



Spring 2022 Season  
Coaches Kick-off Meeting  
Ada Cascade AYSO – Region 571

March 24<sup>th</sup> & 29<sup>th</sup> 2022





# Agenda

- Welcome
- Coaches are our MVPs
- Safety Guidelines
- Coaching Practice
- Coaching Games
- Certification & Training
- Coaches Corner
- Safety & Critical Forms
- Referees
- Uniforms & Equipment
- Key Dates
- Next Steps & Parent Comms
- Who to Contact

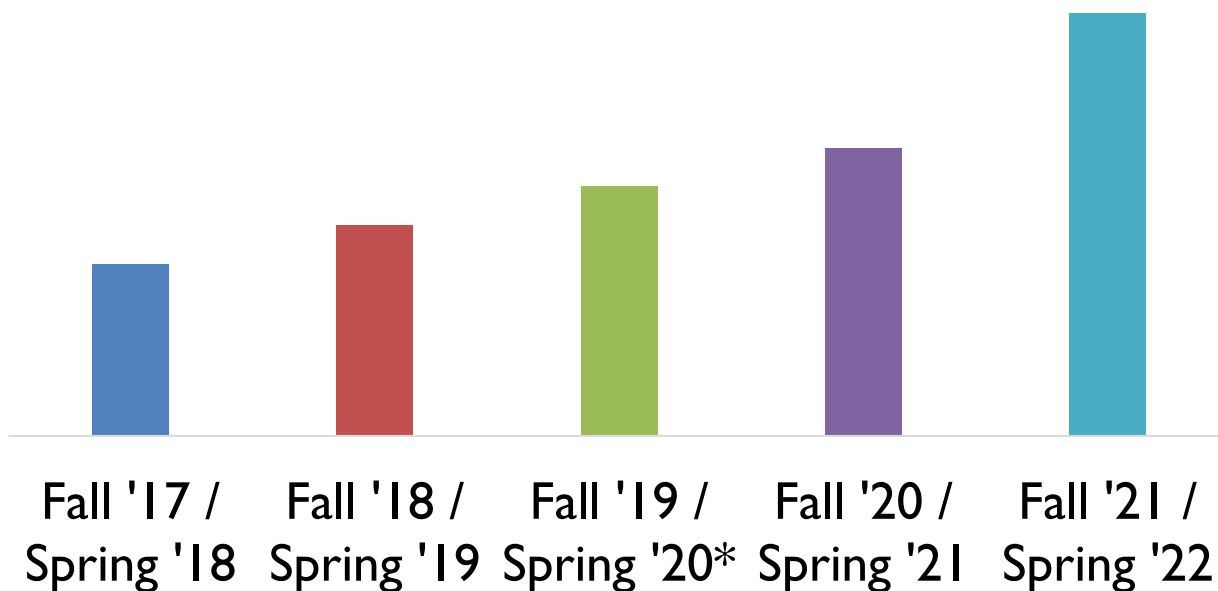
**Note: This presentation will be shared with you electronically**



