



**SPRING
2026
COACHES
KICKOFF**



AGENDA

- Welcome
- Coaching And AYSO
- Certification & Training
- Coaching Practice
- Coaching Games
- 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

SPRING 2026 – BY THE NUMBERS

- **1,000+** Players Registered For Spring 26' Season
- **100+** Teams
- **200 +** Volunteer coaches, referees, board members





THE AYSO CORE PHILOSOPHIES

1. Everyone Plays
2. Balanced Teams
3. Open Registration
4. Positive Coaching
5. Good Sportsmanship
6. Player Development

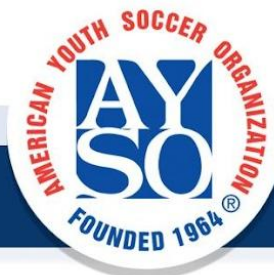
CERTIFICATIONS & TRAINING

The screenshot shows the Sports Connect website interface. The user is Daniel Eizans, with ID Number 59899-053496. He is a Referee for AYSO Region 571 MY2025 59899-053496 Spring '26 Girls Soccer - 12U (B, 2014-15). The page displays a table of certifications for Region 571 Area 8J.

Certification	Expiration Date	Status	Compliant
<input type="checkbox"/> Risk Status	04/27/2027	Green	<input checked="" type="checkbox"/>
<input type="checkbox"/> Concussion Awareness	None	Verified	<input checked="" type="checkbox"/>
<input type="checkbox"/> Fingerprinting CA Only	None	None	<input type="checkbox"/>
<input type="checkbox"/> Sudden Cardiac Arrest	None	Verified	<input checked="" type="checkbox"/>
<input type="checkbox"/> AYSOs Safe Haven	None	Verified	<input checked="" type="checkbox"/>
<input type="checkbox"/> SafeSport	01/19/2027	Verified	<input checked="" type="checkbox"/>
<input type="checkbox"/> Coaching License	None	12U Coach	<input checked="" type="checkbox"/>
<input type="checkbox"/> Referee Grade	None	Regional Referee	<input checked="" type="checkbox"/>

Buttons: Register Now!, Logout, Renew & Update

- Please **DOUBLE CHECK** your certifications!
- You cannot hold a practice until you have a Green volunteer status, completed concussion awareness, sudden cardiac arrest, Safe Sport and your appropriate level of coaching license (and field training 10U +)



REQUIRED SAFETY TRAININGS & REGISTRATIONS

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

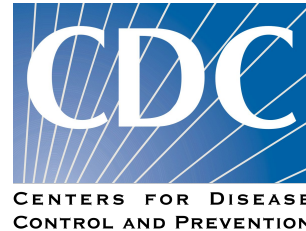
Accessible on AYSOU



**Registration on
ayso571.org**



**Background
Check via Sterling
(3rd party)**



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



Safe Haven



**U.S. Safesport
(Requires Occasional
Refreshers)**

CVPA COMPLIANCE CHECKS

- Child Volunteer Protection Advocate – Dan Eizans (cvpa@ayso571.org) for assistance with ensuring credentials are reflected
- We will be checking all coach credentials in AYSO Admin and will send reminder emails starting Monday to coaches training/certifications left to complete
- This is monitored by our Area, Section and AYSO National Office and is MANDATORY
- Those found in non-compliance will be removed or restricted from volunteering and it may impact team play
- Have a question or interested in taking on this incredibly important board position? Reach out to Dan via cvpa@ayso571.org or rc@ayso571.org

THE AYSO PLAYER PATHWAY

	Playground	5U & 6U	7U & 8U	9U & 10U	12U	14U
Developmental / Skills Focus	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
# of Players on Team	n/a	5-7	8	10-13	12-15	14-16
# of Players on the Field	n/a	4v4	4v4 (7U) 5v5 (8U)	7v7	9v9	11v11
Goalie Practice(s)	n/a 1 hr of activity once per week; weeknight & Saturday AM options	No 30 mins before each game	No 1 per week 60 mins	Yes 1 per week 60 mins	Yes 2 per week 60 mins each	Yes 2 per week 90 mins each
Games	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
Playing Time	Activities	Everyone Plays® at least 50% of the game, guaranteed				

COMING FALL 2026

- Starting this fall, AYSO and Region 571 will be following a new Age Group Guideline to be in line with US Soccer Federation Changes
- The registration system will update to reflect these changes and may impact team makeup moving forward.

