9:00am, 10:30am, 12:00pm, 1:30pm or 3:00pm
  - 2 – 45 Minute Halves
- Rainouts
- Practices - Mudline (714-754-5041)
- Games - Matchtrak



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# How To Print Rosters

- AYSO120.org

- Team Central -

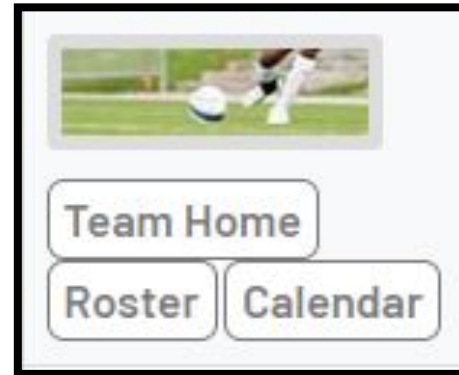
TEAM CENTRAL

- Posted Schedules

POSTED SCHEDULES

- Team Directory -

TEAM DIRECTORY



Roster View

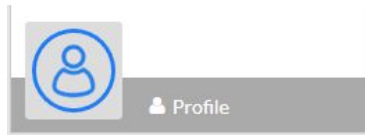
Photo View

Print Roster

Print Team Line Up

Coach's Clipboard

- Upload Your Child's Picture -



- Coach's Clipboard

- A lot of valuable information for all Parents

- Uniforms – Wednesday Pick Up
- Equipment - Wednesday Pick up - Every Player gets a size 3 Ball, Coaches get Cones, Pennies, Ball Bag
- Clear Envelopes to Store Important Documents



# Schedules - MatchTrak



- AYSO120.org
- Fields /Schedules –

FIELDS/SCHEDULES

- Scheduling Links –

## SCHEDULE LINKS

- [U08-U12 Region Games](#)
- [12U-14U Area Games](#)
- [Spring Extra](#)
- [16U / 19U Schedules](#)

