



Hill Country Youth Soccer Association

Coach Orientation

Fall 2021



Welcome

Fall 2021 Coach Orientation

Sign in

- ▶ update contact information

Pick up

- ▶ coach packet
- ▶ lesson plan (5U/6U only)
- ▶ first aid kit
- ▶ hand sanitizer
- ▶ ball pump



Powerpoint

This presentation will be posted on the Coaches page.

We will cover the expectations, general guidelines, and procedures for HCYSA.

We will not cover every rule or coaching technique for your division. More detailed information will be covered in the live coach training and is also available online.

Please ask questions.



Parent, Team Meetings

Each coach needs to have a meeting with his parents. You can have this at the fields before your first practice.

As we go through the presentation today, make a note of the information you want to include.



Who is HCYSA?

- ▶ Founded in 1983 and has been serving the communities in the Hill Country for 38 Years.
- ▶ Parent organization is the American Youth Soccer Association (AYSO) founded in 1964.
- ▶ Governance and structure are mandated by AYSO and the US Soccer Federation.
- ▶ Made up of volunteers who want to bring soccer to the families of the Hill Country.
- ▶ Trained and certified by AYSO, and the US Soccer Federation.
- ▶ Certified by the National Council for Accreditation of Coaching Education (NCACE)



AYSO's Philosophies



▶ Everyone Plays

- ▶ Everyone plays at least 50% of the game. It's not fun sitting on the bench and that's no way to learn soccer

▶ Balanced Teams

- ▶ Teams are balanced using age at the beginning of the season, years experience, and previous ratings
- ▶ Balanced teams are more fun and a better learning experience when teams are of similar playing ability.
- ▶ Allows players to gain the experience of a wide variety of teammates of different skill levels

▶ Open Registration

- ▶ Interest and enthusiasm are the only criteria for playing.
- ▶ There are no tryouts and nobody gets cut.



AYSO's Philosophies



- ▶ Positive Coaching
 - ▶ A coach can be one of the most influential people in a child's life
 - ▶ Encouragement of a player's effort provides for great enjoyment for the players and leads to better-skilled and better-motivated players
- ▶ Good Sportsmanship
 - ▶ Create a positive environment based on mutual respect rather than win-at-all-costs attitude
- ▶ Player Development
 - ▶ Everyone 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



What Does It Mean To Be An AYSO Volunteer?

- ▶ Make every game a Kids Zone
 - ▶ Appropriate sideline behavior to promote a **fun**, safe, family-friendly environment
- ▶ Player **safety** is #1 priority on the field
- ▶ Role model the principles of **good sportsmanship**
- ▶ Do not tolerate abusive behavior



Remember: It's For The Kids!



Becoming An AYSO Coach

- ▶ submit your volunteer form and background screening
 - ▶ complete this in your account
 - ▶ select head or assistant coach for the associated player
 - ▶ background screening is free
- ▶ complete Safe Haven, Concussion, CPR course
 - ▶ online at AYSOU, Online Courses (Safe Haven Courses)
- ▶ attend age-specific coaching course
 - ▶ live course - free; includes a field portion
 - ▶ online at AYSOU - free
- ▶ All the courses taken will appear on your roster and in your account



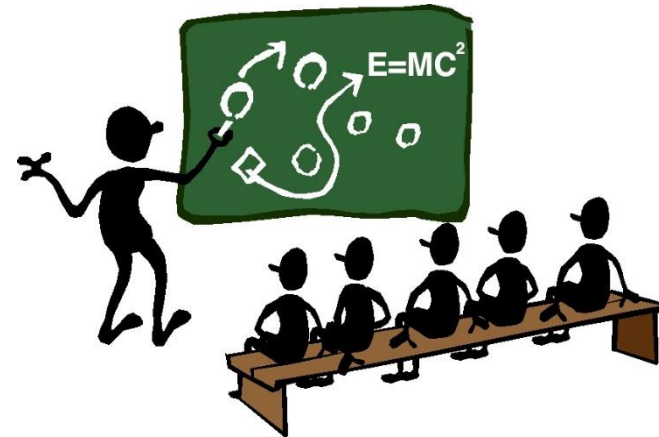
Coach and Referee Clinics

Coach certification training

- ▶ 5U/6U, 8U August 28 9:00 to 12:00
- ▶ 10U, Div 1 August 29 2:00 to 5:00
- ▶ more training will be added if needed

