

# FALL 2025 COACH GUIDE

## 6U, 7U, AND 8U

Thank You For Volunteering

**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*



# FALL 2025 COACH GUIDE

## 6U, 7U, AND 8U

### AYSO Philosophies

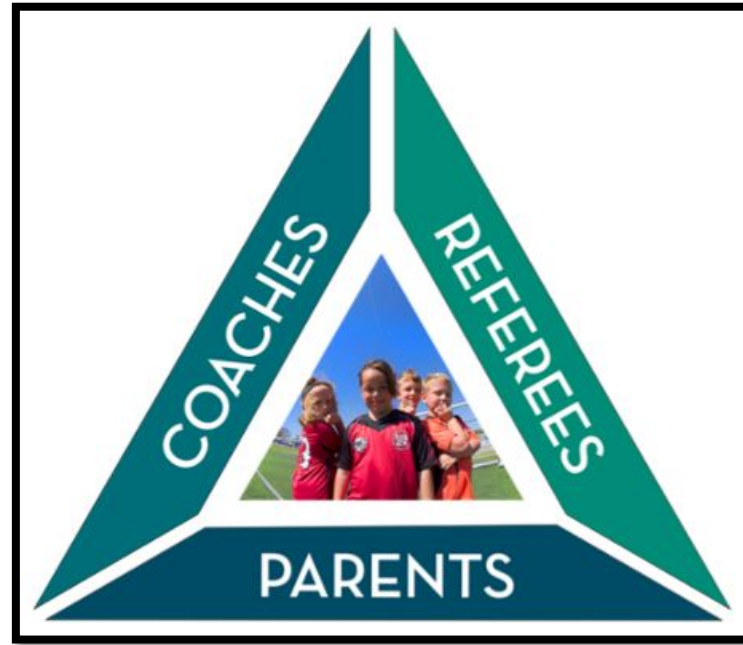
- \* **Balanced Teams – Because It's Fair And More Fun**
- \* **Everyone Plays - Our Goal Is For Kids To Play Soccer**
- \* **Good Sportsmanship – Safe, Fair, Fun And Positive**
- \* **Player Development - Skills And Knowledge**
- \* **Open Registration - Open To All Children**
- \* **Positive Coaching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



# FALL 2025 COACH GUIDE

## 6U, 7U, AND 8U

### The AYSO 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.



# FALL 2025 COACH GUIDE

## 6U, 7U, AND 8U

### Every Team Must Have

- 1 Head Coach
- 1 Assistant Coach
- 1 Referees (Minimum)
- 1 Team Manager\*
- 1 Field Prep\*
- If You Are Coaching A Team Of The Opposite Sex – You Must Have A Registered Volunteer Of The Same Sex On The Field At All Times (Practice And Games)



# FALL 2025 COACH GUIDE

## 6U, 7U, AND 8U

### What It Takes To Be A Volunteer / Coach

- Background (Annually) – Risk Status
- Fingerprints – 1 R=Time Ony with AYSO
- Online Training - AYSO
  - Safe Haven
  - Safe Sport
  - Cardiac Arrest
  - Concussion Awareness
  - Coach Courses
- In-Person Training\* - Various Locations In Orange County
  - Referee
  - Coaches
- Regional Referee Online Courses (Recommended) - AYSOU





# FALL 2025 COACH GUIDE

## 6U, 7U, AND 8U

### Child and Volunteer Protection

- 2 Registered Adults with players at all times. One of the same gender
- No one on one contact
- Seatbelts must be used when travelling in a car.
- Strongly recommend adult escort to restrooms until 14U
- All communications regarding AYSO activities and participation in the program must be directed to parents and guardians including voice messages, e-mails and text messages. It is up to a child's parent(s) and/or guardian(s) to forward necessary communications to their children. If, for older players or youth volunteers, parents/guardians allow direct communications with a player or youth volunteers, parents must still be copied on any and all messages. Adults should refrain from private, personal, on-going electronic conversations with children.
- Contact your Division Coordinator or CVPA for a Team Problem



# FALL 2025 COACH GUIDE

## 6U, 7U, AND 8U

# AYSO

### My Roles & Certificates



**Angela Serrano**

ID Number: 38634-645301

**Board Member 2023-2024 Volunteer AYSO Region 120 Board Member 38634-645301 Board Member Volunteers AYSO Region 120 Costa Mesa**

