

# Sunnyvale Alliance Soccer Club Recreational Coach's Handbook

(More information at [www.sunnyvalesoccer.org](http://www.sunnyvalesoccer.org))



**This handbook is the coach supplement to the Parent Handbook. Information in the Parent's handbook applies to coaches as well.**

## BEFORE THE SEASON

- All adults who will be responsible for and/or interacting with the children, including coaches and their assistants, must have disclosure forms completed on-line and be fingerprinted.
- Upon receiving your roster contact your players. Identify yourself and indicate first meeting time and place.
- Familiarize yourself with the *Modifications to the Rules of the Game* for your age division and the *Rules of Fair Play and Sportsmanship*
- Hold a parent meeting. Remind them that this is a volunteer based organization. Hand out Parent Handbook with the club's behavioral guidelines and expectations. Establish your philosophy and team rules. For ideas, look to [www.positivecoach.org](http://www.positivecoach.org) At a minimum, recruit a team parent to manage snacks and paperwork, and identify someone to be the club linesperson in case they are needed during a game (U12+ age groups) or volunteer referees (U6 and U7).

## DURING THE SEASON

### Practice Fields

Permits are required for all club based activities on city fields. Permits are obtained every season for practices and games. Please review the practice fields on the Coaches Meeting information posted on the Google Groups site. However, first try your field of choice for practice and negotiate space with any organized activity that may have permits such as baseball, AYSO etc.

**Practices** should start 1- 2 weeks before the first game.

| Age           | Frequency                       | Duration  |
|---------------|---------------------------------|-----------|
| U6 to U8      | Once per week                   | 45-60 min |
| U9 and U10    | <b>Once</b> (or twice) per week | 60 min    |
| U12 and older | Twice per week                  | 60-75min  |

**Rec. Director:** Stephen Geddes

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**Referee Coordinator:** Tibor Polgar

[referee@sunnyvalesoccer.org](mailto:referee@sunnyvalesoccer.org)

## Rainy Days and Game Cancellations

SASC has a "rain or shine" game policy as long as the fields are "open". The City of Sunnyvale may close the fields if they feel that the conditions are not suitable for use. If fields are closed we must honor the decision, or risk losing our access to and use of the fields. **Coaches cannot cancel games with assigned referees.**

The first place to check if fields are open or closed on game day is the club website, [www.sunnyvalesoccer.org](http://www.sunnyvalesoccer.org) This site will be updated constantly regarding field openings/closures. If you are so inclined, you can also sign up to follow SASCfields on Twitter, to get field messages sent to your phone. Last resort to check field closures are the club's line, 733-KICK, or the Sunnyvale city fields line, 730-7585. If your field is not listed as closed, go to your game at the scheduled time.

Due to the difficulties of rescheduling games and in conformance with our policy of not guaranteeing a set number of games, the Club will not schedule makeup games due to cancellations. We do encourage coaches to make arrangements with their opponents to play during the week in lieu of one of their scheduled practices, but the club **will not** be able to provide a referee for a make-up game.

### **Team Equipment:**

Club provides balls, ball bag, coaching bag, cones, first aid kit, ice packs, coaching sticks, whistle (U6/U7 only). Club recommends a watch and a whistle

### **Safety Considerations**

- Signed Medical consent forms should be with coach at all games and practices. For U12 and above, signed player passes serve this purpose.
- Coach and/or parent should have cell phone at sideline at all times.
- **Another parent should be present at all times during practice** (always have minimum of two adults present).
- Coach/parent should not leave practice until all players have been picked up.

### **Child Safety**

SASC is committed to providing a safe environment for all of our players. We adhere to guidelines contained in the California Youth Soccer Association (CYSA) "Risk Management Program". A copy of this is available on the SASC Rec Coaches Google Group.

### **Training and Certification**

SASC is committed to the training of their coaches, referees and players. We encourage all coaches to pursue a D/E/F certification. In addition to CYSA sponsored courses, SASC provides coach and specialized, age appropriate, clinics to players and coaches. All coaches are expected to become certified Double Goal Coaches through the Positive Coaching Alliance within a year of coaching with us, and to follow the behavior standards taught by PCA.

