**Carmichael Soccer Club Coaches Meeting** July 19, 2018

**Highlights:**

* Sign Attendance Sheet (Make corrections if needed)
* Rosters: double check, contact parents and Registrar
* Head coach - sign up for practice fields
* New coach pickup equipment package; Returning coaches can request replacements as needed
* US Soccer changes (as of 2017)
* Heading rule: u14 and below - intentional heading will result in an indirect free kick
* Kick-off: can kick any direction
* Uniforms: Kombat Soccer – Pick up at Land Park store or at Team Parent Meeting August 9 @ Carmichael Library 7:30-9:00pm
* Grassroots Coach training:
* To get a link to sign up e-mail [**coaches@carmichaelsoccer.org**](mailto:coaches@carmichaelsoccer.org)
* Only 12 spots in each course available!
* You will get access to practice plans that are ready for you to implement in your sessions!
  + 4v4 scheduled for 8/4 from 8:00-12:00 *(u6 and u8 coaching levels)*
  + 7v7 scheduled for 8/4 from 1:00-5:00 *(u10 coaching level)*
  + 9v9 scheduled for 8/5 from 8:00-12:00 *(u12 coaching level)*
  + 11v11 scheduled for 8/5 from for 1:00-5:00  *(u14+ coaching levels)*
* Key dates: see packet or visit CSC, CVYSL or CPL websites
* **LiveScan: All volunteers interacting with kids MUST BE APPROVED before you can begin!!!**

(5706 Broadway open until 6 pm) [(877) 888-8802](tel:%28877%29%20888-8802)

CSC 2018 Game Format (Same as 2017)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **U6** | **U8** | **U10** | **U12** | **U14** | **U16+** |
| **Max Field Size (yds)** | 30x20 | 30x20 | 47x30 | 75x47 | 112x75 | 112x75 |
| **Number of Players** | 4v4 | 4v4 | 7v7 | 9v9 | 11v11 | 11v11 |
| **Goalkeeper** | No | No | Yes | Yes | Yes | Yes |
| **Playing Time (min)** | 32 (4x8) | 40 (4x10) | 50 (2x25) | 60 (2x30) | 70 (2x35) | 80-90 (2x40/45) |
| **Ball Size** | 3 | 3 | 4 | 4 | 5 | 5 |
| **Goal Mouth Size (feet)** | 4x6 (flags) | 4x6 (goal) | 6.5x18.5 | 6.5x18.5 | 8x24 | 8x24 |
| **Offside** | No | No | Yes | Yes | Yes | Yes |
| **Fouls (type of kick)** | Indirect Free Kicks Only | Indirect Free Kicks Only | Indirect / Direct Free Kicks | Indirect / Direct Free Kicks | Indirect / Direct Free Kicks | Indirect / Direct Free Kicks |
| **Free Kick clearance** | 6 yd | 6 yd | 7 yd | 8 yd | 10 yd | 10 yd |
| **Throw-in** | 1 Rethrow | 1 Rethrow | Normal | Normal | Normal | Normal |
| **Penalty Kicks** | None | None | Yes (mark at 7 yds) | Yes (mark at 8 yds) | Yes (mark at 12 yds) | Yes (mark at 12 yds) |
| **Penalty Area (yds)** | None | None | 10 x 20 | 12 x 30 | 18 x 44 | 18 x 44 |
| **Goal Area (yards)** | Optional 3x8 | 3x8 | 4 x 14 | 4 x 14 | 6 x 20 | 6 x 20 |
| **Heading** | None | None | None | None | None | Yes, per laws |
| **Number of Referees** | 0 | 0 | 1 | 3 | 3 | 3 |
| **Score kept** | No | No | Yes | Yes | Yes | Yes |

**Key Dates**

* Jul 16th: Practices can Begin (U16 – U18)
* July 24th & 25th : FREE Sac Republic Player Development Clinics @ La Sierra (6-8pm)

Limited Space Available…if interested contact [**coaches@carmichaelsoccer.org**](mailto:coaches@carmichaelsoccer.org)

* Aug 1st: Practices can Begin (U6 – U14)
* Aug 6th: CPL Coaches Meeting (U16-U19 Only) @ Orangevale Community Center,

