



ASYO Coaches Annual Update

Fall Coaches Meeting
19 August 2006

**AYSO Region 1112
Fall 2006 Coaches Meeting**



Meeting Agenda



- Welcome to AYSO
- AYSO Overview
 - AYSO Philosophy
 - Training Program
- Rules of Soccer
 - Five Minute Overview
 - Changes for 2006
- Administrative Items
- Conduct of Play
 - For All Divisions
- Break Into Division Specific Meetings
 - Division Specific Guidelines
- Uniform & Equipment Pick Up
 - Confirm Team Roster
 - Confirm Team Uniform List
- Review Additional Information On Your Own



Available Information



- Copy of This Fall Kick Off Briefing
- Team Roster
- Player Registration Forms
- Job Descriptions
 - Coach, Assistant Coach
- Map of Tuma Soccer Complex
- AYSO Pledges
 - Coach, Player, and Parent
- Safety Letter
- Before You Leave Today You Will Also Pick Up
 - Uniforms for All Players
 - Equipment for Your Team
- Other Information You Will Need
 - Picture Schedule
 - The master schedule is on the web site
 - www.ayso-cr.org
 - Tentative Game Schedule
 - The master schedule is on the web site



Welcome to AYSO

Tom Buonadonna
Regional Commissioner

**AYSO Region 1112
Fall 2006 Coaches Meeting**



AYSO Background



- Formed in 1964 with 9 teams in Southern California
- Today, there are over 50,000 teams and 650,000 players in the US, the US Virgin Islands, Trinidad & Tobago, and Moscow



AYSO Program



- Vision
 - To provide world class youth soccer programs that enrich children's lives
- Mission
 - To develop and deliver quality youth soccer programs, which promote a fun, family environment based on the AYSO philosophies



AYSO Organization



- AYSO's grassroots program starts with a community-based league, called a **Region**.
 - A region can range in size from a few hundred players to several thousand. Each Region is supervised by a Regional Commissioner and a local board of directors.
- A group of regions in close proximity make up an **Area**.
 - Area Directors are responsible for activities of the Regions in their Area, as well as for Area-wide activities.
- For administrative purposes, AYSO divides the country into 14 geographic **Sections** based on player population.
 - Section Directors oversee activities in their respective Sections.

East Central Iowa is Section 6, Area E, Region 1112



On The Field



U19	11 v 11	22.5 min. x 4	75 yd x 120 yd	
U16	11 v 11	20 min. x 4	75 yd x 120 yd	Tactical Development
U14	11 v 11	17.5 min. x 4	75 yd x 120 yd	
U12	9 v 9	15 min. x 4	50 yd x 100 yd	Technical Clean Up
U10	7 v 7	12.5 min x 4	40 yd x 80 yd	
U08	5 v 5	10 min. x 4	30 yd x 50 yd	Basic Principles
U06	3 v 3	5 min. x 4	15 yd x 30 yd	

Division Players Game Duration Field Emphasis



Section 6, Area E, Region 1112



Team Summary

Division	Teams	Players	# Players on Field	Ideal # Players on Roster	Ideal # Teams	Ideal # Coaches	Ideal # Referee's
U06B	18	94	3	5	18.8	38	0
U06G	16	79	3	5	15.8	32	0
U08B	21	172	5	7	24.6	49	21
U08G	18	144	5	7	20.6	41	18
U10B	15	145	7	9	16.1	32	23
U10G	11	113	7	9	12.6	25	17
U12B	8	97	9	12	8.1	16	12
U12G	8	111	9	12	9.3	19	12
U14B	4	53	11	15	3.5	7	8
U14G	5	64	11	15	4.3	9	10
U16/19	4	68	11	18	3.8	8	8
Total		1140			# Needed	275	128
# Boys		595					
# Girls		545					

Thank You for Your Contribution!



Local AYSO Board



Regional Commissioner	Tom Buonadonna	commissioner@ayso-cr.org
Asst Regional Commissioner	-	-
Coach Administrator	Alan Tribble	coachadmin@ayso-cr.org
Asst Coach Administrator	-	-
Referee Administrator	Kim Preston	refereeadmin@ayso-cr.org
Asst Referee Administrator	Steve Burken	refereeadmin@ayso-cr.org
Child & Volunteer Protection Advocate	Brian Mohling	cvpadvocate@ayso-cr.org
Photograph Coordinator	Mark Baumann	photos@ayso-cr.org
Registrar	Deb Menken	registrar@ayso-cr.org
Safety Director	Bill Wilson	safetydirector@ayso-cr.org
Secretary	Shawna Rinker	secretary@ayso-cr.org
Scheduler	Stacey Archibald	scheduler@ayso-cr.org
Treasurer	Cindy Wilson	treasurer@ayso-cr.org
Uniform Coordinator	Amy Schellhorn	uniforms@ayso-cr.org
Webmaster	Henk Rook	webmaster@ayso-cr.org

There's
Room
for
You
Too!

National Office
www.soccer.org

AYSO Region 1112
Fall 2006 Coaches Meeting

Local Region
www.ayso-cr.org
(319) 377-1409



Other Opportunities



- AYSO Tournaments
 - Region
 - U10 and Above
 - If we can find a tournament director
 - Area
 - In the Spring
 - Section
 - In the Spring
 - National
 - U12 and Above
 - Next Opportunity is 2008 in Hawaii!
- Adult Soccer
 - Adults can now play soccer under the same philosophies as the kids
 - Adult league must be incorporated independently of the youth league
 - If interested in playing or serving as a board member notify the regional commissioner



AYSO Overview

Alan Tribble

Coach Administrator

AYSO Region 1112
Fall 2006 Coaches Meeting



AYSO Philosophies



- **Open Registration**
 - Our program is open to all children between 4-1/2 and 19 years of age who want to register and play soccer. Interest and enthusiasm are the only criteria for playing.
- **Everyone Plays**
 - Our program's goal is for kids to play soccer—so we mandate that every player on every team must play at least half of every game.
- **Balanced Teams**
 - Each year we form new teams as evenly balanced as possible—because it is fair and more fun when teams of equal ability play.
- **Positive Coaching**
 - Encouragement of player effort provides for greater enjoyment by the players and ultimately leads to better-skilled and better-motivated players.
- **Good Sportsmanship**
 - We strive to create a positive environment based on mutual respect rather than a win-at-all-costs attitude, and our program is designed to instill good sportsmanship in every facet of AYSO.



