



Lassen Youth Soccer  
Coaches Meeting - Aug. 7, 2018



“Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.”

*Lou Holtz*



**COACH BE LIKE**



**DON'T BE AFRAID OF THE  
BALL!**



A photograph of a soccer coach and six young players. The coach, a man with dark hair, is leaning over a clipboard held by one of the players. The players, all boys, are wearing blue soccer jerseys with light blue stripes on the sleeves. They are gathered in a huddle on a green grass field. The text is overlaid on the image in a large, white, bold font with a black outline.

**Remember, kids: There's  
no "i" in "team."**

**But more importantly,  
there's no "e" in "than!"**



# Coach's Responsibilities

- All coaches MUST be Live Scanned (fingerprinted). Get fingerprinted at Office of Education.
- Always have team folder with player forms (medical release) present at practices and games.
- Report all injuries to Vice President, Alli Clavel, and complete an injury report form within 24 hours.
- Remind players' parents of the Code of Conduct agreement they signed and the conduct expected of them.
- Be familiar with LYS Rules and Regulations (can be found on LYS website).



# Coach's Responsibilities

- Return equipment at the end of the season to Equipment Coordinator (Bob Nielsen), [bobelbombero@yahoo.com](mailto:bobelbombero@yahoo.com).
- Players with proper equipment: shinguards (mandatory), socks covering shinguards, cleats or sneakers.
- Be a role model. Teach/encourage fair play and good sportsmanship.
- Clean language.
- 50% playing rule.
- Contact your players ASAP!



# Weather, Fire and Smoke

- Player safety is our first priority.
- Thunder storms: Lightning seen or thunder heard... must stop practice or game, move to safety. Play may resume 30 minutes from last thunder/lightning.
- Fire and smoke: LYS will text/email coaches for practice/game cancellations.
  - 11+ miles visibility = safe
  - 6-10 miles visibility = moderate (limited practices)
  - Under 5 miles visibility = unsafe (no practices/games)



Air Quality Index	Who Needs to be Concerned?	What Should I Do?
Good 0-50	It's a great day to be active outside.	
Moderate 51-100	Some people who may be unusually sensitive to particle pollution.	<p><b>Unusually sensitive people:</b> <i>Consider reducing</i> prolonged or heavy exertion. Watch for symptoms such as coughing or shortness of breath. These are signs to take it easier.</p> <p><b>Everyone else:</b> It's a good day to be active outside.</p>
Unhealthy for Sensitive Groups 101-150	Sensitive groups include <b>people with heart or lung disease, older adults, children and teenagers.</b>	<p><b>Sensitive groups:</b> <i>Reduce</i> prolonged or heavy exertion. It's OK to be active outside, but take more breaks and do less intense activities. Watch for symptoms such as coughing or shortness of breath.</p> <p><b>People with asthma</b> should follow their asthma action plans and keep quick relief medicine handy.</p> <p><b>If you have heart disease:</b> Symptoms such as palpitations, shortness of breath, or unusual fatigue may indicate a serious problem. If you have any of these, contact your health care provider.</p>
Unhealthy 151 to 200	<b>Everyone</b>	<p><b>Sensitive groups:</b> <i>Avoid</i> prolonged or heavy exertion. Move activities indoors or reschedule to a time when the air quality is better.</p> <p><b>Everyone else:</b> <i>Reduce</i> prolonged or heavy exertion. Take more breaks during all outdoor activities.</p>
Very Unhealthy 201-300	<b>Everyone</b>	<p><b>Sensitive groups:</b> <i>Avoid all</i> physical activity outdoors. Move activities indoors or reschedule to a time when air quality is better.</p> <p><b>Everyone else:</b> <i>Avoid</i> prolonged or heavy exertion. Consider moving activities indoors or rescheduling to a time when air quality is better.</p>
Hazardous 301-500	<b>Everyone</b>	<p><b>Everyone:</b> <i>Avoid all</i> physical activity outdoors.</p> <p><b>Sensitive groups:</b> Remain indoors and keep activity levels low. Follow tips for keeping particle levels low indoors.</p>



# Concussion Protocol

- ✦ A concussion is a brain injury.
- ✦ All concussions are serious.
- ✦ Concussions can occur without loss of consciousness.
- ✦ Concussions can occur in any sport.
- ✦ Recognition and proper management of concussions when they first occur can help prevent further injury or even death.



