

Pleasant Hill - Martinez Soccer Association

2010 Coaching Manual



TABLE OF CONTENTS

Welcome	2
About PHMSA	2
AYSO's Philosophies	3
Safe Haven	4
Coaches Training	4
Equipment Pick-Up	5
Equip. Return/Trophies	5
Coaching Roundtables	6
9 Important Things To Do	7
Team Management Tips	8
Volunteer Roles & Responsibilities	9
Referee Zero Tolerance Policy	10
Player Substitutions	11-12
U6/U8 Goal Tending Caution	12
Volunteer Points System	13-14
Training Sessions	15
Round Robin Tournament	15
Regional Tournament	16
Select Season	16
Playing Time	17
Game Cards	18
Inter-League Play	18
Goal Set-Up	19
Safety Tips	20
Player Evaluation Note	20
AYSO Elite	21
Volunteer Games	22
2008 Coaching Awards	23
Board Member Contacts	24

Welcome Coaches!

Thank you for stepping up to be a coach for PHMSA. You are the life blood of our league. There would not be a soccer league without coaches! I know that being a coach requires a significant commitment of time but in my opinion, coaching also provides the greatest reward.

If you are a returning coach, I thank you for your decision to once again invest your time in our kids. If you are a new coach, I hope that you will experience the gratification and rewards that brings coaches back season after season. You will discover that AYSO is a unique program designed to enrich the lives of children regardless of their athletic abilities. This unique aspect of AYSO creates challenges that competitive soccer leagues do not experience but also gives back amazing rewards to coaches who embrace the philosophies of this organization.

As you progress through the season with your team, please remember that I am here for you as your coach administrator. Please do not hesitate to contact me if you need help of any kind. We have tried to address the majority of issues with this manual, but if you cannot find answers to your questions here, contact your Division Coordinator or myself. We want to help make your commitment to coaching a positive and memorable experience.

Remember our mission—to coach soccer AND enrich children's lives. Have a great season. Thanks for volunteering!

John Nakanishi

PHMSA - Section 2 Area C Region 281

AYSO, founded in California in 1963, is a nationwide, non-profit organization whose sole purpose is to promote youth soccer. AYSO is organized geographically by section, area, and region. The United States is divided into Sections, which encompass several states. Each Section is divided into Areas and each area is divided into Regions, which provide the local programs. Each Region is self-governed by a Board of Directors, and operates within the guidelines established by the AYSO national office in Hawthorne, CA. Nationally, AYSO now has over 650,000 players with players in almost every state.

AYSO's 6 Philosophies

AYSO operates under 6 foundational principles or philosophies. As a PHMSA Coach, you are expected to not only be aware of these philosophies, but to ensure that they are implemented on your team.

1. **Everyone Plays**

Our program's goal is for kids to play soccer-so we mandate that every player on every team must receive equal playing time, regardless of their skill level. National AYSO requires each player play at least half of every game. PHMSA requires each player play at least 3/4 of every game.

2. **Balanced Teams**

Each year we form new teams as evenly balanced as possible. Balanced teams makes it fair and it is more fun when teams of equal ability play. It is imperative that coaches take time at the end of the season to thoughtfully consider and complete the player ranking forms.

3. **Open Registration**

Our program is open to all children between 4 and 19 years of age who want to register and play soccer. Interest and enthusiasm are the ONLY criteria for playing.

4. **Positive Coaching**

Encouragement of player effort provides for greater enjoyment by the players and ultimately leads to better-skilled and better-motivated players. Remember PIE = Positive, Instructional, Encouraging

5. **Good Sportsmanship**

We strive to create a positive environment based on mutual respect rather than a win-at-all-costs attitude, and our program is designed to instill good sportsmanship in every facet of AYSO.

6. **Player Development**

We believe that all players should be able to develop their soccer skills and knowledge to the best of their abilities, both individually and as members of a team, in order to maximize their enjoyment of the game..

Golden Gate Camp—July 16-17, 2010

Section 2 sponsors an instructional retreat for volunteers each year. This year's GGC will be held at Notre Dame de Namur University, Belmont, CA.

The following courses will be offered:

- Intermediate and Advanced Coach Certification (pre-requisites needed for each course)
- Coach Instructor and Advanced Coach Instructor

Please contact the Coach Administrator if you are interested in attending.