Open Registration



- *Our program is open to all children between 4-1/2 and 19 years of age who want to register and play soccer.*
 - *Interest and enthusiasm are the only criteria for playing.*
- **How Coaches Help**
 - Welcome any player who's on your team and encourage ALL players to return next year.



Everyone Plays



- *Our program's goal is for kids to play soccer — so we mandate that every player on every team must play at least half of every game.*
 - The only exception is if they are ill (or absent)
- **How Coaches Help**
 - Keep track of who's playing when AND where
 - Give all players a chance to play all positions at some point during the season
 - They MAY play the same position throughout the entire game
 - Give all players a chance to play in every quarter at some point during the season



Balanced Teams



- *Each year we form new teams as evenly balanced as possible — because it is fair and more fun when teams of equal ability play.*
- **How Coaches Help**
 - If one team is short players
 - The other team will loan them a substitute to make the numbers equal
 - Tell all players to bring both jerseys to each game
 - If one team is dominating another
 - BOTH coaches should rebalance the teams at half time: swap players as needed
 - At the end of the season all coaches need to provide a rating on each player
 - This will help us do a better job of balancing next year



Positive Coaching



- *Encouragement of player effort provides for greater enjoyment by the players and ultimately leads to better-skilled and better-motivated players*
- **How Coaches Help**
 - Only positive words of encouragement during practices and games



Good Sportsmanship



- *We strive to create a positive environment based on mutual respect rather than a win-at-all-costs attitude, and our program is designed to instill good sportsmanship in every facet of AYSO.*
- How Coaches Help
 - Honor the Game
 - Praise good play by both teams
 - Love the referee to death



AYSO Training



		Lower Divisions (Size 3 Ball)		Middle Divisions (Size 4 Ball)		Upper Divisions (Size 5 Ball)							
		3 v 3		5 v 5		7 v 7		9 v 9		11 v 11		11 v 11	
		U06 Boys		U08 Boys		U10 Boys		U12 Boys		U14 Boys		U16/19 Co-Ed	
		U06 Girls		U08 Girls		U10 Girls		U12 Girls		U14 Girls			
		15 yd x 30 yd		30 yd x 50 yd		40 yd x 80 yd		50 yd x 100 yd		75 yd x 120 yd		75 yd x 120 yd	
Coaches	Annual Update	U06 Coach		U08 Coach		U10 Coach		U12 Coach		Intermediate Coach		National Coach	
	Safe Haven											Advanced Coach	
Referees	Annual Update			U08 Official		Basic Referee		Intermediate Referee		Advanced Referee		National Referee	
	Safe Haven					Assistant Referee							



Training Opportunities



- U06 Clinic
 - Today
 - 1:00 to 3:00
- U08 Clinic
 - Today
 - 1:00 to 3:00
- U10 Clinic
 - August 26th
 - 8:00 to 11:00
- U12 Clinic
 - August 26th
 - 11:00 to 4:00
- Intermediate Clinic (U14)
 - August 25th
 - 6:00 – 9:00 pm, and
 - August 26th
 - 8:00 – 5:00 pm, and
 - August 27th
 - 1:00 – 5:00 pm
- Advanced Clinic (U16)
 - Who's Interested?
- National Clinic (U19)
 - Summer 2007
 - California or South Carolina



Rules of Soccer

Kim Preston

Referee Administrator

AYSO Region 1112
Fall 2006 Coaches Meeting



Referee Policy



- Our goal is to provide fully trained referees for all U08 and above games
 - At U06 the coaches will referee the games
- The reality is, we are dependent on other volunteers just like you, and history shows that you can expect NOT to have referees at all of your games. So please
 - Try to recruit another parent to referee games for you
 - You can't effectively coach and referee at the same time
 - Make an effort to understand the rules well enough so that you can help referee a game if needed
 - Complete training is available on all laws of the game



Laws of the Game (LOTG)



- Law 1 – Field of Play
- Law 2 – Ball
- Law 3 – Number of Players
- Law 4 – Players' Equipment
- Law 5 – Referee
- Law 6 – Assistant Referees
- Law 7 – Duration of the Match
- Law 8 – Start and Restart of Play
- Law 9 – Ball In and Out of Play
- **Law 10 – Method of Scoring**
- **Law 11 – Offside**
- **Law 12 – Fouls & Misconduct**
- **Law 13 – Free Kicks**
- **Law 14 – Penalty Kick**
- **Law 15 – Throw In**
- **Law 16 – Goal Kick**
- **Law 17 – Corner Kick**
- ***Law 18 – Common Sense!***

We will not review the rules during the coaches meeting. They are examined in more detail in coaches clinics and referee clinics.

Links to the full rules are available from the regions web site:

www.ayso-cr.org

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Changes for 2006



- Fouls & Misconduct
 - 5th cautionable offense changed to read
 - ...fails to respect the required distance when play is restarted with a corner kick, free kick **or throw in.**
- Restart of Play
 - Referees may caution players who delay the restart of play by
 - provoking a confrontation by deliberately touching the ball after the referee has stopped play.

A summary of the law changes for 2006 is provided separately.



AYSO Policies



- Casts, Splints, ...
 - Not allowed.
 - Players with casts or splints may NOT play in games even if the cast is padded and the player has been cleared by a Doctor.
- Hearing Aids
 - Allowed
- Earrings, Piercings, ...
 - Not allowed.
 - Earrings, piercings, jewelry, etc., must be removed before the player can take the field.
- Soccer Headgear
 - Players are permitted to wear headgear as long as the referee does not have reason to believe it is dangerous to the player or other players.



