



Coaches' Handbook Fall 2025

**La Jolla Youth Soccer
3908 Torrey Pines Road
La Jolla, CA 92037
Phone (858) 677-9779**

www.lajollasoccer.org

2025 Division Directors

Age Group	Name	Email Address
Boys U6	Jeff Fechner	jmfechner@gmail.com
Girls U6	Christina Tovar	ctovarsd@gmail.com
Boys U8	Christina Tovar	ctovarsd@gmail.com
Girls U8	Jaclyn Bralower	jaclynbralower@gmail.com
Boys U10	Matt Duerr	mattduerr@gmail.com
Girls U10	Rebecca Jacob	rsbernard17@gmail.com
Boys U12	Christina Tovar	ctovarsd@gmail.com
Girls U12	Trent Painter	trent@lajollasoccer.org
Boys U14	Trent Painter	trent@lajollasoccer.org
Girls U14	Christina Tovar	ctovarsd@gmail.com

Breakdown of Age Groups:

Under 6: U5 & U6 players (born in 2021 & 2020)
Under 8: U7 & U8 players (born in 2019 & 2018)
Under 10: U9 & U10 players (born in 2017 & 2016)
Under 12: U11 & U12 players (born in 2015 & 2014)
Under 14: U13 & U14 players (born in 2013 & 2012)

Formation of Teams

The Division Director forms teams using the following criteria:

- Request to play for a specific coach
- Requests to play with a friend
- Requests for specific practice day
- Requests by school and carpool
- **Balancing each team with a fair ratio of younger and older players**
- Fair distribution of players selected in prior seasons for All-Stars

The main goal during team formation is to honor player and coach requests while trying to balance teams in an equitable manner. Although we strive to form balanced teams in each age group, team formation is not a perfect process. There will be stronger teams and weaker teams...please be mindful of your opponents and DO NOT run up scores.

Ideal Roster Sizes and Gaming Info:

U6	Max 9 players on each roster (4 v 4)
U8	Max 12 players on each roster (7 v 7)
U10	Max 12 players on each roster (7 v 7)
U12	Max 14 players on each roster (9 v 9)
U14	Max 18 players on each roster (11 v 11)

*We will game “in-house” with our U6, U8, U10 and U12 age groups.

*We will game in the North County Recreational League for our U14 age groups with neighboring clubs including Rancho Santa Fe Attack, Encinitas Express, Cardiff Mustangs, etc.

Rosters

Team rosters will be sent to coaches the night of the coaches’ meeting on July 29. Rosters will include player names, contact emails, and phone numbers. Some rosters are not at max capacity. We will continue to add players (late registrations) if/when we receive them to round out rosters to max capacity.

Please reach out to your families ASAP to introduce yourself and provide season information including practice day, time and location. Please inform your families that game schedules will be released no later than Friday, August 22. We will send a sample “Welcome Email” that you can copy and paste and use as you feel appropriate.

LJYSL Coaches' Education and Clinics

Coaching Education is incredibly important to our Club. We want to ensure that our volunteer coaches have the tools necessary to succeed on the field. We have scheduled a Coaches’ Field clinic on **Tuesday, August 12 at Allen Field from 4:00 to 5:15 PM.** Coaches will have the opportunity to observe a Competitive Impact practice from start to finish and will receive instruction on how to properly run a practice session.

In addition, we have created a “Coaches’ Corner” under the recreational tab on our website that will serve as the “go to” resource for fun/technical drills and includes practice session plans for the various age groups. [CLICK HERE](#) to access the Coaches’ Corner.

Cal South Mandatory Coaching Requirements

Click here for Head Coaches’ Checklist: [CAL SOUTH REQUIREMENT CHECKLIST](#)

Please note that Assistant Coaches are ONLY required to complete the LiveScan.

Questions or issues related to any of the trainings – Contact Coachinged@calsouth.com

Practice Fields

Every attempt will be made to accommodate a coach's schedule and field preferences. Practices will be once per week for 1 hour. Each coach will have the opportunity of signing up for a desired day/time/location based on the field availability. Please work your Division Directors to secure your preferred practice space. Coaches MUST practice on their assigned day, time and location...NO EXCEPTIONS!

