



ABOUT AYSO

AYSO's **Vision** is to provide world class youth soccer programs that enrich children's lives.

AYSO's **Mission** is to develop and deliver quality youth soccer programs which promote a fun, family environment based on AYSO's Six Philosophies:

Everyone Plays TM

Our program's goal is for kids to play soccer so we mandate that every player on every team must play at least 50 percent of every game. It no fun to spend the game on the bench...and that's no way to learn soccer!

Balanced Teams

Each year we form new teams as evenly balanced as possible because it's more fun and a better learning experience when teams of similar ability play. It allows for each player to gain the experience of a wide variety of teammates of different skill levels.

Open Registration

Our program is open to all children between 3 and 18 years of age who want to register and play soccer. Interest and enthusiasm are the only criteria for playing. There are no elimination try-outs and nobody gets cut.

Positive Coaching

Encouragement of player effort provides for greater enjoyment for the players and leads to better skilled and better motivated players. A coach can be one of the most influential people in a child's life, so AYSO requires they create a positive experience for every boy and girl.

Good Sportsmanship

We strive to create a positive environment based on mutual respect rather than a win-at-all-costs attitude, and our program is designed to instill good sportsmanship in every facet of AYSO.

Player Development

We believe that all players should be able to develop their soccer skills and knowledge to the best of their abilities, both individually and as members of a team, in order to maximize their enjoyment of the game.



AYSO KID ZONE

In AYSO, we want all players, coaches, families, and volunteers to have fun. That's where Kids Zone comes in. Kids Zone is a program that encourages fans on the sidelines and anyone else near the fields to use positive language, show good sportsmanship in their attitude and behavior, and create a great experience for every player. It's a reminder that the soccer fields are a kid's zone - a friendly, happy, wholesome place for children to play.

As coaches and team parents, you can help create a positive team environment both on and off the field. Kids Zone is about supporting every child on the field - even those on the opposing team. It means supporting players whether they win or lose. It means honoring the game - not the outcome of the game.

It means holding the rest of your team's parents to the same high standards. With the Kids Zone Pledge (see reverse), you inform and hold accountable parents and spectators on your team of the following guidelines:

Kids are Number 1

Fun, not winning, is everything.

Fans only cheer, and only coaches coach.

No yelling in anger.

Respect the volunteer referees.

No swearing or abusive language.

No alcohol, tobacco, or drugs

No weapons

Leave no trash behind.

Set a proper example of sportsmanship

Remember, respect starts with you!



Kids Zone Parent Pledge

Please read, initial each item, sign at the end, and return to the coach or the appropriate AYSO volunteer.

1. I understand that I, or another responsible adult, am required to stay during practices and games. Each coach is responsible for many children on the field and it is unfair to ask him/her to monitor my child's water breaks and sideline activity. Being present shows respect for the coach and it tells my child that he/she is my top priority.

2. I understand that the top three reasons kids play sports are to have fun, make new friends and learn new skills. I understand that the game is for the kids, and I will encourage my child to have fun and keep sport in its proper perspective. I understand that athletes do their best when they are emotionally healthy, so I will be positive and supportive. _____
3. I will redefine what it is to be a "Winner" in my conversations with my child. Winners are people who make the maximum effort, continue to learn and improve, and do not let mistakes, or fear of making mistakes, discourage them. I understand that mistakes are an inevitable part of any game and that people learn from their mistakes. I understand that all children are born with different abilities and that the true measure of success is not how my child compares to others, but how he/she is doing in comparison to his/her best self. _____
4. I will "Honor the Game." I understand the importance of setting a good example of sportsmanship for my child. I will show respect for all involved in the game including coaches, players, opponents, opposing fans, and referees. I understand that officials, coaches, and players make mistakes. If the referee or coach makes a call I do not agree with, I will refrain from questioning, insulting or making personal attacks against him or her.

5. I understand that games can be exciting for my child as he/she deals with the fast-paced action of the game, responds to opponents, referees, teammates, and listens to coaches. I will not yell out instructions. During the game, I will make only sportsmanlike comments that encourage my child and other players on both teams.

6. I will not make negative comments about the game, coaches, referees or teammates in my child's presence. This sets a bad example, which can negatively influence my child's motivation and overall experience. I agree to act in a sportsmanlike manner and make every effort to foster a friendly and nonviolent atmosphere. _____

I agree to honor the AYSO Parent Pledge in my words and actions.