AYSO AGE GROUPS Starting Fall 2026 Season

6U

Aug 1, 2020 - Jul 31, 2021

8U

Aug 1, 2018 - Jul 31, 2020

10U

Aug 1, 2016 - Jul 31, 2018

12U

Aug 1, 2014 - Jul 31, 2016

14U

Aug 1, 2012 - Jul 31, 2014

16U

Aug 1, 2010 - Jul 31, 2012

18U

Aug 1, 2008 - Jul 31, 2010

19U

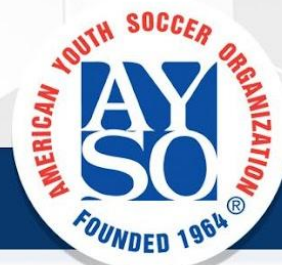
Aug 1, 2007 - Jul 31, 2008



PRACTICES

- ALL COACHES SHOULD HAVE RECEIVED THE SCHEDULE LINK
- United, 14U, 12U, coaches w/ multiple teams get first opportunity to sign up
- PLEASE TRY TO RESERVE FIELD SIZES FOR YOUR APPROPRIATE AGE GROUP WE ARE VERY LIMITED ON LARGER FIELD SIZES THIS SPRING
- 7U/8U look at 6U/8U-sized fields
- Many fields are shared
- Consider scrimmage opportunities
- Honor the timeslots
- Please keep the fields clean!

	A	B	C	D	E	F	G	H
1			Spring 2026 Practice Schedule			Ada-Cascade AYSO	Region 571	Coaches: Enter your last name and your division in the space provided.
2	FOREST HILLS PUBLIC SCHOOLS							Saturday games?
3								
4	Ada Elementary (SU field size)	Monday	Tuesday	Wednesday	Thursday	Friday		Yes
5	5:00-6:00pm	Ploetz/Mulchay 7UG	Ludwig 7UB					
6	6:00-7:00pm	Walder/Cox 7UG		Demoray 8UB	Sachau/Smoker 7UG			
7	7:00-8:00pm							
8								
9	Ada Vista (SU field size)	Monday	Tuesday	Wednesday	Thursday	Friday		Yes
10	5:00-6:00pm			Gregorski 7UB	Westerhof 7UG			
11	6:00-7:00pm	Malin/Clark 7UB	Packard 7UB	Hill/Tefft 8UG	Hirk/Carter 7UG			
12	7:00-8:00pm							
13								
14	Collins Elementary 8U x 2	Monday	Tuesday	Wednesday	Thursday	Friday		Yes
15	8U field #1: 5:00-6:00pm		Zimmerman/Augustyn 7UG	DeWitt/VanderBand 8UB				
16	8U field #1: 6:00-7:00pm	Augustyn/Carr 9/10UG	Badersnider/Eggleston 8UG	Highfield/Anderson 7UB	Cuthbert 8UB			
17	8U field #1: 7:00-8:00pm							
18	8U field #2: 5:00-6:00pm	Gambiza/Bonnet/Monk 7UB				Perks/Horton 7UG		
19	8U field #2: 6:00-7:00pm	Hutchison/May/Schmeling 8UB	Neil/Eroyan/Jagustin 8UG	Finn/Michael 8UB				



COACHING BEST PRACTICES

Practice:

- Always follow the P.I.E. Philosophy (Positive, Instructional and Encouraging)
- 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**

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](#)

Available on our website [here](#)

My Buddy

Skill: Passing

Number Of Players Required: Full U-10 team

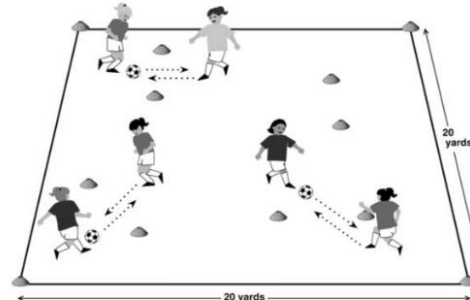
Equipment: 12 or more cones to mark grid and goals. Group players in pairs; one ball for every pair.

