



Hill Country Youth Soccer Association

Coach Orientation

Spring 2021

WELCOME to the Spring '21 Coach Orientation

- ▶ Sign in and verify your phone number and email. These are the contacts you want the board and parents to use.
- ▶ Pick up your coach packet and lesson plan (5U/6U only).
- ▶ Pick up a bottle of hand sanitizer.
- ▶ Pick up a first aid kit if needed.
- ▶ Pens are available.

Who is HCYSA?

- ▶ Founded in 1983 and have been serving the communities in the Hill Country for 37 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)



What Does It Mean To Be An AYSO Volunteer?

- ▶ Make every game a Kids Zone
 - ▶ Appropriate sideline behavior promotes 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 a volunteer application
 - ▶ complete this in Sports Connect
 - ▶ select head coach or assistant coach for the associated player
- ▶ *Online* courses – available on the [AYSOU](#) tab, My Courses
 - ▶ Safe Haven
 - ▶ Concussion
 - ▶ Summary of the Laws of the Game
- ▶ attend age-specific coaching course
 - ▶ live course – free
 - ▶ You must be registered as a volunteer to get credit. Sign up for the class in AYSOU, Live Courses (select date, “Sessions” for the course you want, then “Register” for the Kerrville course). You can also register at the class.
 - ▶ March 27 5U, 6U, 8U 9:00 – 12:00
 - ▶ March 28 10U, Div 1 2:00 – 5:00



AYSOU



AYSOU U
ONLINE LEARNING RESOURCES

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

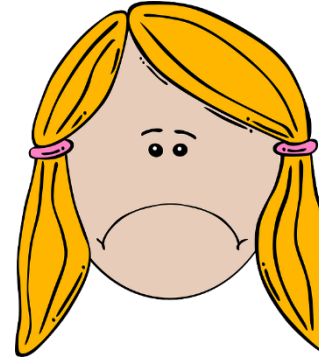
- ▶ log in at least once to activate your account
- ▶ My Courses
 - ▶ instructions on how to register for sessions
 - ▶ Safe Haven Course
 - ▶ Concussion Course
 - ▶ Summary of Laws
- ▶ Live Courses – sign up for courses taught by instructors in a classroom; must be a registered volunteer
- ▶ Resources - FAQs about AYSOU
- ▶ Transcripts - shows all your certifications



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



Coach Packet

- ▶ Roster
 - ▶ If your name is not at the top, you have not been “attached” to your team.
 - ▶ Click the Volunteer button in your account and attach yourself to a specific player.
- ▶ Game and concession stand schedules – these are also on the Home page and team pages
- ▶ Player evaluation form
- ▶ Division guidelines
- ▶ Note: player forms have not been printed yet

