

Yavapai Soccer Club
Recreational Coach Handbook
Revised 2018



Thank you for giving of your time and efforts as a volunteer Rec coach! We anticipate a great season.

Recreational Program and Competition

All children are welcome in the Rec program regardless of skill level. Soccer is a naturally competitive sport which builds team spirit and provides learning opportunities when kept in balanced perspective. Winning games should not be the sole measure of success, nor viewed as more important than building players' skills, teamwork, and individual character.

Coaching Philosophy

A team's attitude reflects the attitude and effort put forth by its coach.

- GUIDE your players toward improvement through education, practice and encouragement.
- TEACH good sportsmanship among teammates and opponents alike.
- COMMUNICATE your goals, concerns and aspirations for the team to the team's parents.
- ENCOURAGE your team to set personal goals - and have fun achieving them!
- KEEP YOUR COOL when dealing with an opposing call or opinion.
- LEARN as much as you can about the game through personal study.

Coaching Education

YSC Recreational coaches attend a Coach Orientation prior to the season's start. Coaches are also encouraged to attend Coaching clinics throughout the season, and to further their learning at every opportunity.

Team Management Procedures

Communications:

The coach is responsible for conveying information to parents, specifically the coach's name, age bracket, telephone number and email address and how to find game and practice schedules. We recommend the GroupMe or TeamConnect apps.

The coach may recruit a Team Manager to help with communications, optional team parties or scheduling game-day snacks. Fruit and water are suggested at halftime, and juice and a healthy snack post-game.

Team Pictures:

The coach must tell parents that 9/15 Picture Day (1 hour before your game time, on lower Amp field.the date, time & place for team pictures once this information is received from the Director of Recreation.

Practices:

Practice times and locations will be scheduled through the Director of Recreation.

Please ask your team parents to promptly arrive and pick up players.

Coaches should not leave the premises until all players have been picked up.

Game Schedules:

Watch for the game schedule link to be emailed, posted on Facebook and the YSC Rec web page:

<http://yavapaisoccer.arizonasoccerlive.org/rec>

Games are posted by age bracket and coach's last name.

Weather:

In case of bad weather a coach may cancel practice, but must make every effort to notify each player as soon as possible. Only club staff or the referee may postpone or cancel a game. Teams must report to the field for their scheduled game time unless prior notification has been given.

Lightning policy:

If the time between lightning and thunder is 10 seconds or less, leave the field and seek proper shelter. Wait 20 minutes after hearing the last thunder before leaving shelter.

Equipment:

- Shin guards are required at all practices and games.
- Soccer cleats are recommended but not required. No baseball or football cleats will be permitted.
- Game uniforms are provided by YSC. Under-layer of matching color only may be worn under uniforms. The uniform should not be covered with another shirt, sweatshirt, jacket, etc., and nothing may be attached to the uniform. Shirts must be tucked into the shorts and socks must be pulled up over the shin guards.
- Players should bring their own water to all practices and games.
- A soccer ball of the appropriate size is recommended for each player to bring to practice.
- Wearing of metal jewelry, including pierced earrings, will not be allowed during practices or games.
- Goalkeepers must wear a color to distinguish themselves from the field players. Keepers may wear long pants and gloves and must wear shin pads.
- Players may wear gloves or knee pads with the permission of the referee.
- Bandanas, sweat bands, hair ties, etc. may be worn when properly secured and do not pose a danger or distraction to others or give an advantage to the wearer.

Game Day Etiquette:

All players in the Recreation League should play as equally as possible in each game as the players' health and eligibility allow. It is the coach's responsibility to carry this out in "good faith". Any violations should be reported to the Director of Rec.

Coaches and players of both teams shall occupy one side of the field. Parents and spectators of both teams shall occupy the opposite side of the field.

The Coach is responsible for controlling the behavior of their parents and teams.

Coach, players, parents and spectators are expected to be positive.

Parents and spectators are NOT to coach from the sidelines, and are NOT to address the Referee.

The Referee is the authority on the field. They are to be respected and their calls are final.

Teams are responsible for keeping their field clean.

Laws of the Game:

Please search the web for this document: "IFAB's 2018-2019 Laws of the Game.pdf"

Also, search USSoccer.com "Rules of Soccer".