American Youth Soccer Organization

# A Winning Team

Total Registered Players by Schoolyear



\*includes players registered for cancelled Spring '20 season

Registered  
Players

**+35%**

vs. last Spring

**112**

Teams

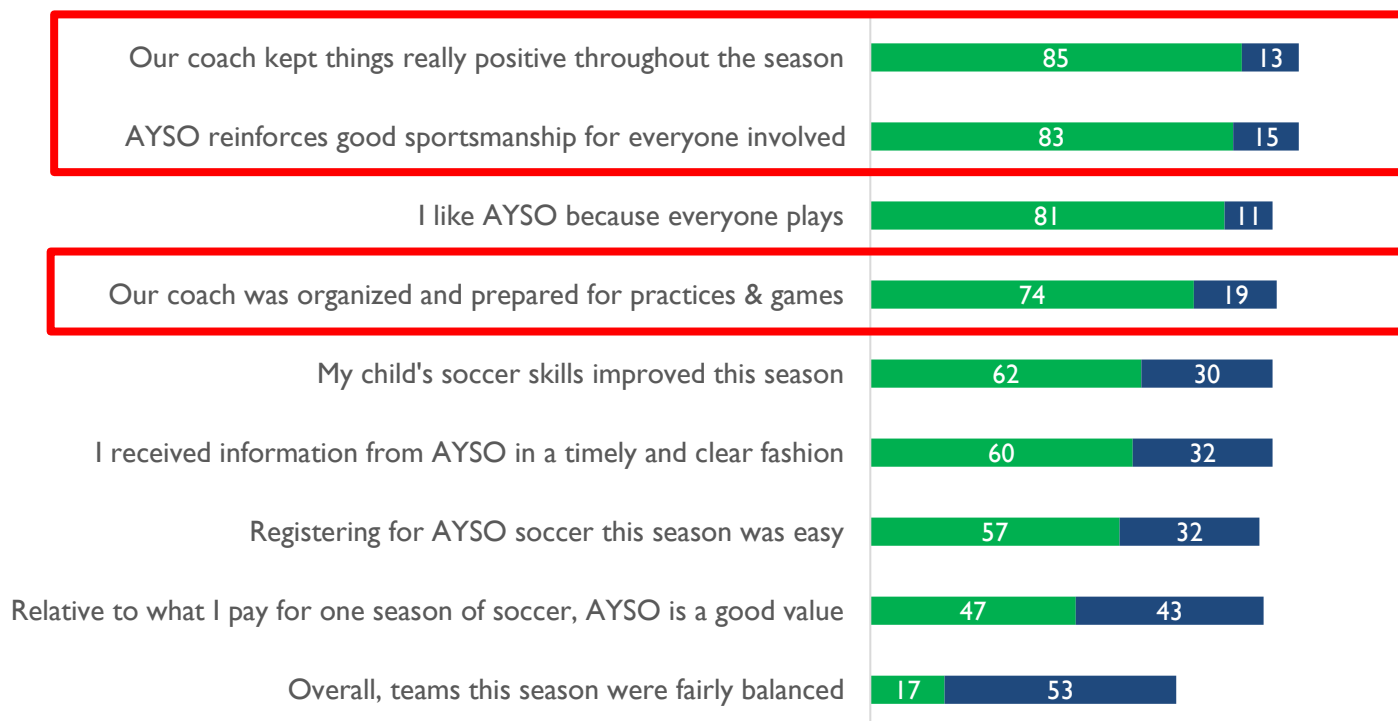
**200+**

Volunteers



# Coaches are our MVPs!

■ Strongly agree ■ Agree





# Our Core Philosophies



- Everyone Plays
- Balanced Teams
- Open Registration
- Positive Coaching
- Good Sportsmanship
- Player Development



# AYSO Player Pathway

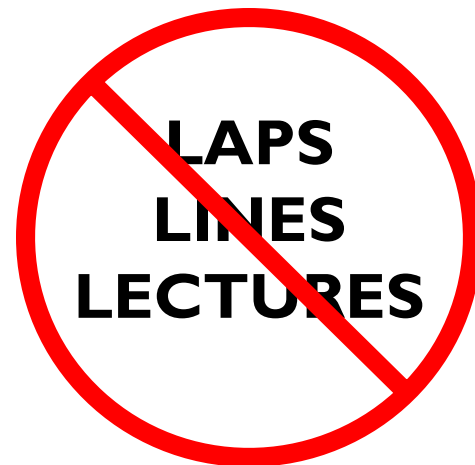
	Playground	6U	8U	10U	12U	14U
<b>Developmental / Skills Focus</b>	Motor skills through activities; limited focus on soccer skills	Motor skills plus dribbling, striking, fun/engagement	Improved ball control, player spacing, defensive technique, relationship building	Technical focus, passing techniques, situational attacking and defending, goalkeeping	Combination play, transition and finishing, possession, zonal defending	Refined technical skills, tactical development, fitness training, improved discipline
<b># of Players on Team</b>	n/a	5-6	9-10	10-12	12-15	14-16
<b># of Players on the Field</b>	n/a	3v3	5v5	7v7	9v9	11v11
<b>Goalie</b>	n/a	No	No	Yes	Yes	Yes
<b>Practice(s)</b>	1 hr of activity once per week; weeknight & Saturday AM options	30 mins before each game	1 per week	1 per week	2 per week	2 per week
<b>Games</b>	Occasional scrimmages only (informal)	30 mins (directly following practice) Saturday AM	40 mins Saturday AM	48 mins Saturday AM	60 mins Saturday Half travel	60+ mins Saturday Half travel
<b>Playing Time</b>	Activities	Everyone Plays® at least 50% of the game, guaranteed				