AYSOU



Home



Skills Passport



Document Library



Training Library



Training Event



My Training



Help

Safe Haven

Safe Haven

Courses in this category:

AYSO's Safe Haven 2022 (No Audio)  
CDC Concussion Awareness - Online  
Sudden Cardiac Arrest - Online

Safe Haven Update 2020

Safe Haven Addendum - Full In-Person Course

CEU - Stewards of the Game - Online

CEU - Stewards of the Game - Full In-Person Course

Access your Safe Sport Course Here

Coaching

Coaching

Courses in this category:

AYSO's Summary of the Laws of the Game - Online

Playground/Schoolyard Soccer Program Leader - Online

Playground/Schoolyard Activity Leader - Full In-Person Course

6U Coach - Online

6U Coach - Full In-Person Course

8U Coach - Online

8U Coach - Full In-Person Course

10U Coaching - Online + In-Person Field Session

10U Coach - Full In-Person Course

12U Coach Training Pre-Course (Part 1) - Online

12U Coach (Part 2) - Full In-Person Course

Intermediate 14U Pre-Course (Part 1) - Online

Refereeing

Refereeing

Courses in this category:

AYSO's Summary of the Laws of the Game - Online

8U Official Course - Online

8U Official - Full In-Person Course

NEW - Regional Referee - Online + In-Person Companion Course

Regional Referee Training

Regional Referee - Full In-Person Course

Curso Regional Arbitro - Regional Referee - Full In-Person Course

Intermediate Referee - Full In-Person Course



# FALL 2025 COACH GUIDE

## 6U, 7U, AND 8U

### FIFA RULES SUMMARY

Additional details of the FIFA Laws are provided in the Coaching Manual Plan, but to summarize:

**LAW 1** The Field of Play

**LAW 2** The Ball

**LAW 3** The Number of Players

**LAW 4** The Player's Equipment

**LAW 5** The Referee

**LAW 6** The Assistant Referees

**LAW 7** The Duration of the Match

**LAW 8** The Start and Restart of Play

**LAW 9** The Ball In and Out of Play

**LAW 10** The Method of Scoring

**LAW 11** Offside

**LAW 12** Fouls and Misconduct

**LAW 13** Free Kicks

**LAW 14** The Penalty Kick

**LAW 15** The Throw-in

**LAW 16** The Goal Kick

**LAW 17** The Corner Kick





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## 6U, 7U, AND 8U

# AYSO

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**Angela Serrano**

ID Number: 38634-645301

**Board Member** 2023-2024 Volunteer AYSO Region 120 Board Member 38634-645301 Board Member Volunteers AYSO Region 120  
Costa Mesa

AYSOU



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Skills Passport



Document Library



Training Library



Training Event



My Training



Help

## Training Event

Regions

Search events by region(s)

Location

Costa Mesa, CA, USA

X 10km

Courses

Search events by course(s)



# FALL 2025 COACH GUIDE

## 6U, 7U, AND 8U

### Schedules

- For 6U, 7U and 8U – Posted In Sport Connect Team's Page
- 9:00 am Scheduled Games (Practice/Warm Up then Game)
- 10:00 am Scheduled Games(Practice/Warm Up then Game)



# FALL 2025 COACH GUIDE

## 6U, 7U, AND 8U

### Team Allocations

- 5-6 Preferred On A Team – 4v4
- 1 player sits out every quarter
- $\frac{3}{4}$  Rule – All players must sit out once, before a player can sit out twice



# FALL 2025 COACH GUIDE

## 6U, 7U, AND 8U

- Playing Age-Appropriate Divisions for 6U, 7U and 8U
- 7U and 8U - We Introduce
  - Throw Ins
  - Goal Kicks
  - Corner Kicks
  - Indirect Free Kicks
  - 1 Retake For Learning Opportunities and Skill Development





# FALL 2025 COACH GUIDE

## 6U, 7U, AND 8U

### Practice Times – Assigned Fields

- 6U = 1 Hour Max – Once A Week
- 7U = 1 Hour Max – Once A Week
- 8U = 1 Hour Max – Once A Week

