

M.A.S.L. Coaches Guide



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INTRODUCTION:

The reason for this manual is to help coaches accomplish some common goals during the soccer season. I have tried to outline the different jobs a coach needs to do throughout the soccer season. The first question each of us asked when we decided to coach is WHY? My reason was to teach "true soccer". Some other reasons are;

- To give our youth the opportunity to be soccer players.
- To develop life-long interest in soccer and understanding of the sport by all.
- To spend quality time with my own child along with making friends with other children and parents. To HAVE FUN_

Whatever your reason, organizing what needs to be done with help makes the season a positive experience for all.

Setting your goals to match the players and parents goals is what develops by the end of the season. This is best done by asking the players and parents, "What do you want to see accomplished?", at the team meeting or beginning of the season. The answers show the players you have a positive outlook towards them. Your taking time to show interest in them will develop an understanding, and mutual trust. To do this, You need to find out three things the beginning of the season.

What experience do they already have? What can they handle? What would they like to accomplish?

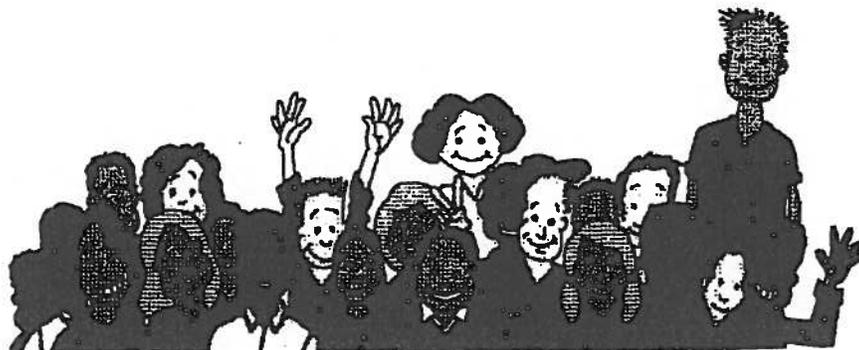
Next you will want to get into the PLAY part of coaching. Your most important task is to develop and lead your team to a successful goal. This is accomplished through play at practice and in game play. To most players to play is more important than to win. For youth the feeling of happiness is what helps them be there at games and at practices. Your goal is to instruct in a way that promotes this. Coaching clinics and many books now address this. Play also promotes motivation.

Everyone needs to know the What, Why and How you practice. The players must know "THEY CAN DO IT." Negative criticism should be put in a way that does not destroy that Just as important is that each player needs to know what he is doing wrong to improve. Keep it as simple as let the player have the opportunity to succeed. Motivation makes for success.

Remember the team you are coaching is influenced by players, parents, officials, and the community as a whole. Positive contributions by everyone will make your experience a happy one. FUN is what keeps our players and parents involved, and returning year after year.

Remember that your team must be represented at each MASL coaches meeting, for any pertinent information that gets handed out or spoken about. The coach is responsible for ensuring that all information is relayed to the team. Ensure that you team is always kept up to date, by having representation at all meetings.

HAVE A SUCCESSFUL AND FUN SEASON!!!



GENERAL INFORMATION

STARTING TIMES for games will be within 15 minutes of scheduled time. If the game does not start on schedule, total playing time can be reduced with age group coordinators decision or referees decision. Example: referee arrives to first game and the goals are not on the field. The referee can reduce the playing time by the amount necessary to put the games back on schedule. The game card should have a simple referee statement as to why the game time was shortened with no accusations. Example: Arrival at field with one goal not set up, shortened game 7.5 minutes per half, coaches informed. Game card goes to age group coordinator.

EQUIPMENT is to be delivered to the field thirty minutes before first scheduled game. However, under no circumstances are MASL goals to be left unattended at a field. It is the responsibility of both coaches who have the first scheduled game to set up the goals, corner flags, etc. prior to scheduled game time. The same is true about removing the equipment from the field. Both coaches of the final game on that field are responsible for the equipment being taken down and correctly stored. Game ball will be provided by the home team. Remember that corner flags are part of the field preparation. Also insure that all corner flags are accounted for when the goals are taken down. **Hint:** Have your parents scheduled to do this for you while as coach you stretch your team and prepare your GAME CARD.