Coach Training

The following Coach Training Classes have been scheduled. Each session includes an evening classroom session of approximately 3 hours held at the Pleasant Hill Community Center starting at 7:00 PM and a Saturday or Sunday Field Sessions held at a local field. Start times and locations for field sessions will be announced at the evening sessions. Lengths of time for the weekend field sessions depend on age group. Classes will be held at the following dates. Approximate times are listed.

TRAINING SCHEDULE for U6, U8, U10

Classroom session: Friday, July 23, 7-9PM

Field session: Saturday or Sunday July 24 or 25 Time and location to be announced

Classroom session: Friday, July 30, 7-9PM

Field session: Saturday or Sunday July 31 or August 1 Time and location to be announced

Additional training session will be announced as trainers become available.

*Please check PHMSA.org calendar for any updates on times or locations.

Safe Haven Certification

Safe Haven is a child and volunteer protection program that was the first of its kind in youth sports.

The child protection aspect is intended to stop child abuse, promote education and awareness, enforce policies, screen and train volunteers. It includes proactive steps that promote a positive, healthy environment for children.

Volunteer protection comes into play as a result of volunteer training, certification and continuing education. The Volunteer Protection Act of 1997 provides certain legal protections for volunteers who have been trained and certified, and act in accordance with a written job description. Safe Haven has these three elements, giving volunteers the highest degree of protection available under the law.

Coaches who have an AYSO ID# can take the Online Safe Haven course. Please go to our phmsa.org website and go to the Coaches page. The link to the online course is at the bottom of this page. Safe Haven is a one time obligation.

If you are a new coach, please be patient. AYSO ID numbers will be assigned as our registration volunteers input your approved volunteer registration form into eAYSO and National AYSO provides numbers..

PHMSA will also offer a classroom Safe Haven course this year. Details regarding the classroom Safe Haven will be issued later this season.

Equipment & Uniform Pickup

Equipment and Uniform Pick-up will take place on August 1, 2010 at the Soccer Locker on 360-370 Civic Drive, Pleasant Hill as follows:

U-6, U-8:

12:00PM –1:00PM

U-10, U-12:

1:00PM –2:00PM

U-14, U-16, U19:

2:00PM –3:00PM

Please come only during your assigned time. If you come during a different time slot, you may be required to wait until all coaches from that time slot have completed pick-up.

Anyone on your team may come pick up for you if you are unable to make it.

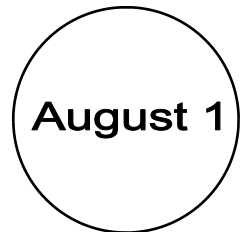
Uniforms:

When you distribute your uniforms, line your players up from shortest to tallest. Give the smallest uniform set to the shortest player and work your way up. From there, you can make adjustments as needed for the childrens' sizes.

We do not make changes for uniforms that are too big, so switch uniforms among your players to obtain the best fit.

If any players must miss the first week of practice, you should get their sizes ahead of time. (The team meeting is a good time to do this.)

Equipment & Uniform Pickup



Equipment Return & Trophy Pickup

Equipment Return/Trophy Pick-up will also take place at the Soccer Locker on November 14, 2010 as follows:

U-6, U-8:

12:00PM –1:00PM

U-10, U-12:

1:00PM –2:00PM

U-14, U-16, U19:

2:00PM –3:00PM

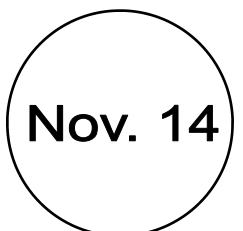
You will only be allowed to pick up trophies during your assigned time slot and we cannot make any exceptions. Please keep this in mind when scheduling your team parties!

Coaches must turn in their player rankings in order to pick up your trophies! No rankings, No trophies.

Teams participating in post-season play-offs can pick-up their trophies on November 14, 2010 and then return their equipment on a date TBA.*

Any coaches who does not pick up their trophies on November 14 must make arrangements with their division coordinators.

Equipment Return & Trophy Pickup



Coaching Roundtables

Roundtable Dates

U6-U10
8/18

U12-U19
8/19

U12-U19
9/21

U6-U10
9/22

U6-U10
10/20

U12-U19
10/21

The purpose of the Roundtable is to bring all PHMSA coaches and assistant coaches together so they can share their insights, philosophies, and experiences in coaching youth soccer. Our hope is that these will help us continue to improve our coaches' skill level and to foster the development of a collegial atmosphere within our coaching ranks.