**Andrew Ransome** of Griffin Soccer is our Coach Trainer and Mentor.

[Andrew@griffinsoccer.com](mailto:Andrew@griffinsoccer.com), [www.griffinsoccer.com](http://www.griffinsoccer.com)

## Game Day

- First game parents are expected to put up goals and unlock portapotty.
- Last game parents should ensure the goals are carefully put away and secured in the equipment tubes at the field, and the portapotties are locked. Keys for the tubes and portapotties are in the lock boxes at the field, at or near the portapotty. Code for lock boxes is S-U-N.
- *Greet the other coach and compare notes on how the season is going.* Remember your mutual job is to create the best game possible for both teams! Talk about substitutions, talk to the ref to ensure you are all on the same page!
- **Only two adults may be present on the players' side, and they must be registered adults.** Referees will check.
- If you are the home team (listed first on schedule), be prepared to supply the game ball. Game cards are no longer needed.
- After the game, clear the player sidelines as fast as possible (have snacks somewhere else), and *please leave the area clean after snacks.*

## Rules of Fair Play and Sportsmanship

In addition to the small sided modifications, SASC has the following requirements on recreational games.

1. Every player **must** play at least half of each game he/she attends.
2. The Coach should make each child a "starter" for at least 50% of the games The Coach should strive to put each player in a position to score (i.e., forward or attacking mid-fielder) at least 50% of the time over the length of the season. Players should NOT be limited to specific positions, even though they themselves may have their initial preferences. Players should be challenged to experience the "total" game of soccer, and play ALL positions.
3. Every player who wants to must have the opportunity to play as goal keeper at least ½ a game during the season.
4. Coaches are **expected to make adjustments** when team is leading by 2 goals:
  - a. Moving players that have little chance to score into scoring positions, i.e. swapping dominating player with goalkeeper, swapping forwards with fullbacks, etc.
  - b. Play more ball possession / defense rather than high pressure attacking.
    - Focus on passing, on switching sides of field
    - Perhaps 2 touch only, or try 10 passes in a row
    - Focus on using weaker foot
    - Need ideas? Ask Andrew Ransome, coach trainer
  - c. When all else fails with overzealous goal scorers, and your team is leading by 4 or 5 goals, you must play 1-2 players short for the remainder of the game. **Under no circumstances should the goal differential be more than 5 goals.**
  - d. Be sure to think about, plan, and practice for this BEFORE your first game. At your team meeting, let your players and parents know you will be doing this during a game and why.

Questions / Comments?

Contact the Recreational Director: [recreation@sunnyvalesoccer.org](mailto:recreation@sunnyvalesoccer.org)

## Games

SASC has made modifications to the rules of the games to make them age appropriate and in accordance with national recommendations.

| Age Group       | Format /<br>Ball Size /<br>Goal Size /<br>Field Size /<br>Duration    | Goal Keeper ? | Restarts   | Free Kicks   | Offside Called?      |
|-----------------|---|---------------|--|--|----------------------|
| Parent Referees |   |               |  |  |                      |
| U6              | 3 v 3<br>size #3<br>Pugg Goals<br>30 x 20y<br>4 x 10 mins             | No            | Kick-ins (no throw-ins)**  | Indirect free kicks only<br>Must be 5-yds back.                                    | No                   |
| U7              | 4 v 4<br>size #3<br>4' x 9'<br>40 x 30y<br>2 x 20 mins                |               | Kick-ins (no throw-ins)<br>Goal-kicks and corner-kicks                                     | Indirect free kicks only<br>Must be 6-yds back.                                    | No                   |
| Club Referees   |   |               |  |  |                      |
| U8              | 5 v 5<br>size #3<br>6'6" x 12'<br>50 x 35y<br>2 x 20 mins             | Yes           | FIFA<br>One retry on throw-ins.<br>Goal-kicks are taken at the top of<br>the penalty area. | Indirect free kicks only<br>Must be 7-yds back.<br>Backpass to GK is OK            | No *                 |
| U9              | 6 v 6<br>size #4<br>6'6" x 18'<br>60 x 40y<br>2 x 25 mins             |               | FIFA<br>One retry on throw-ins.  | Indirect free kicks only<br>Must be 9-yds back.<br>1 warning for backpass to<br>GK | Called if<br>obvious |
| U10             |   |               |  |  |                      |
| U12             | 8 v 8<br>size #4<br>7' x 21'<br>80x 50y<br>2 x 30 mins                |               |  |  |                      |
| U14+            | 11 v 11<br>size #5<br>8' x 24'<br>110-120 x 70-<br>75y<br>2 x 35 mins |               | FIFA   | FIFA<br>(Direct, Indirect and PKs)   | FIFA                 |

*(Note: modified laws subject to seasonal change.)*