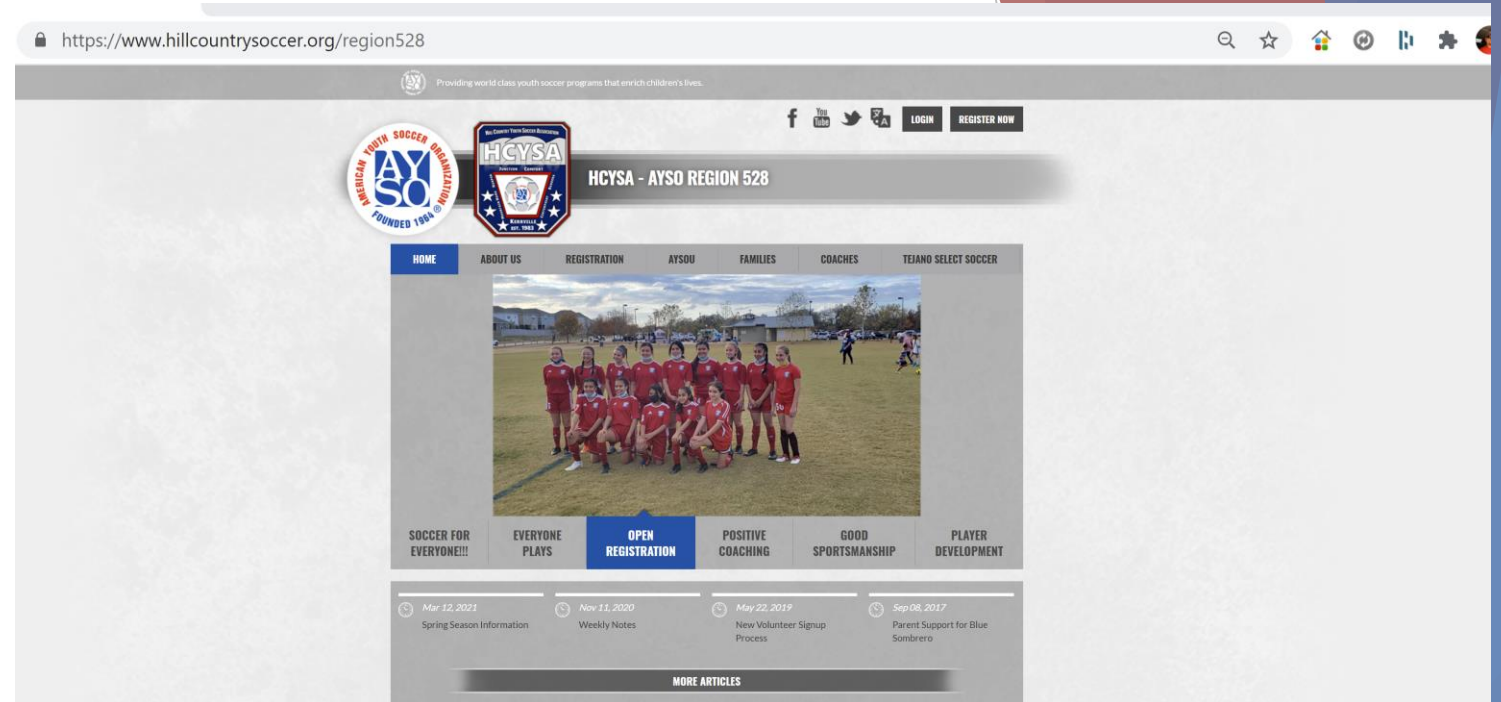


HCYSA website

<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.

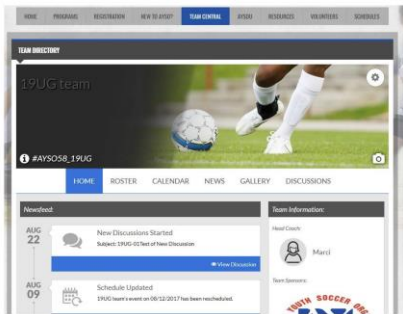


What do I do first?

- ▶ 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
- ▶ 9:00 games pick up 2 flags

Divisions	Field	9:00	10:30
5U/6U Boys	1	X	X
	3	X	X
5U/6U Girls	2	X	X
	4	X	X
8U Boys	9A	X	X
	9B		X
8U Girls	9B	X	
	9C	X	X
10U Coed	7	X	
	8	X	X
Division 1	10	X	X
	11		X

After each game

- ▶ positive comments, announcements, etc.
- ▶ remind players to get their after-game treat
- ▶ return your game card to the porch
- ▶ 10:30 games return flags

The Uniform

- ▶ shirt and socks provided by HCYSA



- ▶ black shorts and shoes provided by parents



- ▶ shin guards 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
- ▶ no names on the shirts
- ▶ players keep the uniform after the season is over



5U/6U

- ▶ play 4 v 4
- ▶ 5-minute quarters
- ▶ make substitutions at the quarters
- ▶ size 3 ball
- ▶ no goal keeper
- ▶ lesson plans are available
 - ▶ weekly training sessions
 - ▶ suggested drills
- ▶ 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



8U

- ▶ play 5 v 5
- ▶ 10-minute quarters
- ▶ make substitutions at the quarters
- ▶ size 3 ball
- ▶ no goal keeper
 - ▶ do not place a defensive player in front of 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



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 (dual or single)



Division 1 Guidelines

- ▶ Play 11 v 11
 - ▶ 30-minute halves
 - ▶ 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
- ▶ free substitutions; inform the referee
- ▶ No Slide Tackles



Do you need some good drills?

