



American Youth Soccer Organization

Spring 2024 Season Coaches Kick-off Meeting Ada Cascade AYSO – Region 571

March 21st 2024





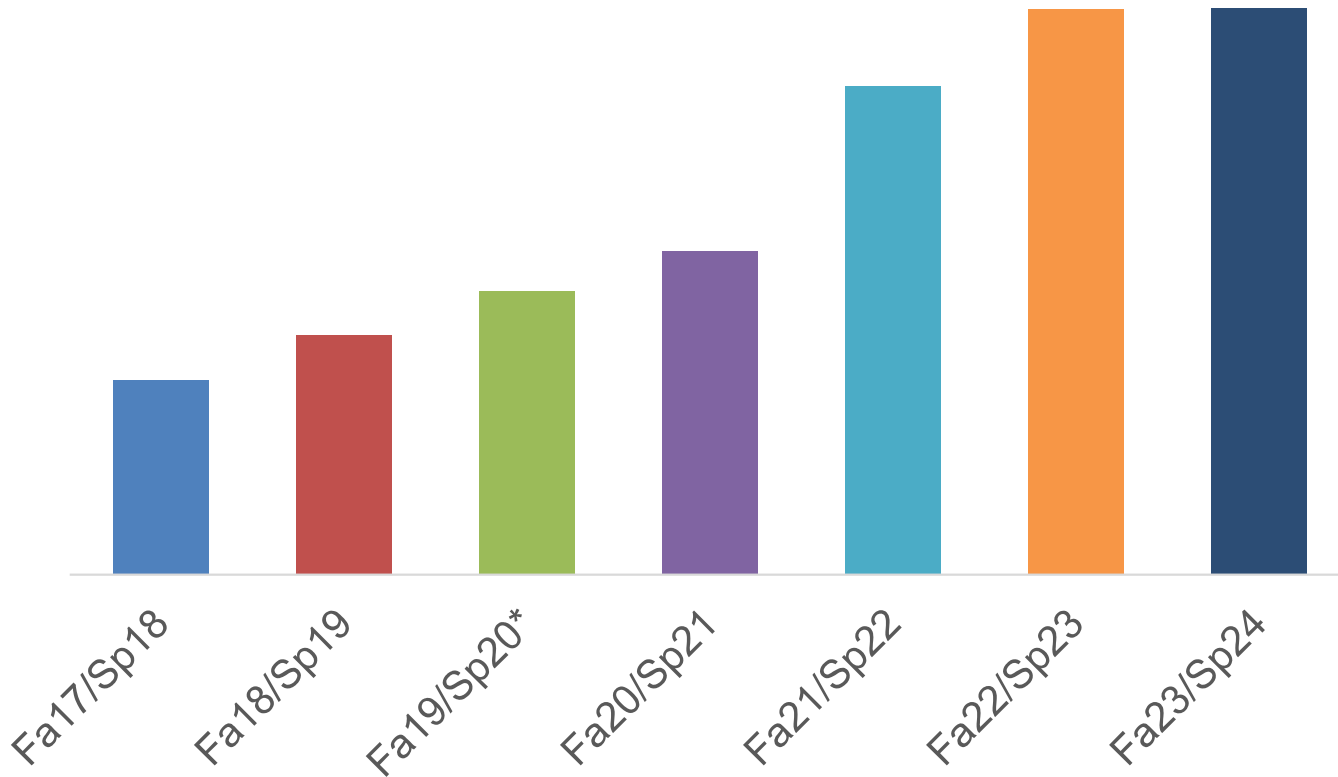
Agenda

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



A Winning Team



**Registered
Players**
1080+
this Spring

116
Teams

200+
Volunteers

*includes players registered for cancelled Spring '20 season



Coaches are our MVPs!