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.



COACH TOOLS



Available on our website [here](#)

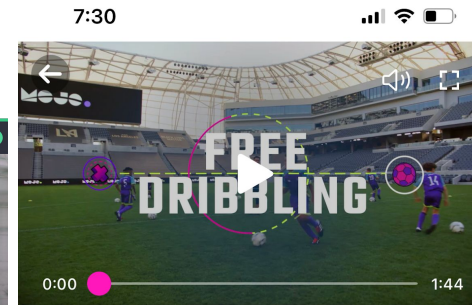
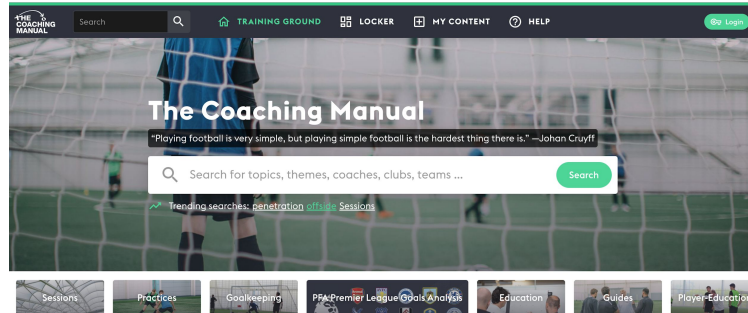


OTHER COACHING TOOLS

Coach Deck



The Coaching Manual



Free Dribbling

Dribbling Coordination & Agility
Attacking

15mins

Instructions

Coach Notes

DESCRIPTION

The legends have go-to moves, now it's the kids' turn. Push players to be creative and hone their ball handling skills.

WHAT YOU NEED

- 4 cones
- 1 ball per player



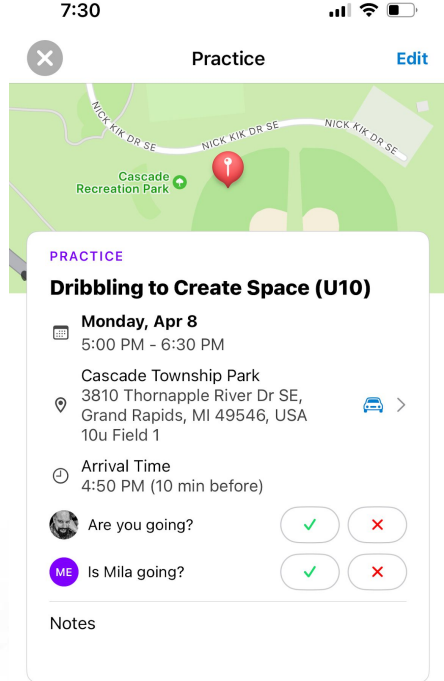
Time



Replace



Delete



PRACTICE

Dribbling to Create Space (U10)

Monday, Apr 8

5:00 PM - 6:30 PM

Cascade Township Park
3810 Thornapple River Dr SE,
Grand Rapids, MI 49546, USA
10u Field 1

Arrival Time
4:50 PM (10 min before)

Are you going?



Is Mila going?



Notes



Equipment



Print



Browse



Rate

Dribbling to Create Space (U10)

This practice builds foundational dribbling skills for young players, using progressively more challenging games, from Free Dribbling

MOJO SPORTS APP (FREE TO USE)

EVERYONE PLAYS®

BALANCED TEAMS

OPEN REGISTRATION


POSITIVE COACHING

GOOD SPORTSMANSHIP

PLAYER DEVELOPMENT



HELPFUL COACHING LINKS/RESOURCES



INSIDE OF FOOT - PUSH PASS

WHAT

- Used to advance the ball or to maintain possession by passing to a teammate.
- A consistent and effective technique once mastered.

COMMON ISSUE 1

- Planted foot is too far in front, behind or away from ball and/or not pointed in general direction of target.

CORRECTION 1

- Move planted foot closer to the ball and point in direction of target.

