



U-10 Coach's Manual

Coaching Information

Coaching Requirements

NO PARENT MAY COACH OR HELP OUT A TEAM without first completing the following 5 coaching requirements on GotSport:

- Safe Sport Certificate
- Intro to Safe and Healthy Playing Environments
- Background Check
- Fingerprint Live Scan
- Cal North Coaches Training- August 27, 2022

Once a coach has completed all five requirements, the younger coaching coordinator or other Board Member will inform the coach when he or she, or another parent can help on the team.

If a coach cannot attend a team practice, game or event, an assistant coach can fill in. If neither the coach nor the assistant coach(es) can attend a team practice, game or event, the event must be cancelled. Coaches CANNOT hand off the binder to an unregistered parent to run the team.

Every coach **must** have a copy of the Laws of the Game for the current year, or a copy of the updates to the laws of the game accompanying a previous year's copy of the Laws of the Game.

The Laws of the Game can be downloaded at: www.theifab.com >> Laws of the Game >> PDF Downloads

The Laws of the Game can be purchased at: <https://officialsports.com/1000-fifa-laws-of-the-game/>

Binders

Coaches must carry their team paperwork "binder" with them at each Game, Practice, or Team Function (party, meeting ,etc).

The binder **must be returned** at the end of the season at the coaches appreciation dinner to be held *November 6th from 5:00-7:00 p.m.* at Round Table Pizza in Red Bluff.

Due to privacy rules, coaches may not give out any personal player information (including phone numbers) for any reason. This means that coaches can not give anyone a copy of the player's paperwork or copy the player roster to give to anyone not on their team's coaching staff.

Sportsmanship

The goal of U-10 recreational soccer is to help children build skills and develop a love of the game.

As such, please keep the following things in mind:

The score of the game should always be kept within 5 goals.

Teach your players to display good sportsmanship (whether they are winning or losing).

Model good sportsmanship to your players by being respectful of the referees, encouraging your players and remembering that winning is not the primary goal of recreational soccer.

Coaches are responsible for the actions of the parents. The referee may ask the coach to settle or send off parents. The referee has the right to send off the coach as well if the coach is behaving inappropriately. If a team has only one coach and the coach is sent off, the team will be forced to forfeit.



Basic Rules of the Game

Safety

For the safety of all players, there will be **absolutely NO slide tackling or heading** of the ball.

Positioning and Players on the Field

Games are played with 7 players on the field during play. This includes 6 players and a goalie.

There is ***no offside position*** in this level of play until the red buildout line.

Out of Play Ball

If a ball goes out of play on the touch line (the long side of the field), the ball will be awarded as a throw-in to the team that did not send the ball out of play.

If a ball goes out of play on the goal line (the short side of the field), the ball will be awarded

- As a goal kick, if the attacking team kicked the ball out of play
- As a corner kick, if the defending team kicked the ball out of play

When a goal kick is being taken all players on the attacking team must be on their side of the red buildout line.

Similarly, when the goalie is in possession of the ball, the other team must immediately move toward getting behind the red line.

Player Equipment

Shin Guards & Footwear

Players **MUST** wear shin-guards to every practice and game; they will not be allowed to play if they do not. They **MUST** be against the skin, with the sock worn over the top, completely covering the shin guard.

Footwear

Cleats are preferred but tennis shoes are okay as well. No toe cleats can be on the shoe.

Ball

Players will play with a size 4 ball during practice and games.

Jewelry

No jewelry (including earrings, necklaces, studs, etc.), barrettes, bobby pins or hard casts on any part of the body are allowed. Taped earrings are not allowed. Players will not be allowed to play until they are removed. It is recommended that children with braces wear a mouthpiece.

Practice Information

Practice Location

For insurance purposes, all practices must be held at the Red Bluff Soccer Fields.

Practice Frequency & Duration

In general, it is a good idea to limit practices to the duration of games, or just slightly longer. Practices of one hour are typical of this age group.

Practice are generally held 1-2 days a week, in addition to games once they start.



Game Day Information

Schedules

Coaches will be notified via GroupMe when schedules are published to GotSport and are ready for printing. Games cannot be cancelled or rescheduled by any coach. Please check your GotSport schedule weekly as schedule changes has been known to happen during the season.

Weather Related Issues

Games are played RAIN OR SHINE. Please show up for all your games so as not to have RBYSL fined. If games are cancelled due to Fire or other Natural Disaster you will be notified via GroupMe or email.