GAME CARD is provided by the home team. It is to be filled out completely for teams, player names and numbers, field, coaches name, date, team, and league. The information should be legible and in ink. Only the official coach or assistant coach may sign the roster list, on the game card. Once the game is over the winning coach turns in the card to the collection center where age group coordinator has designated for that age group.

SPECTATORS are the hardest problem to control during the game. Inappropriate behavior devalues the sport and creates unnecessary stress for the player. It is your responsibility as a coach to keep your spectators in line. The coach has to have 1 yard from the touch line to the first spectators or players, for safety reasons. Coaching is allowed five yards either side of the half line. No Coaching or spectators are allowed by the goals. Language and tone of voice shall be controlled and positive in manner and no horns or whistles. If you have a problem parent report them to your coach coordinator immediately. Parent involvement is great and should be emphasized by having the video camera parent, team statistician for who scored goals or made defensive plays, etc. As with the players, make the spectators special by getting them involved in everything but coaching the players.

UNIFORMS that don't fit or equipment problems need to be direct to the equipment manager. The faster you address these problems, the faster the equipment manger can deal with them. In cold wet weather it is up to the referee as to where sweats can be worn on the field of play or if the fields are safe to play on. If sweats are allowed, they must be under the uniform. If two teams have matching colors on the field the home team will change to another color by turning the shirts inside out or using bibs.

"FIRST THINGS FIRST"

HELPFUL GUIDELINES TO RUNNING YOUR PRE-SEASON PARENT MEETING

One your team has been assigned to you it is suggested that you contact all parents and arrange a pre-season meeting. This will give you the opportunity to meet the parents and players and also give you the chance to express your ideas and opinions regarding the important task of coaching this team. Try to have your meeting before your first practice. Invite the parents personally, do not leave messages with young children. Hold the meeting at the park or school site at which you will be holding your practices. That way they are familiar with the site, and there will be less distractions than at your home. If you already have an assistant coach, he/she should also be at the meeting. Remember the goal of the meeting is to give the parents information about the team and to increase their interest and support. The presentation must be very positive and should not give the parents the feeling that there are only problems that need to be solved. **No practicing allowed until August 1.**

In this meeting you should discuss the following topics.

- Introduction of yourself and everyone at the meeting including players.
- Briefly explain your soccer background, what experience you have, why you decided to coach, and your expectations of your parents and players. These are things that might help them to know you better.
- Let them know the team name, colors and number of players, field size, amount of playing time, etc..
- Time availability for practices and games.
Choose practice sessions. MASL allows a maximum of 3 hours practice a week except for U7 & U8 which are allowed 2 hours per week. Remind them to BRING WATER TO PRACTICE and that they **must** wear SHIN GUARDS.
- Help and support needed from every parent.
- Share your ATTITUDE toward: winning and losing, children and sports and sportsmanship.
- Aims and goals for upcoming season.
- Sideline behavior at practices and games.
- Discipline; Handling a mild case. Handling a severe case.
- Substitution.
- Rules and regulations of the MASL. Let them know board meetings are open to the public and are held every fourth Monday of each month at the Manteca Library (meeting room) at 7:00 pm
- Rules and regulations of MUSD. No smoking on school grounds, pick up trash after each game. etc.
- Laws of the game - Modified version for their age group.
- If you need an assistant coach , now is the time to ask for one or two.
- Obtain a team parent or manager to handle refreshments, uniform fittings, team functions, help with all administrative functions such as candy sale and dance tickets as required by the league etc.
- Helpful information to know about each child.
Nickname
Allergies
Medication they are taking Handicaps
Type of personality

A PHILOSOPHY TO GOOD COACHING

ATTITUDE TOWARD WINNING A LOSING

- Winning will take care of itself within the limits of your players talents.
- Wanting to win is inherent - so keep the goal to victory in it's proper perspective. Do not stress winning, rather the fun of playing
- Winning is important but more so is the striving for maximum effort and improvement.

CHILDREN AND SPORTS

- Some children show early interest to Compete, many do not. Observe the child's response to competitive situations.
- Many who are not ready compete because of urging by parents, friends and coaches.
- Adults can turn practices and games that are fun into contests.

