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AYSO 644 Coaching Clinic/Training

Reminders

This is RECREATIONAL Soccer

In 1 to 10 years players will not remember the scores to their rec league games. They will remember:

1. How their parents acted
2. **How their coaches acted**
3. How they looked up to their coach
4. How proud others were of them so TELL them!
5. How much fun or how little fun they had.

Don't think you are the exception; kids will not like you more because your team won while yelling at them how to play during games.

This is for the kids fun, not for parents who want to see their kids win at all costs.

LET the Kids Play!



Agenda

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Upcoming Schedule

8/28 and 8/29 – Coach Clinics @ 6:00 pm

8/29 – Parents Meeting @ 6:30 pm

9/5-9/7 Age Based Training with professional trainers.

9/11- First week of practices

9/23 – First game

Date	Time	Agegroup
9/5	5:15 PM	G10
9/5	6:45 PM	B9-10
9/5	8:00 PM	G14-G19
9/6	5:15 PM	G12
9/6	6:45 PM	B12
9/6	8:00 PM	B14
9/7	5:15 PM	B&G 5-6
9/7	6:45 PM	B&G 7-8
9/7	8:00 PM	B16-19



Commitment

U5/6-1 practice a week

U7-U19-2 practices a week.

10 Games for both.

NOTE: If you, or your assistant coach can not make it to a practice, don't cancel.

- **Contact your Division Director to get a professional trainer to cover your session.**
- **DD's will contact Tom to get a trainer to cover.**

General Practice Schedule		
age group	Time	Days
U5/6	5:30 PM	1 Day Monday or Thursday
U7/8	5:30 PM	2 Days a week
U9/10	5:30 PM	2 Days a week
U11/12	6:30 PM	2 Days a week
U13/14	6:30 PM	2 Days a week
U15/16	8:00 PM	2 Days a week
U19	8:00 PM	2 Days a week



Division Directors

Contact info found at AYSO644.org/contacts

Boys Division Director

- *U5 Volunteer Needed*
- *U6 Volunteer Needed*
- *U7 Volunteer Needed*
- *U8 Volunteer Needed*
- **U9 Holly Casios**
- **U10 Steven Schwartz**
- **U11/12 William Turman**
- *U13/14 Volunteer Needed*
- **U15/16 Jim Happel**
- **U19 John Deleo / Patrick Gahan**

Girls Division Director

- *U5/6 Volunteer Needed*
- **U7/8 Juan Solarte**
- **U9/10 Gary Sonnenfeld**
- **U11/12 Holly Casios**
- **U13/14 Pablo Junco**
- **U19 Alex Squarize**




Coaching Quick Card

Scan the QR Code:



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)



Parent Quick Card

Scan the QR Code:



AYSO-644 Weston PARENT Quick Card

Understanding the Season Commitment

The Basics commitments for parents

1. Register your player at ayso644.inleague.org
2. Register as a volunteer if available.
 - a. Coach or Assistant Coach
 - b. Team Parent
 - c. Division Director or Event Coordinator
 - d. AYSO Board
3. Attend a parent meeting and ask your questions in person.
4. Ensure you notify the coach of any allergies.
5. Ensure your player has soccer cleats, soccer ball and FULL water bottle for every practice.
6. 2 practices a week and 10 Saturday game days. (U5/6 only 1 practice a week).
7. Volunteer as a **Team Parent**. Ensure there are snacks for game days. Assist the coach with organizing healthy snacks and drinks for after games. Liaison between the coach and parents.
8. Download the TeamSnap app to see your practice and game schedules.

Game Days

1. Prepare the night before to ensure your player is well fed and hydrated.
2. Arrive 15-30 minutes before games.
3. Bring EXTRA water for your player in addition to their FULL water bottle.
4. Protect your player and you from the sun.
 - a. Bring shade such as umbrellas.
 - b. Wear sun block.
 - c. Bring a cooling towel.
 - d. A 30-minute game is enough for a player to get severely burned sweating.
5. Don't argue with other parents, coaches, referees, or child players.
6. Have FUN! Cheer Cheer Cheer for your player and all the kids.

Reminder: No kid will remember the scores in 10 years, but they will remember how you acted at their games.