Administrative Items

Alan Tribble

Coach Administrator

AYSO Region 1112
Fall 2006 Coaches Meeting



Administrative Items



- Game Locations
- Game Schedules
- Local Web Site
- Weather Policy
- Game Cancellations
- Practices
- Safety
- Player Registration Forms



Game Locations



- All games are at the Tuma Soccer Complex
 - C Avenue and County Home Road in Cedar Rapids
 - A map of field locations is provided separately
- City Policies
 - No pets allowed
 - No smoking allowed by the fields



Game Schedules



- The web site, www.ayso-cr.org, is considered the master schedule.
 - The hard copy you were provided today is for information only.
 - Please check the web site periodically to make sure nothing has changed.
 - U06B has already changed!
 - Sorry, but as wonderful as it is to have coaches with more than one team, we just can't accommodate that in our schedules.



Local Web Site



- The region's web site is at
 - www.ayso-cr.org
- At this site you can find email addresses for all board members, schedules for all teams, what uniform color each team wears, etc.
- Please make your parents aware of this resource.



Weather Policy



- Lightning or Thunder
 - Go Home
- No Lightning
 - OK to Play, Even if Raining



Game Cancellations



- Saturday Games
 - If some, or all, of the Saturday games are cancelled due to weather a notice will be posted on the web site and the AYSO answering machine.
 - Coaches will not be called
 - We will try to make up games on a week night following the cancellation
 - See the web site for details
- Weekday Games
 - The Region will not formally cancel weekday games. It will be up to the coaches involved to agree on whether or not conditions are acceptable to play on any given day.



Practice



- Practice times and locations are at the discretion of the coaches / parents.
 - However, you may not practice at Tuma
 - If you practice somewhere other than a school, park, or St. Joe's Church in Marion, notify the Safety Director, Bill Wilson, so we can provide them with details on the AYSO insurance policy.
- It is also the responsibility of the coach to confirm that weather conditions are suitable for practice.
 - If in doubt, cancel.



Safety



- If a player or volunteer is injured during an AYSO sponsored activity, the parent/coach must notify the safety director, Bill Wilson.
 - Fill out the Notification of Injury form
- If an “incident” occurs that may expose you or the region to legal proceedings, please fill out a report
 - These forms are available via the web site.



Player Registration Forms



- The player registration forms give you the legal authority to seek medical attention in the event one of your players is injured during a practice or game
 - Please keep the forms with you at ALL AYSO activities
- You are only legally covered for players that are on your team roster
 - Practicing with another team is fine, just make sure the other coach is present with their teams forms



Conduct of Play

All Divisions

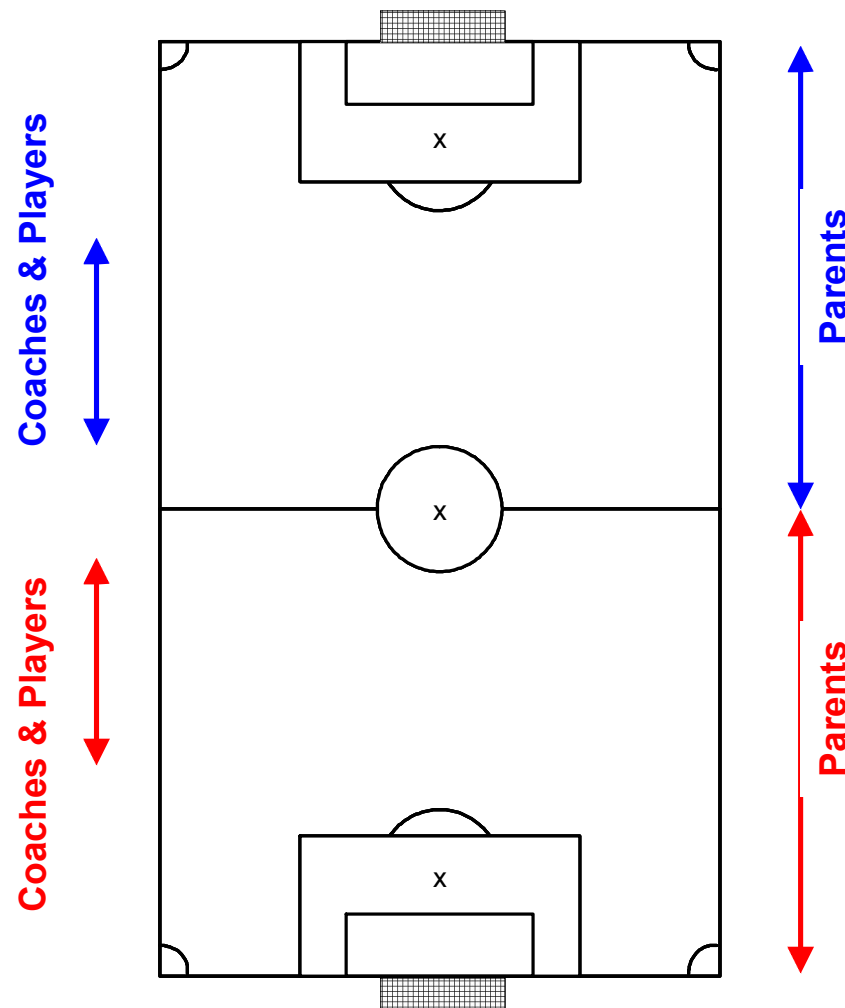
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Team / Spectator Separation



- Teams and spectators should be on opposite sides of the field for all divisions
 - This is not enforced at U06
- Each team should claim half of the touchline





Substitution Breaks



- Soccer is played in two equal halves
 - There are no quarter breaks.
- To ensure each child plays half of every game AYSO allows a “substitution break” at APPROXIMATELY the mid-point of every half.