# Coaching Best Practices

## Practice:

- Build a practice plan – set cones up beforehand
- Maximize time feet are touching the ball
- Minimize ‘waiting around’ during drills
- Small-sided activities & 4v4 scrimmage
- **SAY → SHOW → DO → REVIEW**
- Coaching moments (“Freeze!”)
- Vary **speed, space & opposition**





# Practices

Practice Field Sign-Up - Spring 2022 for coaches of 8U, 10U, 12U, 14U teams			Ada-Cascade AYSO	Region 571	Coaches: Enter your last name and your division in the space provided.
<b>FOREST HILLS PUBLIC SCHOOLS</b>					not yet confirmed
<b>Ada Elementary</b> (Note: 6U size only, good for small-sided games)	Monday	Tuesday	Wednesday	Thursday	Friday
5:00-6:00pm					
6:00-7:00pm					
7:00-8:00pm					
<b>Ada Vista</b> (Note: 6U size only, good for small-sided games)	Monday	Tuesday	Wednesday	Thursday	Friday
5:00-6:00pm					
6:00-7:00pm					
7:00-8:00pm					
<b>Administration Building</b> (Note: 6U size only, best for small-sided games)	Monday	Tuesday	Wednesday	Thursday	Friday
5:00-6:00pm	cannot use	cannot use	cannot use	cannot use	cannot use
6:00-7:00pm	cannot use	cannot use	cannot use	cannot use	cannot use
7:00-8:00pm	cannot use	cannot use	cannot use	cannot use	cannot use
<b>Central Woodlands "CW2" (12U/14U)</b>	Monday	Tuesday	Wednesday	Thursday	Friday
5:00-6:30pm	cannot use	cannot use	cannot use	cannot use	cannot use
6:30-8:00pm	cannot use	cannot use	cannot use	cannot use	cannot use

- **8U and up only**
- **Link to Google doc will be sent Monday PM**
- United, 14U, 12U, coaches w/ multiple teams get first opportunity to sign up
- Many fields are shared
- Consider scrimmage opportunities
- Honor the timeslots
- Please keep the fields clean!





# Games

- 7 games, all on Saturdays
- First games April 16<sup>th</sup>
- Schedules will be published on our [website](#) and in our registration system no later than April 10<sup>th</sup>
- Please keep the fields clean!
- **NO PETS!!!**



# Coaching Best Practices

## Games:

- Quiet on the sidelines (Silent Saturdays)
- Everyone plays at least  $\frac{1}{2}$  of the game
- No one plays 3 quarters until everyone plays 2
- Meet the Ref before the game, thank them after
- Coach is last one to leave the field

# Weather

- We play in the rain, but ultimately it's your decision
- **At first sign of thunder or lightning, take shelter**
  - Wait to re-take the field 30 mins **AFTER** the last thunder clap
- Work with the other coach to re-schedule games





