



# COACHING 5U



OUR 5U ("UNDER 5") DIVISION IS FOR CHILDREN BORN IN 2019. MOST PLAYERS WILL BE OLDER 3 YEAR OLDS OR YOUNGER 4 YEAR OLDS DURING THE FALL SEASON, USUALLY IN PRE-SCHOOL OR PRE-K. THERE ARE SEPARATE BOYS AND GIRLS 5U DIVISIONS. THIS IS MOST PLAYERS' FIRST EXPERIENCE PLAYING ORGANIZED SPORTS.

## KIDS THIS AGE:

- Are learning to develop relationships with others (i.e. team is a new concept)
- May not like to share
- Love questions and need lots of attention
- Have **lots of energy!** Will struggle to sit still
- Fundamental motor skills are still developing
- May be very shy and will probably cry at some point 😊

## MANAGING A PRACTICE:

- All activities are on Saturday mornings
- Practice is the **first 30 mins**
- Share the field with the opposing team
- Parents are to ensure their child has their own size 3 ball, a water bottle, shinguards and shoes or cleats (also: no jewelry)
- **Make a plan** – prepare 3+ different activities
- Use cones as obstacles or targets
- Bring something new each week – get ideas for age-appropriate activities on our website [here](#)
- Repeat the kids' favorite activities and remind them throughout the season how they are getting better
- **Development points:** kicking the ball and **dribbling**, shots on goal, pressure on defense
- Be animated, be a goofball – the kids will love it!
- Take frequent water breaks (opportunities to check in with parents)
- Most importantly, **have fun!** It's the #1 reason kids play AYSO soccer
- Anytime you take the field with the kids, be sure to have a physical copy of each player's **medical waiver**
- Your call on **inclement weather**, but leave the field immediately if you hear thunder or see lightning; only return 30+ mins after last thunderclap

## YOUR REQUIRED TRAINING:

- No soccer experience necessary
- Can be done **online** from the comfort of your couch 😊
- Must complete: **6U** coaches training, Safe Haven, Concussion Awareness and Sudden Cardiac Arrest – all on 'AYSO'
- Safesport requires a separate login
- Background check and training paid for by AYSO
- Full details for registration, certification and training can be found on our website [here](#)

## GAME TIME:

- Games are the second 30 mins each Sat morning
- We play **3v3 with no goalies**
- **4 quarters, 5 mins each** + 2 min breaks
- Make a **lineup** before the game – who plays in each quarter
- **Everyone Plays** at least two quarters
- Connect with the opposing coaches before the start of the game
- Only one coach from each team on the field at the same time – work together to **referee**
- **Let them play!** (As little interference as possible)
- When the ball goes out of bounds on the endline or sideline, use **kick-ins instead of throw-ins**
- If the score gets lopsided quickly, turn focus to passing, but most of all, **keep things positive!**
- Coaches coach, Parents cheer! (See [Parent Pledge](#))
- Coach is the last one to leave the field

## KEY DATES (FALL 2023 SEASON):

- Rosters assigned, first contact w/ parents: Aug 24-31
- Schedules posted: no later than Friday Sept 1
- First practice/game of the season: Sat Sept 9
- Picture day(s): Sept 16 & Sept 23
- Last game of the season: Sat Oct 28



# COACHING 6U



OUR 6U ("UNDER 6") DIVISION IS FOR CHILDREN BORN IN 2018. MOST PLAYERS WILL BE OLDER 4 YEAR OLDS OR YOUNGER 5 YEAR OLDS DURING THE FALL SEASON, A MIX OF PRE-K AND KINDERGARTNERS. THERE ARE SEPARATE BOYS AND GIRLS 6U DIVISIONS. THIS IS MOST PLAYERS' FIRST EXPERIENCE PLAYING SOCCER.