We encourage all coaches to participate in these roundtables. Please bring your ideas, questions and comments to share. As an added incentive (or if you prefer - - Bribe!) - - We'll buy you dinner (Pizza and soft drinks).

All Roundtables will be held in the Pleasant Hill Community Center and will start at 7:00 PM (and run no later than 9:30 PM.)

Roundtable No. 1 - - August 18/19

The first Roundtable of the season will be held early in the season. This is the opportunity for first time coaches to bring questions about coaching and draw on the knowledge of our more experienced coaches. Discussions may include suggestions on running practices, game day preparation, team management or any other issue.

Please note the age groups for each Roundtable.

Roundtable No. 2 - - September 21/22

Approximately halfway through the season, this roundtable will focus more on game strategies, tactics and analysis. Discussions may also include team management issues or other topics. Please feel free to contact your division coordinator for topics you wish discussed.

Roundtable No. 3 - - October 20/21

Topics for this final Roundtable of the season will include discussions regarding the Player Rating System. It is very important that all coaches understand how to rate your players. Your accurate input is the only way we can ensure balanced teams for the following season.

We will also use this Roundtable to provide information about our regional PHMSA Cup.

This is the end of year tournament that will determine which PHMSA teams will represent our region in the Area Tournament of Champions. Set up in a World Cup format, this tournament is a fun way to end the season.

Additional topics will be added as appropriate.

Roundtable Participation

We want these roundtables to be another useful tool to help make your coaching experience in PHMSA fun and rewarding. We count on your participation to help all of our coaches become better coaches. No matter how many years you have coach, each season brings a new mix of players and parents and a new set of issues. Please use this forum to help you with the challenges that come with each season and team.

Your Division Coordinators will send out reminder e-mails to you as the dates for these Coaching Roundtables approach. Please let them know if you and/or your assistant will be attending so we can ensure that we order the proper number of pizzas and drinks.

Because of past scheduling conflicts with Pleasant Hill Community Center, please look for e-mails and posts on our PHMSA website for the dates & locations of each of these Roundtables.

9 Things To Do Before Training Sessions Begin

1. Contact each of your players families and schedule your team meeting before school is out and everyone leaves for vacation.
2. Get someone to volunteer to be your Team VPS Coordinator.
3. Fill out your Team Volunteer Form. Make a copy and give a copy to your VPS Coordinator so that they can input into our online system when it is ready.
4. Be sure you have e-mailed your respective Division Coordinator and let them know which Coach Training Session you plan on attending; send a copy of the email to your VPS Coordinator.
5. You or your VPS Coordinator should make sure that your Referee Volunteers sign up online for their respective Referee Training Sessions. Go to the “Referee” Section of our web page for more information.
6. Coordinate with your Division Coordinator your preference for practice times for the month of August. You will be receiving an e-mail with more specific instructions, wait for this email before sending your request (mid– July)
7. Make sure a team representative picks up your equipment and any additional information on August 1, 2010. (page 6) You must have your Team Volunteer Form turned in to receive your equipment!
8. Read this Coaching Manual to familiarize yourself with the content.
9. If you can’t find the answer to your question in this Manual, then email your respective Division Coordinator. Please look inside this Manual for the answers to your questions first!

Team Management and Obtaining Volunteers

One of the more challenging tasks for coaches is team management. That is why it is imperative for you to obtain the needed volunteers. You cannot do everything yourself, so you will need to enlist the aid of team parents to help you throughout the season with a number of tasks

The first step in this process is to have a team meeting. At the meeting you will have your first opportunity to meet your team parents, obtain team volunteers and explain your expectations for the upcoming season. Remember that you cannot receive your equipment if you do not send in your volunteer form in a timely fashion.

Here is a sample outline:

PARENT MEETING OUTLINE

1. Schedule team meeting ASAP.
2. Introduce yourself, your assistant, and distribute roster.
3. Discuss Key AYSO Issues
 - a) Inform parents of 5 AYSO philosophies
 - b) AYSO is an all-volunteer organization and everyone is expected to volunteer
4. Explain your coaching philosophy (How do you plan to make soccer fun for all of the players?)
5. Assure parents that every player will get equal playing time.
6. Stress that this program is for the kids and playing is more important than winning.
7. GET TEAM VOLUNTEERS:
 - a. Assistant Coach (if one has not already been assigned)
 - b. Team Coordinator
 - c. Referees
 - d. VPS Coordinator
8. Parent Practice and Game Time Responsibilities:
 - a) On time (Call if unable to come)
 - b) Water
 - c) Ball (for practice sessions)
 - d) Proper gear (shoes, shin guards, shorts)
Remember players cannot play or practice unless they have their shin guards.
 - e) Shoes: Soccer or any good turf shoes are best. (No baseball shoes with toe cleats)
 - f) NO earrings, jewelry, watch, bracelets, etc.
 - g) Positive Attitude

