

River City Youth Soccer League

2013 Coach's Handbook



Introduction

The game of soccer is just that--a game. The number one reason (well documented in a number of studies) children participate in soccer is to have fun. If they don't have fun, they will soon quit. It is detrimental to the player if there is too much pressure placed on them too early to achieve a result rather than simply experiencing the sheer joy of a youth game.

Youth soccer is not about how many wins and losses are accumulated. And, it is surely not about how many trophies are collected. Yet, some misguided coaches think just the opposite. Most people would agree; children do not think like adults. Then why do we expect them to play like adults? Proper soccer development means children playing age appropriate activities, so they are able to experience, comprehend, and execute the game as it relates to where they are in their cognitive development.

It is about playing all the different positions on the team, so the player learns all the skills necessary to develop in the game. It's about receiving equal playing time, so the players are all given equal opportunity to learn. It's about learning the techniques of the game through a variety of fun games where players have as much contact with a ball as possible and learn at their own rate.

RCYSL wants you to respect the game of soccer, respect the players, the opponents, the referee, and the parents. Go about your teachings in a thorough, positive, yet humble manner. Players should come out of their experience with the coach as better people and better citizens, not just better soccer players. So please take the responsibility of instructing RCYSL impressionable youth with a great deal of care and joy. And, enjoy the handbook in the manner it is intended.

Planning for the Season

Parent Orientation Meeting

All Coaches are encouraged to establish effective lines of communication with the team parents early in the season by holding a parent orientation meeting. This may take the form of a casual discussion in your living room, or it could be combined with a team outing or picnic. Whatever the format, the time you invest will pay dividends for all concerned throughout the season. If a meeting is impossible, then the following information could be put in a letter to parents/players. But, a face-to-face meeting is preferred.

Purpose of a Parent Orientation Meeting

- Enables parents to understand the objectives of the team.
- Allows parents to become acquainted with you, the coach.
- Inform parents about the nature (and inherent risks) of the sport.
- Articulate your expectations of them and of their children.
- Enables you to address any parents' concerns.
- Establishes clear lines of communication between you, parents, and players.
- Allows you to obtain parental support.

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Things to Consider When Organizing the Meeting

- Hold it early in the season, preferably before the first team practice.
- Having the players present is optional. However, if they are not present then it is advisable to hold a meeting with your players and clearly explain to them what you explained to the parents.
- Be prepared and be organized to conduct the meeting efficiently.
- Prepare any handouts you would like to distribute, for example:
 1. Team roster
 2. Schedule of practice and games
 3. Club rules
 4. Team goals/rules
 5. Summary or outline of the meeting

Important Points to Cover

Coach introduction:

- Introduce yourself and assistant coaches (or ask for volunteers at this time).
- Give background information about yourself (why you are coaching, experience).

Coaching philosophy

- Discuss the value of the sport and the health benefits to the children.
- Discuss the philosophy of age appropriate activities.
- State the importance you assign to having fun and developing technique.
- State how you evaluate player development through skills, and not winning.
- Discuss any team rules and guidelines (e.g., must be there 30 min. before kickoff).
- Let them know that all players will receive equal playing time.

Team Management

- Select volunteers as assistant coaches.
- Appoint parents to assist with team duties (snack schedule, help with nets/flags).
- Set up telephone tree and /or car-pooling system.

Good Luck, enjoy, and have a great season!!!

RCYSL Rules

This is intended solely as a quick reference guide to some of the RCYSL Rules and Regulations. Each Coach is encouraged to read (even print out) the entire Rules and Regulations of RCYSL from the web site. Ignorance of the rules is not an acceptable defense for anyone violating these rules.

PRE-GAME PROCEDURES

(1) SCHEDULES

- Games are to be played at the field location (home team) indicated on the schedule, unless both coaches agree to schedule the game at a different site. Home team is listed first.
- Games are to be played as scheduled. Coaches must follow guidelines for postponements, and make-up criteria.
- It is the responsibility of the home coach to contact the visiting coach if they are playing a Club which has multiple field locations to confirm the location for their game.
- Field Directions can be found on the RCYSL website.
- In an extraordinary situation and with a pre-game approval from the teams Club Manager, another coach from the same club may use their coach's pass to coach another team

(2) TEAM RESPONSIBILITY

- Home team shall ensure all goals are anchored securely.
- Home team shall have goal nets and corner flags in place.
- Home team shall change uniform colors if there is a conflict with colors of the visiting team as determined by the Referee.