Referee training

- ▶ September 18 9:00 to 12:00



AYSOU



AYSOU

ONLINE LEARNING RESOURCES

[Home](#) [My Courses](#) [Free Content](#) [Live Courses](#) [Resources](#) [Transcripts](#) [eCommerce](#)

- ▶ Login to AYSOU at least once to activate your account
- ▶ All training in AYSOU is free
 - ▶ Go to Online Courses Tab, click on Open for the type of course you want to access
 - ▶ Click on Launch next to the training or EBook Download Site for that course. Trainings have prerequisites and are online only. Ebooks can be download and you can save it. It will have a watermark with your name, username, and date.
- ▶ Online Courses
 - ▶ Safe Haven Course
 - ▶ Concussion Course
 - ▶ Cardiac Arrest
- ▶ In-Person Courses - sign up for free courses taught by instructors in a classroom; must be a registered volunteer to receive credit
- ▶ Certifications - shows all your certifications
- ▶ Resources - FAQs about AYSOU
- ▶ *Note - AYSO is launching a new online instructional platform - EtrainU - will be ready soon



Coaching Resources

www.aysovolunteers.org, Coaching Resources

- ▶ Safe Haven reminders
- ▶ Concussion safety
- ▶ Heat related illness
 - ▶ all players should have personal water bottles
 - ▶ know the signs of heat illness - educate your parents and players
 - ▶ during the hot season, have lots of water breaks and keep



Why Do Kids Hate Soccer?

The Wall Street Journal did a survey. “What do kids dislike the most about soccer?”

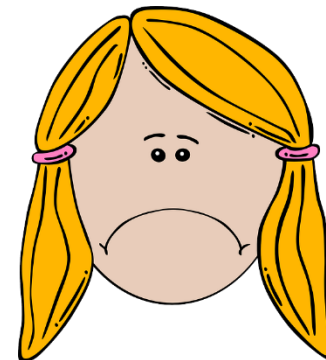
THE RIDE HOME

Parent Do's

- be their biggest fan
- focus on the positive
- let them make mistakes
- encourage goal setting and measure progress

Parent Don'ts

- don't talk about negative things on the ride home
- don't offer excuses
- don't yell instructions during games
- don't criticize refs in front of the kids



COVID-19 Safety Protocols, Parent Meeting

- ▶ There is a mask encouragement for Fall 2021
 - ▶ Spectators should try to socially distance.
 - ▶ Wear a mask if needed.
- ▶ Masks and hand sanitizer are available on the porch.

SAFETY IS EVERYONE'S RESPONSIBILITY



HCYSA website

<http://www.hillcountrysoccer.org/>

We've been using this website since Fall 2017 and it is always being updated.

We try to put everything that families and coaches want on the site so it's accessible whenever they need it.



Encourage your parents to use the website. It should be their first source of information. Parents need to keep their family account up to date. Email is our main source of communication.



The Uniform

- ▶ shirt and socks are provided by HCYSA
- ▶ black shorts and shoes are provided by parents
 - ▶ a shoe library is in the classroom—swap for another pair or pay \$5
- ▶ shin guards are required at all practices and games
 - ▶ wear *inside* the socks
 - ▶ if players forget their shin guards, we have a limited supply for sale
- ▶ in cold weather, additional clothing may be worn *inside* the uniform
- ▶ shirts should be tucked in
- ▶ no names on shirts
- ▶ players keep the uniform after the season is over



Coach Packet

- ▶ Roster, player forms
 - ▶ if your name is not on the roster, then your volunteer application is not complete and you have not been “attached” to your team
 - ▶ if your child was 12U or 13U and is now in Division 1 you need to update your volunteer division
 - ▶ check the medical information box for each player
 - ▶ destroy player forms at the end of the season
- ▶ Game and concession stand schedules
- ▶ Player evaluation form - must be turned in before awards
- ▶ Division guidelines - overview of the rules
- ▶ Insurance, equipment, uniforms
 - ▶ Information on heat-related illness and concussion
 - ▶ all players should have personal water bottles
 - ▶ know the signs of heat illness - educate your parents and players
 - ▶ during the hot season, have lots of water breaks
- ▶ More information is available on the website and on www.aysovolunteers.org



Concession Stand

- ▶ most teams have duty
 - ▶ provide 2 parents
 - ▶ no small children
 - ▶ duty will not conflict with your game
- ▶ proceeds from sales are used in place of a fund raising activity
- ▶ limited hot food sold

Work Time	Week 1
	Sept 25
	5U/6U Boys 10:30
8:30 - 10:00	Longhorns
	8U Boys 10:30
9:30 - 11:00	Cobras
	5U/6U Girls 9:00
10:30 - 12:00	Galaxy



Evaluations

- ▶ List players' first and last names
- ▶ Determine a rating for each field indicated based on each player's ability **WITHIN THEIR DIVISION**. *Do not base ratings on a player's ability within your own team.*
- ▶ Be objective. Your evaluations are very important as they help keep teams balanced.
- ▶ Turn in at the end of the season.