Injury and Concussion:

Immediately remove from participation any athlete who is suspected of sustaining a bodily injury, concussion or head injury. Do not allow an athlete who has been removed from play because of a suspected concussion/brain injury to return to play until the athlete has received written clearance from a licensed Medical Doctor (MD) or Doctor of Osteopathy (DO) prior to returning to play.

Player Philosophy - we encourage you to convey this to your parents and players at a team meeting.

- Play the game with effort and intention.
- Be generous when you win.
- Be graceful when you lose.
- Learn and follow the laws of the game.
- Accept the decisions of the officials.
- Act with respect toward your opponents.
- Conduct yourself with honor.

Registration Policies

Coach Registration and Coach Passes:

All Head and Assistant Coaches must complete online coach registration and background check. Coach Passes will be issued upon completion of the mandatory Coach Orientation meeting.

Player Registrations:

Only properly registered players may participate. Illegal players may result in suspension of the player and/or coach. Coaches may not assign or trade players. All player assignments are made by the Director of Recreation.

Playing Up:

YSC strongly discourages "playing up" into an older age group. Approval must be granted by the Director of Recreation.

Team Balancing:

- Coach and player requests are not guaranteed and are granted by the Director of Recreation.
- The maximum allowed is 2 requests per team. The son or daughter of a coach on same team is considered 1 request.
- Coach requests must be submitted in writing before the registration deadline.
- Score may be kept and 1st, 2nd and 3rd place medals given for U12 and older teams.

YSC strives to balance the competitiveness of teams when possible. Coaches wishing to roster more than the allowable requested players are encouraged to contact the Director of Coaching to discuss transitioning the team to the Excel Program.

2018 Age Brackets:

U5 Co Ed : players born in 2014

U6 Co Ed : players born in 2013

U8 Boys or U8 Girls: players born in 2011 & 2012 (U7 & U8 are combined)

U10 Boys or U10 Girls: players born in 2009 & 2010 (U9 & U10 are combined)

U12 Boys or U12 Girls: players born in 2007 & 2008 (U11 & U12 are combined)

U15 Co Ed: players born in 2004, 2005, 2006 (U13, U14, U15 are combined)

Small-Sided Games Chart



	U6 6 years old and younger	U7 7 years old and younger	U8 8 years old and younger	U9 9 years old and younger	U10 10 years old and younger	U11 11 years old and younger	U12 12 years old and younger
Field Size Ranges (yards)	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 55-65 Width 35-45	Length 55-65 Width 35-45	Length 70-80 Width 45-55	Length 70-80 Width 45-55
Maximum Goal Size (feet)	Height 4 Width 6	Height 4 Width 6	Height 4 Width 6	Height 6.5 Width 18.5	Height 6.5 Width 18.5	Height 7 Width 21	Height 7 Width 21
Ball Size	3	3	3	4	4	4	4
Players	4v4 No GK	4v4 No GK	4v4 No GK	7v7 GK	7v7 GK	9v9 GK	9v9 GK
Game Time (minutes)	4x10	4x10	4x10	2x25	2x25	2x30	2x30
Offside	No	No	No	Yes	Yes	Yes	Yes

About Yavapai Soccer Club

YSC serves youth in the Prescott Quad Cities through a variety of programs to foster learning and enjoying the game of soccer.

The Recreational League forms beginner level teams for play in officiated matches during the Fall months. Coach training is provided and the program's emphasis is on enjoyment and enrichment.

With questions about the Recreational program, please email: recreation@yavapaisoccer.com.

The Excel Program offers developmental training during the Spring months through team training by licensed coaches, intermediate level local and travel matches.

With questions about the Excel program, please email: coaching@yavapaisoccer.com

The Select Competitive Program offers a more advanced level of play at leagues and tournaments throughout the region, with training by certified coaches in an extended season.

With questions about the Select program, please email: coaching@yavapaisoccer.com

Youth Referee Certification and Mentoring provides training and employment opportunities to referees age 12+ during the Recreation season.

With questions about Referees, please email: referees@yavapaisoccer.com

Yavapai Soccer Club is proud to be affiliated with the Arizona Soccer Association (ASA), US Youth Soccer (USYS), and the United States Soccer Federation (USSF).

Yavapai Soccer Club's rules and regulations reflect those applied nationwide by USYS.