An aerial photograph of a green soccer field. A large white circle is drawn on the field, with a white crosshair intersecting it. Several players in red and yellow jerseys are scattered across the field. The text "COMBINED AYSO COACHES MEETING FOR 10U AND 12U COACHES" is overlaid on the right side of the image in white, bold, sans-serif capital letters. A short white horizontal line is positioned above the word "COMBINED".

COMBINED AYSO COACHES MEETING FOR 10U AND 12U COACHES

Get ready for a Successful Season



INTRODUCTION

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IMPORTANT DATES

Season Starts September 6 and ends on November 8

Picture Day: September 20th, make-up the following week

Silent Weekend: October 4th

Fall Picnic/team potluck: October 18

Player Ratings Due and Trophy Distribution: Nov 4-7

Volunteer appreciation event: TBD

All Star Tryouts: Nov 10 and 11th

Tournament of Champions: Dec 6-7 (15-16 weather backup)

All-Star Tournament: Jan 10-11, 2026

ENTERING A KIDS ZONE



By entering this Kids Zone, you agree to the following:

- ☒ Kids are #1
- ☒ Fun, not winning, is everything
- ☒ Fans only cheer, and only coaches coach
- ☒ No yelling in anger
- ☒ Respect the volunteer referees
- ☒ No swearing or abusive behavior
- ☒ No alcohol, tobacco, or drugs
- ☒ No weapons
- ☒ Leave no trash behind
- ☒ Set a proper example of sportsmanship

If you can agree to the above, we welcome you.



PS. Coaches and parents are NOT ALLOWED to play with the kids



HOW TO HAVE A GOOD PARENT MEETING

Introduce yourself

How are you related to the team. What are your goals for the season, and what is your motivation.

Give pertinent information:

- Training day/place/time
- Reminders of other important dates (e.g. picture day)
- Push the use of the GameChange app
- Reminder of proper training equipment: water, size 4 ball, shoes, shin guards under the socks, and no jewelry (including earrings- taping them is not allowed)

Find parent volunteers- share the work!

- Referee(s)
 - Snack organizer
 - Picture day organizer
 - Picnic/potluck organizer
 - Game day set-up/takedown coordinator
 - Banner lead
-

GAMECHANGER APP

GameChanger App

The GameChanger App is a mobile application that provides users with the ability to track their sports teams' statistics, scores, and schedules. Users can also communicate with other team members and coaches via the app.

Downloading and Using the App

The GameChanger App is available for download on both Apple and Android devices. Once downloaded, users can create an account, search for their team, and start tracking scores and stats.

Communication and Schedules: Once teams are posted, it's an instant communication platform with direct messaging and team messaging. Additionally, once schedules are posted, they are automatically uploaded into the app.



TRAINING SESSION OVERVIEW

8U Sessions

Sessions for 8U should be once a week and last for 60-75 minutes at **Hourglass.**

10U Sessions

Sessions for 10U should be once or twice a week and last for 60-90 minutes at **Wangenheim.**

12U-16U Sessions

Sessions for 12U-16U should be twice a week and last for 75-90 minutes at **Wangenheim.**





ASSIGNED TRAINING AREAS

Training at Hourglass

8U age group will train at Hourglass, providing a focused and consistent training environment.

Training at Wangenheim

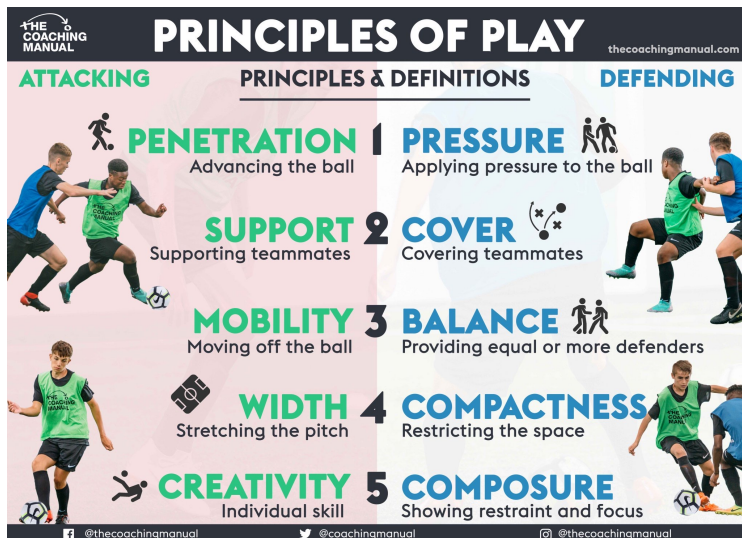
10U-16U age groups will train at Wangenheim, ensuring tailored sessions for older athletes.