Player Name	A	B	C	D	E	F	G	H	I	J	Total



Team Page

- ▶ only registered volunteers have access to the communication features of the team page
- ▶ use your team page to remind parents of practices, hold discussions, etc.
- ▶ everyone has access to the team page
- ▶ rosters will be posted on September 1
- ▶ game and concession stand schedules are on your team calendar

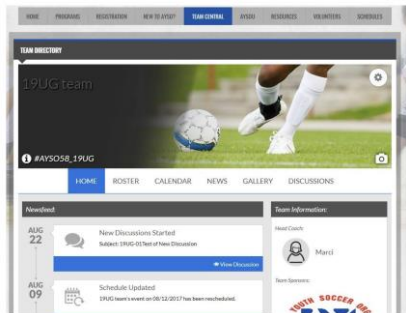


What do I do first?

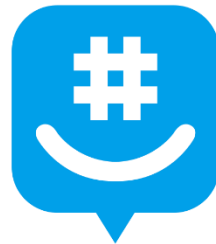
- ▶ Call every player.
- ▶ Set up your first meeting, practice.
- ▶ Contact registrar if you can't contact a player or if a player drops. There are kids on the waiting list. DO NOT play unregistered players.

What Tools can I use to communicate with Parents?

Team Site at HCYSA



GroupMe



Text Messages



Email



Phone



What Do I Do Next?

Before each game

- ▶ prepare your roster - decide who plays when and where
- ▶ pick up game card and weekly notes from the porch
- ▶ first game picks up 2 flags

After each game

- ▶ positive comments, announcements, etc.
- ▶ remind players to get their after-game treat
- ▶ return your game card to the porch
- ▶ last game returns flags

Game Cards

AYSO OFFICIAL LINEUP CARD

REGION _____ AGE GROUP _____ TEAM # _____ DATE _____

TEAM NAME _____ OPPOSING TEAM _____

COACH'S NAME _____ ASST. COACH'S NAME _____

All team players must be listed in order by Jersey #. If absent, indicate reason.

No.	PRINT PLAYERS NAME	Goals Scored	"Otrs." Not Played			
			1	2	3	4

Age Group	Each Half, not to exceed	Duration of the Game, not to exceed	Ball Size
U-19	45 Minutes	90 Minutes	Size 5
U-16	40 Minutes	80 Minutes	Size 5
U-14	35 Minutes	70 Minutes	Size 4
U-12	30 Minutes	60 Minutes	Size 4
U-10	25 Minutes	50 Minutes	Size 3
U-8	20 Minutes (10 min recommended)	40 Minutes (20 min recommended)	Size 3
U-6	20 Minutes (10 min recommended)	40 Minutes (20 min recommended)	Size 3

Reorder #CS004-7 REV 4/04

AYSO OFFICIAL LINEUP CARD

REGION 779 AGE GROUP G10 TEAM # 10202 DATE 9/17/11

TEAM NAME 10202-BLUE OPPOSING TEAM 10201-IVY

COACH'S NAME NAGEL ASST. COACH'S NAME VELASQUEZ

10200 4:05PM CHCP1

All team players must be listed in order by Jersey #. If absent, indicate reason.

No.	PRINT PLAYERS NAME	Goals Scored		"Otrs." Not Played			
		1	2	1	2	3	4
2	PLAYER 1						
3	PLAYER 2						
4	PLAYER 3						
5	PLAYER 4						
6	PLAYER 5	1	11				
7	PLAYER 6						
8	PLAYER 7						
9	PLAYER 8						
10	PLAYER 9 — ABSENT —						

All AYSO games shall be conducted in accordance with the current FIFA Laws of the Game and decisions of the International Board in effect at a date specified by the area director for his/her area (approximately the time of team formation for a given season), with the exceptions detailed in the AYSO National Rules and Regulations.