Parent Control - It is the coach's responsibility to keep the parents under control. Thus, tell the parents your expectations of their behavior and that their sportsmanship (or lack thereof) will reflect on the whole team. Remember that you, as the coach, set the example for everyone to follow.

Parents, grandparents, siblings and friends watching the games are all required to have a positive attitude. All motivation should be positive and encouraging so yell only good things.

Remind your parents not to coach from the sidelines and to let the coach and assistants do the coaching.

Also advise parents that they must watch from the sidelines, within the boundaries of the coach's technical area (if possible).

No one is allowed along the goal lines.
9. Your team parents are responsible for putting up goals, nets, corner flags and other tasks to ensure that field is prepared when you have the first game of the day. These volunteers will also take down fields when you are the last game of day.

Volunteer Roles and Responsibilities

What is a Team Coordinator?

The Team Coordinator is responsible for team administrative matters. We want our coaches to focus on coaching the children, not dealing with a myriad of administrative matters. The key person to help the coaches with these administrative tasks is the Team Coordinator. Many times are referred to as the “Team Mom/Dad” or “Team Snack person”.

The role of Team Coordinator may vary from team to team due to the extent that a particular coach might want to be involved in administrative

duties. Nevertheless, it is imperative that the coach meet with the Team Coordinator right after the Team Meeting to discuss the duties that the Coordinator will have during the season.

Among the duties that a Team Coordinator could have include:

1. Meet with the coaches prior to the start of the season to understand the coach’s needs and expectations
2. Prepare and distribute team practice and game schedule;
3. Distribute picture packets and communicate picture times;
4. Prepare a schedule for parents to bring half-time and post game snacks;
5. Call and/or e-mail team parents regarding changes to schedules.

What is the commitment for a Team Referee?

U6 and U8 referees will referee their own children’s games. U10 & U12 parents can AR their own kid’s games. Centers should be neutral (unaffiliated) and are self-assigned through the Referee Scheduler.

Each team is expected to provide at least two referees with a combined commitment of 10 games each.

Referees are provided free training, uniforms, flags, whistles, and other necessary accessories. Please look on the referee page of the PHMSA website for more details.

A Message from our Referee Administrator

You make the call!

What makes a good coach in any sport is their understanding of the principles of the game and of the rules. In soccer the “Laws of the Game” are not complex - but the multitude of scenarios in which a law is applied makes them seem much more difficult to understand.

What is advantage? When is it applied? What is offside position and

when does that player actually become ‘offside’?

A better understanding of the laws will make you a better coach.

The coaches training sessions each have a 30 to 60 minute presentation on the basics of the Laws of the Game. I hope you will find this section useful. Better yet, take a basic referee class!

Thank you ahead of time for your support of our volunteer referee crew. Please remember that they are all volunteers and give them positive encouragement!

Thank you for coaching!

Rick Hults
Referee Administrator

Referee Abuse “Zero-Tolerance” Policy

For the past few years, PHMSA and other Area 2C Regions have instituted a “Zero-Tolerance” Policy with regard to referee abuse. Although the issues generally stem from just a few out-of-control parents and abusive coaches, the referee advisory board has found it necessary to address the issue of inappropriate sideline behavior by adopting the following policy:

The PHMSA Referee Volunteers are being advised to invoke a ‘No-Tolerance’ policy in terms of managing touchline behavior by coaches and other spectators. It is inappropriate for anyone to verbally contest a referee’s decision and all concerns should be voiced in a civil fashion at the appropriate time. It is the coach’s responsibility to control all spectators associated with his/her team. Failure to do so will result in the coach and/or spectator being sent away from the field of play.

It is important that coaches show the proper respect for all referees including youth referees. We will have several experienced referees acting as mentors. These referees have the authority to step into a situation involving a youth referee.

The PHMSA Referee Instructors are well aware that new referees will make mistakes. These referees often begin their referee careers at the U10 level, which is quite a challenge.