Game Day Requirements

Game Cards

The home team coach is required to bring 3 copies of their game card to the game. One copy is to be given to the referee, one to the away team coach and one is kept for the home team.

Player Paperwork

Coaches must carry the following paperwork to each game:

Team Binder, Team Roster, Player/Coach Passes

Players and/or coaches who are not listed on the roster, or do not have a player/coach pass will not be allowed to play or be on the team side of the field.

Game Length

U-10 Two 25 minute halves with a 5 minute half time

Field Set Up/ Clean Up

Coaches must coach from the coach's side of the field. Parents must sit on the parent's side of the field. It is the Coach's responsibility to make sure parents are aware of this rule and that they abide by it.

Coaches must stay in the coach's box without 'encroaching' into the referee's space on the touchline.

All teams are responsible for picking up garbage on and around field at the end of your match. Please inspect the team and parent side of the field for garbage and remove the trash before the start of the next game.

Game Ball

The home team provides the three game balls. One ball shall be placed beside each goal to be used if a ball is kicked significantly out of bounds. The other ball will be used for kick off and game play.

Playing Time

Each child should have equal playing time, playing a minimum of half of each game, with the following

Exceptions: Injury, illness, disciplinary action, or parental request

Substitutions

Players wishing to sub must stand at the midline flag. When there is a stoppage of play, appropriate for allowing substitutions for your team, the referee will allow the substitutions. At no time should you yell out to the referee that you want to make a substitution.

Substitutions should be made at the following times:

Prior to a throw-in, in your favor

Prior to a goal kick, by either team

After a goal, by either team

At half time

After an injury where the referee stops play

When a referee stops play to administer a caution, the cautioned player only, may be substituted.



Referees

Coaches may not yell at the referees or address the referee during the game. The team captain is the only player allowed to address the referee during the game. If you have an issue with a referee, you may contact the Referee Coordinator, the Coaching Coordinator, or another Board Member if present.

If there is no referee present at a game, coaches will become the referees. Please have a whistle on hand for all games.

Basic Skills to Teach

Kick off

Used at the start of the first and second halves and after scoring a goal.
All players, except the player taking the kick-off, must be in their own half of the field of play
The team not taking the kick-off must be at least 10 yards away from the ball until it is in play
The ball must be stationary on the center mark
The ball is in play when it is kicked and clearly moves
A goal may be scored directly against the opponents from the kick-off location
The player taking the kick-off may not touch the ball a second time until it has been touched by another player.

Throw In

A goal cannot be scored directly from a throw-in
All opponents must stand at least 2 yards away from the throw in.
The ball is in play when it enters the field of play.
The thrower must not touch the ball again until it has touched another player.
The thrower must have both feet on the ground outside the touchline and throw the ball with both hands from behind and over the head from where the ball left the field of play.
Play shall stop for an incorrect throw in and the throw in awarded to the opposite team.

Goal Kick

Awarded when the whole ball, last touched by the attacking team, passes the goal line.
The ball must be stationary when kicked.
The ball may be kicked from any point within the goal area by a player of the defending team
The ball is in play when it is kicked and clearly moves.
Opponents must be outside the penalty area until the ball is in play.
The kicker may not touch the ball a second time until it has been touched by another player.

Corner Kick

Awarded when the whole ball, last touched by the defending team, passes the goal line.
The ball must be placed in the corner area nearest the point where the ball passed the goal line.
The ball must be stationary when kicked by a player of the attacking team.
The ball is in play when it is kicked and clearly moves.
The corner flagpost must not be moved.
Opponents must be at least 10 yards from the corner arc until the ball is in play.
The kicker may not touch the ball a second time until it has been touched by another player.



The Referee

In all your years of coaching or playing sports, how many times have you heard the phrase "The referees won the game for us."? Probably never. But I'm sure you've heard the opposite, "We lost that game because of the referees." It seems unreasonable to blame the referees for a loss, yet not give credit for doing a good job or winning games. The truth of the matter is referees do not determine the outcome of games. Yes, referees make mistakes. But many more mistakes, made by players and coaches have a greater impact on determining who wins.

Coach, come and walk a mile in the referee's shoes. Take this moment to see the pitch from their perspective:

Dear Coach,

You can't imagine that I don't care who wins. But I really don't. I could care less who wins this or any game. I just want to see a well-played game.

That is the essence of my job - to protect something precious. The fair opportunity to compete for something very scarce. The win. It is my privilege to share the game with the best players there are.