Referee Game Report

Date _____ Time _____ Field _____ Conditions _____

Home Team/Colors _____ Visiting Team/Colors _____

Halftime Score _____ In Favor Of _____ Final Score _____ Winning Team _____

Record final score and winning team on back (10U, Div 1 only)



Soccerfest

- ▶ Purpose
 - ▶ get back in the swing of things
 - ▶ younger divisions - orientation and FUN
 - ▶ older divisions - gives the coach an opportunity to put players in a variety of positions to evaluate skills
 - ▶ take water breaks as needed
- ▶ Make sure players stay hydrated - hydration begins *before* the game
- ▶ Let players and parents know that the score is not being kept so coaches can “play around” with their roster



When, Where Can I Practice?

- ▶ Practices can be at the sports complex or old fields on Loop 534
- ▶ Length of practices
 - ▶ 5U/6U, 8U - practice before the game beginning at the printed game time; can have one optional practice during the week for 30-45 minutes
 - ▶ 10U, Div 1 - one hour, twice per week
- ▶ Practice on half of a field
- ▶ Limit practice inside the goal area
- ▶ Use areas outside the field for vigorous drills
- ▶ **Email Shirley to reserve a field**
- ▶ It is not guaranteed that the bathrooms will be open
- ▶ Last one out, lock the gates



Do you need some good drills?

- ▶ Coaches tab
- ▶ under Links, click on The Challenger Way
 - ▶ promo code is “chall19”
 - ▶ site is free
- ▶ Select a category
- ▶ Select a drill
 - ▶ some have video
 - ▶ can be printed
 - ▶ some are age-specific
 - ▶ most have progression suggestions - increases difficulty and adds variety



SOCCER COACHING DRILLS



Pictures

- ▶ October 9
- ▶ coaches will receive packets to give their parents (October 2)
- ▶ team pictures are before the game - some games will run late; all 5U/6U and some 8U games have been pushed 30 minutes
- ▶ *everyone needs to take the team picture*; you do not have to purchase pictures to be in the team picture
- ▶ sponsors receive a team picture plaque



Awards Program

- ▶ November 13
- ▶ every 5U/6U and 8U player will receive a medal
 - ▶ there is an awards program at the end of each time segment
- ▶ standings are kept for 10U and Div 1 teams
 - ▶ 10U and Div 1 will have a tournament on November 6, 13 and will receive medals and ribbons
- ▶ teams with sponsors will pick up a plaque and thank you note to deliver to their sponsor



Which Games Will Have Referees?

- ▶ 5U/6U, 8U - coaches will referee
- ▶ 10U - referee will be provided if possible; otherwise, use a coach
- ▶ Div 1- should have referees

- ▶ We need more referees!



5U/6U

- ▶ play 3 v 3
- ▶ 5-minute quarters
- ▶ make substitutions at the quarters
- ▶ size 3 ball
- ▶ no goal keeper
- ▶ lesson plans are available
 - ▶ weekly training sessions
 - ▶ suggested drills
 - ▶ group practice with Krista Thorpe - day is pending
- ▶ heading is banned for all players 12U and below
- ▶ balls that go out are put back in play with a kick-in
 - ▶ opposing players must be at least 2 yards from the ball when it is kicked
- ▶ both coaches may be on the field during the game to coach the players
 - ▶ wean yourself to the sideline as players progress; use one coach on the field or on the touch line to manage the game
- ▶ see additional guidelines in the coach packet



8U

- ▶ play 4 v 4
- ▶ 10-minute quarters
- ▶ make substitutions at the quarters
- ▶ size 3 ball
- ▶ no goal keeper
 - ▶ *do not put a defensive player by the goal*
- ▶ heading is banned for all players 12U and below
- ▶ returning a ball back into play - do this as quickly as possible
 - ▶ goes out the end line - goal kick or corner kick
 - ▶ goes out the side line - throw-in
- ▶ both coaches may be on the field during the game to coach the players
 - ▶ wean yourself to the sideline as players progress; use one coach on the field or on the touch line to manage the game
- ▶ see additional guidelines in the coach packet



10U

- ▶ play 7 v 7
- ▶ 12.5-minute quarters
- ▶ make substitutions at the quarter
- ▶ size 4 ball
- ▶ heading is banned for all players 12U and below
- ▶ goalkeeper may not punt the ball; may kick or roll the ball
 - ▶ opposing team must move behind the build-out line (halfway between top of penalty area and halfway line) for a goal kick or when the goal keeper has possession
- ▶ if a referee is not available, the coaches can ref
- ▶ End-of-season tournament
- ▶ see additional guidelines in the coach packet