■ Strongly agree ■ Agree





Our Core Philosophies



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



Certification & Training

- My Account
- Calendar
- Volunteer**
- My Orders
- Messages
- AYSOU
- Home

Important information from AYSO

WHAT TO EXPECT AFTER YOU HAVE VOLUNTEERED:

Background Check - You should have already received an invitation from TheAdvocates@SterlingVolunteers.com. Please follow the link to complete your Background Check ASAP. Due to County, State and Federal reporting, Background Check Processing can take up to 10 business days. Self disclosures can add an additional 5 business days.

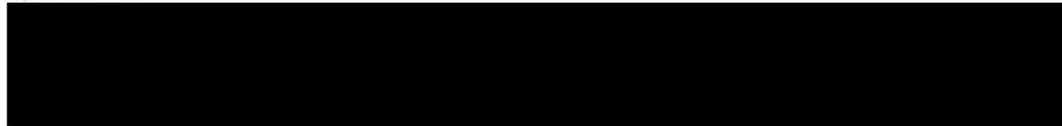
Access to Training - You will access the training system from this page by clicking the "AYSOU" button next to your volunteer record. You will be automatically logged in to the training system.

Safesport - to access your FREE training, that will update your AYSO status, please use this link to enroll: <https://safesporttrained.org/?KeyName=tsVWe36Xa6PS3b5Nz0ug>. You do not need to upload your Safesport results unless you are supplying a completed certificate from July 1, 2021 - December 31, 2021. Safesport will automatically update your profile, generally within 2 hours of completion.

Note: Youth Volunteers (anyone under the age of majority in your state) are not required to take this training.

Additional Users - If you invited an Additional or Secondary User to your account, or you are the Additional User you must accept the invitation sent via email from Sports Connect and create your own username and password. To access training, the Additional User will need to login to their own Sports Connect account and follow the steps above.

My Roles & Certificates



AYSOU

Region 571 Area 8J

<input type="checkbox"/>	Certification	Expiration Date	Status	Compliant
<input type="checkbox"/>	Risk Status	10/28/2024	Green	☑
<input type="checkbox"/>	Concussion Awareness	None	Verified	☑
<input type="checkbox"/>	Fingerprinting California Only	None	None	⚠
<input type="checkbox"/>	Sudden Cardiac Arrest	None	Verified	☑
<input type="checkbox"/>	AYSOs Safe Haven	None	Verified	☑
<input type="checkbox"/>	SafeSport	04/24/2025	Verified	☑
<input type="checkbox"/>	Coaching License	None	8U Coach	☑
<input type="checkbox"/>	Referee Grade	None	Regional Referee	☑

Support

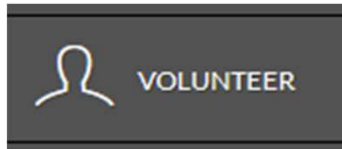
Renew & Update



Certification

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

Safesport



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 Age Coordinator for additional insights or questions.

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**Region 571
Coach Toolkit**

**Age-Specific
Online Training**

Playground, 5U/6U,
7U/8U and 10U
on aysou.org

**In-Person
Training**

Required for
12U and above

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



Compliance Is Being Checked / Monitored

CVPA – Dan Eizans 571cvpa@gmail.com

- 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 CVPA, Section and Area CVPA and is MANDATORY
- Those non compliant will be removed or restricted from volunteering



AYSO Player Pathway

	Playground	5U & 6U	7U & 8U	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	7-10	10-13	12-15	14-16
# of Players on the Field	n/a	4v4	5v5	7v7	9v9	11v11
Goalie	n/a	No	No	Yes	Yes	Yes
Practice(s)	1 hr of activity once per week; weeknight & Saturday AM options	30 mins before each game	1 per week 60 mins	1 per week 60-90 mins	2 per week 60 mins each	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				