I also want to make sure that it is a safe opportunity and do whatever I can to maintain the flow of the game - mostly by staying out of the way, unless I have to intervene to protect fairness and safety. I do all this while hustling to maintain my position, staying calm in a hurricane of emotion, watching a dizzying assortment of interactions and comparing them to the spirit and letter of a rule book that may not be all that consistent or clear at times.

So when you tell me that I've made three calls against your team and none against the other team, you need to know some things:

1. I probably don't even know because I don't keep track
2. Fair doesn't mean everyone gets the same number of penalties or fouls called against them
3. Your team needs to make some adjustments

I know you want me to care like you care about your team winning. That's why there are referees - you can't be trusted to know what is fair. That is why you can't imagine that I don't care who wins. But I really don't.

If you try to make your struggle my issue, your struggle will deepen and I won't accept the burden. Play the game. I'll do my level best to make sure it is fair and safe.

I'm human and officiating a game that moves very quickly. I make snap decisions under difficult circumstances and I'm not going to get it right every time. Sometimes I'm right on top of the play and I don't have the best perspective for the call. Other times something takes place just out of my view. But when it comes down to it, there is going to be something at every game that I wasn't 100% positive about. That's why long after the game has ended, I can be found with my nose in the rule book double and triple checking my calls. I replay each close call and reach out to others to gain their perspective on the call. I'm testing myself on the laws of the game to make sure I understand them and to try and know them better. I'm doing this for my community, for the two teams who fill the field each game. I'm here for the good of the game.

Sincerely,

Your Game Day Referee



Consider the following statistics:

In 2017, the National Association of Sports Officials (NASO) conducted an exhaustive survey of its membership, with nearly 17,500 respondents answering 162 questions about their experiences and concerns. Nearly half -- 47.9 percent of male respondents and 44.7 percent of females -- said they have felt unsafe or feared for their safety because of administrator, coach, player or spectator behavior.

A recent survey showed nearly 87 percent of officials experienced verbal abuse, and most believed they were treated unfairly by both coaches and spectators.

When asked about the state of sportsmanship, 57 percent of the officials surveyed said it was getting worse.

Unsporting behavior continues to be the main reason that people get out of officiating. Referees worry about their safety as parents, coaches and managers yell, scream, threaten, and insult them on a regular basis.

The recent deterioration of the treatment of officials, who are often teens or young adults themselves has led to a shortage of referees in youth and high school leagues across the country.

These are human beings in a non-100 percent business. They deserve to be treated that way. Every official does, just as every player and coach does, even when they make a mistake.

How we handle this is important. It sends a message.

The message RBYSL is sending is this:

- Every referee on the field is to be respected.
- Coaches and spectators are to keep any comments, questions, or remarks regarding referee calls to themselves during and after the game.
- Coaches are responsible for parent/spectator behavior and must ensure that the officials are being treated with respect throughout the game.
- Under no circumstances should a parent or other spectator approach any referee regarding their calls.
- If a coach has a question regarding a specific call and the laws of the game, they should refer to their copy of the rules of the game.
- If the coach still does not understand the call,
 - If the referee was an adult: a coach may respectfully ask about the call with regards to the law of the game.
 - If the referee was a youth: a coach may respectfully ask the referee coordinator, referee mentor or referee assignor about the call with regards to the law of the game.
- Under no circumstances should a coach approach youth referees regarding their calls.

Coaches who choose to ignore the above guidelines may be subject to any of the following:

- Be sent off the field by the referee,
- Made to sit out the following game as penalty for their behavior,
- Asked to step down from their position as a coach,
- Asked to retake the coaching training as a refresher on sporting behavior,
- Incur additional penalties, depending on the infraction.



U10 Team Name, Spring 2022

Hello Parents. I cannot wait to have a fun soccer season! There are a few house-keeping things I would like to go over:

Practice

Practices will be held at the soccer park on Baker Rd. & Park Ave. on the U10 field.

Mondays from 5:00-6:00 p.m. and Wednesdays from 6:00-7:00 p.m.

Required Equipment

Shin Guards & Footwear

Girls **must** have shin-guards to practice; they will not be allowed to play if they do not. They need to be against the skin, not over the sock with the sock folded over (this is a requirement that the referees will be checking for so to prevent any delays, please get them used to this at practice). Cleats are preferred but tennis shoes are okay as well.

Water

The girls need to have labeled water every practice and game.