SPORTSMANSHIP

- Children will remember what you did long after they have forgotten what you said.

AIMS AND GOALS FOR THE SEASON

- Success as a coach cannot be measured by win/loss record - but by players achieving to reach their individual potential.
- Set attainable goals.
 - a) Self discovery
 - b) Self improvement
 - c) Enjoyment
- Games will only be used as barometer to check team and individual improvement.
- The ultimate goal is to have the children value soccer for itself and the rewards inherent in the game.

PRACTICE SESSIONS

- Where will practices be held?
- What time will practice start and when will it end?
- How often will there be practices during the week?
- What are practice sessions rules?
- What are the aims and goals of practice?
- Can the parents be present during the practice?
- Each player should bring a ball and water.
- Each player must wear shin guards.
- Run practices like games; Have half-time for water breaks.
- Coach should have ball and demonstrate - players learn more by laying "copy cat" than by instruction.
- Ensure maximum touches with the ball by every player.
- **The medical release forms MUST be available at all team practices/functions.**

SIDELINE BEHAVIOR

- Do your coaching in practice and bear the fruits of your labor during the games.
- Know the laws of the game and abide by them.
- (FIFA does not allow any coaching form the sideline).
- The less sideline response - the less the pressure - the more the learning.
- The players must make instinctive decisions and they must be right - listening to the sidelines will slow down this process.
- REMEMBER: Soccer is a game for the players, not coaches.

DISCIPLINE

- Establish fair rules and regulations to maintain discipline (with input of the players and parents).
- Define your personal criteria of acceptable and unacceptable behavior.
- Follow the old saying "Be strict but fair". Players and parents like to know where they stand.

SUBSTITUTION

- It is mandatory that every child play 50% of every game (No matter how important the game is to you).

POSITIONING

- Expect them to bunch - they are mentally too immature to understand spatial concepts until they get into the upper age groups.

RULES AND REGULATIONS OF MANTECA AREA SOCCER LEAGUE

- Go to all the coaches meetings available to you so that nothing comes as a surprise to you during the season. If you cannot attend a meeting, send your assistant coach, or team parent. It is vital that a team have representation at all coach meetings.

LAWS OF THE GAME

- Familiarize yourself with the modifications. Attend Referee clinic if you haven't already.

PREPARE HANDOUTS

- Make sure your players and parents are always informed. They will need:
 - Season schedule of practices and games.
 - Locations of the fields you will be playing on.
 - Time of events taking place in the league, and with your team.
 - Arrival time for players.
 - Team roster, with players, team parent and coaches phone numbers.

AVOID THE BIG PROBLEMS

- Learn something about soccer (the game, training, etc.)
- Try not to impose adult competitive values on the children. They are not ready for them.
- Do not take the FUN out of THEIR TIME.
- Take advantage of all coaching clinics, book, training videos in your area.

THINGS YOU WILL NEED

- View coaching as an ongoing, healthy teaching experience.

ENTHUSIASM

- Permit player to learn. form their mistakes.

KNOWLEDGE

- Learn right along with your players.

ORGANIZATION

- Create an atmosphere where the players teach themselves. Ensure maximum touches with the ball.

FLEXIBILITY

- Give them an "out" if they are not interested in playing soccer.

ACCESSIBILITY

- Always remember you are an ADULT or TEACHER first and coach second.

THINGS YOU WILL NEED TO PRACTICE

- Giving encouragement
- Guiding someone to success
- Giving positive reinforcement
- Hiding disappointment
- Giving sense of accomplishment
- How to have fun

THINGS YOU WILL NEED TO AVOID

Win at all cost attitude	Creating environment aimed at failing	Narrow-mindedness
Withdrawing approval	Punishment	Lack of organization
Criticism	Yelling	Lack of communication
Threatening	Ridiculing	Dishonesty
Blaming	Humiliation	Over demanding
Inconsistency	Overpraise	Showing biases