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**





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	
FOREST HILLS PUBLIC SCHOOLS					not yet confirmed	
Ada Elementary (Note: 6U size only, good for small-sided games)	Monday	Tuesday	Wednesday	Thursday	Friday	AYSO BU goals (1 set)
5:00-6:00pm						
6:00-7:00pm						
7:00-8:00pm						
Ada Vista (Note: 6U size only, good for small-sided games)	Monday	Tuesday	Wednesday	Thursday	Friday	AYSO BU goals (1 set)
5:00-6:00pm						
6:00-7:00pm						
7:00-8:00pm						
Administration Building (Note: 6U size only but larger field in general)	Monday	Tuesday	Wednesday	Thursday	Friday	AYSO BU goals (1 set)
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	
Central Woodlands "CW2" (12U/14U)	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	

- **7U and up only**
- **Link to Google doc will be sent in this meeting**
- United, 14U, 12U, coaches w/ multiple teams get first opportunity to sign up
- 7U/8U look at 6U/8U-sized fields
- Many fields are shared
- Consider scrimmage opportunities
- Honor the timeslots
- Please keep the fields clean!



Games

- 7 games, all on Saturdays
- First games April 13th
- No games Memorial Day weekend
- Last game June 1st
- Schedules will be published on our [website](#) and in our registration system on or before Wednesday March 27th
- Please keep the fields clean!
- **NO PETS!!!**



Coaching Best Practices

Games:

- Quiet on the sidelines (Silent Saturdays)
- Everyone plays at least 1/2 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



Coaches Corner



Available on our website [here](#)



Coach Toolkit

Available on our website [here](#)



Coach Toolkit

Fall 2023

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 Age Coordinator for additional insights or questions.

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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

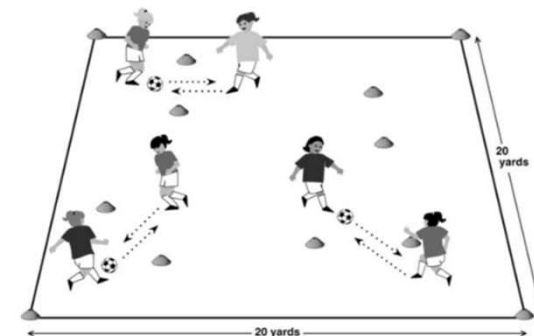
Equipment: 12 or more cones to mark grid and goals. Group players in pairs; one ball for every pair.

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](#)




Coaching One Pagers

Available on our website [here](#)



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 (ie, 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 ☹

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 'AYSOU'
- ❖ 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](#)

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

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

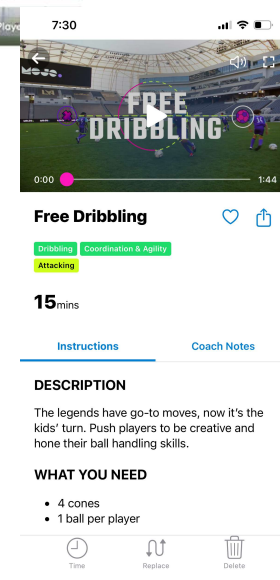
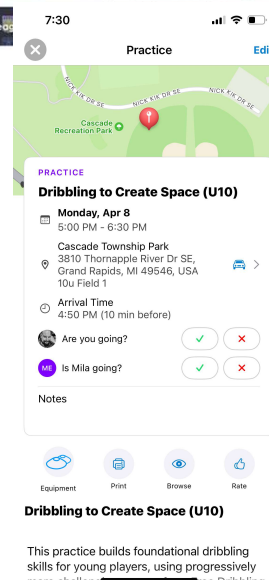
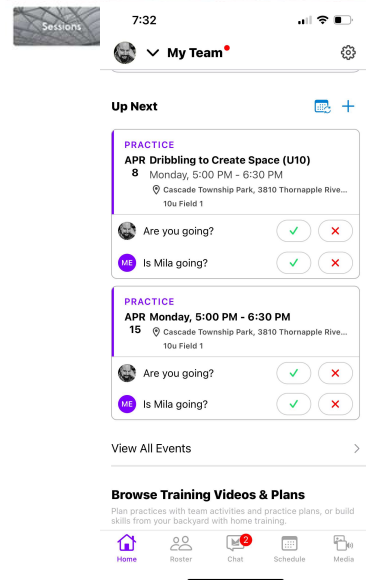
EVERYONE PLAYS® BALANCED TEAMS OPEN REGISTRATION POSITIVE COACHING GOOD SPORTSMANSHIP PLAYER DEVELOPMENT