Division 1

- ▶ play 11 v 11
- ▶ 30-minute halves
- ▶ free substitutions
- ▶ size 5 ball
- ▶ heading is banned for all players 12U and below
 - ▶ 14U limited to 30 minutes per week, no more than 15-20 headers per player; no restriction on heading during matches
- ▶ end-of season tournament
- ▶ see additional guidelines in the coach packet



Rain

- ▶ The City makes the decision on closing the Sports Complex. We will notify you as soon as possible.
- ▶ These are the procedures we will follow if the sports complex fields are closed due to weather.
 - ▶ the Field Status on the Home page will be updated to “Closed”
 - ▶ all families will be notified via email
 - ▶ coaches should make sure their players know about the closure
- ▶ The old fields on the loop are usually open if the sports complex is closed. If you decide to change your practice on one of these days, you don't need to reserve the field as there is plenty of space.
- ▶ If the fields are closed on a game day, we will reschedule them for the following Sunday (2:00, 3:30, 5:00)



Other Info

- ▶ free Wi-Fi available (soccerguest)
- ▶ there are players who are new to the sport and some who have played many years
- ▶ free player drink or popsicle after each game
- ▶ jewelry - not permitted; all earrings must be *removed*
- ▶ no casts permitted
- ▶ families need to bring chairs
- ▶ effluent water - water is safe but players should not be playing the water
 - ▶ if the sprinkler comes on during practice, move to another field
- ▶ this is not the World Cup
 - ▶ watch for unnecessary rough play and “nip it in the bud”



Additional Rules and Guidelines

- ▶ NO dogs, smoking or alcohol
- ▶ player benches on one side, parents on the other
- ▶ coaches will use the coach zone; no one behind the goal
- ▶ runaway scores will not be tolerated; play even sided
- ▶ free player drink or popsicle after each game
- ▶ pick up trash at the end of each practice and game

Don't forget we are on Social Media



@hillcountrysoccer



@HCYSA_Soccer



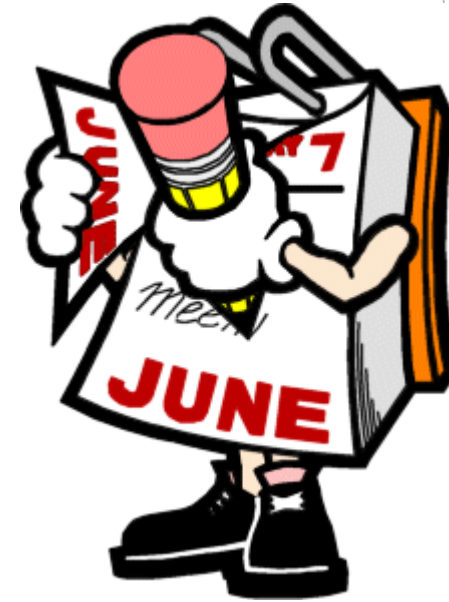
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Important Dates

- ▶ Sept. 11 - Soccerfest
- ▶ Oct. 2 - picture information given to coaches
- ▶ Oct. 9 - pictures
- ▶ Oct 30 - Halloween gift for players
- ▶ Nov 6 - begin turning in player evaluations
- ▶ Nov. 13 - evaluations due, turn in equipment, awards



Summer Camps

HCYSA will host a summer camp this year

- ▶ date is pending

Sign up online (link on the Home page) or through the mail. Pick up a brochure from the desk on the porch.

Tejano Select Soccer Teams

- ▶ Interested in continuing to grow your soccer skills, and knowledge of the Beautiful Game?
- ▶ Do you have interest in continuing to develop your child's soccer skills, game awareness, and knowledge of the game? Please consider the Tejano Select Soccer Team as an option. Please let one of our coaches know, and we will provide you with more information, answer questions you may have, and evaluate the skills of the potential player.
- ▶ Call or Text: 830-310-8908
- ▶ Email: tejanoselectsoccer@hillcountrysoccer.org



Thank you

- ▶ Thank you for your time today
- ▶ Pick up
 - ▶ equipment - initial the sign-out sheet
 - ▶ uniforms - count shirts, socks