HOW (video)

- Place support foot next to ball (toe should not be past ball) pointed in general direction of target.
- Lock ankle with toe pointed slightly up.
- Inside of foot should face the general direction of target
- Keep eyes on ball.
- Move leg straightforward toward target, ankle locked and toe up.
- Strike at the center of the ball with the inside of the foot.
- Sole of foot should be off the ground with toe pointed slightly up, and perpendicular to ball (form "L" with feet).
- Strike through center of ball and follow through in direction of pass.


COMMON ISSUE 2

- Ankle is not locked and sole of foot is not parallel to ground and/or facing general direction of target.

CORRECTION 2

- Lock ankle and square body to the desired target.

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



- AYSO National's Coaches Clipboard and Nuggets are great ways to get acclimated with soccer fundamentals. It includes several 1-sheets for coaching and videos for those newer to these concepts (see left)
- Coach Rory Soccer also offers up great starter practice plans for newer coaches. He covers 8u – 12u here.

GAMES

- 6 games (Saturdays unless reschedules or field availability shifts)
- First games April 18th
- Last game May 30th
- Schedules will be published on our [website](#) and in our registration system within the next few days (we are finalizing interplay schedules with the area)
- Please keep the fields clean!
- NO PETS!!!



GAMEDAY COACHING BEST PRACTICES

Games:

- Have your team arrive up to 30 mins early for warm up!
- Quiet on the sidelines (Silent Saturdays)
- Everyone plays at least ½ of the game
- No one sits out two quarters in a row
- Meet the Ref before the game, thank them after
- Coach is last one to leave the field

BEST PRACTICES: LOPSIDED GAMES

Blow Outs: Generally a 5 goal differential by half-time, but *“you know it when you see it.”*

Strategies should be positive, not punitive.

1. Add players to the weaker team
2. When the other team is taking a goal kick, pull your players back to their defensive half of the field so the weaker team gets a better shot to advance the ball out of their own defensive half,
3. Encourage your players to try for 3 or more passes before taking a shot,
4. Encourage players to pass and shoot with their weak foot,
5. Rotate players who might be scoring a lot back onto defense (they should be getting experience at all positions anyway),
6. When all else fails mix the teams up, playing with pinneys or inside-out jerseys

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.

BEST PRACTICES: SOCCER'S PHYSICAL ELEMENTS

- 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 571 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!

BEST PRACTICES: LAWS OF THE GAME

- Looking for the laws of the game?
 - Visit theiafb.com
 - Download the IAFB App (free)
- Laws of the Game course on AYSOU is also helpful!



**QUESTIONS SO
FAR?**





WEATHER

- We play in the rain, but ultimately it's coach's decision
- There are times we may cancel ALL games if fields are at risk of major damage from play/excessive weather
- 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 and the referee administrator if necessary (refadmin@ayso571.org)

FIELD CLOSURES / AVAILABILITY


Unfortunately we have a few significant field closures this Spring. Most of Ada Park is unavailable on 5/2 which stretches games, even for u5/u6, until late afternoon. Cascade Park is closed that same morning.

LOCATION	FIELD	DATE	START TIME	END TIME	REASON
Ada Township Park	10U	9-May	2pm	11pm	CLOSURE
Ada Township Park	6u1	2-May	8am	10pm	Event No Games Allowed
Ada Township Park	6u2	2-May	8am	10pm	Event No Games Allowed
Ada Township Park	6u3	2-May	8am	10pm	Event No Games Allowed
Ada Township Park	6u4	2-May	8am	10pm	Event No Games Allowed
Ada Township Park	8u1	2-May	8am	10pm	Event No Games Allowed
Ada Township Park	8u2	2-May	8am	10pm	Event No Games Allowed
Cascade Township Park	10U 4	2-May	7am	1pm	No Games until 1pm
Cascade Township Park	12U 3	2-May	7am	1pm	No Games until 1pm

GENERAL SAFETY

- No hanging on goals
- No earrings
- Hair beads and barrettes close to the player's head are OK.
- No metal cleats (AYSO 571 Policy)
- First aid kit
- Incident report form
- Insurance is provided by national

For any Safety-related questions, please contact [Maggi Forgue](#)



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

Player Registration Forms

- Emergency contact info, medical info, etc.
- **Must be with you at all practices & games**
- **These forms are critical for managing incidents and injuries**
- **Download PDFs and Print – INSTRUCTIONS ARE ON AYSO WIKI ([LINK](#))**