6826 Hazel Ave from 7-9pm

* Aug 9th: Team Parent meeting (7:30 – 9:00pm @ Carmichael Library)
* Aug 17th: First U6 games!
* Aug 18th: Kickoff / Photo Day (ALL TEAMS)
* Aug 25th: CPL Seeding Tournament (U12-U14); CPL First League Games (U16-U19)
* Sept 8th: First game (U8–U14)
* Sept 29th: CSC SAC REPUBLIC GAME – 7:30pm *(Tickets available for purchase)*
* Oct 13th: Bye Week no games (U8-U14); No Bye for U16-U19 & U6 on 13th
* Oct 13th: CSC Annual Soccer Jamboree (U10-U12) *\*\*See Page 9 for flyer*
* Oct 19th: Last game (U6)
* Nov 3rd: Last game (U16-U19)
* Nov 17th: Last game (U8–U14)
* Dec 11th: CSC Annual General Meeting

**Next Steps**

* If you haven’t been fingerprinted, do so right away (See LiveScan info on page 1)
* Call or email all team members **BEFORE AUGUST 1st** 
  + Give them practice days, times & locations
  + Get at least 1 assistant coach (They must register and get fingerprinted as well)
  + Recruit a team parent (Inform of Team Parent Meeting August 9th) E-mail Jessica (our team parent coordinator) [teamparent@carmichaelsoccer.org](mailto:teamparent@carmichaelsoccer.org)
  + Let Tamara (Our Registrar) know who will be primary assistant coach and team parent. You can e-mail her at [Registration@carmichaelsoccer.org](mailto:Registration@carmichaelsoccer.org)
* Set up first team meeting (usually at first practice before or after)
  + Set expectations for parents & players (Code of Conduct)
  + Seek help needed/desired from parents (assistant coaches; team parent; field set-up; etc)
* If you have questions contact Matt Potratz, Coaches Coordinator

@ [coaches@carmichaelsoccer.org](mailto:coaches@carmichaelsoccer.org) or call/text me at 916-396-7207

**Summary of Important Information for Coaches**

**Practice Rules**

1. DO NOT PRACTICE UNTIL AUGUST 1st.
2. Teams can practice 2 times a week maximum.
3. The maximum length of an individual practice is to be 2 hours.
4. Recommended practice times per age group
   1. U06—until games start you may practice 2 times a week for a maximum of 60 minutes

After games begin, reduce to practicing 1 time a week for a maximum of 60 minutes

* 1. U08—two 1 hour practices a week are recommended
  2. U10—two 1.25 hour practices a week are recommended
  3. U12—two 1.5 hour practices a week are recommended
  4. U14—two 1.5 hour practices a week are recommended
  5. U16—two 2 hour practices a week are recommended
  6. U19—two 2 hour practices a week are recommended

1. If a group wants to meet early or stay late for additional conditioning that is acceptable, but not to exceed 2 hours in a night.
2. It is also acceptable to hold goalies later for additional goalie practice. Again, this cannot cause the goalies to exceed 2 hours of practice time on any given night.
3. Some teams like to scrimmage other teams often. If this is occasional it may become a third night of Soccer for these occasional weeks. If it happens often it should be counted as one of your 2 nights of practice.

**Coach Training**

* Grassroots Coach training:
* To get a link to sign up e-mail [**coaches@carmichaelsoccer.org**](mailto:coaches@carmichaelsoccer.org)
* Only 12 spots in each course available!
* You will get access to practice plans that are ready for you to implement in your sessions!
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**Mentoring – Ruben Vasquez (Experienced coach willing to help)!**

* **E-mail** [rubensown@msn.com](mailto:rubensown@msn.com) **or call/text 916-266-3508 if interested and to schedule!**

**Referee training**- good way to learn the game- information available at <http://www.foxsoccer.guru/>

Referees needed!!! Talk to parents or consider becoming one yourself.

**Concussion Training**

Every coach must complete online training course annually (takes about 30 minutes to complete)

<https://www.cdc.gov/headsup/youthsports/coach.html>

Coaches should retain the completion certificate for their records.

**Code of Conduct**

Coaches are to agree to abide by, review with parents and players and sign annually (See Pages 7-8)

**Field Setup**

U6- home team:

Set-up: flag goals and place cones on painted marks on field - takes about 10 minutes

Take down: 5 minutes

U8- home team:

Set-up: collapsible goals and cones around field- repaint as needed ~20-30 minutes

Take down: 10 minutes

U10 and up*-* home team:

Set-up: goals and corner flags, repaint as needed- 10-25 minutes

Take down: take down goals and flags if last game- 10 minutes

**La Sierra locker code is 2791** (year on Carmichael shield backwards)

\*\*\*\*More information coming through email and on the CSC website\*\*\*\*

**Kick-Off / Picture Date-**  
Saturday, August 18th @ La Sierra Community Center

* Purpose of Kick Off is to celebrate soccer and the kids!
* Pictures will be taken at the baseball field closest to the large La Sierra parking lot
* Teams scheduled for last games of the day will be asked to help with take down
* Slides, fun booths, food trucks, and more!