## KIDS THIS AGE:

- Are learning to develop relationships with others (i.e. team is a new concept)
- May not like to share
- Love questions and need lots of attention
- Have **lots of energy!** Will struggle to sit still
- Fundamental motor skills are still developing
- May be very shy and will probably cry at some point 😊

## MANAGING A PRACTICE:

- All activities are on Saturday mornings
- Practice is the **first 30 mins**
- Share the field with the opposing team
- Parents are to ensure their child has their own size 3 ball, a water bottle, shinguards and shoes or cleats (also: no jewelry)
- **Make a plan** – prepare 3+ different activities
- Use cones as obstacles or targets
- Bring something new each week – get ideas for age-appropriate activities on our website [here](#)
- Repeat the kids' favorite activities and remind them throughout the season how they are getting better
- **Development points:** kicking the ball and **dribbling**, shots on goal, pressure on defense
- Be animated, be a goofball – the kids will love it!
- Take frequent water breaks (opportunities to check in with parents)
- Most importantly, **have fun!** It's the #1 reason kids play AYSO soccer
- Anytime you take the field with the kids, be sure to have a physical copy of each player's **medical waiver**
- Your call on **inclement weather**, but leave the field immediately if you hear thunder or see lightning; only return 30+ mins after last thunderclap

## YOUR REQUIRED TRAINING:

- No soccer experience necessary
- Can be done **online** from the comfort of your couch 😊
- Must complete: 6U coaches training, Safe Haven, Concussion Awareness and Sudden Cardiac Arrest – all on 'AYSO'
- Safesport requires a separate login
- Background check and training paid for by AYSO
- Full details for registration, certification and training can be found on our website [here](#)

## GAME TIME:

- Games are the second 30 mins each Sat morning
- We play **4v4 with no goalies**
- **4 quarters, 5 mins each** + 2 min breaks
- Make a **lineup** before the game – who plays in each quarter
- **Everyone Plays** at least two quarters
- Connect with the opposing coaches before the start of the game
- Only one coach from each team on the field at the same time – work together to **referee**
- **Let them play!** (As little interference as possible)
- When the ball goes out of bounds on the endline or sideline, use **kick-ins instead of throw-ins**
- If the score gets lopsided quickly, turn focus to passing, but most of all, **keep things positive!**
- Coaches coach, Parents cheer! (See [Parent Pledge](#))
- Coach is the last one to leave the field

## KEY DATES (FALL 2023 SEASON):

- Rosters assigned, first contact w/ parents: Aug 24-31
- Schedules posted: no later than Friday Sept 1
- First practice/game of the season: Sat Sept 9
- Picture day(s): Sept 16 & Sept 23
- Last game of the season: Sat Oct 28



# COACHING 7U



OUR 7U (“UNDER 7”) DIVISION IS FOR CHILDREN BORN IN 2017. MOST PLAYERS WILL BE OLDER 5 YEAR OLDS OR YOUNGER 6 YEAR OLDS DURING THE FALL SEASON, A MIX OF KINDERGARTNERS AND FIRST GRADERS. THERE ARE SEPARATE BOYS AND GIRLS 7U DIVISIONS. FOR ABOUT 1 IN 3 PLAYERS: THIS IS THEIR FIRST EXPERIENCE PLAYING SOCCER.

## KIDS THIS AGE:

- May still be learning what it means to be part of a team
- Respond well to positive instruction and encouragement – modulate your voice but no yelling in anger
- Have **lots of energy!** Will struggle to sit still and may engage in horseplay (esp. boys)
- Fundamental motor skills are still developing

## MANAGING A PRACTICE:

- You will need to plan **one weeknight practice**
- Practice is **one hour** between 5pm-8pm
- Choose the location from among many fields available; you may share the field w/ another team
- Parents are to ensure their child has their own **size 3 ball**, a water bottle, shinguards and shoes or cleats (also: no jewelry)
- **Make a plan** – warmup, pair up for basic technical activities (passing, throw-ins, etc.), build up to small sided matches (2v2, 3v3), full-team **scrimmage**
- Bring something new each week – get ideas for age-appropriate activities on our website [here](#)
- Repeat the kids’ favorite activities and remind them throughout the season how they are getting better
- Say, Show, Do, Review + **No laps, lines or lectures!**
- Maximize the time they have their **feet on the ball**
- **Development points:** being first to the ball, **dribbling/ball control**, push pass, instep kick, **throw-ins, not ‘bunching up’**, shots on goal, retaining possession, pressure on defense
- Take frequent water breaks
- Most importantly, **have fun!** It’s the #1 reason kids play AYSO soccer
- Anytime you take the field with the kids, be sure to have a physical copy of each player’s **medical waiver**
- Your call on **inclement weather**, but leave the field immediately if you hear thunder or see lightning; only return 30+ mins after last thunderclap

