


AYSO-644 Weston Coaching Quick Cards

Understanding the Commitment

- a. The Basics for head/assistant/co coaches
- b. Complete the volunteer registration at ayso644.inleague.org
- c. Complete your FL Background check and fingerprints.
- d. Take the online Safe Haven Course/Concussion Awareness course. Log into ayso644.inleague.org and click on training at the top. 
- e. Attend meetings with your Division Director to go over the season expectations.
- f. Attend mandatory coach training.
- g. **2** practices a week, Head coaches pick their weekdays for training. Weather permitting.
- h. **10** Saturday game days, weather permitting. Make up games may be substituted during the week.
- i. Pick up uniforms and coach gear. Distribute uniforms to your players.

Prior To The Season

1. Email the Division Director (DD) with your preferred practice days/times.
2. Contact parents by email with team info and rules provided by your DD after finalized:
 - a. Introduction about yourself (optional)
 - b. Practice days/times/field #
 - c. Game days and times
 - d. Ensure Team Snap is set up and sent to parents.
 - e. **Required equipment every time they come to the field: plastic cleats, soccer ball, FULL water bottle every time. NO Jewelry.**
 - f. If desired, ask for a parent to be your team parent to assist with parent questions, uniforms, snack schedule and pictures.
 - g. Understand the injury reporting process.
 - i. Complete the Injury Report Form
 - ii. Submit it to the Safety Director found at AYSO644.org/contact/

Do and Don'ts of AYSO644 REC Soccer

Do	Don't
Plan your training session before you arrive.	Criticize referees, parents, or other coaches.
Educate, explain, entertain & have fun. 	Run laps, instead promote more dribbling.
Take a player centric approach. It is about them having fun.	Run up scores instead promote sportsmanship.
Be enthusiastic, the kids see you as the bright spot in their day.	Engage frustrated parents. Ask them to email you any complaints.
Know the rules and teach the rules.	Forget your bibs, balls, pump, first aid kit.
Coach at practice	Coach during games. Simply manage the roster and LET THE KIDS PLAY!

Reminder: No kid will remember the score, but they will remember how you treat them.

AYSO General Game Rules

- **Breaks:** 4 equal quarters. 2-min quarter WATER break, 5-minute halftime WATER break.
- Fill out or print from inleague Game Card (lineup)
- **Playing time:** All players must play 3 quarters before any other player can play 4 quarters. Minimum playtime is ½ a game per player. Injured players are exempt from playing time rules.
- **Substitutions:** During quarter breaks or for an injured player acknowledged by the referee. Unlimited substitutions during the instances stated above. **Please do not sub on the fly.**

Match info:

Division	(4) Quarter Time	Players
19U	20 min	11v11 (min 7)
16U	20 min	11v11 (min 7)
14U	17.5 min	11v11 (min 7)
12U	15 min	9v9 (min 6)
10U	12.5 min	7v7 (min 5)
8U	10 min	4v4 (min 3)
6U	8 min	3v3 (min 2)