These referees need the help of coaches to make the referee’s job easier by controlling actions on the touchline and practicing positive behavior towards the referee team. It is the expectation that coaches will notify all team parents of this policy at the team meeting or via some other means of communication. Ignorance of this policy will not be an excuse for implementing the ‘No Tolerance’ policy and any subsequent dismissal from the field of play.

The following incidences will provoke the use of the ‘No Tolerance’ policy without a formal warning:

1. The failure of a coach to help control the spectators related to his/her team.
2. Improper verbal comments made by any coach and directed at the referee or assistant referees. These can be either abusive or can be comments construed to be questioning the referee’s decision in a dissenting confrontational or disrespectful manner.
3. Coaches entering the field of play without the referee’s permission.
4. Any non-coach stepping on the field of play without the referee’s permission.

Player Substitution Policy

In AYSO, we make modifications to the FIFA substitution procedure to ensure that each player gets his/her minimum playing time. These modifications include no maximum on the number of substitutes and allowing a player to return to play once he/she has been substituted. AYSO requires each player to play at least half the game. In Region 281, we require each player to play at least three-quarters. For age groups under 14, we use a quarter substitution system. For age group U16/19, we use a free substitution system.

Quarter Substitution Procedure (for age groups U14 and below):

Substitutions are allowed...

1. midway through the first half,
2. at the beginning of the second half,
3. midway through the second half, and
4. for injuries.

Substitutions will occur at a natural stoppage in play, approximately midway through the first and second half. The referee will stop his watch and call for substitutions. Substitutions should follow the procedure outlined in Law 3:

1. The referee has been informed because he is calling for the substitution.
2. The coach calls off the players being substituted.
3. Once the players being substituted have left the field, the referee will signal for the new players to enter the field. They should enter at the halfway line.
4. The players that have left the field, should stay together until the Assistant Referee has marked them as resting that "quarter."

Only the players being substituted leave the field. The other players should stay at their current position so that play can resume quickly. On hot days, players may go to the touch line for water; they should not leave the field, but should be handed water by parents. Coaches should remember this is a quick substitution opportunity; it is not a time to coach. The entire procedure should take less than one minute.

At the start of the second half and after each substitution opportunity, the assistant referee should record which players are sitting out. The substitutions are recorded on the game cards to ensure all players get their three quarter playing time.

If there is an injury, coaches should remember that they should not enter the field without the referee's permission. If the referee stops play for an injured player, that player must leave the field. If the injury is slight, the referee may signal for that player to return as soon as play resumes. If the coach wants to substitute, remember that the substitute must enter the field at the halfway line with the referee's permission.

Player Substitution Policy Continued on Next Page

Player Substitution Policy (continued)

Free Substitution Procedure (U16/19):

Substitutions are allowed at the following stoppages of play:

1. Your own throw-in.
2. Goal Kick by either team.
3. Kick off.
4. Injury stoppage (any player).

Procedure:

At one of the allowed stoppages...

1. Substitutes that will become players should be at the halfway line **before** the stoppage. (If the substitutes are not ready, the referee may not allow the substitution.)
2. The coach requests a substitution.
3. The referee grants permission for a substitution.
4. The coach calls off the players being substituted. (They may leave across any boundary line.)
5. The referee or assistant referee grants permission for the substitutes to enter the field and become players.
6. The referee restarts play.

◆ Coaches should plan their substitutions to insure that each player plays for 75% of the game.

Goal Keeper Changes (all ages levels):

Any player may change places with the keeper at any stoppage of play, provided that the referee is informed **before** the change. Changing keepers without the referee's permission, may be a caution for older players.

It is a good idea to check with the referee and the other coach whenever you play with a team from another region to make sure you are both using the same guidelines.

U6-U8 “Goal Tending” and “On-Field” Coaching

Our U6 - U8 Division presents different challenges than our other divisions, but it also presents us with the greatest opportunity to ensure the growth of our league. In order to help our U6-U8 players learn the game and enjoy their experience, we play **without** goalkeepers. For U6 we permit a coach on the field as well. With

these modifications to the game, we need to stay true to the reasons why they have been made - to provide the U6- U8's with an enjoyable soccer experience. As a result, please do not have kids hanging back and playing a goalkeeper position. Rather, encourage all players to be involved in the game, instead of standing

idle in a “position”, waiting for the ball to visit.

In addition, try to get your team in a position by mid-season where they no longer need to have a coach on the field with them.