## YOUR REQUIRED TRAINING:

- No soccer experience necessary
- Can be done **online** from the comfort of your couch 😊
- Must complete: **8U** coaches training, Safe Haven, Concussion Awareness and Sudden Cardiac Arrest – all on ‘**AYSO**’; Safesport requires a separate login
- Background check and training paid for by AYSO
- Full details for registration, certification and training can be found on our website [here](#)

## GAME TIME:

- Games are scheduled for **1 hour on Sat morning**
- We play **4v4 with no goalies**
- **4 quarters, 10 mins each** + 2 min qtr breaks + 5 min halftime break; kickoffs only at 1<sup>st</sup> qtr & after halftime
- Make a **lineup** before the game: **Everyone Plays** at least two quarters; offense and defense
- Connect with the opposing coaches before the start of the game
- If no **referee** is provided by AYSO, one or two coaches should be ready to stand in as referee(s)
- Help create an environment where the referee is respected & no one should be challenging calls
- **Let them play!** (“Play until the whistle!”)
- Endline out of bounds = **goal kick** or **corner kick**; Sideline out of bounds = **throw-in** (3 chances)
- If the score gets lopsided quickly, turn focus to passing, but most of all, **keep things positive!**
- Coaches coach, Parents cheer! (See [Parent Pledge](#))
- **Good Sportsmanship:** shake hands, thank the ref
- Coach is the last one to leave the field

## KEY DATES (FALL 2023 SEASON):

- Rosters assigned, first contact w/ parents: Aug 24-31
- Schedules posted: no later than Friday Sept 1
- Practices can start: Tues Sept 5
- First game of the season: Sat Sept 9
- Picture day(s): Sept 16 & Sept 23



# COACHING 8U



OUR 8U (“UNDER 8”) DIVISION IS FOR CHILDREN BORN IN 2016. MOST PLAYERS WILL BE OLDER 6 YEAR OLDS OR YOUNGER 7 YEAR OLDS DURING THE FALL SEASON, A MIX OF FIRST AND SECOND GRADERS. THERE ARE SEPARATE BOYS AND GIRLS 8U DIVISIONS. FOR ABOUT 1 IN 4 PLAYERS: THIS IS THEIR [FIRST EXPERIENCE PLAYING SOCCER](#).

## KIDS THIS AGE:

- Beginning to appreciate the sense of belonging on a team
- Self-esteem is important; respond well to **positive instruction and encouragement** (P.I.E.) – modulate your voice but no yelling in anger
- Have **lots of energy!** Will struggle to sit still and may engage in horseplay (esp. boys)
- Improving agility, balance, body control

## MANAGING A PRACTICE:

- You will need to plan **one weeknight practice**
- Practice is **one hour** between 5pm-8pm
- Choose the location from among many fields available; you may share the field w/ another team
- Parents are to ensure their child has their own **size 3 ball**, a water bottle, shinguards and shoes or cleats (also: no jewelry)
- **Make a plan** – warmup, pair up for basic technical activities (passing, throw-ins, etc.), build up to small sided matches (2v2, 3v3), full-team **scrimmage**
- Bring something new each week – get ideas for age-appropriate activities on our website [here](#)
- Repeat the kids’ favorite activities and remind them throughout the season how they are getting better
- Say, Show, Do, Review + **No laps, lines or lectures!**
- Maximize the time they have their **feet on the ball**
- **Development points:** being first to the ball, dribbling/ball control, **passing, throw-ins, not ‘bunching up’**, shots on goal, retaining possession, pressure on defense
- Take frequent water breaks
- Most importantly, **have fun!** It’s the #1 reason kids play AYSO soccer
- Anytime you take the field with the kids, be sure to have a physical copy of each player’s **medical waiver**
- Your call on **inclement weather**, but leave the field immediately if you hear thunder or see lightning; only return 30+ mins after last thunderclap

## YOUR REQUIRED TRAINING:

- No soccer experience necessary
- Can be done **online** from the comfort of your couch 😊
- Must complete: 8U coaches training, Safe Haven, Concussion Awareness and Sudden Cardiac Arrest – all on ‘**AYSO**’; Safesport requires a separate login
- Background check and training paid for by AYSO
- Full details for registration, certification and training can be found on our website [here](#)