Parent Signature

Print Child's Name

Why Small-Sided Games?

What are small-sided games?

These are games with fewer players competing on a smaller sized field. These are fun games that involve the players more because fewer players are sharing one ball.

Physical:

- More touches on the ball
- More quality: easier to understand movement of ball, team-mates and opponents
- High energy games

Helps Coaches To:

- Keep ALL players engaged & moving
- Emphasize the Fundamentals
- Incorporate a progression of skill development for EVERY player

Tactical:

- Spatial awareness
- Defending in small groups
- Attacking in small groups
- Transition
- Provides more opportunities to both understand the game and make decisions

Touches per Game Study (U10 boys)

11 vs. 11
22 touches in 60 minutes Average (.37 touches per minute)

4 vs. 4
205 touches in 48 minutes Average (4.3 touches per minute)

Psychological:

- Small sided games follow the “game based training” model
- The “game based training” model keeps players engaged throughout the game
- A key philosophy in small sided games is that the players can compete **and** have fun
- Fun is one of the main reasons why children participate in sports

From FIFA.com

- On average, in four-a-side football goals are scored every two minutes, and in seven-sided games every four minutes.
- The ball is out of play for 8% of the playing time in four-a-side football, 14% of the playing time in seven-sided games and 34% in 11-a-side football

What if??

Adult 11v11

- The height of the goal is 12 feet high and 32 feet wide
- Regulation pitch dimensions is at a minimum of 165 yards x 124 yards
- The penalty box is 24 yards instead of 18 yards
- Penalty kicks are taken from 16 yards away

“Kids football is all about the individual loving the game: dribbling and shooting, playing games and scoring goals, experimenting and copying. It is very simple and lots of fun. Adult football is all about the team and results. It is physical, tactical, complicated and very serious.”

Tom Statham – Manchester United Academy



8U Important Division Facts

8U Division Guidelines

Age Guidelines- birth years 2011 and 2012

Field Size- approx. 25yds by 35 yds

Practice Time- 60 minutes, once per week

Game Time- four 10 minute quarters, 5 minute half time

Roster Size- 7-8 players per team

Players on the Field- 5v5, other players subbed on sideline

Games per Season- 9-10

Equipment- size 3 ball, shin guards, cleats

Rule Modifications:

- No Goalkeepers
- Goal kicks: Ball to be placed 1 yard in front of the goal
- No slide tackling
- No heading the ball - penalty will be a throw in for the opposing team
- Build Out Line

Coaching Modifications:

- All players must be played for half of the game (that they are present for).
- Coaches should give every player 3 quarters of playing time before giving any player a 4th quarter of playing time.

Referee Modifications:

No carding players allowed. Each team will provide a referee for one half of the game

Typical Team Expectations:

- All families divide the cost of a banner (approx. \$80 per team). Some teams also have team hair bows
- Families chip in for a team party (pizza place, park, Chuck E Cheese) at the end of the season, if Goal Can money does not cover the expense. Additional team get-togethers at beginning or mid-point of season optional.
- Every family is expected and required to volunteer during the season. Volunteer responsibilities include coaching, team parent, refereeing, field painting, and snack shack shift



10U Important Division Facts

10U Division Guidelines

Age Guidelines- birth years 2009 and 2010

Field Size- approx. 25yds by 50 yds

Practice Time- 90 minutes, twice per week

Game Time- two 25 minute halves, substitution in the middle of each half, 5 minute half time

Roster Size- 9-10 players per team

Players on the Field- 7v7, other players subbed on sideline

Games per Season- 9-10

Equipment- size 4 ball, shin guards, cleats

Rule Modifications:

- No slide tackling
- No heading the ball - penalty will be an indirect free kick for the opposing team

Coaching Modifications:

- All players must be played for half of the game (that they are present for).
- Coaches should give every player 3 quarters of playing time before giving any player a 4th quarter of playing time.

Typical Team Expectations:

- All families divide the cost of a banner (approx. \$80 per team). Some teams also have team hair bows
- Families chip in for a team party (pizza place, park, Chuck E Cheese) at the end of the season, if money from the Goal Can does not cover expense. Additional team get-togethers at beginning or mid-point of season optional
- Every family is expected and required to volunteer during the season. Volunteer responsibilities include coaching, team parent, refereeing, field painting, and snack shack shift.