Make them proud of you, being proud of them. Don't forget to tell them: They are GOOD ENOUGH. They are GREAT!

Issues

We understand with everything there can be issues to be worked out.

We ask that you do **NOT** argue with coaches, referees, other parents, and certainly not other youth players.

How to address Issues at AYSO644:

Urgent issues:

- Game Days, go to the building and get help from the staff.
- Weekdays, seek out the professional trainers in bright colored shirts.

Non Urgent issues:

- Go to our website AYSO644.ORG we have a help desk ticket system link where you can submit your issue, or
- Go to our website, click contact us, look for the appropriate person to address your issue and send an email.

Injuries

Unfortunately, injuries are part of the game. If your player is seriously injured, please see below:

AYSO does have Soccer Accident Insurance. For more info, please go here:

<https://aysovolunteers.org/soccer-accident-insurance/>
<https://aysovolunteers.org/wp-content/uploads/2023/07/2023-SAI-Brochure-Overview-rev-7.11.pdf>

If your player is seriously injured during practice or a game please ask your coach to complete an AYSO Incident Report Form.

Note: coaches may carry a small first aid kit.



Prior to the Season

Now: With the DD

- Confirm you are coaching
- Confirm practice Days
- Let DD know if you want an assistant coach.
- Complete Background check and fingerprinting.

August 31st

- Check TeamSnap for team assignments.
- Contact all players using email/phone/TeamSnap.
- Provide info about yourself.
- Let them know your practice days/times.
- Remind them what to bring.
- Hint: Let them know what you may be wearing first practice.



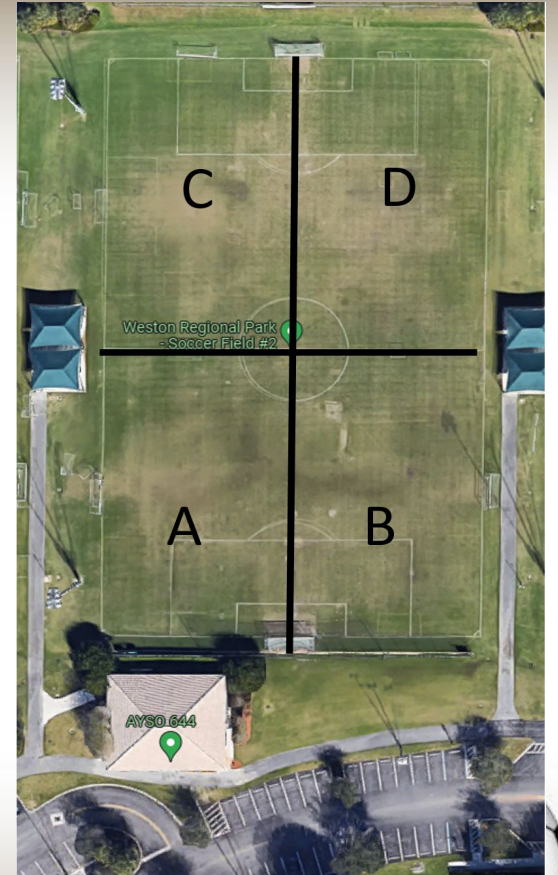
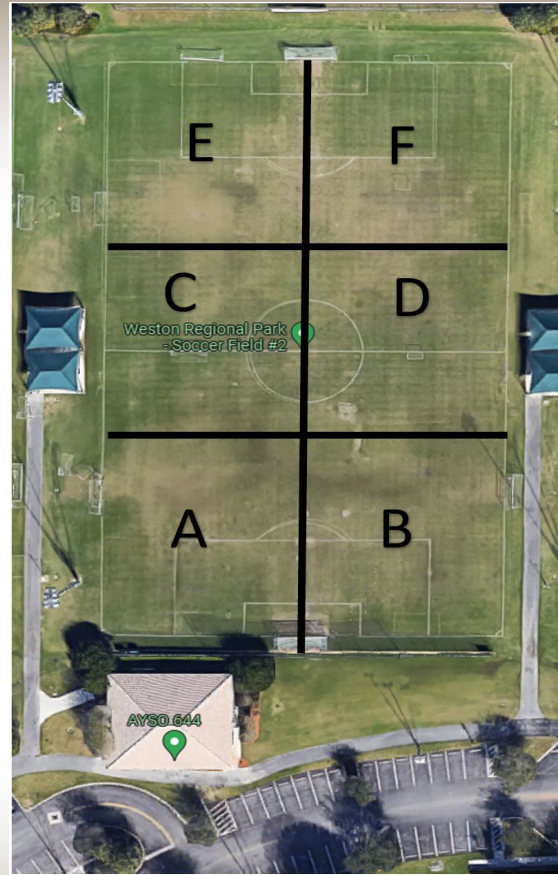
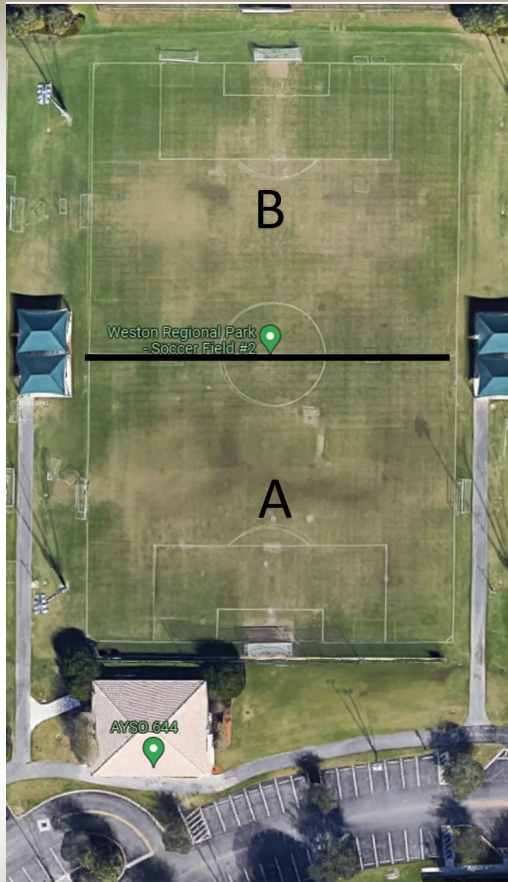
Prior to the Season