# How Can I Recognize a Possible Concussion?

- ✦ A forceful bump, blow, or jolt to the head or body that results in rapid movement of the head.
- ✦ Any concussion signs or symptoms, such as a change in the athlete's behavior, thinking, or physical functioning.



# How Can I Recognize a Possible Concussion?

- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Feeling irritable, more emotional, or “down”
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness



**HOW MANY PENALTIES WOULD  
YOU LIKE TODAY?**



**UMM... TWO PLEASE!**



So, how many idiot  
parents and coaches  
do you think will  
argue with us today  
over things they know  
nothing about?



# Referees



# Referees

- Grade 8 USSF certified referees are used to referee games U10-U19.
- Club Linesman (spectators) may be used in the event that one or two ARs are not present.
- Referees are in charge of the match and their decisions are final. Protests may not be made on judgment calls. Protests for misapplication of the laws of the game may be submitted after the game (within 24 hours) to the Referee Coordinator and the PAD Chairman (VP, Alli Clavel).
- Abuse (physical or verbal) of any referee by coaches, players or spectators will not be tolerated. Complaints regarding referees should be submitted within 24 hours of the game played. Submit to Interim Referee Coordinator, Keith Crosby:



# Pre-game & Equipment

- Walk the field before a game/practice to be sure it is in safe condition.
- Goals must be anchored safely to the ground for all practices and matches.
- Home team is responsible for corner flags being set up and put away in the storage connex.
- Equipment must be returned at the end of the season to Equipment Coordinator, Bob Nielsen:  
[bobelbombero@yahoo.com](mailto:bobelbombero@yahoo.com).



# Pictures and Tournaments

- ✦ Jamboree (U6-U8): August 25 @ Ranch Park
- ✦ Pictures: September 7 & 8 @ Memorial Park
- ✦ U10 Tournament: September 20-22 @ Ranch Park
- ✦ U12 Tournament: October 11-13 @ Ranch Park
- ✦ U10-U14: District Cup, Nov. 10-11 @ Redding



# Zero Tolerance

LYS Board of Directors will enforce a zero tolerance policy against abusive, violent or erratic behavior in this youth sport. Help us make sure that all coaches, players, parents and spectators display good sportsmanship at all games and practices.



# Volunteers

- ✦ Solicit help from parents to assist.
- ✦ Team parent for making phone calls, distributing information, etc.
- ✦ Cleanup of fields after a game or practice.
- ✦ Only volunteers who are Live Scanned (fingerprint/background check) and cleared may be in charge of the players for any LYS related event.



**BREAKING NEWS BREAKING NEWS! JUST IN**



**PARENTS ARE NOW REMOVING THE SCOREBOARDS  
FROM YOUTH SPORTS AND NOW EVERYONE WINS!**



# Games

- All games must be played as scheduled. Games begin September 5th. Schedule will be posted on our website, [www.lassenyouthsoccer.org](http://www.lassenyouthsoccer.org).
- Game reschedules must be approved by the Player Agent (Kieth Crosby) at least 72 hours in advance. Keith's email: [kcrosby0909@gmail.com](mailto:kcrosby0909@gmail.com).
- Game cancellations due to weather or unsafe conditions will be communicated to coaches via email/text message and posted on FB & website.
- Any problems before, during or after a game/practice by a player, parent, or spectator must be reported within 24 hours to Keith Crosby (Player Agent) [kcrosby0909@gmail.com](mailto:kcrosby0909@gmail.com), and Danny Matchniff (Interim Director of Coaching)
- Arrive at least 15 minutes prior to game time (30-60 min early for U14+).