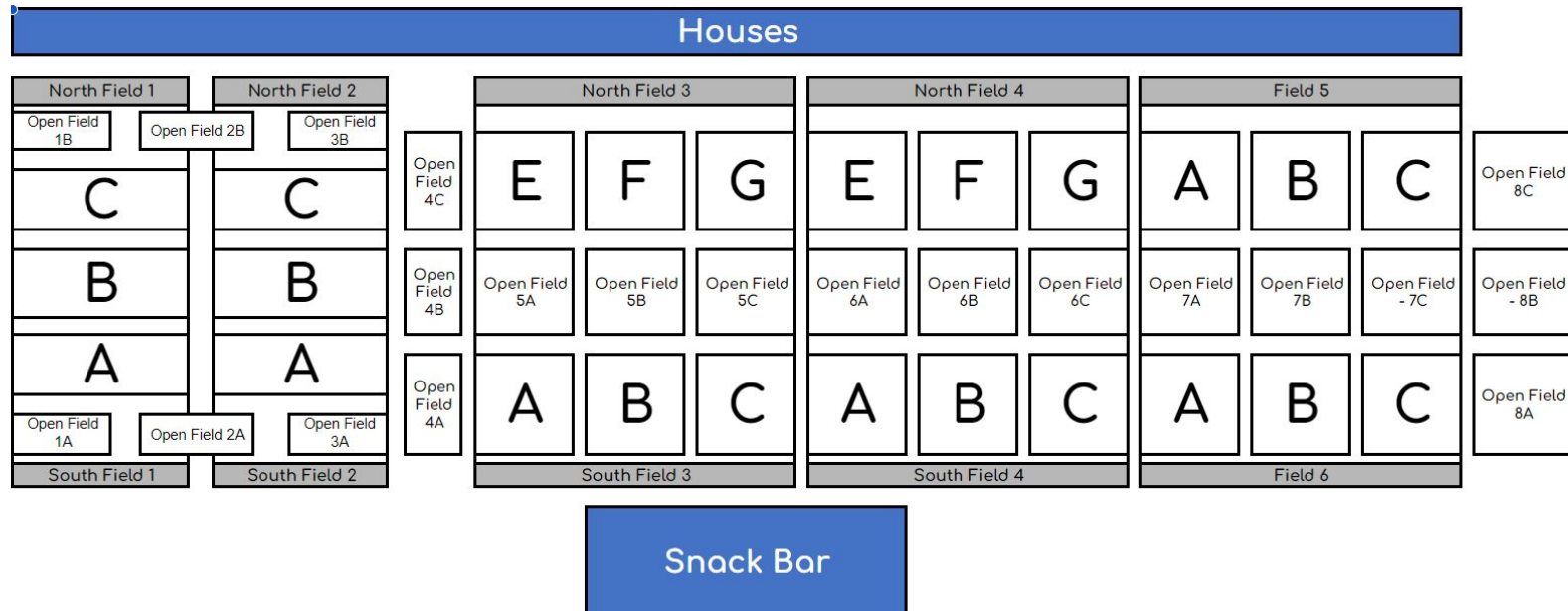


# FALL 2025 COACH GUIDE

## 6U, 7U, AND 8U

### Practice Times – Assigned Fields

- Work With Division Coordinators To Schedule
- Fields Open Monday – Thursday, From 4:00pm – 9:00pm



# FALL 2025 COACH GUIDE

## 6U, 7U, AND 8U

### Game Times

- 6U = 15 Minute Halves – Quarter Break In Between For Substitutions
- 7U = 20 Minute Halves – Quarter Break In Between For Substitutions
- 8U = 20 Minute Halves – Quarter Break In Between For Substitutions
- Do not switch sides at half-time



# FALL 2025 COACH GUIDE

## 6U, 7U, AND 8U

### Provided Equipment

- Balls
  - 6U, 7U, 8U = Size 3
- Ball Bags
- Cones
- First Aid Kit
- Pennies

Uniforms will be distributed by the Division Coordinator

- Must Have Background, Fingerprinting and Courses Done to Pick Up





# FALL 2025 COACH GUIDE

## 6U, 7U, AND 8U

### Must Have At All Times When On The Field

- Health Waivers (Practice And Game Day)
- Roster (Practice And Game Day)
- Lineup Card (Game Day)
  - Should Have Players Name and Number
  - Do Not Fill Out Ahead Of The Game With Your Game Plan
  - These Are For The Referee To Keep Track
- Who Should Have These Documents
  - Head Coach
  - Assistant Coach
  - Team Manager



# FALL 2025 COACH GUIDE

## 6U, 7U, AND 8U

### Mark Your Calendars

- August 18 – Fields Are Open at TeWinkle Middle School
- September 6 – Opening Day
- September 21 - Picture Day at CMHS
- October 4 – Silent Saturday
- October 31 – Fields Are Closed
- 10 Week Season