KNOW YOUR PLAYERS

GENERAL OBSERVATIONS FOR PLAYERS FROM THE AGES OF SIX TO TWELVE

1. Children of the same age may differ a good deal in motor skill development. A child's motor skills develop in a particular sequence: First they learn to crawl, then to walk, and then to run, jump and hop, in that order. There is a developmental sequence in learning a single technique too. As players practice a particular technique such as kicking they use their bodies more effectively each time and reach a higher level of development in that technique.
2. Children progress through motor development sequences at their own rate. Players of the same age may be at different development levels because of differences in motor ability and in the amount of time they have practiced the technique. The important thing is that each player shows continued progress.
3. Children of the same age will differ in physiological development (bone growth and muscular strength). Stars within their sport are often more advanced physiologically than others their own age.
4. They are loaded with energy and must be given rest periods.
5. Compared to other periods in a child's life these are the slow years in physical growth, making it the best time to learn new techniques.
6. Children like to play with others but side by side, rather than together - "Me first..." rather than "Let's both do this...". It's a difficult time to teach tactics.
7. Children have not yet learned the skills of compromise and team play. Expect frequent argument. Do not interfere with their arguments as it is a part of their learning process.
8. You should not expect the children to play a team game the way adults would.
9. You should bend the rules to fit their physical and mental maturity. Fewer players result in more touches with the ball. Equipment suitable to their age and size result in better play.
10. Team games call for social and mental skills that they are just starting to develop.
11. They have not learned to accept mistakes - their own or others.
12. They lack the ability to make quick decisions.
13. Adult reactions to their efforts are often mistaken and become a blow to their self confidence.
14. They are in need of understanding and encouragement.

KNOW YOUR PLAYERS

GENERAL OBSERVATIONS FOR PLAYERS FROM THE AGES OF SIX TO TWELVE

PHYSICAL

- Large muscles are lengthening
- Bones have little resistance to pressure
- Flexibility is great
- Extremely active; Sitting still for any length of time is very difficult -Short attention span; Difficulty in listening
- Girls usually taller and more mature

SOCIAL

- Boys and girls play together readily
- Enjoy group play but show preference for small groups -Group members continuously changing because of quarrels -Boys will fight and wrestle - demonstrating masculinity -Expect sudden shifts in behavior from good to bad

INTELLECTUAL

- Want to move about; Need to provide full participation for everyone
- Game should not be too complex nor too long in duration because of their lack of interest and skills
- Review such skills as running at various speeds in various directions
- Explore new skills such as dodging, ducking, twisting and turning while running -Should be introduced, gradually, to play in larger groups
- Play games in which the number of players is increased without affecting the essentials of the game

DIFFERENCES IN AGE GROUPS:

Why have different curriculum? To answer this note that CYSA has modified rules and field size to enhance youth soccer. CYSA has recognized differences in ages due to experience, physical and emotional abilities. To meet with the players needs and the leagues needs a consistent program for each age group needs to be initiated.

GOAL: Develop an outline for individual skills and team tactics for coaches to refer to.

U8 SKILLS

1. Dribbling the ball with the instep, toe and outside part of the foot, in straight lines, sideways and reverse. **Goal;** dribble length of field without looking at feet.
2. Fundamental kicking, instep pass, and shooting. **Goal;** shoot 10 yards into net, kick (defensive clear) out of bounds and pass 4 yards to player.
3. Trapping the ball should be limited to getting the body in front of the ball. **Goal;** move to the ball and stop it using a simple trap in practice only.
4. When, where and how to throw the ball and where to receive the throw. **Goal;** have the first player to the ball throw it in to the open player.
5. How to put the ball in play when it crosses the goal line. **Goal;** Have the players able to distinguish a goal kick from a corner kick. Also have the players learn the where and how to kick the ball in each case, i.e...arc for corner, box for goal kick, circle for in the net.
6. Defense is learning field awareness. **Goal** is to have the player learn movement towards the ball without bunching. Objective is to teach area of the field with only two players at the ball (limit bunching). If they learn this teach goal side positioning.
7. Goalie needs to be taught about the goal box area he is the only one who can pick up the ball, starting point in front of net, and how to boot the ball. **Goal;** every player learns about being a goalie (should not play same player at goalie all game).
8. Definitions should be soccer oriented. **Goal;** player should understand what a touch line is, center circle and what other soccer terms mean.