Substitution Policy



- The referee / coach should look for an opportunity to substitute when the ball is out of play, (such as a throw in, goal kick, ...).
 - Play will resume from that point on the field with the appropriate restart.
- If one does not occur in a timely manner, go ahead and take a break anyway (when the ball is near midfield if possible).
 - Play will resume from that point with a dropped ball.
- Note
 - Coaches are encouraged to assign players to a position and leave them there for an entire half unless they are being substituted.



Slide Tackling



- Slide tackling is an allowable part of the game at all levels
 - Players should not be penalized for conducting a slide tackle PROPERLY
 - No contact with opponent, cleats down, ...
 - Players who execute a slide tackle IMPROPERLY should be called for a foul
 - Note - A tackle, which endangers the safety of an opponent, must be sanctioned as serious foul play.
- Recommendation
 - Do not encourage U06, U08, and U10 players to use slide tackles during a game
 - Don't teach slide tackling unless you are familiar with the technique
 - Taught in U12 Coaching clinic



Heading



- Heading is an important element of the game for older players, but AYSO policy is that we do not allow U06, U08, or U10 players to deliberately head the ball.
 - We'll discuss this more in the division specific meetings.



Mentors



- Each division has an experienced coach assigned as a mentor
 - These mentors are not here to tell you how to do your job, but are a resource you can turn to if you have questions about practices, game situations, etc.
 - Please contact the mentor if you have questions about game management, age appropriate techniques, ...
 - Please contact the coach administrator if you have questions or concerns about other coaches, issues with a game, ...



Points of Contact



- Please contact the mentor if you have questions about game management, age appropriate techniques, ...

Scot	Warder	395-0182	rswarder@msn.com	U06B
Oscar	Rodriguez	377-7866	l.rodriguez2@att.net	U06G
Victor	Rocha	298-2856	rbateman@mtmercy.edu	U08B
Ann	Evans	373-4881	evans5@mchsi.com	U08G
Earl	Tessmer	363-6882	earltessmer@mchsi.com	U10B
Pam	Kacena	377-8174	pamela-barta-kacena@uiowa.edu	U10G
Ron	Smith	378-0352	ronaldsmith0352@msn.com	U12B
Doris	Ackerman	286-8845	dorisa@jvamobility.com	U12G
Jim	Conklin	377-8449	jaconkli@rockwellcollins.com	U14

- Please contact the coach administrator if you have questions or concerns about other coaches, issues with a game, ...



Don't Forget



- **Open Registration**
- **Everyone Plays**
- **Balanced Teams**
- **Positive Coaching**
- **Good Sportsmanship**



Conduct of Play

Division Specific Meetings

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Time to Move (or Not)



- U06 & U08
 - Stay here with Alan Tribble
- U10 & U12
 - Follow Tom Buonadonna to the Family Room
- U14 & U16/19
 - Follow Brian Mohling to the Youth Room



U06 & U08 Divisions

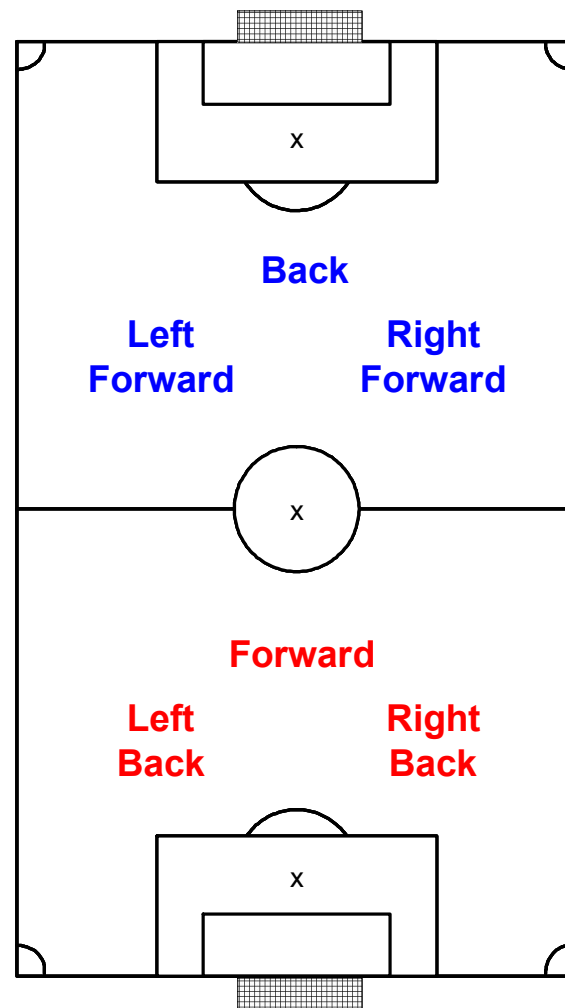
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U06



- Play 3 v. 3
 - Size 3 Ball
 - Four 5 minute periods
 - No keepers
- Fouls & Misconduct
 - All kicks are DIRECT with opponents 5 yards back
 - No offside
 - No penalty kicks
 - No heading
 - Award Direct Kick to Opposing Team