# FALL 2025 COACH GUIDE

## 6U, 7U, AND 8U

### How Are Teams Allocated

- Fair and Balanced Teams
- Even Mix Of
  - Ages (Birth Year)
  - Experience (New vs Returning)



# FALL 2025 COACH GUIDE

## 6U, 7U, AND 8U

### Substitutions And Goalie Rules

- Substitutions
  - 6U – 8U
    - Nobody sits out 2 Quarters Unless Every Players Has Sat Out Once
    - No Player Plays The Full Game Unless All Have Played 3 Quarters
- Goalie Play Time
  - 6U-8U – No Goalie

Please let all of your players attack when your team is attacking and all players defend when your team is defending. It is okay to have one player positioned near the half. No goaltending.





# FALL 2025 COACH GUIDE

## 6U, 7U, AND 8U

### Game Day Behavior

- BE NICE TO EACH OTHER
  - Before The Match
  - During The Match
  - After The Match
- Control Your Parents
- Thank Your Referees
- No Yelling At Referees – Especially Youth Referees – Zero Tolerance



# FALL 2025 COACH GUIDE

## 6U, 7U, AND 8U

### Game Day Behavior

- Home Team Sets Up And Takes Down
  - First Home Team on The Field – Sets Up Flags And Moves Goals Onto The Field
  - Last Home Team on The Field – Takes Down Flags And Moves Goals Off The Field
  - Goalie Kits are in the Shed on Field 1
- Home Team Decides Where To Sit



# FALL 2025 COACH GUIDE

## 6U, 7U, AND 8U

### Match Blow Out

- Be Please Mindful Of Match Blowouts

We do not keep score. If one team scores a lot more goals make sure to give the other team goal scoring opportunities. You can move the kickoff closer to their goal or simply roll the ball out to the players near their goal and let them score. The emphasis at this age are ball skills, accurate passing, tackling the ball, penetrating the defense, delaying the offense and working as a team.

- No More Than A 3 Goal Differential

- Strategies To Reduce Or Eliminate Additional Scoring

- Use Non-Dominant Foot
- Shoot From Outside The Box
- Three Passes Between Teammates

- This Needs To Be Discussed With Players

- At Practice
- Not During The Game



# FALL 2024 COACH GUIDE

## 6U, 7U, AND 8U

### Additional Training And Support



**Dusan Stevanovic**

Chief Executive Officer





# FALL 2024 COACH GUIDE

## 6U, 7U, AND 8U

### Pro Touch Additional Training And Support

PROTOUCHSOCCER.COM



**1-on-1 Coach Mentoring Topics**

- Finishing
- Dribbling
- Control
- Passing
- Defending


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**GOALKEEPER  
FREE CLINIC**

**AYSO Region 120 Players**

Work on proper galkeeping fundamentals,  
diving technicues and goalie-specific skills  
with Pro Touch professional trainers


**7:00pm - 8:00pm**

Jack Hammett Sports Complex



**PRO TOUCH  
SOCCER.com**

PRO TOUCH SOCCER





**STRIKER  
FREE CLINIC**

**AYSO Region 120 Players**

Work on proper shooting fundamentals,  
finishing technicues and striker-specific skills  
with Pro Touch professional trainers

**7:00pm - 8:00pm**

Jack Hammett Sports Complex



**PRO TOUCH  
SOCCER.com**



# FALL 2025 COACH GUIDE

## 6U, 7U, AND 8U

### Contacts

- Regional Commissioner - Chris Yagerlener - [Chris.Y@ayso120.org](mailto:Chris.Y@ayso120.org)
- Regional Commissioner Elect - Imelda Valdivia - [Imelda.v@ayso120.org](mailto:Imelda.v@ayso120.org)
- CVPA - Anne McElligott - [Anne.mc@ayso120.org](mailto:Anne.mc@ayso120.org)
- Referee Administrator -
- Coach Administrators - Angela Serrano - [Angela.S@ayso120.org](mailto:Angela.S@ayso120.org)
- Division Coordinators -
  - Director - Angela Serrano - [Angela.S@ayso120.org](mailto:Angela.S@ayso120.org)
  - 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 – Carie Smith - [Cari.S@ayso120.org](mailto:Cari.S@ayso120.org)
  - 14U – 19U Imelda Valdivia - [Imelda.V@ayso120.org](mailto:Imelda.V@ayso120.org)