\*\*\*\*More information coming through email and on the CSC website\*\*\*\*

**U10/U12 JAMBOREE**  
October 13th @ La Sierra Community Center  
(This is the BYE weekend…no league game)

Purpose of jamboree is to introduce teams to tournament play. The tournament point system is used…

* + Four games guaranteed
  + Medals to all participants
  + Team Guidelines- 40 teams total
    - 16 U10 teams (8 boys, 8 girls)
    - 24 U12 teams (12 boys, 12 girls)

\*\*\*\*Register at carmichaelsoccer.org… first come, first serve

**Player Uniforms**

* Available for purchase at Team Parent Meeting on August 9th at Carmichael Library 7:30-9pm
* Visit Kombat Soccer at Land Park Store or will ship for $2-3 dollars per order
* Order directly from Kombat Soccer

<http://www.kombatsoccer.com/index.php?manufacturers_id=21>

* Jersey ($15) x2 (each player needs a green and a black jersey)
* 2 Jerseys, Shorts & Socks ($35)

**Referee Highlight**

1. Headers- all intentional headers for the U14 and below will be an indirect free kick, no matter where it happens.
   * No yellow cards can be given
   * Unintentional headers will not be punished.
   * These calls are up to the discretion of the referee.
2. Kick off- the ball can now go in any direction, including backwards
3. Concussion Policy
   * If a referee believes a player has had a concussion they will require that player to sit out the rest of the game
   * The referee will also pull the player’s player card, and give to league reps.
   * The player can receive their player card back after presenting a note from their doctor releasing the player to play soccer
4. Substitutions are allowed during in the following circumstance:
   * Kick off by either team
   * Goal kicks by either team
   * If injured player gets substituted, both teams can sub
   * On a yellow card, coach has the option to substitute the player receiving the caution only.
   * If the throwing team substitutes the other team may substitute as well

\*\*\*Lots of referee information at: <http://www.foxsoccer.guru/>\*\*\*

**Team Parent**

* You need one!
* Don’t take it on yourself! Or your spouse
* When you get one, please e-mail Jessica (Our Team Parent Coordinator)

@ [teamparent@carmichaelsoccer.org](mailto:teamparent@carmichaelsoccer.org)

* Team parent meeting Aug: 9th 7:30 – 9:00pm @ Carmichael Library
* Lots of info at carmichaelsoccer.org under team parent tab

**Good Websites**

* carmichaelsoccer.org – lots of good information, working on coaching resources
* teamsideline.com – team schedule and scores (coach gets an e-mail when season begins)
* footy4kids.co.uk – good training session help
* Soccerclassroom.com – really good background info on coaching
* ayso.org - lots of great training games
* <http://www.foxsoccer.guru/> - our referee assigning website also has rules and other information
* 'Coaches are some of the world's most positive, impactful people!'

Many resources available @ [positivecoach.org](http://positivecoach.org/)

\*There are tons of other resources available online, if you know of any please share with others!

**U6 Highlights**

* Carmichael Soccer Club's U6 program is a non-competitive/recreational co-ed program.
* **We do not keep score.**
* We now play with four (4) players per side; minimum of three players.
* Each player should play equally with a minimum of 50% of the time over the course of the season.
* We play four 8-minute quarters with a 1-minute break between each quarter and a 5-minute half time.
* At halftime players switch sides of the field.
* If the ball goes over the touchline (out of bounds on the side), play is re-started with a throw-in. If the ball goes over the touchline on the end line, the ball is moved to the sideline and play is re-started with an overhead throw-in.
* No direct kicks, penalty kicks or corner kicks.
* We do not play with a goalkeeper.
* The soccer ball size is 3.
* Field of play:
  + Dimensions: 30 yards long x 20 yards wide (maximum).
  + Markings: Four corners and centerline at the sidelines are marked by orange cones.
  + Goals: The goals are two flags, six yards apart centered on the end lines (there will be dots painted to mark the position).
* The Home Team is responsible for: setting up the field, providing the game ball, keeping the official time for the game and wearing the green jerseys.
  + If two CSC teams play against each other, the away team wears black jerseys.
* Each team should provide a snack for half-time (orange slices, etc.) and at the end of the game for their own team.
* Everyone plays all positions (if trying to have positions).
* Remember, there are no winners or losers.

