



PacFW Coaches Meeting

U9-U19

Spring 2026

Before We Begin...

- Please make sure you are muted
- There will be Q&A time at the end



Agenda

- Leadership and Club Info
- PacFW Rec in the US Soccer Sphere
- Coach Duties and Responsibilities
- Referee Abuse Prevention
- Questions



Club Leadership



PacFW Team

Jenna Martinez - PacFW Program Director

- Jenna@pacnwsc.org

Nicole Holtman – PacFW Operations Manager

- nicole@pacnwsc.org
- Registration & Teams
- Field Coordinator
- Volunteer Coordinator
- Practice schedules

Chris Morrow – Rec & Select Manager

- chris@pacnwsc.org
- Game schedules
- U6-12 uniforms
- Game day field setup (3v3, 4v4 & 7v7 fields)

Dave Lanning – Rec & Select Coordinator

- dave@pacnwsc.org
- Gear distribution and pickup
- U13+ uniforms through soccer.com
- Coaching support / mentoring



PacFW in the Soccer Sphere



Soccer Structure in the US



Level of Competition

Premiere

- Highest level of competition
- Highest level of commitment
- Farthest travel
- Holds tryouts

Select

- Medium level of competition
- Travel along the Puget Sound corridor
- Holds tryouts

Recreation

- Local travel depending on age
- Minimal travel
- No tryouts - anyone can play

PacNW
Starfire

PacNW
Federal Way



Program Overview and Philosophy



Training Objectives

- Coaches should be engaged & building relationships
 - “See” each child - meet them as individuals and create fun opportunities to play and learn.
- Emphasis on individual skill, small number scenarios and decision making. (1v1, 2v1, 2v2, etc.)
- Session/Season Focus
 - Fun!! (no lines, laps, lectures)
 - Balance, coordination and control
 - Dribbling and ball control
 - Skill development – Fakes and Moves
 - Development of positive game behaviors – Creative, attacking players

Be flexible for families with attendance and late arrivals.



Training Implementation

- Each coach runs the session with their team
- 1 Session plan per week provided
 - Session plan created by Director and emailed to coaches
 - Can run same one run both days
 - *Familiarity for players and coaches – less time spent explaining activities*
 - As you and your players grow you can implement a prior session plan on the second day
- Play – Practice – Play model
- Contact Dave if you need coaching support



Training Logistics

- 2 days per week
 - Time and location coordinated with Nicole
 - 60 min (U9/10)
 - Spring '26 shortened practices due to field availability
 - 90 min (U11+)
- Practices need to start/end ON TIME.
- If you need to speak with families/teams, please do this off the field.

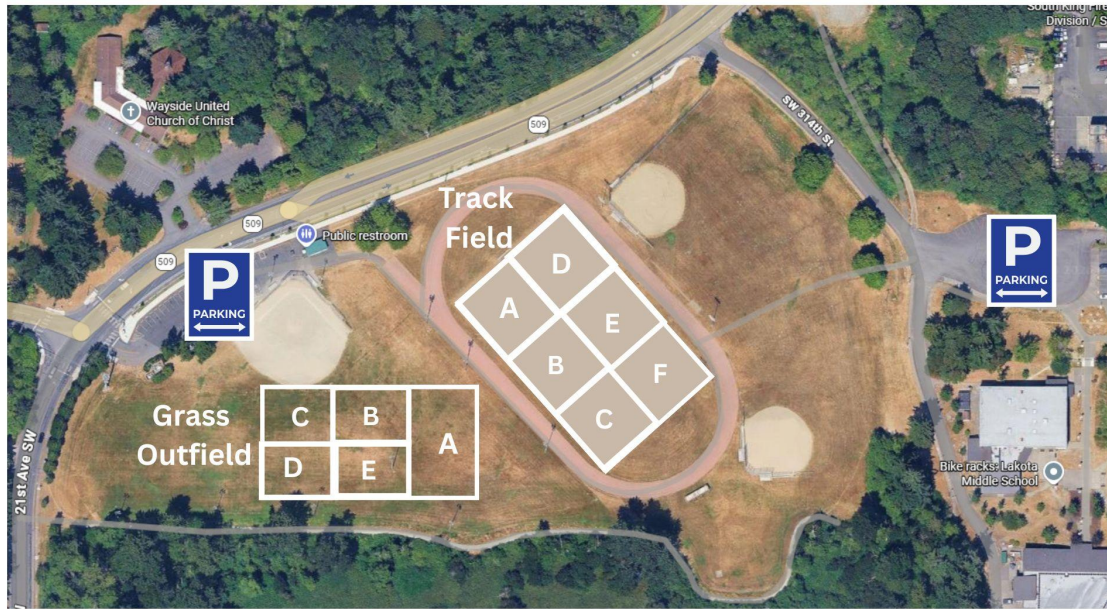


U9-U10 Practice Locations

April at Lakota

Map is a guideline for where your team will be located at the field. (Not exact dimensions)

- Grass Outfield - South Baseball Field
- Track Field - All Weather Sand inside the track



May - June at Celebration Park

Practice locations will relocate starting in May, and continue for the remainder of the Spring season.