# Balanced Teams vs. Lopsided Games

- In 6U and 8U, we schedule games against teams with similar age & experience
- If the game starts to become a blow-out (goal differential 5 or more before halftime), there are a **few things the winning team should do**:
  1. when the other team is taking a **goal kick**, pull your players back to their defensive half of the field so the other team gets a better shot to advance the ball out of their own defensive half,
  2. encourage your players to try for **3 or more passes** before taking a shot,
  3. **rotate players** who might be scoring a lot back onto defense (they should be getting experience at all positions anyway),
  4. offer the losing team the chance to add **another player** to the field,
  5. maybe even consider playing the last quarter **mixing the teams up**, playing with pinneys.
- Above all, **communicate with the opposing coach** and come up with a plan to keep the game moving and keep the kids from focusing on the scoreboard.





# Soccer is a Physical Game


- Winning the ball (a charge) or protecting the ball (a shield) with your shoulder, upper arm, hips is a legal soccer move so long as the ball is within playing distance
- Outstretched arms are part of normal soccer moves to maintain balance
- Pushing someone off the ball with your hands or forearms is likely to draw a warning from the referee (“watch the hands”)
- Charges, jumps or kicks that are careless, reckless or use excessive force are not legal soccer moves
- Region 57I does not teach slide tackles
- The referee’s opinion is the only one that matters when making calls and their goal is to make the game **Safe, Fair and Fun**, so no sideline refereeing from coaches or parents!





# Certification & Training


 MY ACCOUNT

 CALENDAR








 VOLUNTEER

 MY ORDERS

 MESSAGES

 HOME

Region 571 Area 8J

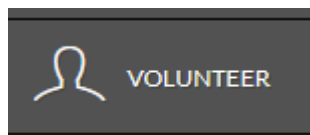
<input type="checkbox"/> Certification	Expiration Date	Status	Compliant
<input type="checkbox"/> Risk Status	11/29/2022	Green	
<input type="checkbox"/> Concussion Awareness	None	Verified	
<input type="checkbox"/> CA Mandated Fingerprinting	None	None	
<input type="checkbox"/> Sudden Cardiac Arrest	None	Verified	
<input type="checkbox"/> AYSOs Safe Haven	None	Verified	
<input type="checkbox"/> SafeSport	None	Verified	
<input type="checkbox"/> Coaching License	None	12U Coach	

Renew & Update



# Certification

Before stepping onto the field with the kids, all volunteers need to have completed:



**Registration on  
ayso571.org**



**Background  
Check via  
Sterling  
(3<sup>rd</sup> party)**



**Heads Up  
Concussion  
Awareness  
+ Sudden  
Cardiac Arrest**



**Safe Haven**



**Safesport**

- For any questions on training and certification, please contact [Brandy Parker](#)



# Mandatory Coach Training



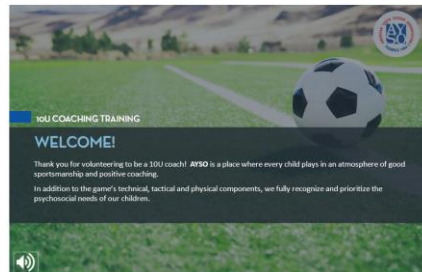
This toolkit was created for the purpose of sharing information vital to the role of Coach. Please review this in full and follow up with your Area Coordinator for additional insights or questions.

Table of contents:

• Quick start guide	2
• AYSO Philosophy	3
• Responsibilities of Coach	4
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## Region 571 Coach Toolkit



## Age-Specific Online Training

Playground, 6U, 8U, 10U  
on aysou.org



## In-Person Training

Required for  
12U and above



## Summary of the Laws of the Game (optional)





# Coaches Corner



## VOLUNTEER RESOURCES

### COACHES CORNER

[Coach Code of Conduct](#)

[Region 571 Coach Toolkit](#)

[Age-Specific Guidelines](#)

[Practice Plans](#)

### REFEREES

[Referee Home](#)