## GAME TIME:

- Games are scheduled for **1 hour on Sat morning**
- We play **5v5 with no goalies**
- **4 quarters, 10 mins each** + 2 min qtr breaks + 5 min halftime break; kickoffs only at 1<sup>st</sup> qtr & after halftime
- Make a **lineup** before the game: **Everyone Plays** at least two quarters; offense and defense
- Connect with the opposing coaches before the start of the game
- If no **referee** is provided by AYSO, one or two coaches should be ready to stand in as referee(s)
- Help create an environment where the referee is respected & no one should be challenging calls
- **Let them play!** (“Play until the whistle!”)
- Endline out of bounds = **goal kick** or **corner kick**; Sideline out of bounds = **throw-in** (2 chances)
- If the score gets lopsided quickly, turn focus to passing, but most of all, **keep things positive!**
- Coaches coach, Parents cheer! (See [Parent Pledge](#))
- **Good Sportsmanship:** shake hands, thank the ref
- Coach is the last one to leave the field

## KEY DATES (FALL 2023 SEASON):

- Rosters assigned, first contact w/ parents: Aug 24-31
- Schedules posted: no later than Friday Sept 1
- Practices can start: Tues Sept 5
- First game of the season: Sat Sept 9
- Picture day(s): Sept 16 & Sept 23



# COACHING 10U



OUR 10U ("UNDER 10") DIVISION IS FOR CHILDREN BORN IN 2014 AND 2015. MOST PLAYERS WILL BE 8 OR 9 YEARS OLD, A MIX OF MOSTLY 3<sup>RD</sup> AND 4<sup>TH</sup> GRADERS, WITH A FEW 2<sup>ND</sup> GRADERS WHO WILL TURN 8 DURING THE SEASON. THERE ARE SEPARATE BOYS AND GIRLS 10U DIVISIONS. ABOUT 75-80% OF PLAYERS HAVE PLAYED SOCCER BEFORE.

## KIDS THIS AGE:

- May have fear of failure but respond well to **positive instruction and encouragement** (P.I.E.)
- Look for role models and value their friendships
- May have difficulty staying focused but more likely to embrace **competition** with peers

## MANAGING A PRACTICE:

- You will need to plan **one weeknight practice**
- Practice is **one hour** between 5pm-8pm
- Choose the location from among many fields available; you may share the field w/ another team
- Parents are to ensure their child has their own **size 4 ball**, a water bottle, shinguards and shoes or cleats (also: no jewelry)
- **Make a plan** – warmup, pair up for basic technical activities (passing, throw-ins, etc.), build up to small sided matches (2v2, 3v3), full-team **scrimmage**
- Bring something new each week – get ideas for age-appropriate activities on our website [here](#)
- Repeat the kids' favorite activities and remind them throughout the season how they are getting better
- Say, Show, Do, Review + **No laps, lines or lectures!**
- Maximize the time they have their **feet on the ball**
- **Development points:** first to the ball, passing accuracy, maintaining possession with **shielding**, spreading out, high quality shots on goal, **charging on defense**, defensive help, **offsides**, **goalkeeping**
- Take frequent water breaks
- Most importantly, **have fun!** It's the #1 reason kids play AYSO soccer
- Anytime you take the field with the kids, be sure to have a physical copy of each player's **medical waiver**
- Your call on **inclement weather**, but leave the field immediately if you hear thunder or see lightning; only return 30+ mins after last thunderclap
- For every practice and game, Coach is the last one to leave the field

## YOUR REQUIRED TRAINING:

- No soccer experience necessary
- Can be done **online** from the comfort of your couch 😊
- Must complete: 10U coaches training, Safe Haven, Concussion Awareness and Sudden Cardiac Arrest – all on 'AYSO'; Safesport requires a separate login
- Background check and training paid for by AYSO
- Full details for registration, certification and training can be found on our website [here](#)