Remind them to bring

- Water bottle full
- Cleats for grass
- Athletic clothing
- Soccer ball
 - U5-U8 Size 3
 - U9-U12 Size 4
 - U13-U19 Size 5



Field Layout



During the Season

- Pick up uniforms and Coach Bags.
- Follow AYSO rules. See coaching QC
- **Fill out game cards**
- Coach at practice, manage rosters at games. **Let the Kids Play!**
- Substitutions are during quarter/halftime breaks unless there is an injury or heat issue. AYSO doesn't permit "on the fly" substitutions. (U14 and above is allowed*)
- Only coaches on the team sideline with players.
- The referee is right. Even if you think they are wrong, they are right. Talk to them after the game, don't argue during the match.



During the Season Cont.

- Don't engage frustrated parents/coaches/players immediately after a game UNLESS an emergency. SIMPLE LISTEN.
 - Listen to them then ask them to follow up with an email for any issues or complaints.
 - Follow up with them by email what you determined.
 - Contact the boys or girls coach administrators for any assistance.
 - If there is a referee problem, go directly to the building and get assistance from the referee administrator or others present.
- All players must play 3 quarters before another plays 4. The minimum play time for all players is $\frac{1}{2}$ a game.



During Season Cont.

- For any injuries in your division fill out an incident report and send to the Safety Director as soon as possible.
<https://aysovolunteers.org/incident-report-form/>
- Complete end of year ratings on players. DD will have instructions.

Reminder: For any issues that are not an emergency go to your DD.

Parent QC states:

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After the Season

At the end of the season there is still a little more to do to make the next season that much better and easier.

1. Ensure evaluations are completed.
2. Let your DD know if you are returning next season.
3. Ensure all pictures/medals are picked up.



More Help Needed

Using the QR code provided please indicate if you are interested in any other positions at AYSO644.

- Board Positions
- Division Director
- Event Coordinator
- Webmaster
- More listed on QR code.