[New Referees](#)

[Returning Referees](#)

[Resources & Training](#)

[Referee FAQs](#)

### HOW TO REGISTER AS A VOLUNTEER

Available on our website [here](#)

# Practice Plans

## QUICK LINKS

- [AYSO Blank Training Plan](#)
- [6U Practice Plans \(Region 1472\)](#)
- [10U Practice Plans \(Region 1472\)](#)
- [10U/12U Practice Plans \(Region 1472\)](#)
- [U6 Coach Manual \(2009\) - Training Games pages 30-42](#)
- [U8 Coach Manual \(2009\) - Training Games pages 34-42](#)
- [U10 Coach Manual \(2009\) - Training Games pages 39-55](#)
- [U6 & U8 COVID-Friendly Training Games](#)
- [U10 & U12 COVID-Friendly Training Games](#)

## My Buddy

**Skill:** Passing

**Number Of Players Required:** Full U-10 team

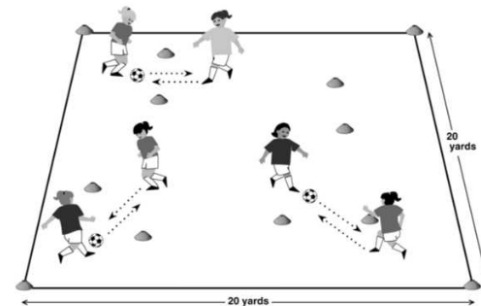
**Equipment:** 12 or more cones to mark grid and goals. Group players in pairs; one ball for every pair.

**Grid Requirement:** 20 X 20 yard grid

**Organization:** Create a 20 X 20 yard grid marked with cones. Create four or five goals that are arbitrarily placed in the grid. Group players in pairs; one ball for every pair.

**How The Game Is Played:** Both players in the pair will move to a goal with one of the players dribbling to one of the goals in the grid. When the pair gets to a goal they then pass the ball through the goal three times to score a goal. Pairs move throughout the area until they have completed all the goals in the grid. If another pair is at a goal, players must go to a goal that is vacant.

**Deviations:** Left foot passing only, right foot passing only.

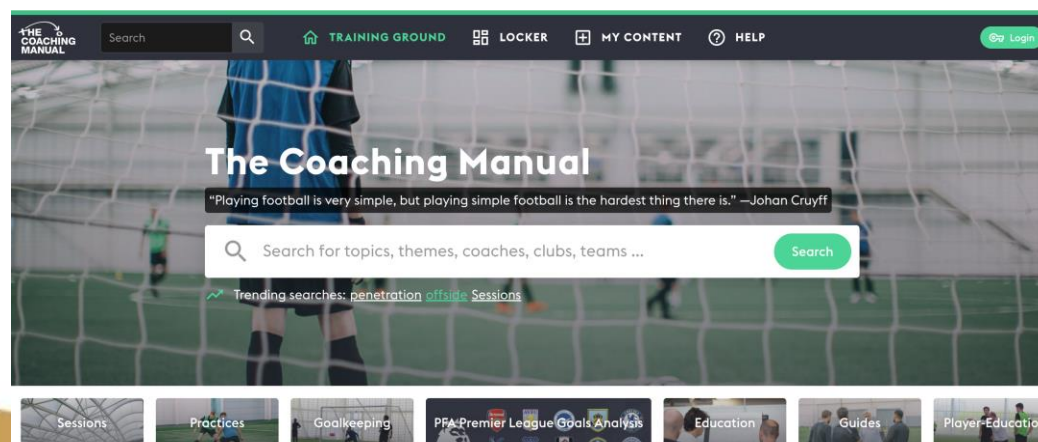


Available on our website [here](#)



# Additional Resources

## Coach Deck



## The Coaching Manual



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**PAUSE**



**FOR QUESTIONS**



# General Safety

- Player registration forms
- 2 registered adults
  - Incl. coaches & team parent(s)
- No hanging on goals
- No earrings, no metal cleats
- Concussion awareness (e-signed)
- First aid kit
- Incident report form
- Insurance