**U6 Practice & Game Info**

* 2 practices a week until games begin
* Then, 1 practice a week, and 1 game a week.
* All games are on Friday nights at 6 pm
  + Last two games will start at 5:30
* Played at La Sierra Community Center
* Practices are no longer than one hour

\*\*\*\*REMEMBER: This is all about fun!!!!\*\*\*\*

# CVYSL CODE OF CONDUCT

The purpose and intent of the Capital Valley Youth Soccer League’s (CVYSL) philosophy is to promote the advancement of youth soccer in CVYSL, to encourage the development of player skills and abilities, promote programs that teach individual and team skills, and support the growth of trained coaches and referees. The goal and value of player participation is to have fun while playing soccer, to develop self-esteem and confidence through skill development while promoting a sense of fair play and good sportsmanship. The key elements of CVYSL’s soccer experience is developing individual and team skills in all players in a fun, family environment that builds character, competence and confidence.

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**CVYSL adopts the following Code of Conduct for all players, parents/guardians, and coaches with a zero tolerance policy.**

# PLAYERS:

All players participating in CVYSL shall…

* Demonstrate good sportsmanship by example and encourage it from fellow players
* Play by the rules of the game.
* View playing soccer as an opportunity to learn and have fun.
* Remain respectful toward other players, coaches, referees and spectators.
* Never argue or complain about referees’ calls or decisions.
* Make every effort to attend ALL practices and games and arrive on time.
* Maintain an even temperament and resist retaliation.
* Give 100% effort at practice, and during games.
* Focus on doing their best in school.

# PARENTS/GUARDIANS:

ALL parents shall…

* Make athletic participation for their child and others a positive, fun experience.
* Give positive encouragement and show interest in their child’s team.
* Encourage their child to show good sportsmanship in every game and practice.
* Minimize the pressure of competition and place the emotional and physical well being of players ahead of a desire to win.
* Be respectful toward coaches, referees, your child, other parents and their children.
* Alert coaches of any players’ health conditions immediately.
* Support all efforts to remove verbal and physical abuse from youth sports activities.
* Refrain from coaching and refereeing “from the sidelines”.
* Make every effort to drop off and pick up players at designated practice and game times.

o Encourage good sportsmanship and self-discipline in their children and their teammates through example.

# COACHES:

ALL coaches shall…

* Provide a positive role model for their players and parents, by consistently acting in a positive, controlled and mature manner expected of a CVYSL coach.
* Demonstrate good sportsmanship and maintain a proper perspective on the purpose of CVYSL soccer, namely, participation is for the enjoyment and benefit of the players (not the adults).
* Learn the rules of soccer, and earn at least a basic certification.
* Above all else, maintain the safety and well being of the players.
* Explain to (and remind) parents what is expected of them and their children. (Communicate regularly)
* Provide a positive, enjoyable atmosphere for the players and parents.
* Refrain from open arguments with referees and other coaches.
* Encourage parents to support the team with their presence as much as possible.
* Ensure equitable playing time (as specified in CVYSL bylaws).
* Provide necessary guidance and equipment at games and practices.
* Discipline players in a FAIR and CONSISTENT manner.
* Refrain from making negative comments about other coaches, players, parents and referees.
* Be prepared to deal with injuries in a timely manner by reviewing first aid principles.
* Maintain a consistent practice schedule that is both fun and challenging for the players and communicate this with parents.
* NO player recruitment per District 6 guidelines 2.2.1.

All participants of CVYSL shall abide by the League’s Code of Conduct at all times. Inappropriate behavior that is determined to violate this Code of Conduct shall result in Disciplinary Action by your home Club and/or CVYSL Board of Directors, up to and including, without limitation, expulsion from the game/field, and expulsion from the CVYSL programs.

Team Name:

Date Signature

Date Signature

Date Signature

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U10 & U12 Jamboree!!!!!

Who: You!