Blue Spectators,
Coaches, & Players

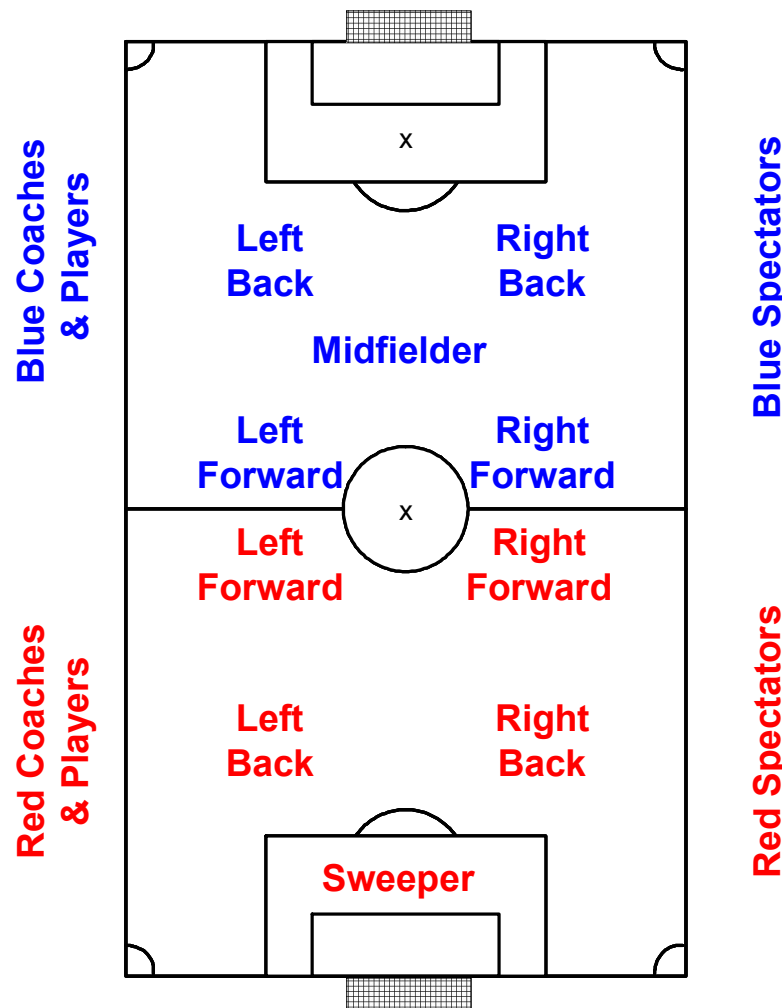
Red Spectators,
Coaches, & Players



U08



- Play 5 v. 5
 - Size 3 Ball
 - Four 10 minute periods
 - No keepers
- Fouls & Misconduct
 - All kicks are DIRECT with opponents 6 yards back
 - No offside
 - Discourage cherry picking
 - No penalty kicks
 - No heading
 - Award Direct Kick to Opposing Team





Making Substitutions



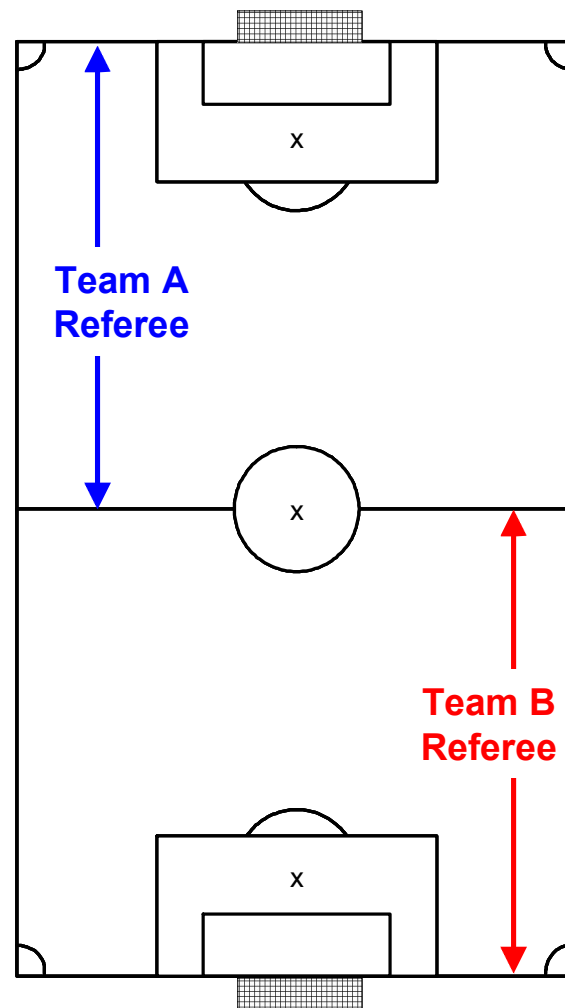
- Lower Divisions (U06 & U08)
 - Let the players leave the field, get a drink, etc., but keep the break quick



Refereeing U06 & U08



- Two Coach / Referee's
 - Each Team Will Provide One Coach / Referee
 - Each Coach / Referee stays on their half of the field during the game
 - Do not switch sides at half time
 - Either Coach / Referee can call any foul at any point on the field
 - Emphasis is on safety & learning





What to Call?



- U06 Restarts

- Throw in, Corner kick, Goal kick, ...
 - No matter how bad they mess it up – PLAY ON
 - Work on correcting it at practice

- U08 Restarts

- Throw in, Corner kick, Goal kick, ...
 - If they mess it up the first time, give them a second chance.
 - No matter how bad they mess it up the second time – PLAY ON
 - Work on correcting it at practice



What to Call?



- U06 Fouls
 - Kick, Trip, Push, ...
 - You will rarely see a deliberate foul at this level
 - Mainly clumsiness
 - There should be few, if any, reasons to stop play in U06 games. Briefly explain infractions and stand back and let them play.
- U08 Fouls
 - Kick, Trip, Push, ...
 - You will rarely see a deliberate foul at this level
 - Call anything that is unsafe, but do not stop play for trifling violations.
 - No public cautioning or sending off of players.
 - A time out is okay.

All Restarts for Fouls are DIRECT Kicks



What to Call?