12U Important Division Facts

12U Division Guidelines

Age Guidelines- birth years 2007 and 2008

Field Size- approx. 45yds by 70 yds

Practice Time- 90 minutes, twice per week

Game Time- two 30 minute halves, substitution in the middle of each half, 5 minute half time

Roster Size- 12-13 players per team

Players on the Field- 9v9, other players subbed on sideline

Games per Season- 9-10

Equipment- size 4 ball, shin guards, cleats

Rule Modifications:

-No heading the ball - penalty will be an indirect free kick for the opposing team

Coaching Modifications:

-All players must be played for half of the game (that they are present for).

-Coaches should give every player 3 quarters of playing time before giving any player a 4th quarter of playing time.

Typical Team Expectations:

-All families divide the cost of a banner (approx. \$80 per team). Some teams also have team hair bows

-Families chip in for a team party (pizza place, park, Chuck E Cheese) at the end of the season, if money from the Goal Can does not cover expense. Additional team get-togethers at beginning or mid-point of season optional

-Every family is expected and required to volunteer during the season. Volunteer responsibilities include coaching, team parent, refereeing, field painting, and snack shack shift.



14U Important Division Facts

14U Division Guidelines

Age Guidelines- birth years 2005 and 2006

Field Size- approx. 45yds by 70 yds

Practice Time- 90 minutes, twice per week

Game Time- two 35 minute halves, substitution in the middle of each half, 5 minute half time

Roster Size- 13-15 players per team

Players on the Field- 11v11, other players subbed on sideline

Games per Season- 9-10

Equipment- size 5 ball, shin guards, cleats

Coaching Modifications:

-All players must be played for half of the game (that they are present for).

-Coaches should give every player 3 quarters of playing time before giving any player a 4th quarter of playing time.

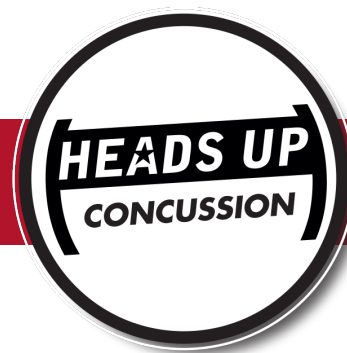
Typical Team Expectations:

-All families divide the cost of a banner (approx. \$80 per team), if players desire.

-Families chip in for a team party (pizza place, park, SkyZone) at the end of the season, if money from the Goal Can does not cover expense. Additional team get-togethers at beginning or mid-point of season optional

-Every family is expected and required to volunteer during the season. Volunteer responsibilities include coaching, team parent, refereeing, field painting, and snack shack shift.

HEADS UP CONCUSSION ACTION PLAN



IF YOU SUSPECT THAT AN ATHLETE HAS A CONCUSSION, YOU SHOULD TAKE THE FOLLOWING STEPS:

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by a health care professional experienced in evaluating for concussion. Do not try to judge the seriousness of the injury yourself.
3. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
4. Keep the athlete out of play the day of the injury. An athlete should only return to play with permission from a health care professional, who is experienced in evaluating for concussion.

▶ **"IT'S BETTER TO MISS ONE GAME, THAN THE WHOLE SEASON."**



CONCUSSION SIGNS AND SYMPTOMS

Athletes who experience one or more of the signs and symptoms listed below after a bump, blow, or jolt to the head or body may have a concussion.

SYMPTOMS REPORTED BY ATHLETE

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

SIGNS OBSERVED BY COACHING STAFF

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall



AYSO REGION 94

JOIN THE CONVERSATION AT www.facebook.com/CDCHeadsUp

HEADS UP

TO LEARN MORE GO TO >> WWW.CDC.GOV/CONCUSSION



SUN & HEAT SAFETY

SUN SAFETY

Cover Up: Kids need to escape the sun. Bring an EZ-UP or ask another parent to bring one to games so substituted players can stay out of the sun. Remember to wear a hat and sunscreen while coaching/spectating.

Use Sunscreen Consistently: Select an SPF of 30 or higher to prevent sunburn. Remind players to always have sunscreen.

HYDRATION

If you feel thirsty, dehydration has already begun. Watch for these signs of dehydration in your players:

- Dry mouth
- Decrease in energy
- Cramps
- Headache
- Nausea

To Avoid Dehydration

- **Drink early** - about 2 hours before exercise. Remind players to drink extra bottles of water the day before a game and continue hydrating the morning of.
- **Drink often** - continually sip fluids rather than gulp them down. Give players plenty of water breaks during practice and pre-game.
- **Drink after** - post-exercise hydration gets fluid levels back to normal. Instruct families bringing game-day snacks to bring a bottle of water or Gatorade for every player post-game.