## Coach Reminders

- ❖ **Signed Player Registration Forms.** Have signed copies of Player Registration Forms at every AYSO activity or event for emergency treatment authorization and contact information.
- ❖ **2 Registered Adults.** Always have at least one registered Assistant Coach and/or Team Parent at every practice or game. No adult should ever be alone with a child other than their own.
- ❖ **Team Messages.** Communicate all messages about practices, games or other events to parents and copy older players using secure, private options such as your Shutterfly Team site, emails, text and voice messages.
- ❖ **Player Privacy.** Protect player identities by not posting names with pictures or jersey numbers and rosters on public websites, banners or in newspapers.
- ❖ **Key Documents.** Have the following available and use/complete as necessary:
  - **AYSO Incident Report Forms** to report illness or injuries requiring medical treatment, possible concussions, misconduct, AYSO property damage or loss, threats or lawsuits.
  - **AYSO Player Participation Release Form** for parents to sign after a child has been ill or injured.
  - **Soccer Accident Insurance Brochures** for parents when a child is injured during an AYSO activity.
  - **Coach/Referee Concussion Action Plan** with steps for coaches in the event a player may have suffered a concussion and extra **AYSO/CDC Parent/Player Concussion Information Sheets** to give to parents.
  - **AYSO General Release Forms** for parents to sign, authorizing coaches to allow their child to walk, bike or drive home themselves or with another designated adult.
- ❖ **Kids Zone.** Support Kids Zone by reviewing the Coach, Player and Parent Codes of Conduct with your team members and families to help provide for a safe, fair, fun, family-friendly environment or safe haven.
- ❖ **Goalposts.** Goalposts should be inspected before every activity to ensure they are securely anchored, counter-weighted and that nets are safely attached. No one should be allowed to climb or play on goalposts and children should not help move portable goals.



# Critical Forms

- **Player Registration Forms**
  - Emergency contact info, medical info, etc.
  - **Must be with you at all practices & games**
  - Ensure they are destroyed at the end of the season



# Kids Zone

**ALERT!**  
You are entering an



AYSO  
kids  
zone

By entering this  
**kids zone**  
you agree to the following:

- Kids are #1
- No swearing
- No smoking
- Fun – not winning – is everything
- Fans only cheer, and only coaches coach
- No yelling in anger
- Leave no trash behind
- Set a proper example for our children
- Respect the volunteer referees

If you can agree to the above, we welcome you.  
**IF NOT, WE ASK THAT YOU PLEASE LEAVE NOW.**  
**AYSO – it's for the kids!**

- Allergies
- **NO PETS!**

“ We know your pet is another valued member of your family. But because others may have allergies or be scared of animals, many AYSO fields across the country don't allow pets on their fields.

It's AYSO's goal to make your soccer season as safe as possible for you, your family and even your pets. That's why on game day, we ask for you to leave your beloved family pet at home.

”

# Referees

- Referee **recruiting**.
- **Training** available for coaches:  
online fundamentals course for U6/U8 & web resources
  - Check out the [Referee](#) section of our
- **Youth referees:** be positive and encouraging ONLY; please give me any feedback





Questions, comments, referrals? Contact Matt Wieringa at [571referee@gmail.com](mailto:571referee@gmail.com)





# Parent Pledge

- Signed electronically during registration – emailed to parents as well
- Refer to it during your introductions at first practice of the season
- Reminder mid-season
- Available on our website [here](#)



*Keys to a successful season*

## PARENT PLEDGE

I AM AN IMPORTANT PART OF MY CHILD'S SOCCER SEASON. AS PART OF THE AYSO FAMILY, I AGREE TO HONOR THE GAME WITH MY WORDS AND ACTIONS AND I WILL DO MY BEST TO SET A GREAT EXAMPLE FOR MY CHILD.