Streamlined and Safe Sessions

Designated areas help streamline sessions, offering a consistent environment for all groups as well as keep the youngers safe from errant balls.

Training locations will be assigned so please let me know the day(s) and times as soon as you decide. You are the coach, you get to pick the day(s) and times that work for you!

THE COACHING MANUAL



THE COACHING MANUAL

Accessing The Coaching Manual

The Coaching Manual is available online and can be accessed through a web browser or mobile app. It contains a wealth of information on coaching techniques and strategies.

<https://ayso.thecoachingmanual.com/>

Contents of The Coaching Manual

The Coaching Manual contains information on coaching theories, techniques, and best practices. It covers a range of topics, from communication and leadership to motivation and goal setting.

Using The Coaching Manual

The Coaching Manual can be used to improve coaching skills, from beginner to advanced levels. Users can navigate the manual using search tools, bookmarks, and other features to find the information they need.

REFEREES



Role of the Referee

The role of the referee is to enforce the rules of the game and ensure fair play. They have the authority to make decisions regarding the game and the power to administer the penalty for any infractions. Their motto should be Safe, Fair, Fun.

Responsibilities of the Referee

The referee is responsible for keeping track of time, player substitutions, and ensuring that all equipment is in accordance with the rules. They are also responsible for monitoring player, coach, and sideline conduct and ensuring that the game is played safely.

Zero Tolerance- please share with your parents

We have a strict zero tolerance for berating, haranguing, arguing with, or using unacceptable language towards our referees- especially our youth referees. The center referee has ultimate authority, as do Region 285 board members, to dismiss coaches and spectators.

In order to qualify for post-season play, you must have at least one registered referee on your team. Referees earn 1 point per match and a team must accumulate **15 points to be eligible for post season play (you are encouraged to find more than 1 to reach this goal).**



8U DIVISION RULES

- We do not keep score or record results!
 - The number of players on the field is 4-5 with no goal-keepers.
 - A size 3 ball, shin guards under socks, and NO jewelry (**including earrings, hiding with tape or bandaids is not allowed**)
 - Two 20-minute halves with a quarter break around the 10 minute mark (running clock) and a 5-10 minute break at the half.
 - Substitutions may only be made at the quarter and half breaks, or in case of injury. The breaks are for substitutions and a quick water, it's not a coaching moment. Law states the players must stay on the field but at least try to keep them near your bench as it's a running clock.
 - To support the AYSO Philosophy of Everyone Plays, Section 11 has a 3-quarter rule stating that **no player may sit twice until all players have sat once**. You most likely won't have a referee so please use the honor system.
 - The coaches will assess direct free kicks for all fouls, with the opponents six yards away from the ball. No PK's.
 - Goals **may not** be scored off the kick-off in 8U.
 - Encourage proper throw-in restarts, but do not call foul throws.
-