HEAT-RELATED ILLNESS

Make sure your team personnel and parents know the signs of heat-related illness. The smaller a player is, the less time in the heat they need to get overheated and dehydrated.

What causes Heat-Related Illness?

- Previous HRI, hot weather, high humidity, sunburn, dehydration, poor circulation, illness, drugs and medications.

Heat Cramps

- Heat cramps are muscle pain or spasms in the abdomen, arms or legs after strenuous activity.

Heat Exhaustion

- Symptoms may include headache, feeling faint or dizzy, nausea, fatigue, heat cramps. Individual feels cool, clammy and damp to touch.
- Move to cool area and shield from sun or heat. Give small sips of cool liquids.
- Loosen restrictive clothing, apply cool cloth to skin or spray with cool water/mist. Immerse in cool/ice water or apply ice to neck, armpit & groin areas.

Heat Stroke

- Individual feels hot and dry to touch, may no longer perspire.
- If body temperature rises above 102 degrees, fainting, confusion or seizures can occur.



Gear Guidelines

What We Provide

- **Uniform:** each player will receive, as part of a team set, a jersey, shorts, and socks for game day. Parents are responsible for providing additional, appropriate practice clothes.
- **Water Bottle:** each player will receive, at picture day, a region water bottle which can be filled with ice water at the Snack Shack on Saturdays, free of charge. The snack shack is not open during practice and parents are responsible for bringing plenty of water for their player.
- **Team Equipment:** each team receives 3 balls sized for their division, 15 cones, a mesh ball net, a basic first aid kit, and a whistle for the coach.
- **Pictures and Yearbook:** towards the end of the season, each player will receive a picture package that includes individual and team photos and a region yearbook. More information will be provided at the Team Parent Meeting.

What Parents Provide

Soccer doesn't require a lot of gear for each player other than shin guards and cleats, but it's a good idea to give some thought to all of these important pieces of equipment before you play:

- **Soccer cleats:** Shoes with screw-in or metal cleats are not allowed in AYSO. Cleats should be soccer specific, with plastic molded cleats on the shoe bottom.
- **SHIN GUARDS:** A good shin guard will mold to the shin, end just below the knee, and fit snugly around the ankle bone. Youth players wearing last season's shin guards may find it's time for a larger size.
- **Soccer socks:** These are meant to hold shin guards securely in place and should be worn anytime you practice or play. Socks should be long enough to cover the entire shin guard.
- **Jewelry:** If players have any piercings or jewelry, be sure they remove them before playing. Earrings can pierce the skin if they get hit with the ball or by another player. Bracelets or necklaces can become tangled in another player's uniform.
- **Soccer ball:** Each player will need a soccer ball to use at practice and to play with at home. 6U and 8U players use a size 3 ball, 10U and 12U uses size 4, and 14U&up use a size 5.



TEAM RESPONSIBILITIES FALL 2018

COACH

Plans and leads practices and games. Must complete volunteer form at www.ayso94.org and Safe Haven & CDC Concussion certification and age-appropriate coach training.

ASSISTANT COACH

Assist coach during practices and games as needed. Must complete volunteer form at www.ayso94.org and Safe Haven & CDC Concussion certification. Coach Training is optional but encouraged.

TEAM PARENT

Assist coach with organization of team; Coordinates snack schedule, banner, one-liners, parties, etc. Must complete volunteer form at www.ayso94.org and Safe Haven certification. (Responsibilities may be split amongst a group of team parents)

REFEREE (8U-19U TEAMS)

Teams must complete a minimum number of ref points during the regular season (varies by division). Ref points affect final standings and playoff eligibility. Must complete volunteer form at www.ayso94.org, Safe Haven & CDC Concussion certification. Regional Referee Training required.

FIELD PAINTING

Work assigned shift on one Friday during the regular season. Arrive at 4:30 p.m. No experience is necessary, we will train you. Wear old shoes and clothes. Volunteers must be 18 years old and distraction free during shift.

SNACK SHACK

Work assigned 3-hour shift on one Saturday during the regular season in the snack shack (shift will be scheduled around team's game schedule). At least one volunteer should be able to grill. Volunteers must be at least 16 years old.