16UG-01
010-60680-002

Team Details Roster Admin Roster Player Active w/o violation **Team Roster** Travel Roster Tournament

Administrators 3 Administrators

Select	PC	Admin ID	SEC#	Administrator	Name	Lic. Level	Risk Status	Expires	Roster Dates
<input type="checkbox"/>	0	87216-040085		Head Coach		A	Green	10/30/2025	08/10/2025
<input type="checkbox"/>	0	78568-230957		Assistant Coach		A	Green	11/9/2025	08/10/2025
<input type="checkbox"/>	0	90366-729334		Team Manager			Green	11/21/2025	08/05/2025

Team Assignment Codes

Players 17 Players

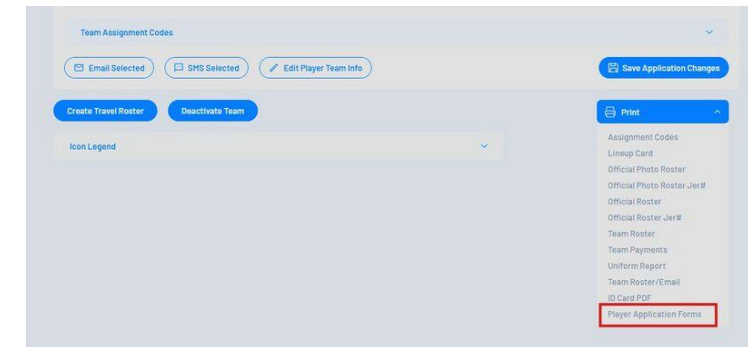
Select	PC	Player ID	SEC#	Player	DOB	DI Reg./Acpt.	Roster Date	Transfer Date	Media
<input type="checkbox"/>	0	82724-217213			8/12/2010	5/4/2025	8/10/2025		P C
<input type="checkbox"/>	0	80610-795100			10/26/2010	8/7/2025	8/10/2025		P C
<input type="checkbox"/>	0	88134-723350			1/28/2011	8/30/2025	8/10/2025		P C
<input type="checkbox"/>	0	72893-890488			11/29/2011	9/3/2025	9/3/2025		P C
<input type="checkbox"/>	0	54338-527753			8/11/2010	5/11/2025	8/10/2025		P C
<input type="checkbox"/>	0	28852-381854			12/5/2011	5/11/2025	8/10/2025		P C
<input type="checkbox"/>	0	85343-590294			10/15/2010	8/12/2025	8/12/2025		P C
<input type="checkbox"/>	0	48794-047259			5/10/2011	7/11/2025	8/10/2025		P C
<input type="checkbox"/>	0	24889-909624			1/10/2010	8/4/2025	9/10/2025		P C
<input type="checkbox"/>	0	37202-547379			5/8/2011	6/8/2025	8/11/2025		P C
<input type="checkbox"/>	0	95520-767043			8/27/2010	8/16/2025	8/18/2025		P C
<input type="checkbox"/>	0	47749-686348			5/5/2010	5/26/2025	8/10/2025		P C
<input type="checkbox"/>	0	39779-860353			10/8/2010	5/23/2025	8/10/2025		P C
<input type="checkbox"/>	0	42887-604714			12/28/2010	5/13/2025	8/10/2025		P C
<input type="checkbox"/>	0	43914-560531			9/22/2011	5/8/2025	8/10/2025		P C
<input type="checkbox"/>	0	89443-475479			1/21/2010	5/22/2025	8/11/2025		P C
<input type="checkbox"/>	0	84558-154024			2/18/2011	4/28/2025	8/10/2025		P C

Team Assignment Codes

Email Selected SMS Selected Edit Player Team Info Save Application Changes

Create Travel Roster Deactivate Team Print

Icon Legend



REFEREES GENERAL

- Some new Youth Referees and a 2 new adults for spring 2026
- We remain Critically Low for the size of our region
- Training available for coaches: online fundamentals course for U6/U8 & web resources
- Check out the [Referee](#) section of our website
- Youth referees: be positive and encouraging ONLY; please give me any feedback