Additional Resources

Coach Deck

The Coaching Manual



COMING SOON:
MOJO SPORTS APP



Lopsided Games

- We strive for balanced teams, but lopsided games happen, and they are a challenge
- Coaches prepare for blowout games from Day 1 by creating a **team culture that emphasizes fun, effort, and achievements over wins and losses**
- Strength of teams should be part of Pre-Game Chat. Let the other coach know if you've got a particularly strong or weak team; **lay the groundwork for cooperation during the game**
- As Coach, **YOU set the tone for players and parents!** If you remain positive and encouraging (LOUDLY positive and encouraging) then your players and parents likely will too
- Winning a lopsided game is a test of **sportsmanship**; increase your encouragement for the other team, look for ways to challenge your team (without penalizing them for playing well), tamp down goal celebrations and “Counting goals.”



Lopsided Games - Strategies

What is a blow-out? 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.



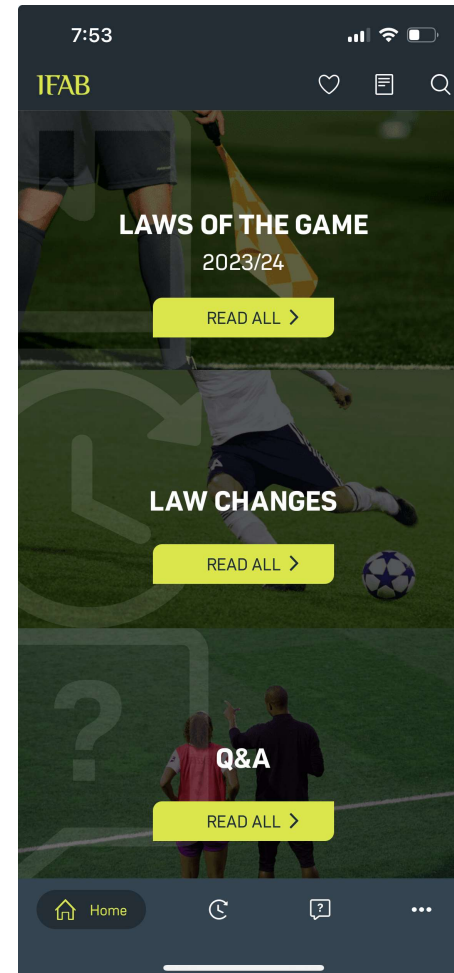
Soccer is a Physical Game

- 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 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!



Changes to the Laws Of The Game

- Looking for the laws of the game?
 - Visit theiafb.com
 - Download the IAFB App (free)





American Youth Soccer Organization

PAUSE



FOR QUESTIONS

Weather

- We play in the rain, but ultimately it's your 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





General Safety

- Player registration forms
- **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



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.

- For any Safety-related questions, please contact **Maggi Forgue**



Critical Forms

- **Player Registration Forms**
 - Emergency contact info, medical info, etc.
 - **Must be with you at all practices & games**
 - **Download PDFs from Google Drive and print**

The image shows a PDF of the AYSO Player Registration Form. At the top, it says 'American Youth Soccer Organization www.ayso.org' and 'Player Registration Form'. Below that, it asks for 'AYSO ID#'. The form is divided into several sections: 'Player' (with fields for name, address, date of birth, etc.), 'Parent/Guardian #1' (with fields for name, address, phone, etc.), and 'Parent/Guardian #2'. There is also a section for 'Authorization, Disclaimer, Assumption of Risk and Waiver and Consent Agreements' with a large block of text. At the bottom, there is a section for 'The AYSO Endowment Fund' and a 'Date:' field.