- Heading
 - Deliberate heading of the ball is not allowed by AYSO policy at U10 and below
 - Head to ball, stop play and award DIRECT free kick to the opposing team
 - Ball to head, play on



U10 & U12 Divisions

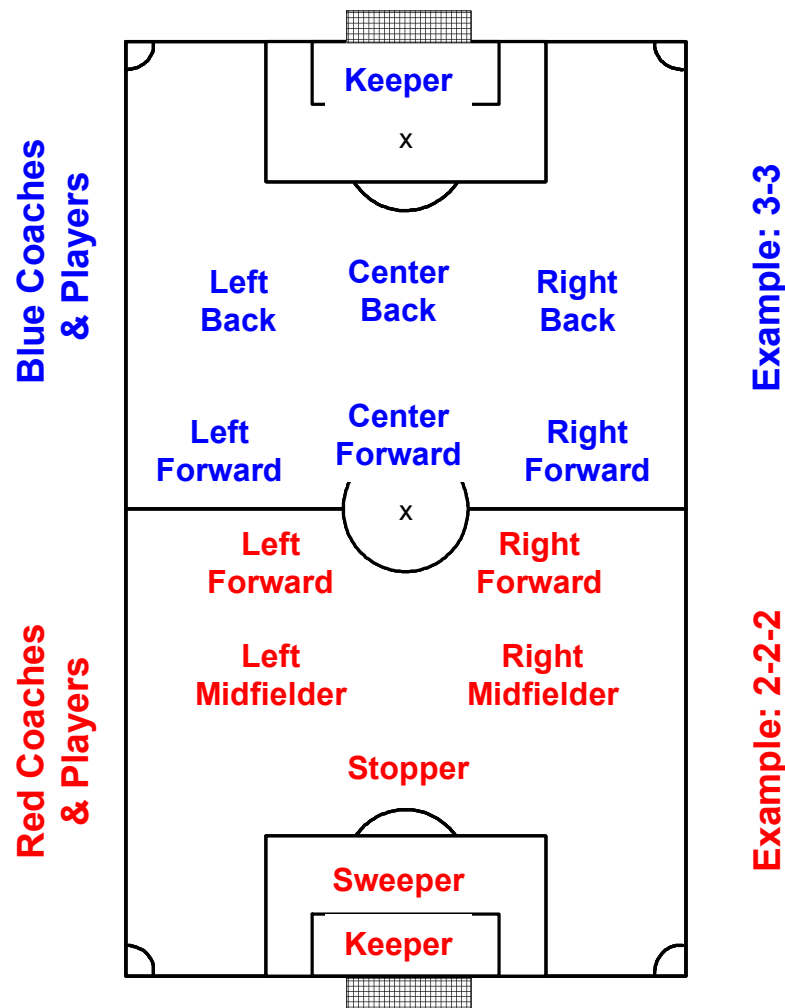
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U10



- Play 7 v. 7
 - Size 4 Ball
 - Four 12.5 minute periods
- Fouls & Misconduct
 - Only one change from regular play
 - No heading
 - Award INDIRECT kick to opposing team
 - Offside is called
 - Penalty kicks may be awarded

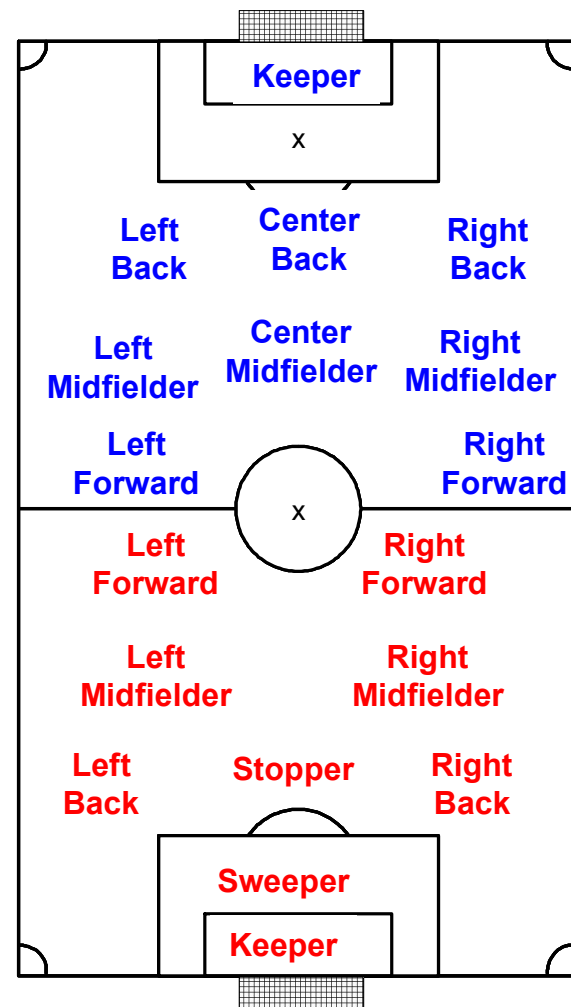




U12



- Play 9 v. 9
 - Size 4 Ball
 - Four 15 minute periods
- Fouls & Misconduct
 - No change from regular play
 - All FIFA laws Apply



