

Yavapai Soccer Club
Recreational Coach Handbook
Revised 2020



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 atmosphere created by the coach. Please be aware of these attributes.

- 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 utilize the curriculum provided, attend coaching clinics throughout the season and 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.

The coach may recruit an Assistant Coach or Team Manager/Team Parent 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.

Banners may be made but players names and numbers must not be displayed together, per USYS rules.

Team Pictures:

10/3 is Picture Day and the team should arrive 1 hour before game time to the MVP T-ball Turf field.

Practices:

Practice times and locations are scheduled through the Director.

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, making every effort to notify parents as soon as possible. Only club staff or the referee may postpone or cancel a game. Teams must report to the game field at their scheduled 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 (not football or baseball) are recommended.
- Game uniforms are provided. Under-layer of matching color may be worn under the jersey. The uniform should not be covered 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 activities.
- 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. 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 demonstrate positive behavior, to NOT to coach from the sidelines, and to NOT 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.

Score may be kept and 1st, 2nd and 3rd place medals given for U12 and older teams.

Laws of the Game:

Please find this document online: "IFAB's 2019-2020 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 doctor.

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.

Team Balancing:

Coach and player requests are not guaranteed. The maximum allowed is 3 requests per team and must be submitted in writing before the registration deadline. The son or daughter of a coach on the same team is considered 1 request. 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.

2020 Age Brackets:

U5 Co Ed : players born in 2016

U6 Co Ed : players born in 2015

U8 Boys or U8 Girls: players born in 2013 & 2014 (U7 & U8 are combined)

U10 Boys or U10 Girls: players born in 2011 & 2012 (U9 & U10 are combined)

U12 Co Ed: players born in 2009 & 2010 (U11& U12 are combined)

U15 Co Ed: players born in 2006, 2007, 2008 (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. The program's emphasis is on enjoyment and enrichment. Email: recreation@yavapaisoccer.com.

The Excel Program offers developmental team training, local and travel matches during the Spring months led by licensed coaches. Email: coaching@yavapaisoccer.com

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

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