Critical Forms

- AYSO Incident Report Form:
 - Injuries
 - Illness
 - Fights
 - Damage to property
 - Calls To Police
 - Red Card/Send Off
 - Other (abuse/bullying etc)

AYSO INCIDENT REPORT FORM		Return completed form to the Regional Commissioner, Safety Director, Area Director, or Tournament Director.	
Complete this form for any of the following: (check type) <input type="checkbox"/> Injury/illness <input type="checkbox"/> Threats <input type="checkbox"/> Fights <input type="checkbox"/> Property damage <input type="checkbox"/> Calls to Police <input type="checkbox"/> Other			
AFFECTED PARTY: <input type="checkbox"/> Player <input type="checkbox"/> Official <input type="checkbox"/> Coach <input type="checkbox"/> Spectator <input type="checkbox"/> Volunteer <input type="checkbox"/> Other		AYSO ID #	
Last Name		First Name	MI
Address:		City:	State: Zip:
Does the injured person have other medical insurance? YES <input type="checkbox"/> NO <input type="checkbox"/>		If yes, please provide name of company and policy #:	
GUARDIAN/PARENT (if affected party is a minor):			
Last Name		First Name	MI Telephone Number:
Address:		City:	State: Zip:
INCIDENT INFO:	Date of Incident:	Age Division:	Time of Incident: AM / PM
Tournament Name & Location (if applicable)			
Team Involved #1:		Coach Name:	Region #
Team Involved #2:		Coach Name:	Region #
FOR INJURIES: BODY PART INJURED		TYPE OF INJURY	FIELD SURFACE
<input type="checkbox"/> Ankle (L/R) <input type="checkbox"/> Shoulder(L/R) <input type="checkbox"/> Tooth <input type="checkbox"/> Knee (L/R) <input type="checkbox"/> Wrist (L/R) <input type="checkbox"/> Back <input type="checkbox"/> Leg <input type="checkbox"/> Finger <input type="checkbox"/> Neck <input type="checkbox"/> Foot <input type="checkbox"/> Eye (L/R) <input type="checkbox"/> Internal <input type="checkbox"/> Toe <input type="checkbox"/> Ear (L/R) <input type="checkbox"/> No injury <input type="checkbox"/> Arm <input type="checkbox"/> Nose <input type="checkbox"/> Other <input type="checkbox"/> Hand <input type="checkbox"/> Head		<input type="checkbox"/> Abrasion <input type="checkbox"/> Dislocation <input type="checkbox"/> Pain <input type="checkbox"/> Burn <input type="checkbox"/> Foreign Body <input type="checkbox"/> Seizures <input type="checkbox"/> Cardiac <input type="checkbox"/> Fracture <input type="checkbox"/> Sting/Bite <input type="checkbox"/> Cold injury <input type="checkbox"/> Heat Exhaustion <input type="checkbox"/> Strain <input type="checkbox"/> Concussion <input type="checkbox"/> Laceration <input type="checkbox"/> Sprain <input type="checkbox"/> Contusion <input type="checkbox"/> Nausea	<input type="checkbox"/> Dirt <input type="checkbox"/> Before Competition/Event <input type="checkbox"/> Grass <input type="checkbox"/> During Competition/Event <input type="checkbox"/> Turf <input type="checkbox"/> After Competition/Event <input type="checkbox"/> Indoor <input type="checkbox"/> Concession Area <input type="checkbox"/> Parking Lot <input type="checkbox"/> Restrooms
CAUSE	OUTCOME	POLICE REPORT FILED:	
<input type="checkbox"/> Collision (participant/spectator) <input type="checkbox"/> Struck by falling/flying object <input type="checkbox"/> Struck by or fell into goal <input type="checkbox"/> Animal/insect bite/sting <input type="checkbox"/> Slip/Fall <input type="checkbox"/> Assault/Sexual <input type="checkbox"/> Assault/Non-Sexual <input type="checkbox"/> Property Damage	No care given: <input type="checkbox"/> Referral <input type="checkbox"/> Not Needed <input type="checkbox"/> To Doctor <input type="checkbox"/> Patient Refused <input type="checkbox"/> To Hospital/Clinic Released: <input type="checkbox"/> EMS transport: <input type="checkbox"/> To Parent <input type="checkbox"/> Region Recommended <input type="checkbox"/> To Personal Vehicle <input type="checkbox"/> Patient/Parent Requested	<input type="checkbox"/> Yes <input type="checkbox"/> No Report No: Officer's Name & Contact No:	
Describe how the incident, injury or property damage occurred: (use the backside or attach a separate sheet if necessary - may attach a copy of the Referee Game Misconduct Report)			
WITNESS INFORMATION - Confidential			
Name	Address		Phone Number
Person/volunteer completing/submitted this form:			
Name:	Signature:	Ph: ()	Cell: ()
Position Title:	e-mail address:	Date:	Date:
Regional Commissioner: print name	Signature:	Date:	Date:

AYSO Staff: Forward copy of completed form to AYSO, Attn: Risk Mgmt, 19750 S Vermont Ave, Suite 200, Torrance, CA 90502 or scan and email to riskmanagement@ayso.org.



Kids Zone

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

You are entering an



- 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

- We are Critically Low for Referees at the 10u Level!
- **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 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:

- ☘ 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

- Returning players (played in Fall) should be using the same uniform
- New players: Hand out at first practice
 - Note range in sizes, match to each child
 - **Option #1: Line kids up by height during introductions, then distribute**
 - Option #2: consult roster print-out
- **All players get to keep the uniforms at the end of the season**



AWAY



HOME

- For any uniform-related questions, please contact **[Julie Burmania](#)**



Uniforms

- Full kit includes:
 - **5U/6U**: reversible jersey, black shorts, colored socks
 - **7U/8U/10U**: home & away jerseys, shorts, colored socks

Home = light jersey Away = dark jersey

- **12U/14U**: upgraded uniform (jersey, matching shorts & socks)



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)

- If you are missing any supplies, please contact **your division coordinator**



Key Dates

- **Week ending 3/22** – Coordinators building teams, locking in last coaches
- **Today 3/21** – Virtual coaches meeting, Practice Signup Sheet emailed
- **Saturday 3/23** - Rosters posted in Sports Connect (start reaching out to parents)
- **By Wednesday 3/27** – Coaches reach out to parents & players before Spring Break
- **On or before 3/27** – Season game schedules finalized
- **Monday 4/8** – 5:30p-7:30p Equipment/uniform pickup at Ada Park
- **Monday 4/8** – Practices can begin (7U & up)
- **Sat 4/13** – First game of the season
- **TBD** – Team Photo Days (signup sheet will be sent)
- **Sat 5/25** – No games (Memorial Day weekend)
- **Sat 6/1** – Last game (#7) of the season

- For more details, consult the [Region 571 Coach Toolkit](#)



Next Steps

**NEXT
2
WEEKS**

- Rosters will begin going out* to coaches and parents Saturday morning 3/23 (*coach must have completed safety certifications to have access to Team Pages and communicate with families through the website)
- Sign up for practice field (**7U and up only**)
- Reach out to parents **by Wednesday 3/27**
- 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



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] _____ pm 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

- Pick up gear/extra uniforms on Monday 4/8
- Meet with parents
- Recruit additional coaches and/or Team Parent(s)
- Hand out jerseys to new players
- Have a great first practice!*
- 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

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



American Youth Soccer Organization

PAUSE



FOR QUESTIONS



American Youth Soccer Organization

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.