U8 TACTICS

LET THEM PLAY! Coaching should be done at practice and with the players sitting on the sidelines. Tell the substitutes what needs to be done, i.e....two players to the ball, clear the ball in the defensive half. Remember the field is 35 yards by 50 yards. These players move quickly in this small area so passing is limited and trapping the ball usually means bunch ball (soccer term). Field and position awareness becomes important. This means fullbacks learn how to clear the ball out of bounds or down field, while forwards learn when to dribble or shoot. Passing is limited but possible with lots of patience. Remember at this age to let them play and have fun, coach at the practice. Players don't want to hear their coach yelling at the game.

Simple movement on the field becomes important. When the defender makes a quick transition from tackling the ball away then passing the ball to a forward who scores, movement and positioning was accomplished. Here a coach needs to have his team understand that every player (forwards, fullbacks) play defense when the other team has the ball and offense when their own team has the ball. Another point to note is that team work caused a team goal. YES, the player scoring needs to be recognized, but praise the players who moved to make the tackle and passed the ball.

A simple tactic used in under eight is to move a player to the front, for that fast break away. REMEMBER offside is called in U8's. Teach the player to move five yards parallel to the ball in offense and defense. This is the beginning steps to teaching passing lanes and clearing a space. What ever tactic a coach decides on, keep it simple, i.e.... throw the ball down the side of the field. Remember how you give instructions can be interpreted differently. Throw the ball down the line. The player tries to throw the ball on the line and never gets the ball in bounds. Another example is telling the goalie to stand on the goal line. he may never leave the line to pick up the ball. If the players seem confused or you do not feel they are doing what you are asking, do these two steps:

1. Stop and think what you want them to do
2. If you can not think how to say it, show them.

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U12 SKILLS

Movement and advance individual skills need to be taught here.

1. Movement that helps the player understand play depth, passing shadows, creating space and team support. **Goal:** Every player should be able to overlap and do diagonal runs for receiving crosses.

2. Defense should be stressed for cover, man to man marking, zone marking and transition time. **Goal:** Every player should know where they are defensively on the field and what type of defense they are doing, i.e. forwards ball side zone mark, half backs use zone cover for support and fullbacks mark the man.

3. Individual skills taught should be advanced volleys, head balls, advanced traps (knee to foot combination) and other skills.

U12 TACTICS

LET THEM PLAY' Coaching should be done at practice and with the players sitting on the sidelines. Tell the substitutes what needs to be done, i.e....two players to the ball, clear the ball in the defensive half. Remember the field is regulation size now so field and position awareness becomes important. Remember this age is let them play and coach at practice and to the substitutes during a game. Players rarely hear the coach yelling.

Formations can be taught here but use only two different formations that are easy to teach such as 3-3-4 and 4-4-2. You as a coach needs to know what type of players best fit the formations you choose. With advance movement drills formations will be enhanced with half back runs or slot defense. **DO NOT WORRY IF THE PLAYERS TAKE TIME TO LEARN THIS.** Some players will have difficulty learning that soccer goes in 360 degrees and not just forward and reverse.

Defensive should be directed to quick transition. Players need to learn where players are suppose to be when they lose a ball, where they go when they lose the ball, and how to recover in a defense that will result in getting the ball back. This is the time to teach smart soccer and there are many books on this subject.

TECHNICAL DEVELOPMENT OF THE YOUNG PLAYER

1. Encourage each player to practice the basic technique.
2. In teaching, involve as many of the senses as possible.
3. Try to improve only ONE technique each practice.
4. Provide only ONE tip/suggestion on improvement at a time.
5. Encourage questions and discussion.
6. If they are unsuccessful, avoid quick criticism.
7. Permit the players to make mistakes and learn from them. Guarantee success. Avoid comparisons with others. concentrate on their self improvement. Let them know about their improvement.
8. Relate technique and knowledge to the total picture.
9. Respect your players interest level - they will continue to participate if they are having fun
10. Do not make your aims for them too high.
11. Prepare them for the unexpected in a game.
12. Stages of learning:

a) Begin with easy examples	ball at their feet
b) Become more complicated	introduce rolling ball
c) Add a teammate	introduce passing
d) Add a opponent	introduce teamwork

NOTE: They need to be successful in each stage before they move on to the next stage. 15. Urge the players to practice their technique for short periods each day as homework. 16. Remember, everything takes time to learn.