Example: 3-3-2

Example: 4-2-2



Making Substitutions



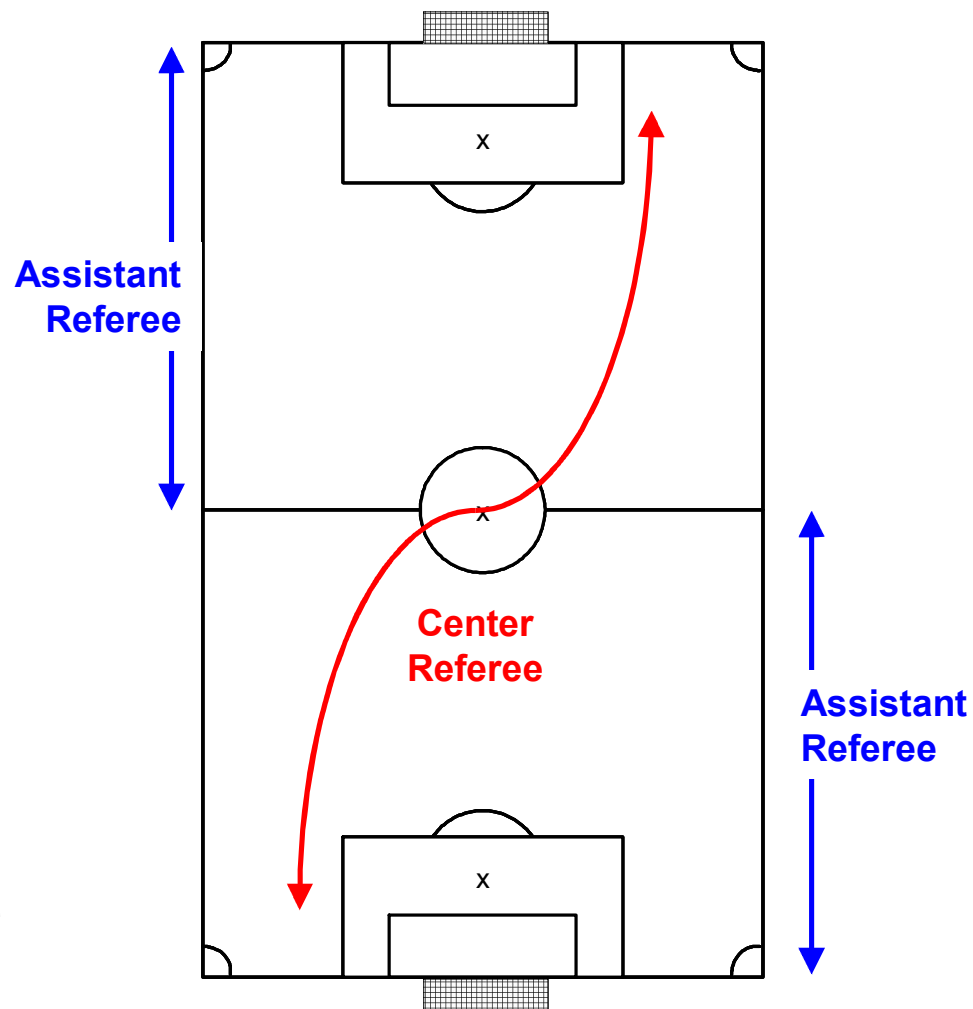
- Middle Divisions (U10 & U12)
 - Coaches should step onto the field and tell the players who is being substituted.
 - Encourage the players not to leave the field unless they are being substituted.
 - Yes, they can get a drink if they need it.



Middle Divisions U10 & U12



- One Center Referee
- Two Assistant Referee's
 - Assistant Referee's stay on their half of the field and move with the offside line
 - Ball or Second to the Last Defender
 - The most important thing the AR does is show the center ref where the offside line is!
 - Most untrained ARs will become engrossed in the game and will need to be reminded to move with the offside line.





What to Call?



- U10 Restarts

- Throw in, Corner kick, Goal kick, ...
 - Enforce the appropriate restart. All FIFA laws apply.
 - But if the violation is trifling and does not violate the spirit of the law, let it go.

- U12 Restarts

- Throw in, Corner kick, Goal kick, ...
 - Enforce the appropriate restart. All FIFA laws apply.



What to Call?



- U10 Fouls
 - All FIFA Laws Apply
 - All laws should be enforced as written
 - But remember that only deliberate breaches of the law merit stopping the game.
- U12 Fouls
 - All FIFA Laws Apply
 - All laws should be enforced as written

Restarts for Fouls are DIRECT or INDIRECT Kicks as Appropriate



What to Call?



- Heading

- Deliberate heading of the ball is not allowed by AYSO policy at U10 and below
 - Head to ball, stop play and award INDIRECT free kick to the opposing team
 - Ball to head, play on
- At U12 and above, heading is allowed



U14 & U16/19 Divisions

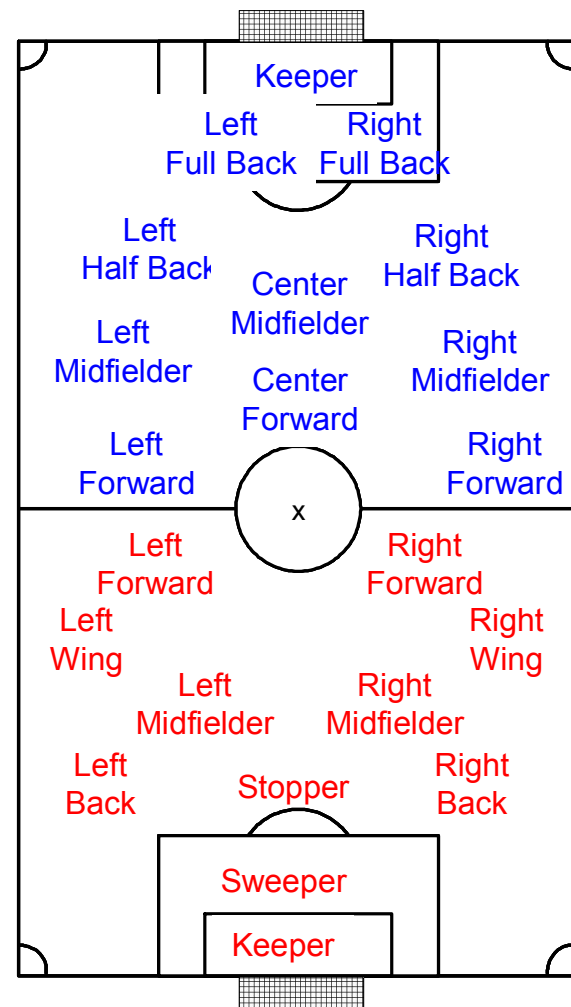
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U14



- Play 11 v. 11
 - Size 5 Ball
 - Four 17.5 minute periods
- Fouls & Misconduct
 - No change from regular play
 - All FIFA laws apply