- Home team shall provide a playing field with distinctive lines.
- Home team is responsible for providing a correctly sized field.
- Coaches shall set the example for game conduct with a positive attitude in both verbal and body language. The coach's respect for the game and the officials sets the example for the players and spectators.
- Players will wear their jerseys tucked into their shorts; socks pulled up over the shin guards and an overall neat appearance. Shin guards are required for all players.
- Coaches shall remind parents and spectators to set the example of sportsman like conduct for the children in both speech and behavior.

(3) PLAYER PASSES, ROSTERS AND GAME REPORTS

- RCYSL Game & Referee Report must be filled out completely by the home team coach when presented to the referee prior to the game.
- A laminated, valid player pass, coaches' pass, with identifying picture must be presented to the referee prior to the game whose name appears on the game roster (exception U6 teams). This includes the seeding tournament. **No Pass! No Play!**
- Any coach challenging a player must: 1) verbally notify the referee prior to the game; and 2) provide written notice to the appropriate representative within 24 hours. The RCYSL Board shall oversee such a challenge.
- All coaches/team officials present in the technical area must present a valid laminated RCYSL pass for the participating team, including an identifying picture.

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GAME OFFICIALS

- Home team must provide the center referee (s) and/or two assistant referees. Assistant Referees (Linesmen) may be parents of players on the participating teams. Referee Fees will be paid by the home team (or Club).
- For the U19 age group, the center official must be a minimum of 18 years of age. For the U16 age group, the center Referee must be a minimum of 18 years of age. The Club should follow RCYSL guidelines for all other age groups.
- In the event a Club cannot provide the center Referee in accordance with section 3:04:04 then the visiting coach must choose one of the following options:
 1. Play the game with the center Referee provided by the host Club.
 2. Reschedule the game.
- In the event that no game officials arrive, coaches have the option to find a qualified person (must have required documentation required by league on file) to officiate, and the game will stand as scheduled.
- The home team is responsible to provide the Game Ball to the Referee.

THE GAME

Age Group Ball Size

- U6 # 3
- U8 # 3
- U10 & U12 #4
- U14 and above #5

Number of Players; on the field min. on the field

- | | | |
|-------|----|---|
| • U6 | 5 | 3 |
| • U8 | 7 | 4 |
| • U10 | 9 | 5 |
| • U12 | 11 | 7 |
| • U14 | 11 | 7 |
| • U16 | 11 | 7 |
| • U19 | 11 | 7 |

If a coach can not field a full compliment of players, the opposing coach may make adjustments or play with a full compliment of players.

Age Group; Duration of Game & halftime

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|-----|---------------------------------------|
| U6 | 2 X 20 minute halves; break 5 minutes |
| U8 | 2 X 20 minute halves; break 5 minutes |
| U10 | 2 x 25 minute halves; break 5 minutes |
| U12 | 2 x 30 minute halves; break 5 minutes |
| U14 | 2 x 35 minute halves; break 5 minutes |
| U16 | 2 X 40 minute halves; break 5 minutes |
| U19 | 2 X 45 minute halves; break 5 minutes |

U6 & U8 games; a break of one (1) minute is given at the midway point of the first and second half. This will allow for the coaches to make the necessary substitutions.

Game Delay

If a team fails to appear within 15-minutes of the scheduled game time, the game shall be terminated. The team that fails to appear is responsible for rescheduling, and Referee fees.

A game may start with the minimum number of players. After the start of the game, players may be added with the permission with of the referee

Substitutions

Unlimited substitutions may be made at the discretion of the referee at the following times:

- Before a throw in favor of your team
- Prior to a goal kick by either team
- After a goal is scored by either team
- At halftime
- On an injury time out by either team (the injured player(s) only or an equal number of players on opposing team)

(Please note that the rules state that if a coach is called onto the field by the referee to assist an injured player, that player must be substituted for at the time, including the goal keeper.) A Player receiving a caution (yellow card), may be substituted to allow "cool down" in order to avoid an escalation of behavior.

Playing Time

Each Player will play a minimum one (1) half of each game. A coach may play a player less than half for health or disciplinary reasons. Coaches playing a player for less than half of a game must be prepared to document the reason if the opposing coach protests.