13. Demonstrate every technique either by yourself or with an assistant.

SUGGESTED TRAINING AIDS

Books:

- a) The Official Youth Soccer Book /by Karl-Heinz Schrieber
- b) FUNdamental Soccer/by Karl Dewazien
- c) Let Them Play/by John R. Cossaboon

Video:

- a) FUNdamental soccer/ by Karl Dewazien

Check out the listing at our local library. Each year they get in more and more books and video's on soccer. What they don't have on hand, they will request from the county library for you.

All teams shall comply with C.Y.S.A. regulations, and specific M.A.S.L. rules of play. Each league is responsible for ensuring that all coaches receive copies of the California Youth Soccer Association, Team Manual. In addition, all coaches shall receive, and be held responsible for reading this material.

1. Addition of players - All adds must comply with CYSA Rule 4:07. All drops must be verified with a Completed Player Release Form (CYSA Form 1609). If a player drops from a team and the coach desires a replacement, they must contact their M.A.S.L., Age Group Coordinator. Under no circumstances may a coach drop or add a player to a team on their own initiative. The AGC must work with the MASL Coach Coordinator, Commissioner, Assistant Director, and registrar, for any player movement.
2. Transfer of players - The lateral transfer of a player from one team to another, for any reason, must comply with CYSA Rule 4:07. Each case will be submitted to the Age Group Coordinator for mediation. The AGC will pass the information to the MASL Coach Coordinator. The Coach Coordinator will consult with the Commissioner and the Assistant Director for final dispensation. A vote shall be taken by these parties, with a simple majority vote deciding the outcome. No player shall/will be transferred from a team base solely on disciplinary problems. Additionally, no coach may 'swap' players with another coach, or 'drop' a player from their team.
3. Playing Time - M.A.S.L. shall guarantee each player on a team, a minimum playing time the equivalent of one-half of each game, except for disciplinary or health limitations, upon notification of and approval from the Age Group Coordinator. This shall apply to all teams playing in the M.A.S.L. season. No playing penalty shall be applied to any player, who as a result of a divorce situation, can only attend games/practices on an every other weekend basis. No coach is to make any commentary to the player, other players, or other coaches, of this causing a 'problem' for his/her team. No addition of players will be sought, to 'compensate' for this 'problem'. The player shall have full rights, without question. Any other circumstances, where players do not attend practices, or participate in practices, are to be directed to the A.G.C., for review. Any player causing a fight, using vulgarity, or disrupting practices is to be reported to the AGC. The coach will be required to submit a report in writing, within 24 hours of the incident, to the A.G.C. For any such incident, the A.G.C. shall handle the matter before the next scheduled practice/game.

4. Practice Time/locations - The coaches shall not exceed one hour of practice time for U-8 players, and three hours for all other age groups, twice per week. All coaches should be aware that all fields operate on a first-come, first-served basis. No coach can 'reserve' any particular location, or claim to 'own' any practice spot. On fields, where no scrimmage game is being held, coaches are expected to share the area. As a courtesy, any coach planning a scrimmage game, shall notify the coaches that regularly practice there location, that a scrimmage game is to be scheduled there. This should be done in advance, not on the day of the scrimmage game. If you find a non MASL team practicing on a site reserved for MASL practices, notify the coach coordinator.
5. Game Cards - All game cards are to be directed toward the A.G.C. for that age group. This card must be delivered to the A.G.C. within 72 hours. Each A.G.C. may establish a procedure for accomplishing this (i.e., mail, they will pick-up, etc.).
7. Number of players - M.A.S.L. operates under the CYSA, Modified Laws Of The Game, as specified in the "CYSA Team Manual". All teams will operate as follows:

U-8 Maximum number of players on the field at any one time is seven (7), one of whom shall be a goalkeeper. Maximum number of players on the roster should not exceed eleven (11).

U-10 Maximum number of players on the field at any one time is nine (8), one of whom shall be a goalkeeper. The maximum number of players on the roster should not exceed thirteen (13).

These teams are focused toward learning soccer skills, and require fewer team members, for more playing time/skill building. Per CYSA/MASL rules, Each player must participate a minimum of 50% of the total playing time.

