

# Spring 2009 CCYSA Coaching

Welcome to the Spring 2009 season! You are CCYSA's most important resource!

Here are some numbers to know:

- Liz Crandall (website/escalation) 955-3675
- Karen Russell (rostering/field availability) 955-0158
- Kurt Leta (field issues) 336-9652
- Anna Northcraft (shirts/sponsors) 955-9104
- Jenny Fernandez (equipment exchange) 955-1308
- Chrissi Moyer (secretary/pictures ) 955-3844
- Mark Phaneuf (referees) 955-6308
- CCYSA Hotline 955-9002

Schedule:

- Practices begin week of 3/23 (only 1 week ahead of 1<sup>st</sup> games (due to 3 holiday weekends)
- 3/28 - First Game (SFL first game – 4/18)
- 4/18 & 4/25 Team Pictures
- 4/11, 5/2 & 5/23 – Holiday weekends, no games, rain makeup opportunities
- 5/30 – Picnic
- 6/6 – End of Season

Coach Education

- July clinic with Challenger
- \$25 reimbursement for any VYSA certification

Rostering

- In Fall seasons, rosters should be totally random, but we try to honor doable parent requests for days of the week. Rule for Spring seasons is (& has been) that returning players return to their team & new players are randomly assigned, with the goal of evening teams by age range. Additionally, we have made every effort to suit parent's schedules/requests.

First Team Meeting

- Your name (& assistant), practice dates/times/locations
- Code of Conduct/Medical Release forms (keep with you at all field events)
- Parent (or responsible party) attendance at practice – U6 required
- Your expectations/philosophy/discipline procedures
- Our number one priority is skills development, sportsmanship and learning the game – NOT winning
- Equipment requirements (shin guards/cleats) – nice to have: water bottle/own ball (U6 – distribute ball from CCYSA)
- Field closures (reported after 3pm on weekdays, by 7:30am on Saturdays)

Games

- Talk to your fellow coaches, during the game
- Games are much more fun when evenly matched & competitive:
  - If you are down by 5 goals, add an extra player
  - If you are up by 5 goals, have the team work on skills (ex. 3 passes before shooting or have best forward play defense, etc).
- Give each player at least 50% playing time (U6 is possible exception)

# CCYSA Coaching Cheat Sheet

1. During games, coaches and their teams need to be on the opposite side of the field from spectators.
2. Set expectations with your team/parents at the first meeting (attendance at practice, playing time, gear to bring, game snacks, arrival time for games, etc.)
3. For U8 & up, substitution of players may occur during any stoppage of play (except corner & free kick stoppage), but the referee must first be informed of the intent to substitute. Substitutes enter the field at the halfway line.
4. Respect your referees! The U8 & U10 levels are the training grounds for our young referees. Show them respect during the game and expect the same from your team. Do not challenge a call during the game. If you do have any issues, you may address them with the referee(s) after the game, or more appropriately to our Referee Coordinator, Mark Phaneuf (RefCoordinator@clarkesoccer.org).
5. Want more information on drills, games, rules? Visit our website (clarkesoccer.org, forms page) or our coaching library, housed at the Clarke County Handley branch.

## U6 Summary Guidelines

FUN should be the top priority of all U6 coaches. The game guidelines below are given to help create consistency across teams and for education purposes.

1. Play 3 vs. 3, each player should get at least 50% playing time
2. Use size 3 ball
3. No goalie
4. No referee, use coach or parent and encourage “do-overs”
5. 4 quarters, 8 minutes each, don’t switch sides at half time
6. No penalties, fouls or offsides called at this level
7. Use kick-in, not throw-in, Goal & corner kicks per FIFA
8. Discourage slide tackles and keeping score
9. Opposing players & coaches should shake hands after the match.

## U8 Summary Guidelines

The U8 level introduces our young players to their first taste of structured soccer with a referee. This level player should begin to understand the value of team play, but having fun is still the priority.

1. Play 4 vs. 4, each player should get at least 50% playing time (5 vs.5 is appropriate rosters are overloaded)
2. Use size 3 ball, No goalie
3. Center Referee only – Infringements should be explained to offender
4. 4 quarters, 12 minutes each, switch sides at half time
5. Use throw-in, allow one retake during games (referee/coach should demonstrate proper technique)
6. Teach offense & defense; focus on passing and playing in pairs/as a team
7. No offsides penalties
8. Goal & Corner kicks per FIFA
9. Discourage slide tackles and keeping score
10. Opposing players & coaches should shake hands after the match.

## **U10 Summary Guidelines**

This is the first level that a goalie is used and players are more team conscious. They should learn to anticipate and not just react at this level.

1. Play 6 vs. 6 (5 plus goalkeeper)
2. Use size 4 ball
3. Center Referee required, 2 assistant referees/linesman will be provided whenever possible (not required).
4. Two 25 minute halves, no overtime
5. No offsides penalties
6. Heading permitted
7. Kicks & Penalties per FIFA
8. Opposing players & coaches should shake hands after the match

## **U12 Summary Guidelines**

1. Play 8 vs. 8 (7 plus goalkeeper)
2. Use size 4 ball
3. Center Referee & 2 assistants/linesman
4. Two 30 minute halves, Overtime consists of two 10 minute halves with Golden Goal rule in effect (first to score wins)
5. Offsides penalty will be called
6. Heading permitted
7. Kicks & Penalties per FIFA
8. Opposing players & coaches should shake hands after the match