The Volunteer Point System (VPS)

PHMSA is a 100% volunteer run organization with nearly 2500 children playing in our league. With a program of this size, it is imperative that we have 100% participation from all families in our Region. Thus, PHMSA developed the Volunteer Point System to encourage and ensure maximum parent participation.

The Volunteer Point System assigns points to the various tasks that are necessary to operate the league. For each of the tasks completed, a team earns points. The boy’s and girl’s team in the U6, and U8 age groups that accumulate the most points will have a prize awarded to them.

In addition, each team is expected to reach the minimum required volunteer points per team. Any team in the U-10 and older age divisions that fails to meet the minimum may be precluded from participating in the end-of-season Regional Playoffs and/or the Area Tournament of Champions. Also, in the event of any ties in standings at the end of the season, the points earned under this system may be utilized to break such ties.

Team VPS Coordinators will have the responsibility for tracking & inputting their respective team’s volunteer point total.

Minimum Volunteer Points per Team = 100

Volunteer Positions and Point Values

Position	Team Volunteer Points Earned
Coach	15
Assistant Coach	15
VPS Coordinator	10
Certified Referee (1)*	15
Certified Referee (2)*	<u>15</u>
Total	70

* - Minimum 10 game requirement - (U10—U19) Minimum 5 game requirement (U-6-U8)

Additional Coach and Referee Point Values

Opportunity	Team Volunteer Points Earned
Coach Training	10
Assistant Coach Training	10
Coach Roundtable (1)	5
Coach Roundtable (2)	5
Referee Roundtable (1)	5
Referee Roundtable (2)	<u>5</u>
Total	40

What is a Team VPS Coordinator?

Each team must have a parent volunteer to become the team's VPS Coordinator. They must have internet access and an email address. Coaches are not allowed to be the VPS Coordinator.

The VPS Coordinator will be responsible for inputting the team's volunteer forms online before July 1st. More details with regard to online VPS inputting will become available before the start of the season. **Please check the PHMSA web page (phmsa.org) under the "VPS" Section periodically for additional instruction and information.**

The VPS Coordinator will be the point of contact concerning any volunteer issues and be responsible for disseminating that information to the rest of the team.

Additional Point Opportunities

Some teams may need further participation to meet the **100 total required volunteer points**. Additional points can be earned and allocated to a designated team whose parents have or will volunteer their time in one or more of the following positions:

Adopt-A-Field – 30 points, reserved for teams that do not have Asst. Coach and second Referee. Team will be responsible for ensuring the following for the entire season; fields are lined before first scheduled game time, regardless if it's your team. Equipment is locked up after last scheduled game, regardless if it's your team. Contact Field Director to inform of missing locks or equipment needs. Ensure trash has not been left on fields (School Permits can be revoked for this.) This can be a team responsibility, not just one parent.

Pre-Season Field Set-Up – 10 Points, Help with lay-out and lining of fields, ensure Knack boxes are properly filled with required equipment.

Registration Nights – 3 points, help register players and volunteers on March 9, 17, 23 and 31.

Equipment Handout and Return – 3 points, help with distribution of balls, keys, trophies etc. for season.

Picture Day Volunteers – 5 points, first come-first serve. Help with organization during event and distribution of pictures when completed.

Field Lining during Season – 3 points, with a max. of 3 allowed per team.

Trophy Distribution to Soccer Locker – 5 points, help bring boxes of team trophies from Pleasant Hill to our storage facility.

Other duties needed by PHMSA Board – TBD.

Team Training Sessions

- Division Coordinators will contact you to schedule the locations and times for your practices once we have secured the necessary permits. Please do not call before that time.
- Teams cannot start practicing until August 1, 2010.
- Teams can only use assigned fields during their assigned times.
- DO NOT practice on fields where we do not have permits.
- Coaches MUST have field permits and medical release forms at every practice and every game.
- Teams can only scrimmage/practice with other teams in their own division.
- Teams with earlier practice times must vacate the field promptly for teams coming on the field.
- Players must have shin guards covered with socks or they CANNOT practice.
- League-owned field equipment (goals, corner flags, etc. cannot be used in practices.

Pre-Season Round Robin “Tournament”

September 5th & 6th

Once again this year, PHMSA will be holding a preseason Round Robin Tournament for those teams that would like to participate. The U8 thru U10 teams will play their games on Saturday, September 5th and the U12 thru U14 teams will play their games on Sunday, September 6th.