Map is a guideline for where your team will be located at the field.

- Field #5 is the farthest area from the parking lot.
- Field #6 is the closest area to the parking lot.



Training Fields

- Teams must practice on the rented fields assigned to the team.
 - Ensures safety of participants and legal protection to the program.
- Practice Maps
 - General guideline of field location
 - Multiple teams will be practicing, share space equally
 - Sent to families through PlayMetrics
- Rental Agreements
 - Review prior to first practices
 - Specifies reserved fields, Support Contacts & Incident Reporting
 - Emailed to all coaches & team staff
 - Please keep rental agreement with you while training
- Any questions on your practice space, email nicole@pacnwsc.org



Game Day Responsibilities

→ PacFW Team Logo Uniforms are required for all games

- This is a league requirement & is not optional
- Home teams will adjust their jersey if conflict with opponents colors

→ Designated home team needs to provide 3 game balls

- One ball for the center circle & one ball next to each goal
- Make sure it is properly inflated (**nobody likes to kick a flat ball!**)
- Both teams should be ready to provide a ball just in case

→ All Teams

- **Clean up after your games! Teams & families need to pick up garbage on field.**



Game Day Responsibilities

→ U9-U10 Game Day Info

- April games will be played at Karl Grosch (KG) using lines and some cones on the turf
 - Home games may start as early as 8:30 AM or as late as 5 PM
- May & June games will be held at Celebration Park (CP)
 - Home games may start as early as 8:30 AM or as late as 3 PM
- Cones will typically be setup before teams arrive
 - This applies to KG, but CP will have painted lines
- There may be a weekend that your team could be asked to assist with setup or pickup of cones

→ U11-U12 Game Day Info

- Home games will be played at Karl Grosch (KG) Turf – North (KG1) & South (KG2)
- Games may start as early as 8:30 AM or as late as 5 PM
- Goals may need to be moved, and Build-Out Lines markers will be needed

→ U13-U19 Game Day Info

- Home games will be played at Karl Grosch & Saghalie Middle School (Both Turf Fields)
- Games may start as early as 8:30 AM or as late as 5 PM
- Goals may need to be moved in place, or extra goals moved off the field



Game Day Dates & Times

→ Game Day Info

- Schedules are created by the SSUL
- Home game times are scheduled by Chris Morrow
- **Scheduling priority is given to coaches with more than one team!**
 - If you want to request a specific time frame for your game, then you must reach out to Chris Morrow by email at least two weeks before your scheduled match.
 - **It is a request, not an automatic guarantee... do not consider the request approved until you have an email saying it is!**
- Games time may not be perfect, but it is expected that you play at the assigned time
 - No-Showing games, or forfeiting is generally not allowed
- Rescheduled games for a different date must first be agreed to by both teams
 - Once that is in place, a new game date/time will be scheduled



Game Day Referees

→ Referees

- Referees are scheduled by the Club
- Coaches should be the only people talking to the referee
 - **Many referees will be high-school age players just starting out**
 - **NO SPECTATORS OR PARENTS SHOULD BE YELLING AT ANY REFEREES**
- In the event a referee does not show, both coaches need to agree on a designated referee
 - Each team should be responsible for selecting a designated parent referee to referee one-half of the game
 - Coaches can agree to have one person referee the entire game, but it must be agreed upon
- **Gameplay Rules available at:** <https://washingtoneyouthsoccer.org/resources>



Game Day Objectives

- DEVELOPMENT vs RESULTS
 - Creating a Competitive Mentality
 - Transfer: training to game
 - Tactical instructions: reinforcing players to problem solve and have ideas behind their actions
- Playing multiple positions
- Equal playing time
- Freedom to take risks and learn from on field mistakes
- Keep a positive environment to promote growth
 - Kids that are having fun play better and learn better



SSUL Game Day Logistics

- **Attend the SSUL coaches meeting 4/1/2026**
- **72 Hours before game**
 - Check ssul.org for changes to your game – update PlayMetrics and your team accordingly
- **Game Day Roster**
 - Print 2 copies and bring to game
 - All Players must have a photo uploaded
 - Team Staff will upload photos as necessary
 - All Players must have Birth Date Verification
 - If a family shows you Birth Certificate or other verification, email nicole@pacnwsc.org
 - Player Name, Date of Birth, Type of Document, and your verification
- **Game Scores**
 - After each game enter the game results per SSUL instructions



Utilize Playmetrics

- **Game Schedules**

- Team Staff is responsible for loading their schedule into PlayMetrics.
- SSUL schedules are posted on ssul.org

- **Attendance** - Check for communication from families in attendance section

- **Communication**

- Chat function, email function, and alert function

- **Need to cancel practice?**

- Send a note to your team with an explanation/reason.
- Please try to maintain the two practice / week expectation
- Alternate/reschedule dates can be requested to nicole@pacnwsc.org
 - Not guaranteed, must be requested at least 1 week in advance.

