



SVSLV Youth Soccer Club Coach Orientation

WEDNESDAY, 17 July 2019





SVSLV Soccer Club

Where we Fit In !

- SV/SLV Soccer Club is a league member of CYSA CalNorth
- There are 5 leagues within Santa Cruz county: Santa Cruz City, Mid-County, SVSLV, Aptos, and Pajaro Valley
- Breakers Club contains Division 1 and USSF Academy teams - year round/travel competition
- “Top Soccer” club is part of a national program for youth with disabilities
- League website: www.svslvsoccerclub.org
- SVSLV SC is also affiliated with:
 - Cal North District II – includes 25 leagues in 5 counties
 - USYSA – United State Youth Soccer Association
 - California Youth Soccer Assn. (CYSA)

..... And through these ultimately to FIFA





Rec Soccer Basics

- Under-6, U8, U10 play teams within our club
- U12, U15, U19 (co-ed high school) play within the county league
- Player's birth year determines their age division
- Players can play up an age group with Board approval but never down an age group
- Games start the Saturday after Labor Day, end the Saturday before Thanksgiving
- Practices typically start in mid August





SVSLV Youth Soccer Club Rules and Expectations

- Everyone plays at least half of each game. Equal time is better!
- Play kids at different positions - offense and defense
- Avoid lopsided scores of over three goals
 - create skill-related team challenges
- Players must wear shin guards covered by soccer socks for all practices and games.
- Live Scan required for ALL adults working with kids.
- Only registered players can participate in practices and games. Non-registered players are **not** covered by insurance.
- No alcohol or smoking at any club activity
- Remember your ROOTS - respect for the rules, officials, opponents, team, and self





Playing Rules by Age Group

Age Group Matrix for Rec Soccer Teams

Age Group	Max Team Size	Players on Field	Ball Size	Match Length (min.)	Substitutions	Slide Tackles	Offsides Called?	Direct Kicks?
U6 Coed	8	4	3	32	at quarter breaks & halftime	No	No	No
U8	12	7	3	40	at quarter breaks & halftime	No	No	No
U10	12	7	4	50	FIFA rules*	No	Yes	No
U12	16	9	4	60	FIFA rules*	FIFA rules	Yes	Yes
U15	16	11	5	80	FIFA rules*	FIFA rules	Yes	Yes
U19 Coed	18	11	5	90	FIFA rules*	FIFA rules	Yes	Yes

FIFA rules* -

Substitute on your own thrown-ins, any goal-kick, or kick-off after a goal. NO SUBBING on corner kicks.

Injured players may be substituted at anytime for all ages.

Slide Tackles must be done legally and safely, or they may be called as a foul.

U6-U10 - all kicks indirect - no goal may be scored directly from a kick - must touch a second person from either team.



U6 Format

- Adopting Format used in 4v4 league
- Club Trainer will lead U6 practice sessions using satellite training model
 - Coaches coach their team but led & supported by the Trainer
- All U6 teams practice on Fridays at Skypark
 - 2 practice sessions every Friday. 1st practice Friday August 23rd.
 - 1st session 3:30-4:30
 - 2nd session 4:45-5:45
- Games on Sundays at Skypark. 2:00 or 3:00 start. 1st game Sept 8.



Modified Laws of the Game for U6

- Play is 4v4, no goalies, substitute at quarter breaks. 32-minute game.
- Stop play for injury, excessive roughness (rare)
- Let play go on whenever possible - yell “play on” if players unsure what to do
 - (unintentional handballs are “play on”)
- No throw-ins
- All free-kicks are indirect - ball must touch another player before a goal



Modified Laws of the Game for U8

- 7v7 with goalies
- U8 referees may be young and learning -please do not yell at them!
- No offside, no slide tackles allowed, unintentional handballs play on
- Referee may allow bad throw-ins to be retaken.
- All free kicks are indirect





Pre-Season to do's

- Get organized - coach bag, binder with roster & parent contact info, coaching sheets
- Attend coach clinics if possible.
- Visit coach websites, read a book or video from the library, other.
- Recruit a team parent/manager
- Hold a parent meeting at first practice, or before
- 3-4 practices before first game is typical
- Pass out uniforms by player size, not by request!





First Parent Meeting

- Briefly discuss your background and reasons and objectives for coaching
- Expectations for parents and players - responsibilities at practices and games
- Appropriate sideline behavior/team has one coach/model sportsmanship
- Practices: what to wear & bring, being on time, who waits if a late pickup?
- Handouts - roster and parent contact list, calendar
- Handling emergencies - medical release forms





Basic Practice Elements

- 1/3 or less: Warm ups
tag games, knockout, red light-green light, fire in the forest, volcano island
- 1/3 or less: Skill Building
Passing, receiving, dribbling, etc. using games or small group activities
- 1/3 or more: Small games and scrimmage - coach silent last 10 minutes
- Maximize touches on the ball, 1 ball per player is ideal
- Encourage often - Catch them doing it right and let them know it!
- No long lectures....1st priority is for everyone to have FUN!



Coaching at Games

- Make up a substitute plan the night before the game (U8 and up)
- Please bring a copy of your roster to every game for referees player checkin
- Organized warm ups: jogging, passing, dribbling, shooting
- Rotate captains: acknowledge leadership/sportsmanship behavior
- During the game -observe, sportscast to substitutes, minimize calls to the field
- Model sportsmanship at all times; parents and players will follow your lead!
- Never question a referee's call out loud. Tell the parents they are not allowed to question a referee's call during a match.
- After game: team cheer and high-fives to opponents and thank referees





Referees

- I promise - you will disagree with a ref call this season - how will you react?
- Refs are a most valuable resource of the club - and in short supply!
- Limited supply reduced by poor sideline behavior - not worth putting up with!
- Supply of experienced refs depends on developing our novice refs
- Many are our kids
 - all deserve your respect, support, and encouragement
- Report problems to our referee coordinator promptly





Successful Coaching

- Be on time! start on time, end on time.
- Focus on player development, not the scoreboard
- Give positive attention to all your players - catch them doing it right!
- Let the interest and abilities of your players guide your practices
- If the plan isn't going well, change the plan!
- Stop activities at their peak - don't wait for kids to get bored
- Many touches on the ball, keep lines short, and talks shorter
- Have fun at all costs - good for coaches and players!