## GAME TIME:

- Games are scheduled for **1 hour on Sat morning**
- We play **7v7** (6 position players + 1 keeper)
- **4 quarters, 12 mins each** + 2 min qtr breaks + 5 min halftime break; kickoffs only at 1<sup>st</sup> qtr & after halftime
- Make a **lineup** before the game: **Everyone Plays** at least two quarters; offense and defense
- Connect with the opposing coaches before the start of the game
- A **referee** should be provided by AYSO, but if none show, be ready to stand in as referee(s)
- Help create an environment where the referee is respected & no one should be challenging calls
- **Let them play!** ("Play until the whistle!")
- Endline out of bounds = **goal kick** or **corner kick**; Sideline out of bounds = **throw-in** (2 chances)
- If the score gets lopsided quickly, use a **build-out line**, turn focus to passing, but most of all, communicate with the other coach and **keep things positive!**
- Coaches coach, Parents cheer! (See [Parent Pledge](#))
- **Good Sportsmanship:** shake hands, thank the ref

## KEY DATES (FALL 2023 SEASON):

- Rosters assigned, first contact w/ parents: Aug 24-31
- Schedules posted: no later than Friday Sept 1
- Practices can start: Tues Sept 5
- First game of the season: Sat Sept 9
- Picture day(s): Sept 16 & Sept 23





# COACHING 12U



OUR 12U (“UNDER 12”) DIVISION IS FOR CHILDREN BORN IN 2012 AND 2013. MOST PLAYERS WILL BE 10 OR 11 YEARS OLD, A MIX OF MOSTLY 5<sup>TH</sup> AND 6<sup>TH</sup> GRADERS, WITH A FEW 4<sup>TH</sup> GRADERS WHO WILL TURN 10 DURING THE SEASON. THERE ARE SEPARATE BOYS AND GIRLS 12U DIVISIONS. MOST PLAYERS ARE RETURNING EXPERIENCED PLAYERS, BUT NOT ALL.

## KIDS THIS AGE:

- Friendships & self-esteem important; respond well to **positive instruction and encouragement**
- More likely to embrace **competition** with peers
- Strength, stamina, coordination all increasing
- More readily able to grasp **strategy and tactics**

## MANAGING A PRACTICE:

- You will need to plan **two weeknight practices**
- Practices run **one hour** between 5pm-8pm
- Choose the location from among many fields available; you may share the field w/ another team
- Parents are to ensure their child has their own **size 4 ball**, a water bottle, shinguards and shoes or cleats (also: no jewelry)
- **Make a plan** – warmup, pair up for basic technical activities (passing, throw-ins, etc.), build up to small sided matches (2v2, 3v3), full-team **scrimmage**
- Bring something new each week – get ideas for age-appropriate activities on our website [here](#)
- Repeat the kids’ favorite activities and remind them throughout the season how they are getting better
- Say, Show, Do, Review + **No laps, lines or lectures!**
- Maximize the time they have their **feet on the ball**
- **Development points:** passing strength & accuracy, advancing the ball, penetration, **charging & shielding**, using the width of the field, crossing & finishing, corner kicks, goal kicks, free kicks, defensive help, offsides
- Take frequent water breaks
- Most importantly, **have fun!** It’s the #1 reason kids play AYSO soccer
- Anytime you take the field with the kids, be sure to have a physical copy of each player’s **medical waiver**
- Your call on **inclement weather**, but leave the field immediately if you hear thunder or see lightning; only return 30+ mins after last thunderclap
- For every practice and game, Coach is the last one to leave the field

## YOUR REQUIRED TRAINING:

- No soccer experience necessary
- Most can be done **online** from your couch 😊
- Must complete: Safe Haven, Concussion Awareness and Sudden Cardiac Arrest – all on ‘**AYSOU**’; Safesport requires a separate login
- Must also complete **in-person 12U coaches training** administered by a certified trainer
- Background check and training paid for by AYSO
- Full details for registration, certification and training can be found on our website [here](#)

## GAME TIME:

- Games are scheduled for **1 hour 15 mins on Saturday**
- We play **9v9** (8 position players + 1 keeper)
- **30 minute halves** + quarter breaks determined by refs
- Make a **lineup** before the game: **Everyone Plays** at least two quarters; try not to specialize too much (yet)
- Connect with the opposing coaches before the start of the game
- A **referee** will be provided by AYSO
- Help create an environment where the referee is respected & no one should be challenging calls
- No “live” substitution
- Endline out of bounds = **goal kick** or **corner kick**; Sideline out of bounds = **throw-in** (get it right or turnover)
- If the score gets lopsided quickly, communicate with the other coach and **keep things positive!**
- Coaches coach, Parents cheer! (See [Parent Pledge](#))
- **Good Sportsmanship:** shake hands, thank the ref