U-14 Maximum number of players shall on the field is 11, with maximum of 18 on the team.

8. **Player/Coach Passes** - Per CYSA requirements, all players on a team must have a pass (U10 and up players). No player will be allowed to play, without having presented a pass to the referee. No coach/assistant coach shall act in that capacity, at a game, without a pass. A game may not proceed without an official coach/assistant present, with passes having been presented to the referee prior to start of play. In addition, per CYSA rule 4:06:03; "If a player plays in a game and is not properly registered, his/her team shall automatically forfeit that game and may face further disciplinary action by the league and/or the Board of Directors of this Association, depending upon the nature of the violation." Rule 4:06:02 states; "If a player does not present a player pass to the referee, prior to the game, he/she may not participate in that game.
9. **Medical Releases** - All coaches/official assistants are to have the medical releases for their players, at all games/practices, and any other team function. This may be either the signed registration forms, with the medical release, or the player passes, with the signed medical release card. No MASL game is to begin, without the medical releases on hand, or the parent of the player being at the game (entire duration of game--parent may not leave).
10. **U-10/U-8 Modified Laws** - These age groups play under the "**Modified Laws Of The Game**", as specified by CYSA.
- Off-Side** - Conform to the FIFA laws of the game.
- Fouls & Misconduct** - All intentional fouls will result in an indirect free kick--with the opponent six (6) yards away. The referee is encouraged to explain all infractions to the offending player.
- Free Kicks** - Shall be classified under one heading "**INDIRECT.**" A goal may not be scored until the ball has been played or touched by a second player (not necessarily from the same team).
- Penalty Kicks** - **NO penalty kicks** are to be taken during these games.
- Throw-in** - Conform to the FIFA laws of the game, however, one re-throw is allowed after an explanation.

11. **Tournament** - The end of the season tournament shall use the following rules:

A. Tournament seating is by blind draw.

B. **Preliminary Games**

Game Lengths:

U10 - 20 min. halve

U12 - 25 min. halve

U14 - 30 min. halve

Ties stand in preliminary games.

Point System:

If teams are tied in points at the conclusion of the preliminary round, the standard point system, as described in the CYSA Team Manual, will be used.

C. **Final Round Games:**

Game Lengths:

Regulation length

Ties:

Two 10 min. overtime periods, followed by a shoot-out if still tied.

D. **Ejections:**

All player send-offs will be given an automatic one (1) game suspension. Any player, sent-off during the championship rounds will serve the one (1) game suspension at the first game of the following season. Coaches will receive disciplinary action, as per District VIII, and CYSA guidelines.

For tournament play, any player receiving a caution (yellow card) will be substituted immediately. The player may return to the field at the next substitution opportunity.

The M.A.S.L. tournament committee shall meet to establish schedules for tournament play.

12. **Coaching Multiple Teams** - No coach shall be the head coach of more than one team.

MASL

Games-Goals

Home Team will:

- Pick up goals for 8:00am game (*45 min set up time*)
- Supply game card
- Supply game balls (3)
- Select side of field that their team fans will sit on.
- Obtain game card at end of game and take to the MASL tent.
- LAST home team game will take goals down and return to AGC.

Visitor Team will:

- For 8:00 game set up the other goal for their side
- LAST visitor team will assist in the takedown of their goal.

Any issues or concerns, please contact your AGC.

Goals for Parents

- Emphasize enjoyment and fun!
- Praise effort as well as improvement.
- Show compassion for any injured player.
- Avoid heckling, jeering or distracting players.
- Applaud positive performances by either team.
- Censure those whose behavior is unbecoming.
- Appreciate a good play no matter who makes it.
- Always encourage your child to play by the rules.
- Respect the judgement and strategy of the coach.
- Don't harass or swear at players, coaches or officials.
- Avoid criticizing players or coaches for loss of a game.
- Avoid using profane and obnoxious language and behavior.
- Attempt to understand and be informed of the playing rules.
- Relax and enjoy the game whether your team wins or not...!
- Cooperate with and respond enthusiastically to cheerleaders.
- Set an example by being friendly to the parents of the opposition.
- Young people are involved in soccer for their enjoyment - not yours!
- Support all efforts to remove verbal and physical abuse from children's soccer.
- Show respect for your team's opponents. Without them there would be no game.
- Never ridicule or shout at your child for making a mistake or losing a competition.
- Respect property of others and authority of those who administer the competition.
- Don't publicly question any official's decisions, and never doubt his or her honesty.
- Children should not be forced to participate in soccer; they are not playing to satisfy your ambitions.
- Children learn best by example. Applaud good play by your team and members of the opposing team.
- Recognize the value and importance of coaches. They give up their time and efforts to help your child.
- Teach your child that effort and teamwork are as important as victory, so that the result of each game is accepted without undue disappointment.
- Children play organized soccer for their own enjoyment. They are not there to entertain you, and they are neither miniature adults nor professional sportsmen and women.