- **PlayMetrics Help Center**

- The Help Center has lots of great Articles to learn more about PlayMetrics
- <https://help.playmetrics.com/hc/en-us>



Player Injuries

Injuries

- If a player is significantly injured during practice or games, secondary medical insurance through WYS may be utilized
 - Typically this is for injuries like broken bones and torn ACLs
 - Contact club administration for steps to process a claim with WYS
 - Claims must be filed within 60 days of injury
- The injured party (family) must notify one of the PacFW Admin team of the injury and advise they will be submitting a claim.
- A witness must be listed on the claim form, and must be someone who was present at the time of the injury. (Example: Coach or Team Manager)



Other Situations

Prevention

- Layout expectations with Team and Parents early
 - Team meeting within the first week
- Communicate with parents (not just players)

Conflict/Issues

- Intra-team conflict / bullying
 - Talk with the team and remind of expectations
 - Work on individual issues
 - Discussions with parents
 - Bring to attention of club administrators
- Family conflict
 - Keep open line of communication with families
 - Set expectations at the start of the season + reminders throughout the season
 - Refer, or loop in, club administration for situations outside your purview



Referee Abuse Prevention





REFEREE ABUSE PREVENTION

POLICY 531-9 PENALTY OVERVIEW / YOUTH & AMATEUR

The Penalties Matrix defines consequences associated with physical and non-physical offenses against Referees.

NON-PHYSICAL OFFENSES of gross misconduct, abuse, and / or assault

NON-PHYSICAL *	MIN. GAMES	TIME
Insulting, Belittling, Insinuating or Taunting Behavior Undermining Referee Authority	2	
Harassment, Intimidation, Retaliation, Abusive, or Threatening (Non Physical) Language	4	
Aggression, Attacking, Derogatory, Cyberbullying, Doxing or Threatening (Physical / Violence) Language	6	6 - 24 Months
Offensive or Discriminatory Act	10	12 - 24 Months

PHYSICAL OFFENSES of gross misconduct, abuse, and / or assault

PHYSICAL *	MIN. GAMES	TIME
Minor or Slight Deliberate Touching	3	1 - 6 Months
Pushing, Grabbing, Pulling, Squeezing, Pinching, Lightly Slapping, Use of Object in Non Striking Manner, or Physical Property Damage	10	6 - 24 Months
Hitting, Punching, Elbowing, Kicking, Biting, Spiting, Choking, Tackling, Throwing or Use of Object or Any Part of Body (Forearm, Knee, Head) in a Striking Manner		12 Months - Lifetime

(*) Disclaimer: These are only a few examples of abuse – other actions or statements may also fall into this category.

KEY PENALTY FACTORS

- Single offenses are at **minimum the prescribed game penalty or time penalty** for non red zone offenses
- Penalties can be **both game and time depending on severity** / circumstances
- Second time offenders receive **double punishment**
- Third time offenders receive a **lifetime ban**
- More than one offense at the same time is **at least the punishment for the most serious offense**
- Offenses against minors are automatically subject to a **“minor multiplier” resulting in triple punishment**
- **One offense warning per league** to be managed by states and leagues collaboratively
- Game consequences are **inclusive of 1 game penalty for any red cards given**
- Optionality for **50% penalty for first offense from a minor**

Additional Notes

- **Tournament Participation Guidelines**

- Approval required by PacFW Admin
- Details available separately to interested Head Coaches

- **Maintain our Fields and Equipment**

- Players should not be pulling on nets, hanging on frames.

- **Age bracket changes coming Fall 2026**

- US Soccer is shifting to school year (Aug 1 - July 31) registration brackets, from birth year (Jan 1 - Dec 31).



Next Steps

- **Gear Distribution**

- Sacajawea field container
 - Fri 3/27, 6-7p
 - Mon 3/30, 6-7p
 - Return date to be determined
 - Please help reduce the admin overhead and return at one of the return events

- **SSUL Coaches meeting 4/1/2026**

- **Coaching Certification Opportunity - April 17 & 18, 2026**

- US Soccer Grassroots 7v7 and 11v11 license
- Cost reimbursed by Federal Way Soccer Association upon completion
- See email for details

- Email with all information will be sent to all volunteers by Friday, 3/27/2026.
 - From Nicole@pacnwsc.org