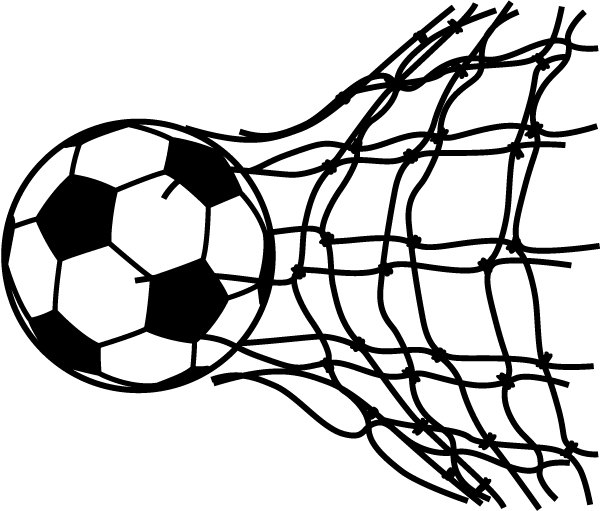
When: October 13th, 2018

Where: La Sierra Community Center

5325 Engle Road

Carmichael, 95608





**WEATHER SAFETY**

• Acclimation...active kids need time to gradually adapt to hotter temperatures.

• Hydration - Drink up...thirst isn’t an accurate indicator of fluid needs. Young athletes should be encouraged to drink on a schedule or at regular intervals before they become thirsty. Bring a Gatorade…replacing electrolytes and providing energy is crucial to keeping kids safe.

• Young players should consume 5 to 9 ounces (5 oz. for a player less than 90 lbs, 9 oz. for a player over 90 lbs.) of fluid every 20 minutes while active.

• Learn the warning signs of dehydration and heat illness:

***Warning Signs of Dehydration:***

***Thirst***

***Headache***

***Lack of energy***

***Dark, yellow urine***

***Nausea***

***Irritability***

***Red, flushed face***

***Dry lips and tongue***

***Muscle Cramping***

***Dizziness***

• If someone becomes fatigued, dizzy, nauseous or has a headache during exercise in the heat, have them stop, rest and drink fluids. Seek medical attention if symptoms persist.

• Avoid During Practice/Games: Fruit juices, carbonated/caffeinated beverages, energy drinks.

• Refer to the Practice Cancellation Policy Due to Heat or Unhealthy Air **(PAGE 11).**

**EMERGENCY PLANS FOR BIG EVENTS:**

**• Look for CSC table for emergency plans, phone numbers, and lost child procedure.**

• Always have a phone available and be familiar with emergency numbers.

• Keep ice and ice towels on hand in case of heat-related emergencies.

**GOAL SAFETY:**

• Portable goals should always be properly secured and anchored.

• Instruct all players and parents of the potential dangers associated with movable goals and nets (tipping over).

• Forbid any horseplay by players or members of the general public on or around any goal!

• Portable goals should only be moved by coaches or Board members.

• Portable goals should be secured in a safe place when not in use.

**FIELD SAFETY:**

• Inspect for foreign objects before every practice and game.

• Check for holes, ruts and bumps.

• Make sure Goals are secure (sand bags, ground pegs).

• Notify the Board of unsafe field conditions in writing.

**CHILD SAFETY:**

**• Always plan to have another adult with you during practice and pre-game times.**

**• Late-pick up does not have to be an exception; the coach and assistant coach and/or team parent should plan to stay the duration.**

**Practice Cancellation Policy Due to Heat or Unhealthy Air**

It is the policy of the Capital Valley Youth Soccer Club that physical activity outdoors for children during extreme heat or unhealthy air is not in the best interests of the child. Therefore, the following practice cancellation policies apply to all CVYSL recreational and select teams:

Temperature/Heat Index:

* If the heat index in Carmichael is greater than 100 degrees (F) at the time of practice, as measured on www.weather.com (typing in Carmichael, CA as location), coaches are strongly encouraged to cancel practice, and/or conduct a limited exertion or “walk through” practice.

Coaches are admonished to keep a close eye on players showing signs of suffering from heat-related maladies, and **any child without water or adequate hydration at practice shall not participate in even limited exertion practice.**

Provide 10 minute breaks every 30 minutes for hydration and cooling. Try to have ice-down towels available if possible. Watch/monitor athletes carefully for necessary action.

* If the heat index in Carmichael is greater than 104 degrees (F) at the time of practice, as measured on www.weather.com (typing in Carmichael, CA as location), all practices for all CVYSL teams MUST be cancelled.

Air Quality:

* If the Air Quality in CVYSL area is greater than 127 Air Quality Index (AQI), as measured at www.sparetheair.com (and clicking on “current  
  conditions at a location closest to the practice site, such as the Carmichael, CA link), coaches are strongly encouraged to cancel practice, and/or conduct a limited exertion or “walk through” practice.
* If the Air Quality in CVYSL area is greater than 150 Air Quality Index (AQI), as measured at www.sparetheair.com (and clicking on “current conditions at a location closest to the practice site, such as the Carmichael, CA link), all practices for all CVYSL teams MUST be cancelled.