Example: 4-3-3

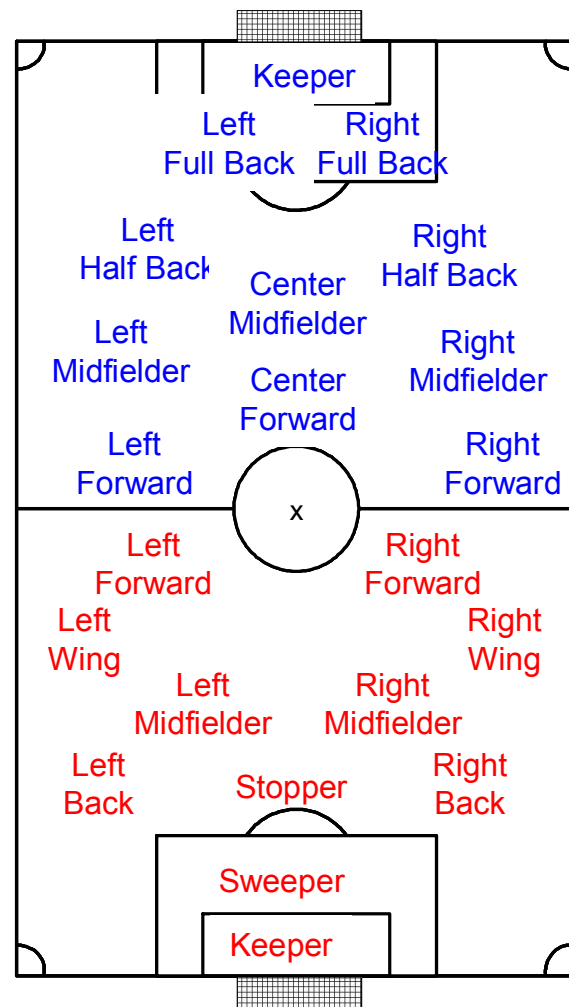
Example: 4-4-2



U16/19



- Play 11 v. 11
 - Size 5 Ball
 - Four 20 minute periods
- Fouls & Misconduct
 - No change from regular play
 - All FIFA laws apply



Example: 4-3-3

Example: 4-4-2



Substitution Policy



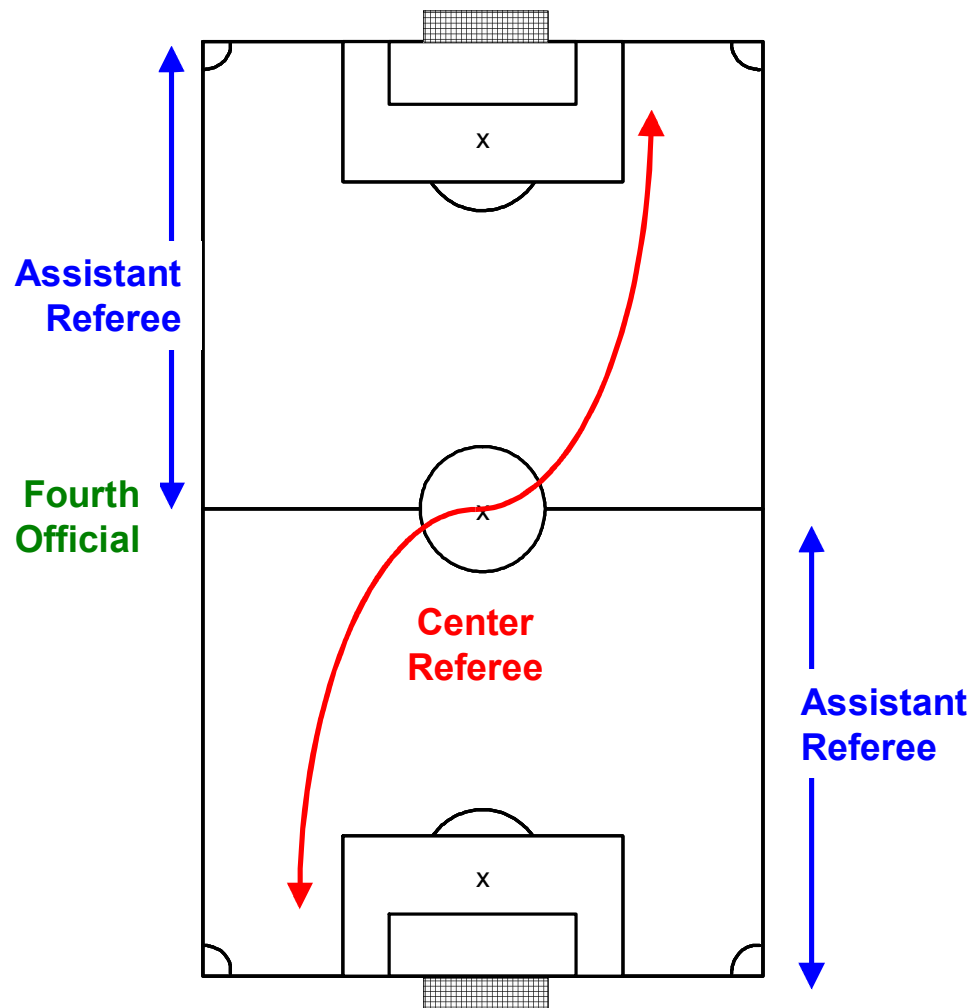
- Upper Divisions (U14 & U16/19)
 - At a suitable break point, the center referee should wave the substitutes on, players being substituted can leave.
 - All other players should remain on the field.



Upper Divisions U14 & U16/19



- One Center Referee
- Two Assistant Referee's
- One "Fourth Official"
 - Signals to the referee when substitutes are ready to enter the field.
 - Substitutes report in and out via the fourth official.





What to Call?



- U14 Restarts
 - All FIFA Laws Apply
- U16/19
 - All FIFA Laws Apply



Wrap Up

**AYSO Region 1112
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Before You Leave Today



- Pick Up Your Equipment & Player Uniforms
 - We must verify your volunteer registration form and safe haven certification first!
- Each Team May Have
 - Ball
 - Cones
 - Pinnie for Goal Keeper
 - Not Needed for U06 or U08
 - Uniform(s)
 - Players Having Uniforms Will be Listed on Your Roster
 - If You Can't Find a Player's Uniform Let Us Know Before You Leave Today



Within the Next 72 Hours



- Decide on a time and place for your first practice
- Call all of your players to let them know they are on a team and you are their coach



Anything Else?

Question & Answer

**AYSO Region 1112
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