Goalkeeper

In U8 divisions, no individual player should play the position of goal keeper in any game for more than half (1/2) of the game.

5-Goal Differential

It is the responsibility of the winning coach to do everything in his/her power to control the goal differential. When the goal differential reaches five (5) goals, the coach that is ahead has the option to pull one (1) player from the field of play. If the score continues to climb, the coach that is ahead is expected to place additional restrictions on his/her team (i.e., additional players removed, restrictions on attacking players or shots taken outside of penalty area only, etc.). If the losing team begins to diminish the five (5) goal differential, the coach that is ahead must make appropriate adjustments. In no cases, shall this recommendation require a team to play with less than the minimum number of players required for a game for the age group.

Special Rules for U8; Offside

Offside is generally not called unless in the opinion of the referee a player is being coached or remaining in an offside position to gain an advantage of a scoring opportunity. A restart shall be awarded to the opponent with an indirect kick.

Match Report

Any individual attending a match may submit a Match Report concerning the game, the participants, the official, or others in attendance.

The completed form is forwarded to the individual's Club Manager, or to a League official for the appropriate action. The Match Report form may be downloaded from the RCYSL website.

Any hosting club that fails to provide the required Referee in the proper attire at the scheduled game time should be reported on a Match Report form. The Match Report form should be sent to the League Referee Coordinator within 24 hours. The League may impose a fine upon the host club for each offence unless the offense was due to circumstances completely beyond the control of the club.

Game Card

The referee shall allow each coach to make written comments on the game card at the conclusion of each game. He/she must include the name and phone number for each coach making the written comments

Rules of play

The rules of play for all games in RCYSL shall be the most recent edition of USFF Laws of the Game as modified by California Youth Soccer Association (CYSA) & RCYSL.

Referees and coaches are not allowed to modify, or ignore any of the rules. Any referee or coach who does not follow the rules will be reported to the appropriate Club Manager, noted on the game card, and Match Report Form.

Referee decisions that are purely judgmental (i.e. was the ball in or out, was the hand intentional, etc.) may not be protested.

1) Modified rules for U6 & U8 shall be as follows:

The field of play:

- Field of play; U6 35 yards maximum width
 40 yards maximum length
- Field of play U8 35 to 40 yards maximum width
 65 to 70 yards maximum length
- Goal size (U6) Pugg nets 4X6
 6 feet high X 15 feet wide
- Goal Size (U8) 6 feet high X 15 feet wide
 7 feet high X 18 feet wide
- Penalty Area At the discretion of each club
- Center Circle 12 yards diameter
- Goal Area 6 yards from each Goal Post, and
 six (6) yards out

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Indirect Free Kick

- All free kicks shall be taken as an Indirect Free Kick. A goal may not be scored until the ball has been played, or touched by a second player of either team.

Penalty Kicks

- No penalty kicks shall be taken

Slide Tackling

- Slide tackling shall not be allowed. The penalty will be an indirect free kick from the point of infraction.

Goal Keeper

- One player may be a goalkeeper. (exception are clubs; Sierra Oaks, Arden Park, and Saint Ignatius)

Repeat Throw-In

- A repeat throw-in may be granted at the discretion of the referee to a player after an explanation.

Offside

- This is not generally called unless in the opinion of the Referee a player is being coached to be in the offside position, or is remaining in the offside position in order to gain the advantage of a scoring opportunity

Our U6 players

RCYSL philosophy is to make every child soccer experience a positive one. RCYSL is here for the children and their development as soccer players. Every child must play 50% of every game and each player should experience every position on the field throughout the season. We also stress to coaches that they try to make everything fun based from training sessions to games.

RCYSL is not concerned with results, and no score or record should be taken at this age group. If your team is dominating another, please try to rotate your players in order to stop your team running up a score.

To follow the RCYSL philosophy, we recommend that before you hold a practice session, hold a team meeting and explain to parents your goals for the season as well as what you are trying to achieve.

At RCYSL, we believe training sessions at this age group should take place once, too twice a week, and last for roughly one hour. This should be enough time to hold a training session, which will keep the concentration of the players while enabling you to focus on a specific skill. If you plan correctly, the time allotted should allow for a warm up, at least two drills, and a small-sided game (if needed),