FIELD SET-UP/TEAR-DOWN

Teams playing the first game of the day are responsible for setting up the field (goals/nets, flags, etc.). Teams playing the final game of the day on that field are responsible for field tear-down.

BANNER PARENT*

Coordinates purchase of banner as well as brings to games to display on sideline.

PARTY PARENT*

Plans any parties during the season and the end of the season party.

SNACK PARENT*

Coordinates team snack schedule and reminds the family responsible for bringing snacks each week.

*Optional roles



TEAM REFEREE REQUIREMENTS FALL 2018

8U TEAMS

8U teams shall provide one registered volunteer with Safe Haven for each game played; home team will officiate the first half and visiting team the second half. Teams that complete their game assignment, snack shack and field painting hours will be eligible for a reimbursement of up to \$50 in team expenses (receipt required).

10U - 12U - 14U - 16U - 19U TEAMS

10U - 19U divisions may earn up to 3 ref points each week, one ref point per referee. Teams may earn two ref points by signing up early and a third point on Saturday sign up, as available. These points will be added to points earned through game play to determine team standings. The top two teams will represent Region 94 in Area playoffs (teams must provide referees).

Minimum amount of Referee points are required to qualify for AYSO Region 94 post season playoffs:

- 17 ref points for 10U & 12U divisions (10 points for teams traveling for Area play during the regular season)
- 10 points for 14U - 16U - 19U divisions
- The maximum ref points available to one team is 23
- Any team unable to complete their point total may not participate in future playoffs/tournaments.

EXTRA TEAMS

A minimum of 14 Referee points are required, teams may earn up to 3 points per home game, one ref point per referee. Any team unable to complete their point total will not be allowed to participate in future Tournaments.

POST SEASON PLAYOFF REFEREE REQUIREMENTS

Teams qualifying to play in our post season playoffs shall provide two referee points per game played; point verification will only be obtained from the game card with the signature and team number documented by the participating referees.

Any team failing to provide the required referee points will result in their game being forfeited.

ADDITIONAL INFORMATION

In the unlikely event there are more referees available than referee slots, the referee administrator shall be allowed to award the referee point to a team by assigning the representing referee to another job.

The overall intent is to share the responsibility among each team/parent. Region 94 is a volunteer organization. Our motto is to create a fair, fun, and safe environment. Remember participation should not only be a priority, but our commitment to make AYSO Region 94 the best we can be.



WHY SHOULD I REFEREE?

Imagine you show up for your kid's soccer game, but there are NO REFEREES? Everybody goes home very disappointed. Could it happen? Yes it could. The American Youth Soccer Organization (AYSO) is an ALL VOLUNTEER organization. As such, we rely on YOU to volunteer to put together a comprehensive program for our kids. Referees are one of the cornerstones of AYSO.

We will TRAIN you to be a referee. We will even give you a stylish uniform! You will then be able to enjoy the game much more because you will now understand it. You will also be helping your team by getting them "referee points".

QUESTION: Can kids referee?

Answer: Yes they can! You just have to be 12 years old to be a youth referee. It's a great way for a kid to learn the game even better! And it counts for community service hours for high school kids!

THE USUAL EXCUSES not to referee:

I'm busy.

Answer: So am I. So are we. So are the coaches. So are the team parents. So are the field coordinators. So are the Snack Shack volunteers, Etc.

It's hard to schedule around my kid's game.

Answer: Same for everyone!

Someone else will do it.

Answer: If everyone thought that way, no one would do it.

I don't know anything about soccer.

Answer: Neither did I. You don't have to know anything. We train!

HOW TO BECOME A REFEREE

Sign up at www.ayso94.org (select the division you wish to volunteer for)

Complete training and certifications

Safe Haven (part of Regional Referee Training if not completed previously)

CDC Concussion Certification

Regional Referee Course (August 26 or September 9)



TEAM MEETING

WHY HAVE A TEAM MEETING?

Team Meetings at the beginning of the season are important because it gives you a chance to meet the players on your team and their families and to take care of some "business" before practices and games begin. You can discuss expectations, team volunteer responsibilities, and pass along other important information for the season.

A SAMPLE AGENDA

Introductions

Dates to Note

Picture Day - August 18

Practice & Games - Day/Time/Location

First Games (varies by division)

Goals for the Season

Parent Involvement

Snacks

Team Volunteer Responsibilities Form

Gear Requirements & Game Day Packing List

Select Team Name & Banner Design