Game Rules and Format

Detailed game rules and format can be found on our website on the Coaches Corner tab. [CLICK HERE](#) to access the Coaches' Corner. Below is a brief overview:

AGE:

Under 6: U5/U6 players (4 v 4)	20 minute halves	Ball size 3
Under 8: U7/U8 players (7 v 7)	20 minute halves	Ball size 4
Under 10: U9/U10 players (7 v 7)	25 minute halves	Ball size 4
Under 12: U11/12 players (9 v 9)	30 minute halves	Ball size 4
Under 14: U13/U14 players (11 v 11)	35 minute halves	Ball size 5

Under 6: NO goalies, NO offsides. There will be a goal arc in front of each goal that players (offensive and defensive) may not enter.

Under 8/10: There will be a build-out line for offsides and goal kicks (see 7 v 7 Standards of Play on our Coaches Corner).

Under 14: Heading the ball is allowed.

Code of Conduct

LJYSL Code of Conduct has been established to ensure the principles of sportsmanship, fair play, and mutual respect among players, coaches, officials, and spectators. Those who willfully violate the code of conduct jeopardize their participation in the LJYSL soccer program. The Code of Conduct is located on the Coaches Corner tab is acknowledged and signed by all families in the league at the time of registration. Click on this link to view our Code of Conduct: [CODE OF CONDUCT](#)

Equipment

Each player must have soccer cleats (no baseball/softball cleats), shin guards, long socks, a ball and water for every practice and game. Players are NOT allowed to practice or play without proper soccer cleats and shin guards. As part of the registration fee each player will receive a uniform package consisting of: Nike jersey, Nike shorts and socks. Uniforms will be distributed on a selected day and team parent/coach will pick up. Coaches and assistant coaches will receive a Nike coach jersey. In addition, the league will provide a coach kit that includes basic coaching gear.

Picture Day

Picture Day is scheduled for Sunday, September 21.

Times are TBA. All teams must attend during their assigned picture timeslot wearing their uniforms, and all coaches must wear their coaching jersey. Players receive a picture package as part of their registration fees and will have the opportunity to order additional photos. Picture location is Torrey Pines Elementary School.

Sponsorship for Teams

As a non-profit entity, La Jolla Youth Soccer depends on sponsorships to offer the highest quality soccer program to our community. To ensure the growth and affordability of our league, **we request that each team secure a team sponsor**. We offer Sponsorship Opportunities that provide a high profile yet affordable promotion for our sponsors.

Click on this link for Sponsorship Opportunities: [Sponsorship Information](#)

2025 Recreational Soccer Calendar of Events

Tuesday, July 29 at 7:00 PM – Pre-Season Coaches' Zoom Meeting and rosters emailed to coaches.

Wednesday-Sunday, July 30 to August 3 – Players contacted regarding team assignment

Tuesday, August 12 from 4:00 to 5:15 PM – Coaches Field Clinic at Allen Field

Week of August 18 – Team Practices begin for all age groups

Friday, August 22 – Game schedules will be released

Saturday, September 6 – First Games for All Divisions

Sunday, September 21 – Picture Day for ALL teams at Torrey Pines ES

Sunday, October 12 – All-Star Nominations Due for U6, U8, U10 and U12

Mid to late October TBD - U8 All Star Tryouts at Allen Field

Mid to late October TBD – U10 All Star Tryouts at Allen Field

Late October TBD – All Star Clinic for U6 players at Allen Field

Saturday, November 8 – Last games and Pizza Bowl

Coach's Check List

Pre-Season

- ✓ Contact players' parents ASAP with season details.
- ✓ Work with your Division Director on securing your practice space.
- ✓ Coordinate a "social" meeting with players prior to your first practice.
- ✓ Attend Coaches Field Clinic.
- ✓ Complete Cal South Mandatory Coaching Requirements.
- ✓ Find a team sponsor.

Season

- ✓ Please practice on your designated field and time ONLY.
- ✓ Have a practice plan in place for practices and games.
- ✓ Prepare your game substitutions prior to your game; it will make your life much easier!
- ✓ Have first aid kit at all practices and games.
- ✓ Contact your Division Director or Heather with any questions or concerns!
- ✓ Have FUN!