## KEY DATES (FALL 2023 SEASON):

- Rosters assigned, first contact w/ parents: Aug 24-31
- Schedules posted: no later than Friday Sept 1
- Practices can start: Tues Sept 5
- First game of the season: Sat Sept 9
- Picture day(s): Sept 16 & Sept 23



# COACHING 14U



OUR 14U ("UNDER 14") DIVISION IS FOR CHILDREN BORN IN 2010 AND 2011. MOST PLAYERS WILL BE 12 OR 13 YEARS OLD, A MIX OF MOSTLY 7<sup>TH</sup> AND 8<sup>TH</sup> GRADERS, WITH A FEW 6<sup>TH</sup> GRADERS WHO WILL TURN 12 DURING THE SEASON. OUR REGION HAS SEPARATE BOYS AND GIRLS 14U DIVISIONS, BUT OPPONENTS MAY HAVE CO-ED TEAMS THAT PLAY OUR BOYS.

## KIDS THIS AGE:

- Are probably going through **puberty**, so expect rapid changes in their body and mood changes related to being more self-conscious
- Like things to be **fair and just**
- Strive to be more **independent** and therefore may show a bit more **defiance**

## MANAGING A PRACTICE:

- You will need to plan **two weeknight practices**
- Practices run **60-90 mins** between 5pm-8pm
- Parents are to ensure their child has their own **size 5 ball**, a water bottle, shinguards and shoes or cleats (also: no jewelry)
- **Make a plan** – warmup, pair up for basic technical activities (passing, throw-ins, etc.), build up to small sided matches (2v2, 3v3), full-team **scrimmage**
- Bring something new each week – get ideas for age-appropriate activities on our website [here](#)
- Repeat the kids' favorite activities and remind them throughout the season how they are getting better
- Say, Show, Do, Review + **No laps, lines or lectures!**
- Maximize the time they have their **feet on the ball**
- **Development points:** passing strength & accuracy, advancing the ball, penetration, **charging & shielding**, using the full width of the field, crossing & finishing, **set plays on corner kicks, goal kicks and free kicks**, defensive help, offsidess
- Take frequent water breaks
- Most importantly, **have fun!** It's the #1 reason kids play AYSO soccer
- Anytime you take the field with the kids, be sure to have a physical copy of each player's **medical waiver**
- Your call on **inclement weather**, but leave the field immediately if you hear thunder or see lightning; only return 30+ mins after last thunderclap
- For every practice and game, Coach is the last one to leave the field

## YOUR REQUIRED TRAINING:

- No soccer experience necessary
- Most can be done **online** from your couch 😊
- Must complete: Safe Haven, Concussion Awareness and Sudden Cardiac Arrest – all on 'AYSOU'; Safesport requires a separate login
- Must also complete **in-person 14U 'intermediate' coaches training** administered by a certified trainer
- Background check and training paid for by AYSO
- Full details for registration, certification and training can be found on our website [here](#)

## GAME TIME:

- Games are scheduled for **1 hour 30 mins on Saturday**
- We play **11v11** (10 position players + 1 keeper)
- **35 minute halves** + quarter breaks determined by refs
- Make a **lineup** before the game: **Everyone Plays** at least two quarters; okay to specialize
- Connect with the opposing coaches before the start of the game
- A **referee** will be provided by AYSO
- Help create an environment where the referee is respected & no one should be challenging calls
- No "live" substitution
- If the score gets lopsided quickly, communicate with the other coach and **keep things positive!**
- Coaches coach, Parents cheer! (See [Parent Pledge](#))
- **Good Sportsmanship:** shake hands, thank the ref

## KEY DATES (FALL 2023 SEASON):

- Rosters assigned, first contact w/ parents: Aug 24-31
- Schedules posted: no later than Friday Sept 1
- Practices can start: Tues Sept 5
- First game of the season: Sat Sept 9
- Picture day(s): Sept 16 & Sept 23