**FUN FACT!** The #1 reason kids play AYSO soccer is to have fun

During the game:	Throughout the season:
<ul style="list-style-type: none"><li>❖ I will cheer for good plays by both teams.</li><li>❖ The games can be really exciting for my child. I will not yell instructions. This could confuse players and they have enough to focus on already. I will let players play and coaches coach.</li><li>❖ Referees sometimes make mistakes. If I don't agree with the ref's call, I will stay quiet. I am not entitled to an explanation and the ref has enough going on already.</li><li>❖ I will encourage family, friends and other guests to honor these same pledges, too.</li></ul>	<ul style="list-style-type: none"><li>❖ I understand that the game is for the kids, and I will encourage my child to have fun and keep this sport and this season in its proper perspective.</li><li>❖ Athletes do their best when they are emotionally healthy, so I will be positive and supportive.</li><li>❖ I will not make negative comments about the game, coaches, referees or teammates in my child's presence. This sets a bad example.</li><li>❖ I will do my best to learn the rules of the game and help others learn them, too.</li></ul>
<b>After the game:</b> <ul style="list-style-type: none"><li>❖ I will congratulate my child and their teammates for their efforts and, as often as I can, compliment individual players on good plays they made in the game.</li><li>❖ I will thank the volunteer coaches and referees for their efforts, too. I will thank our opponents for a good game.</li><li>❖ I will show more interest in how the game was played than the final score, and save advice for another time.</li></ul>	<ul style="list-style-type: none"><li>❖ I will redefine what it means to be a 'winner' in my conversations with my child. Winners put forth maximum effort, continue to learn and improve and do not let mistakes discourage them.</li><li>❖ I pledge to be on time or early when bringing my child to practices and games. I am encouraged to stay during practice, but if I do not, I will be there when they are finished.</li><li>❖ Yes, they're cute and furry, but I will leave my pets at home.</li></ul>

EVERYONE PLAYS\*   BALANCED TEAMS   OPEN REGISTRATION   POSITIVE COACHING   GOOD SPORTSMANSHIP   PLAYER DEVELOPMENT

# Uniforms

- Hand out at first practice
  - Note range in sizes, match to each child
  - **Must do: Line kids up by height during introductions, then distribute**
- Full kit includes:
  - Jersey, matching socks, black shorts
- **Kids get to keep the uniforms at the end of the season**





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# Coach Apparel



Share shirt/jacket  
sizes with your  
division coordinator



# Equipment

- **Supply bag** should have:

- Packet from division coordinator...
- Coach apparel
- Player uniforms (jersey, shorts, socks)
- Scrimmage pinneys (8U & up)
- 1 or 2 Game balls
- Ball pump
- Cones (various sizes, colors)
- Whistles (1 per coach)
- First aid kit
- Goalie jerseys & gloves (10U & up)

1. Player registration forms (1 per player)
2. Incident report forms (2)

Coordinators likely emailed these ahead of time – print out or save on your phone – and also available on our registration site:

1. Roster w/ contact info
2. Coach contact list



# Key Dates

- **Week ending 3/25** – Coordinators building teams; rosters finalized
- **3/24 & 3/29** – Coach Season Kickoff meetings
- **By Wed 3/30** – Coaches reach out to parents & players
- **On or before 4/10** – Season game schedules finalized
- **Mon 4/11** – Practices can begin (8U & up)
- **Sat 4/16** – First game of the season
- **Sat 4/23 & 4/30** – Team Photo Days
- **Sat 5/28** – No games Memorial Day weekend
- **Sat 6/4** – Last game (#7) of the season



# Next Steps

**NEXT  
7 DAYS**

- ☐ Rosters will begin going out\* to coaches and parents Sunday night 3/27 (\*coach must have completed safety certifications)
- ☐ Sign up for practice field **on Monday 3/28 (8U and up only)**
- ☐ Reach out to parents **by Wednesday 3/30**
- ☐ Solicit for **Team Parents** and **Referees**
- ☐ Review materials on [Coaches Corner](#) on our website
- ☐ Complete **mandatory training** on [aysou.org](https://aysou.org) by first practice
- ☐ Share with parents when game schedules are published
- ☐ Put together a plan for your first practice



# Parent Communication

## Communications

The kids will appreciate you making practice fun for them, but the #1 thing that parents will appreciate about the season will be your communication with them. This is so important to the AYSO experience.

