



American Youth Soccer Organization
Area 3E; Region 1563 – Canastota
U6 and U8 – Fall 2010 Season
Coaching Information

AYSO Philosophy:

1. **Everyone Plays** – Our program's goal is for kids to play soccer – so we mandate that every player on every team must play at least half of every game.
2. **Balanced Teams** - Each season we form new teams as evenly balanced as possible – because it is fair and more fun when teams of equal ability play.
3. **Open Registration** – Our program is open to all children who want to register and play soccer, regardless of ability or experience.
4. **Positive Coaching** – Encouragement of player effort provides for greater enjoyment by the players and ultimately leads to better-skilled and better motivated players.
5. **Good Sportsmanship** – We strive to create a positive environment based on mutual respect rather than a win at all costs attitude. Our program is designed to instill good sportsmanship in every aspect of the game.

Division Specific Rules and Information:

Game Guidelines:

- Field Size: U6 – 15yds x 25 yds U8 – 30yds x 50yds
- Play: U6 – 3 v 3 (no goal keeper) U8 – 5 v 5 (no goal keeper)
- U6 Game Time
 - 15 min. Warm-up
 - (4) 5-minute quarters with 1-2-min. break between qtrs. and 5-min. half
 - 15-min. sportsmanship and snack time following game
- U8 Game Time
 - (4) 10-min. quarters with 1-2-min. break between qtrs. And 5-min. half
 - Brief sportsmanship and snack time following game
- Ball Size: Size 3 for both U6 and U8 Teams
- Players line-up and shake hands before the start of each game. Upon conclusion of game, team cheer for opposing team then line up and shake hands.
**This promotes good sportsmanship before and after games*

Game Rules:

- No off-sides
- No Direct Kicks
- Indirect Kicks for:
 - Pushing
 - Slide Tackles
 - Hand balls (Obvious/deliberate only – play on for accidental hand balls)
 - Abusive Behavior- taunting, bullying, etc
 - Poor Sportsmanship – disrespect of coaches/refs, unwillingness to shake hands of other players, etc.
 - Dangerous Play – high kicks, elbows, kicking directly at another player
- Corner Kicks – U8 only (use throw-in for U6)
- Goal Kicks – U6 and U8 – taken by any player from inside the goal area
- Throw-ins – correct throw-ins required for both U6 and U8
 - 2nd attempt allowed with no penalty if 1st attempt not correct
 - Play-on w/ no penalty if 2nd attempt not correct
- No heading

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Equipment: (Circle up before games to check equipment)

- Jerseys must be tucked in – for both appearance and safety!!
- Footwear - soccer cleats or sneakers – no metal cleats or toe cleats
- Shin guards are required for all players for both practices and games
- Socks must cover shin guards
- Uniforms must be worn outside of sweatshirts, sweatpants or coats
- NO JEWELRY of any kind may be worn by the players. This includes earrings, rings, necklaces, hair clips, etc (soft hair bands allowed). Medic Alert tags may be worn, but must be secured by tape.
- Players may **NOT** play with casts or splints, even with a Doctor's permission. While it may be OK for the player, it is dangerous for the other players on the field.

Injuries:

- An AYSO **Incident Report Form** must be completed whenever there is a personal injury, damaged property, or threats of or actual physical violence surrounding an AYSO game, practice or event.
- An **Insurance Claim Form** should be provided to the parents of an injured player. This form, which must be submitted within 90 days of an injury, provides insurance on a secondary basis.
- A **Participation Release Form** must be completed in order for an injured player, who has received medical attention from a physician or emergency room, to return to AYSO practices and games.
- **The forms above should be given to the regional commissioner or safety director promptly upon completion.**

General:

- Referees – one coach/parent volunteer (AYSO Registered) from each team on-field to referee only – NO COACHING by "referees"!
- Substitutions – allowed at coaches discretion, but try to limit substitutions to quarter breaks. Player SAFETY is our first priority – substitute as necessary for injury, illness or medical condition (asthma, heat exhaustion, etc). Remember to keep players hydrated between quarters.
- Equal Playing Time – all players are guaranteed at least 2 quarters. All players must play 3 quarters before any player plays 4 quarters.
- Injured player on field – all players take a knee until injured player gets up. Clap for injured player.
- Games are played RAIN OR SHINE!!! Plan on playing regardless of weather conditions. Games will be cancelled at the field at the discretion of the coaches or board; do NOT assume the game is cancelled because it is raining or snowing. Games will be cancelled due to dangerous conditions only (lightning, excessive water or mud on field, etc). Please inform parents to plan on coming to the field for all games unless specifically contacted by the coach ahead of time.
- No pets allowed on field
- No smoking on any portion of the property

Try to avoid "Run-away Scores". If your team gets ahead by more than 3 goals please take measures to avoid running up the score by using one or more of the following strategies:

1. Move stronger players out of scoring positions
2. Instruct players to work on foot skills or passing
3. Suggest players attempt to score using weaker foot
4. Put weaker players in scoring positions

Remember – we do not keep score and there are no win/loss records or standings at this level, so the ultimate win/loss outcome is meaningless. It is demoralizing to young players to experience defeat by significant score differences. At this level, the objective is fun, developmental soccer with the long-term goal of keeping as many kids interested in playing year after year. Although we attempt to create balanced teams, it sometimes does not turn out that way, so we ask the coaches to use good judgment and keep the best interest of ALL the kids in mind.

Canastota AYSO is completely volunteer run, including board members, coaches and parent volunteers. Please help us continue to grow and improve this program by offering you assistance, and encouraging other parents to volunteer as coaches, board members or other important roles.

THANK YOU FOR BEING ONE OF OUR MOST VALUABLE VOLUNTEERS – **COACH!!!**

We couldn't do it without you!!!



COACHES COACH