# Coach's Responsibilities & Info for U14

- Hold 2-4 practices per week (90-120 min. each)
- Must have coach & player passes to play each game. No exceptions.
- Home team supplies game balls & sets up corner flags, secures goals and nets.
- Team and coaches sit in technical area between fields. Remind spectators to sit on opposite side of players and coaches.
- Stay in own technical area (No roaming).
- Game schedule at [soccerrez.com](http://soccerrez.com)
- 50% playing rule.



# Rules for U14

- Player Passes Mandatory
- Game Length:
  - 35-min. halves
  - 10-min. half time
- Players on field: 11v11 (goalie incl.)
- Ball size: 5
- District standings
- Kick-off any direction
- No headers (penalty = IFK). Can practice headers. 15-20/week
- No “Play-Down” rule
- 18 players max on roster



# Coach's Responsibilities

## U12

- ✦ Hold 2-4 practices per week (60-90 min. each)
- ✦ Home team supplies game balls & sets up corner flags.
- ✦ Team and coaches sit in technical area between fields.  
Remind spectators to sit on opposite side of players and coaches.
- ✦ Stay in own technical area (No roaming).
- ✦ Same goalie for 100% of game allowed.



# Rules for U12

- ✦ Standings in effect
- ✦ Game Length: 30-minute halves
- ✦ Half time: 10 minutes
- ✦ Players on field: 9v9 (goalie incl.)
- ✦ Ball size: 4
- ✦ Switch sides at half
- ✦ Kick-off any direction
- ✦ Direct & indirect free kicks
- ✦ Offside rule
- ✦ No headers (penalty = IFK). Can practice headers. 15-20/week
- ✦ “Play-Down” rule
- ✦ Coaches/players ONLY in technical area



# Coach's Responsibilities

## U10

- ✦ Hold 2-3 practices per week ( 60-75 min. each)
- ✦ Home team supplies game balls & sets up corner flags.
- ✦ Team and coaches sit in technical area between fields.  
Remind spectators to sit on opposite side of players and coaches.
- ✦ Stay in own technical area (No roaming).
- ✦ No same child as goalie for more than 50% of the game.