- Standing -

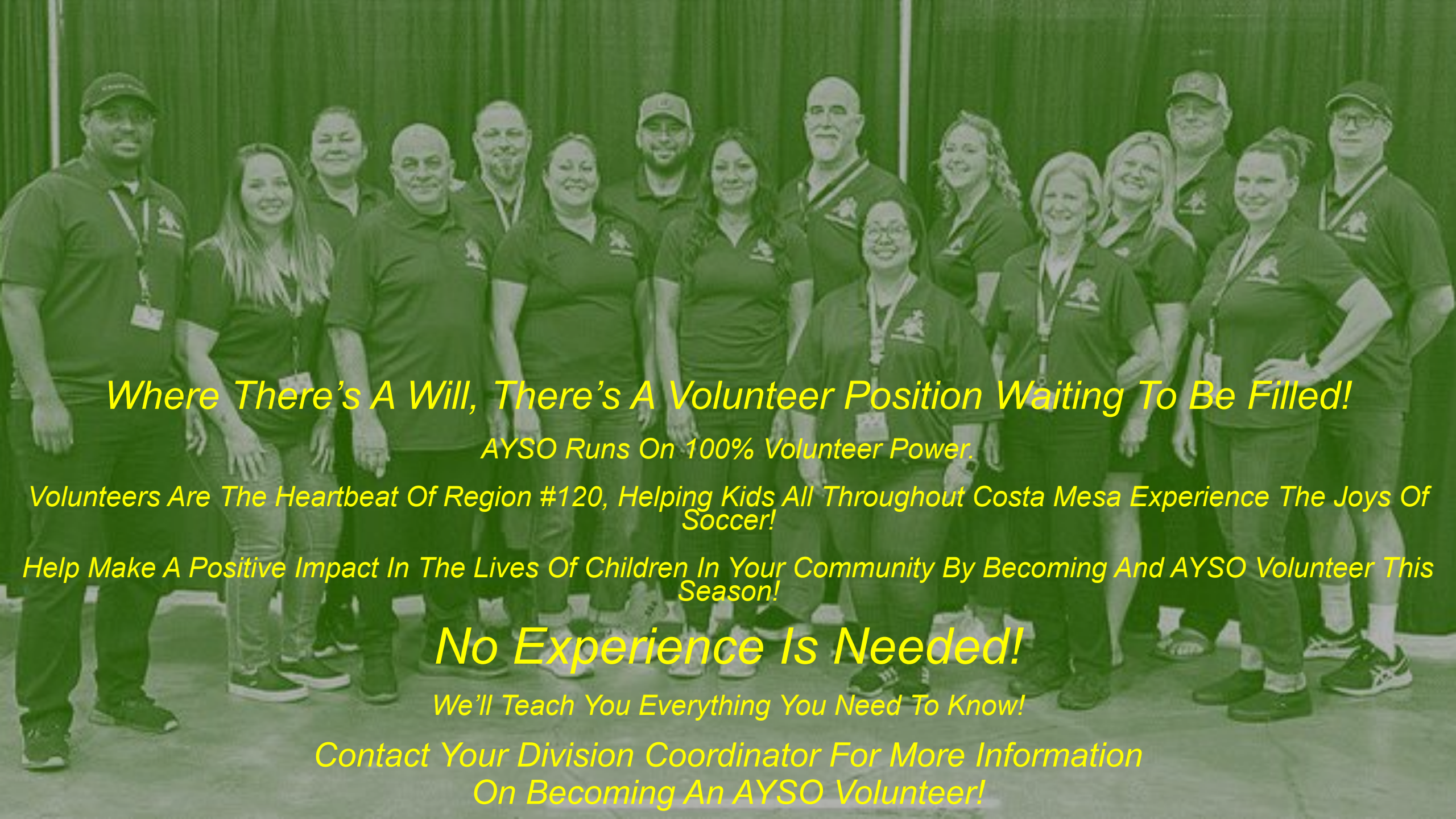
Standings

Game Schedule

- Select Your Team -

Date	Time	Teams	Goals	Park-Field	Game	Results	Ref ARs	Reserve
03/02/2024 <i>Saturday</i>	12:00 PM	H: 11-Q120-Yagerlener_C A: 11-Q120-Harootian_P		Q120-JHSC 5	25285 <i>Pool</i>	Pending		
03/16/2024 <i>Saturday</i>	09:00 AM	H: 11-Q120-Yagerlener_C A: 11-Q120-Kim_M		Q120-JHSC 5	25289 <i>Pool</i>	Pending		
03/23/2024 <i>Saturday</i>	10:30 AM	H: 11-Q120-Pace_T A: 11-Q120-Yagerlener_C		Q120-JHSC 5	25293 <i>Pool</i>	Pending		
04/13/2024 <i>Saturday</i>	09:00 AM	H: 11-Q120-Navarro Diaz_J A: 11-Q120-Yagerlener_C		Q120-JHSC 5	25295 <i>Pool</i>	Pending		
04/20/2024 <i>Saturday</i>	12:00 PM	H: Q120-Ambrow_R A: Q120-Yagerlener_C		Q120-JHSC 5	25300 <i>Pool</i>	Pending		
04/27/2024 <i>Saturday</i>	10:30 AM	H: 11-Q120-Yagerlener_C A: 11-Q120-Rodriguez_E		Q120-JHSC 5	25302 <i>Pool</i>	Pending		





*Where There's A Will, There's A Volunteer Position Waiting To Be Filled!*

*AYSO Runs On 100% Volunteer Power.*

*Volunteers Are The Heartbeat Of Region #120, Helping Kids All Throughout Costa Mesa Experience The Joys Of Soccer!*

*Help Make A Positive Impact In The Lives Of Children In Your Community By Becoming And AYSO Volunteer This Season!*

*No Experience Is Needed!*

*We'll Teach You Everything You Need To Know!*

*Contact Your Division Coordinator For More Information  
On Becoming An AYSO Volunteer!*

# Contacts



Regional Commissioner - Chris Yangerlener - [chris.y@ayso120.org](mailto:chris.y@ayso120.org)

Regional Commissioner Elect – Imelda Validia - [Imelda.v@ayso120.org](mailto:Imelda.v@ayso120.org)

Coach Administrator - Angela Serrano - [angela.s@ayso120.org](mailto:angela.s@ayso120.org)

CVPA - Anne McEligot - [anne.mc@ayso120.org](mailto:anne.mc@ayso120.org)

Referee Administrator

Director Of Coordinators - Angela Serrano - [angela.s@ayso120.org](mailto:angela.s@ayso120.org)

Division Coordinators

6U and 7U - Summer Anderson - [summer.a@ayso120.org](mailto:summer.a@ayso120.org)

8U – Angela Serrano - [angela.s@ayso120.org](mailto:angela.s@ayso120.org)

10U - Stephanie Caldera - [stephanie.c@ayso120.org](mailto:stephanie.c@ayso120.org)

12U – Cari Smith - [cari.s@ayso120.org](mailto:cari.s@ayso120.org)

14U – Imelda Validia - [Imelda.v@ayso120.org](mailto:Imelda.v@ayso120.org)

16U and 19U – George Yaghman- [George.Y@ayso120.org](mailto:George.Y@ayso120.org)