Your Age Coordinator will provide you with profiles for each player on your team along with contact info for the parents. We strongly recommend creating a separate email address (Gmail, Hotmail, etc.) just for AYSO related communication. Start a distribution list for all parents and update it throughout the season as parents request additions/deletions. Alternately (and perhaps a better choice): use the email/contact features within Sports Connect to manage communication with parents throughout the season.

Regardless, your first contact with them is a great opportunity to set the tone for the season.

### Kickoff

Following is an email you can send to parents to welcome them to AYSO and kick off the season:

"Dear Parents,

Spring soccer season is here! We just received our team assignments from AYSO. We have a big team this season, which should make for some competitive games and fun practices. I wanted to take this opportunity to introduce myself and share some info on the upcoming season.

Hi! My name is \_\_\_\_\_. This will be my \_\_\_\_ year coaching an AYSO team. [SHARE ANY PERSONAL DETAILS YOU'D LIKE HERE.]

About this season:

#### GAMES:

- For [AGE GROUP], games are played on Saturday mornings at [FIELD LOCATION(S)].
- There are seven games on the schedule this season.
- The first game of the season is Saturday April 18th.
- The exact regular season schedule has not yet been finalized by AYSO so you will hear from me again in the coming week or so about the start time for the April 18th game and all games thereafter.

#### PRACTICE:

- Practices will be held on a weekday in the evening for 1 hour.
- The town makes certain soccer fields available on certain days and during certain timeslots.
- I'd like to schedule our first practice [DATE] \_\_\_\_\_ am at [FIELD LOCATION].
- Let me know if this time will absolutely not work with your schedule each week.
- Please plan on sticking around for the first 15 minutes of our first practice so we can all meet each other and hand out uniforms.

#### EQUIPMENT:

- A big part of your AYSO registration fee covers your child's soccer uniform (shirt, shorts and socks), which I have for every player on the team. I will bring them to the first practice.
- The players will get to keep their uniforms at the end of the season.
- For both games and practices, you will be responsible for ensuring your player has:
  - shinguards that fit under socks.

## Kickoff email to parents

- Scripts like this (and more) in the [Region 57I Coach Toolkit](#)
- Your division coordinator may share other examples



# Next Steps

**FIRST  
WEEK  
OF  
SEASON**

- ☐ Meet with parents
- ☐ Recruit additional coaches and/or Team Parent(s)
- ☐ Hand out jerseys
- ☐ *Have a great first practice! (8U and up)*
- ☐ Learn each player's name
- ☐ Make lineup for first game





# Role Clarity – *Who do I go to?*

- **Age Coordinator:** Usually your first point of contact; supplies
- **CVPA:** Safe Haven concerns, questions on training & certifications
- **Coach Admin:** Coaching technique, coaching issues
- **Safety Director:** Incident report forms
- **Registrar:** Team building questions, scheduling questions, website issues
- **Ref Admin:** Scheduling refs, feedback on refs, rule interpretation
- **Region Commissioner (RC):** Feedback on the AYSO experience & our volunteers, elevate issues

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Go to the [Contact Us](#) page for the most current roster of Board members



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**PAUSE**



**FOR QUESTIONS**



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# Thank you!



Our season will be successful  
because of our  
**volunteer coaches!**

Thank you for taking the  
time to enhance our players'  
skills and for fostering their  
love of this great sport.