Goals for Coaches

- Treat your players and opponents with respect.
- Be the type of person you want your players to be.
- Inspire a love for the game and the desire to compete fairly.
- Respect the judgement and interpretation of the rules by the officials.
- Don't publicly question any official's decisions and never doubt their honesty.
- Discipline those players on the team who display un-sportsmanlike behavior.
- Realize you are a teacher and understand that the soccer field is a classroom.
- Be more concerned in the well-being of your players than in your win-loss record.
- Teach your players that the rules of the game are mutual agreements which no one should break.
- The length of practices and competitions should take into consideration the maturity of the children.
- Follow the advice of a medically qualified person when deciding an injured player is ready to play again.
- Develop respect for the ability of opponents, as well as for the judgement of officials and opposing coaches.
- Be reasonable in your demands on your players time, energy and enthusiasm - they need other interests too.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of your players.
- Children play for fun and enjoyment, and winning is only part of this. Never ridicule or shout at the children for making mistakes or losing a competition.
- Avoid over-playing the talented players. The 'just-average' players need and deserve equal time. Be sensitive to the less talented, they have potential.
- Make a personal commitment to keep yourself informed on sound coaching principles and the principles of children's growth and development.

CYSA Member Pass Photo Examples

Examples of good pictures



Examples of bad pictures that should not be used



No hats!



Too Dark!



Too Light!



Too Small!

Pictures should be 1x1 ½

No HATS

No SUNGLASSES

FACES only

HELPFUL GUIDELINES TO PREVENT "BLOW-OUT" GAMES

Listed below are a small number of the many ways of "holding down" the score when playing an "inferior" opponent in youth soccer.

1. The first thing you do is take your "striking" players (goal scorers) off the field, or give them "defensive" only assignments.
2. You only "allow" the remaining players on the field to score with their "weak" foot.
3. You only "allow" a player to score after a number of "passes" have been completed 3, 4, 5, etc.
4. You only allow a player to "score" off a "headed" ball.
5. You only allow a player to "score" with their "weak" foot from outside the penalty area.
6. You reduce the number of players that you have on the field to 10, 9, etc.
7. You only allow the players to perform "drills" on the field, (wall passes, over-laps, diagonal runs, etc, but NO scoring).
8. You only allow your team to bring the ball into the attacking penalty area with a "lofted" ball to a teammate, with their "weak" foot, and the teammate is not allowed to score except with his/her "weak" foot or a "header".
9. Only allow your team to score on a "header" from a "corner kick", (the remainder of the time they run "drills" on the field and "work" towards "obtaining" the "corner kick" by the other team's errors.
10. I have seen coach's only allow their players to score of a "back heeled" kick with the "weak" foot before.

I have coached strong teams before and have used all the above concepts except number 10. (I never saw it used until after I retired as a coach, or thought of it myself).

A good coach can use the above referenced tactics in a "tactful" manner that will not "embarrass" the opposing team. (You do not yell the instructions to your team as loud as you can yell, you make some substitutions, and have the substitutes carry your "message" to the other players. All the above tactics will also give your team some good "training" as well during the game. Unless there is a penalty for doing so (tournament rules, etc.) I would also always try to allow the other team to score at LEAST one goal and usually two if possible, this takes more effort to communicate to your players, then "holding down" the goals scored. You can make it extremely difficult for your team to score goals, but it is much more difficult to ask skilled players to "allow" an opponent to score, and for them to accomplish that without the other team being aware of what your tactic is.

Bob Asklof

10/14/92