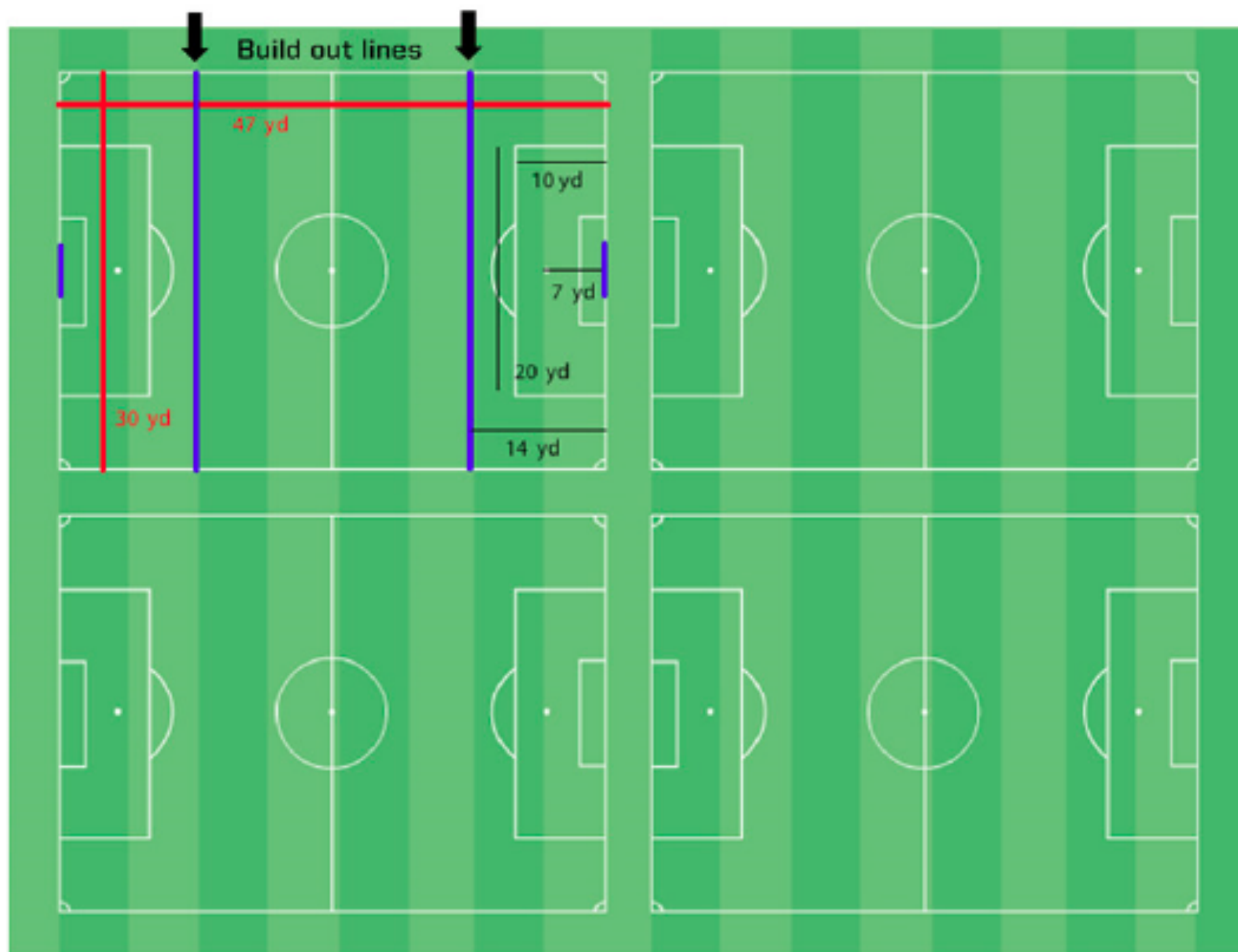


# Rules for U10

- Game Length: 25-minute halves
- Half time: 10 minutes
- Players on field: 7v7 (goalie incl.)
- Ball size: 4
- No standings
- Switch sides at half
- Kick-off any direction
- Direct & indirect free kicks
- Offside rule
- No headers (penalty = IFK)
- No punts/drop kicks (penalty = IFK)
- “Play-Down” rule
- Build-Out Line (next slide)
- Coaches & players ONLY in technical area.



# Development Field - 7v7 - U9 and U10





# Coach's Responsibilities U6 & U8

- Hold 2 practices per week ( 30-45 min. each)
- Home team supplies the pop-up goals for the game.
- Coaches manage and referee games (use a whistle).
- U8 games may be assigned a referee.
- Spectator location on sidelines, not by goals.
- Game reschedules must be approved by Player Agent (Keith Crosby) and with 72 hour notice.
- Clean language at all times. Foul language = red card offense.
- Be a good example of sportsmanship. Make it fun.



# Rules for U6 & U8

- Game Length (no clock stop)
  - U6: 32 Minutes (8-min qtrs)
  - U8: 40 Minutes (10-min qtrs)
- Half time: 5 minutes
- Quarter breaks: 1 to 2 minutes
- Switch sides at half.
- Kick-off any direction.
- Players on field: 4v4
- No goalies (no puppy dog guarding goals)
- U6: Kick-ins; U8: Throw-ins (w/1 retry).
- Goal kicks taken from 1-2 yards in front of goal.
- Subs at any stoppage of the game.
- "Play-Down" & "Borrow" rule.