Ball

Each girl needs to bring a size 4 ball to every practice and game.

Absences

PLEASE inform me if your daughter will not be at a game or practice.

Practice Absences

If your daughter will not be at practice, please reach out to me via text or GroupMe so I can plan accordingly.

Game Day Absences

It is imperative you let me know **3 days before** the games if your child will be absent. If we have to forfeit/move the game it needs to be in advance or I, as the coach, will have to pay the couple hundred dollar fine! We play with 7 on the field and if we don't have enough players we cannot play.

Games

For all games the girls need to arrive 30 minutes early

- Home games will be held at the soccer fields on the corner of Park Ave. and Baker
- Our first game (as of now) will be on Sat. 3/26 at 12:15 in at Lennox Park in Corning.
- You can access the game schedule via your GotSport account. Go to: Profile; Team management; Matches

Parents

Parents sit on the opposite side of the field as the players.

This season the district is still short on referees. For that reason, we may show up to a game and have no referees or show up and have 3. PLEASE be patient and set good examples. This is youth soccer and the point is for the kids to have fun while learning to play their best game. We will be doing the best we can. Remember parents: YOU SET THE TONE AND ATTITUDE going into a game. Let's stay positive, encouraging, and have a great season.

Sportsmanship

I have a zero-tolerance policy for bullying, put downs, and other un-sportsman like behavior. I hold my players to a high standard and expect them to be respectful to one another, other teams, coaches, parents, and referees.

Please feel free to contact me if you have any questions or concerns.

Name (Head Coach) Contact Info

Name (Assistant Coach) Contact Info



Red Bluff Youth Soccer League Board Members

Older Coaching Coordinator: Amber Verska

Reach out to the Older Coaching Coordinator for things such as:

- Receiving or returning your coaching binder.
- Questions about coaching requirements, such as Live Scan and GotSport registration.
- If a game must be cancelled or changed.

Older Registrar: Heather Bronze

Reach out to the Older Registrar for things such as:

- Incomplete or missing player information in your binder.
- Player Passes and Coach Passes
- Team Roster
- Player assignment/registration issues, such as too few players, players dropping or no longer wish to participate on the team.

Secretary: Amanda Eggleston

Reach out to the Secretary for things such as:

- Team uniforms

Field and Development Coordinator: Robbie Alvarez

Reach out to the Field and Development Coordinator for things such as:

- Field and equipment issues such as large holes in the field, holes in goal nets, broken or missing goals, etc.
- Picking up soccer balls and bags at the beginning of the season

Referee Coordinator: Misty Villavicencio

Reach out to the Referee Coordinator for things such as:

- Referee issues or questions

Public Relations: Shannon Ohm

Reach out to the Public Relations Board Member for things such as:

- Sending in pictures of your team in uniform (if sponsored).
- If you would like to sponsor a team in the future.

If, after contacting the above board members, you have other questions or needs, please feel free to contact:

President: Steve Bronze

Vice President: Madeline Jenson

Treasurer: Amber VanOrnum

Younger Coaching Coordinator: Erika Deihl

Younger Registrar: Heather Smith

The following websites also provide additional information:

soccerxpert.com

coachingsoccer101.com

usyouthsoccer.org/coaching-resources/

soccerhelp.com



Coach Name: (print) _____

I agree that I have read and will abide by the Red Bluff Youth Soccer League Coaching Manual. This includes, but is not limited to: (please initial)

- _____ I will complete all 4 coaching requirements on GotSport before coaching or helping with a team.
- _____ I will teach (and exhibit) good sportsmanship to my team.
- _____ I will keep games within 5 goals for the good of the game.
- _____ I will NOT teach or allow slide tackling or heading of the ball during practices or games.
- _____ I will carry my team paperwork "binder" with me at each game, practice, and any other team function.
- _____ I will carry my team binder, team roster and player and coach passes with me to each game we play.
- _____ I will treat referees with respect and will not protest calls or yell at referees.
- _____ I will become familiar with the Laws of the Game and do my best to teach proper play to my players.
- _____ I will attend all scheduled games as set forth by the district, or have my assistant attend in my absence.
- _____ I will refrain from cancelling games for anything other than emergencies, when neither my assistant coach nor myself can attend. If I must cancel a game, I will contact the Older Coaching Coordinator to see if the game can be rescheduled.

I have read and agree to abide by the rules, coaching information and other league policies as outlined in the Red Bluff Youth Soccer League's U-10 Coach's Manual.

Signature

Date