- ▶ HillCountrySoccer.org
- ▶ 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

Team Pages

- ▶ Coaches must first be “attached” to a team for them to use the special features.
- ▶ Use your team page to remind parents of practices, hold discussions, etc.
- ▶ Everyone has access to the team pages
- ▶ Players are listed by first name only
 - ▶ rosters will be posted on Thursday, March 31
- ▶ Game and concession stand duty schedules are on your team calendar



When, Where Can I Practice?

- ▶ Practices can be at the sports complex or old fields
- ▶ The fields are available Monday-Friday
- ▶ 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 45 minutes
 - ▶ 10U – one hour, twice per week
 - ▶ Division 1 – one and a half hours, twice per week
- ▶ Practice on half of a field or in any open area
- ▶ ***Email Shirley – day, time – you will be assigned a field***
- ▶ It is not guaranteed that the bathrooms will be open
- ▶ Last one out, lock the gates



Which games will have referees?

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



What other responsibilities do I have?

- ▶ game card – pick up and return each week
 - ▶ game cards from refereed games will be returned by the ref
- ▶ weekly notes – pick one up with your game card; pass it among the parents; it's also posted online
- ▶ prepare your lineup before the game – make sure you are starting all players and playing everyone the same amount of time
- ▶ talk to parents about staying positive during the game and during the ride home
- ▶ make sure players wear shin guards during practices and games
- ▶ communicate with your families
- ▶ concession stand duty



Game Cards



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	"Qtrs." 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	
U-14	35 Minutes	70 Minutes	
U-12	30 Minutes	60 Minutes	
U-10	25 Minutes	50 Minutes	Size 4
U-8	20 Minutes	40 Minutes	
U-6	20 Minutes (10 min recommended)	40 Minutes (20 min recommended)	Size 3



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	"Qtrs." Not Played			
			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 —				

Record final score and winning team on back (8U and above only)



Concession Stand

- ▶ not every team has 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
- ▶ encourage your parents to make purchases
- ▶ Need: assistant concession manager

Work Time	Week 1
	April 10
	8U Girls 10:30
8:30 - 10:00	Lorient
	8U Boys 12:00
9:30 - 11:00	Chiapas
	10U Boys 12:00
10:30 - 12:00	Liverpool
	10U Girls 9:00
11:30 - 1:00	Flames



Important Dates

- ▶ Coach Orientation
 - ▶ March 23rd - 5U/6U/8U Coach Orientation
 - ▶ March 25th – 10U/12U Coach Orientation
 - ▶ March 30th – Make Up Date
- ▶ March 27th – 5U, 6U, 8U Coach Training (09:00AM – 12:00PM)
- ▶ March 28th – 10U, 12U Coach Training (02:00PM – 05:00PM)
- ▶ April 10th – Spring Season Starts
- ▶ April 24 – pictures
- ▶ April 25th – Tejano Select Soccer Try Outs (02:30PM – 04:30PM)
- ▶ May 8 – begin turning in player evaluations
- ▶ May 15 – evaluations due; turn in equipment



Important Notes

- ▶ If the fields are closed, we will give you as much advance notice as possible. You can also check the “Field Status” on the Home page
- ▶ Pick up trash around your field after practices and games
- ▶ free Wifi is available at the fields (Socccerguest); no password required
- ▶ families need to bring chairs
- ▶ There are players who are new to the sport and some who have played many years
- ▶ Effluent water – water is safe but players should not be playing in 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



Summer Camps

HCYSA will host a summer camp this year

▶ June 21-25, 2021

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
- ▶ Try Outs for new players on April 28th



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



hillcountrysoccer



hillcountrysoccer.org



THANK YOU

Thank you very much for your time and support.

HCYSA is run totally by volunteers. No one is paid, except in smiles and hugs.

The Board is here to help. Give us your suggestions and let us know if you need anything.

Questions? email contactus@kerrvillesoccer.org