Questions, comments, referrals? Contact Dan Eizans at refadmin@ayso571.org



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**

Effective March 2025

For more information, visit: USSOCCER.COM/RAP



EVERYONE PLAYS®

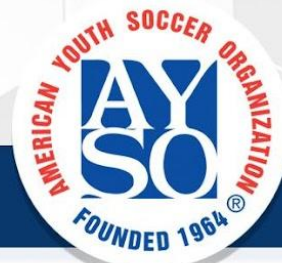
BALANCED TEAMS

OPEN REGISTRATION

POSITIVE COACHING


GOOD SPORTSMANSHIP

PLAYER DEVELOPMENT



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](#)



REGION 57A

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:

- ❖ I will cheer for good plays by both teams.
- ❖ 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.
- ❖ 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.
- ❖ I will encourage family, friends and other guests to honor these same pledges, too.

Throughout the season:

- ❖ 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.
- ❖ Athletes do their best when they are emotionally healthy, so I will be positive and supportive.
- ❖ I will not make negative comments about the game, coaches, referees or teammates in my child's presence. This sets a bad example.
- ❖ I will do my best to learn the rules of the game and help others learn them, too.
- ❖ 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.
- ❖ 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.
- ❖ Yes, they're cute and furry, but I will leave my pets at home.

After the game:

- ❖ 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.
- ❖ I will thank the volunteer coaches and referees for their efforts, too. I will thank our opponents for a good game.
- ❖ I will show more interest in how the game was played than the final score, and save advice for another time.

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



UNIFORMS / COACH GEAR

NEW 3 Piece 571 Kit

- Kits are currently in production and should have been ordered by player parents
- This will be our kit design for the next several years
- All age groups/divisions wear the same kit.
- BLUE = HOME
- MAROON = AWAY

 SIGNATURE
ATHLETICS



COACH SHIRTS

FREE TO ALL COACHES

- Coach kits are in production. All coaches will be provided a navy blue AYSO 571 Coach Shirt
- Coach shirts will be available before or at both picture days
- Additional equipment can be purchased personally at our [Coach Store](#)



COACH EQUIPMENT

Mesh supply bag should have:

- Packet from division coordinator...
- Player uniforms (jersey, shorts, socks)
- Scrimmage pinneys (7U & up)
- Game ball w/ Region 571 logo
- Ball pump
- Cones (various sizes, colors)
- Whistles (1 per coach)
- First aid kit
- Goalie jerseys & gloves (10U & up)

1. Packing list
2. Player roster
3. Division coach list
4. Coaching one-pager
5. Parent pledge
6. Incident report form (1)

Gear refresh and new coach pickup times will be sent tomorrow. Week of 3.30 and week of 4.13

KEY DATES

KEY DATES:

- 3/22 - Rosters Posted in Sports Connect - Start Reaching out to parents if you haven't already
- 3/29 - Virtual Coaches Meeting
- SOON! – Schedules released in SportsConnect
- By Thursday 4/2 Reach out to your team no later than this date
- 4/13 - Practices Can Begin
- 4/18 - First Games of Season
- Saturday 4/25 Team Photo Day Cascade Park (Signup sheet sent tonight)
- Saturday 5/1 Team Photo Day 2 Ada Park (Signup Sheet Sent Tonight)
- Saturday 5/23 No Games (Memorial Day Weekend)
- Sat 5/30 - Last Game of The Season

NEXT STEPS NEXT TWO WEEKS

PRE SEASON CHECKLIST:

- Sign up for practice field if you haven't yet (7U and up only)
- Reach out to parents by 4/2
- Solicit for Team Parents and Referees
- Review materials on [Coaches Corner](#) on our website
- Complete mandatory training on aysou.org by first practice
- Share with parents when game schedules are published
- Put together a plan for your first practice

WEEK OF 4/13

PRE SEASON CHECKLIST:

- Pick up gear/extra uniforms on Tuesday 4/14

- Meet with parents

- Recruit additional coaches and/or Team Parent(s)

- Have a great first practice!

- Learn each player's name

- Make lineup for first game

NEED HELP?

- **Division 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

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

QUESTIONS?





THANK YOU!

EVERYONE PLAYS®

BALANCED TEAMS

OPEN REGISTRATION

POSITIVE COACHING

GOOD SPORTSMANSHIP

PLAYER DEVELOPMENT