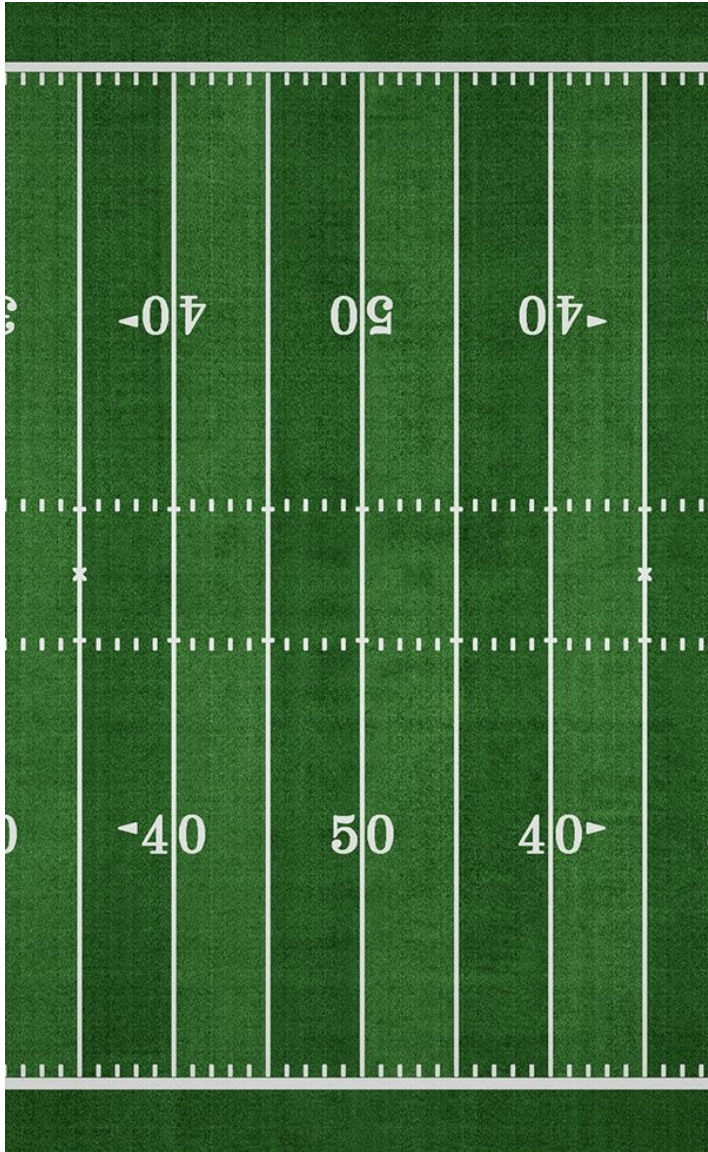
U10 AND U12 DIVISION RULES

- The number of players on the field for 10U is 7 and 12U is 9.
 - Both divisions will use a size 4 ball
 - 10U plays 25-minute halves with a quarter break around the 12'th minute. 12U plays 30-minute halves with a quarter break around the 15th minute.
 - Substitutions may only be made at the quarter and half breaks, or in case of injury. The breaks are for substitutions and a quick water, it's not a coaching moment. Law states the players must stay on the field but at least try to keep them near your bench as it's a running clock.
 - To support the AYSO Philosophy of Everyone Plays, Section 11 has a 3-quarter rule stating that **no player may sit twice until all players have sat once**. This will be adjudicated by the referee.
 - There is no intentional heading in either division.
 - The Mira Mesa team with the best record against other Mira Mesa teams will qualify for the Tournament of Champions*.
-



10U SPECIFIC PLAYER DEVELOPMENT INITIATIVES

- Goal keepers may not punt or drop-kick the ball or drop the ball to another player as to simulate a drop-kick.
 - There is a build out line between the penalty area and the half-line which demarks:
 - The line the defending player must retreat to in the case of a free kick within the build out line and the goal line (e.g. a goal kick).
 - Similarly, if the ball is secured by the goal-keeper and has it in hand.
 - The ball is in play and the defending team may cross the build out line once the ball is kicked or released by the keeper.
 - Offside is adjudicated from the start of the build-out line-not the half line.
-



GAME DAY! FIELD SET UP- THE FIRST TEAMS ARE RESPONSIBLE FOR FIELD SET UP AND THE LAST TEAMS FOR TAKEDOWN

Please allot an extra 30 minutes at the beginning or end of the day for these duties.

Goals- they will be unlocked but need to be rolled into place at the beginning of the day and rolled back, nested appropriately, and locked at the end of the day.

- 10U uses the smallest goals- 6.5x18.5
- 12U uses the mid-sized goals- 7x21
- 14U uses regular 8x24

Corner Flags- will be available at the tent and should be returned at the end of the day

Fields will be painted! If you are interested or have a parent that would like to help, we could use more power users for the painter.

GAME CARDS

- For 10U and above please bring a game card and hand it to the referee before the game.
- The easiest way is to print them from the Mira Mesa AYSO website Team Page (see picture, but please enter player numbers).
- The referee will fill out the substitutions so please leave that area blank.

The screenshot shows the AYSO website's 'Team Central' page. It features a navigation bar with links: HOME, ABOUT US, TEAM CENTRAL (highlighted), TOP GUN, PROGRAMS, AYSO WIKI, and REGION DOCUMENTS. Below the navigation bar is a 'PRINT TEAM LINE UP' button. A 'Back' link and a pagination bar (1 of 1) are visible. The main content area displays two identical 'Team Line Up Report' forms for Region 285. Each form includes a header with the AYSO logo, team name (10U - Girls), team colors (F24-10UG-11R-285-Milne/Allen), team coach (Allan, Corey; Milne, Colleen), and assistant coach (Allan, Corey; Milne, Colleen). The form contains a table for player information with columns for JERSEY#, PLAYER NAME*, GOALS, and Qtrs. Played (1, 2, 3, 4). The table lists players: Allan, Summer; Amargo, Madeline; Golden, Charlotte; Gonzalez, Ariadne; Isiaho, Annabelle; Judzewicz, Samantha; Lising, Ella; Milne, Aubrie; Sopha, Harper; and Stokes, Kendal. Below the table, there is a section for game details including Date, Time, Field, Halftime Score, In Favor Of, Final Score, Winning Team, and Losing Team. A note at the bottom states: '* Indicate: GK - goalkeeper; C-Captain A-Alt. Captain. All players on roster must be listed; indicate reason for absence. Referee must sign reverse side.'