This gives your team a chance to play a few short games before the season starts and lets our new referees “get their feet wet” in game conditions.

You will be receiving an e-mail from your respective Division Coordinators with more details regarding this fun start of the season. We encourage all teams to participate. Look for more information around mid-August.

Regional Tournament to Qualify for TOC

At the end of the season, each AYSO Area holds a tournament—the Area Tournament of Champions (TOC). Each region sends their best teams from their U10 and older teams. The number of teams each region sends is determined by the Area.

To determine which teams will be chosen to represent PHMSA in the Area Tournament of Champions, the last three weeks of the regular season will be set aside for a World Cup style tournament. Teams will be separated into brackets and will compete among each other with the best teams from each bracket moving on to quarter-finals, semi-finals and finals.

No standings will be kept during the regular season. All teams will have a chance to make it through to the quarterfinal rounds.

This format will allow coaches to concentrate more on fundamentals early in the season and build up to the tactical aspects of the game as you get closer to tournament time.

Please note that this will be the second year that we will be working with this format due to the feedback and success we had last year which was the inaugural year for PHMSA Cup.

Area Tournament of Champions

Winners from all the Area 2C and Area 2D regions compete in a tournament which takes place in various fields throughout these two Areas. PHMSA typically hosts a number of these games on our fields. Some teams may have to travel to participate in their TOC games.

Winners of the TOC continue on to participate in a Section 2 tournament in December.

Please note that coaches must be certified in the age division they are coaching in order to participate in sectional tournaments. Last year there were several coaches who won their division in the TOC but were then not able to participate in the Section Tournament.

Select Season 2010-11

The Select League offers our U-10 to U19 players who have demonstrated superior soccer skills the opportunity to play on a more competitive extended season.

Players are selected through a process of observations during the regular Fall season and tryouts that will be scheduled towards the end of the Fall season. Games will be played against other Select teams in the area as well as tournament play that will require some travel.

The season runs from January through May, with training sessions beginning in December.

The deadline to submit application for the Select Season is October 1st.

Tentative Tryout Dates:
October 10 & 17

Playing Time

Everyone Plays

One of AYSO's Guiding Principles is that Everyone Plays. As a result, all team members must get to play the same amount of time, regardless of skill level.

This means that every player should play 3 quarters of each game and no player can play 4 quarters until everyone else has played 3 quarters.

If team size requires that team members play different amounts during a game, there must be some rotation of players to ensure that the same player(s) are not the ones that play the lesser amounts in each game. The rotation should work so that, at the end of the season, playing time should equal out among all players.

At game start, quarters and half breaks, all players sitting out the next period should line up next to the coach with their backs to the field. The assistant referee will mark the player(s) sitting out on the game cards.

Reducing Playing Time

Playing time cannot be reduced because of missed practices.

Playing time cannot be reduced for disciplinary reasons without prior consent of the Division Director.

Playing time cannot be reduced due to player fatigue.

An existing medical condition or injury cannot be used as an excuse to reduce playing time without prior consent of the Division Director.

An injury or illness occurring during a game result-

ing in reduced playing time must be reported to the Center Referee, who will ensure that it is noted on the game cards.

A late arrival may reduce playing time. As a rule of thumb coaches should tell players to arrive 30 minutes prior to game time. This rule must be applied equally and discussed with the parents before the first game.

Our job as coaches in a recreational league is to provide players with the opportunity to be trained in many positions. As a result, rotating the player's positions is strongly encouraged in U12 and above. In U10 and below, player rotation is **MANDATORY**.

Special Goalkeeper Playing Time Rules

In U8 there are no keepers.

In U10, a player can play no more than 2 quarters as the goalkeeper. If a player does play goalkeeper for 2 quarters, the player must play a third quarter in a field position.

In U12, a player can play up to 3 quarters in goal, but if this occurs the player must play a fourth quarter in a field position.

In U14 and higher divisions, there are no restrictions. But again, we want to have players play and learn all positions. Make your best efforts to ensure that they do.

Game Cards

Coaches in U8 and above must fill out an official AYSO game card prior to each game. The card should list the names of all of the players on your roster and their uniform numbers, playing or not.

Game cards may be provided with your equipment. However, the league website has a file containing a game card template. You can download it, fill it out and print it from your own computer.

If players are absent or not playing, denote on the card the reason (i.e. injury, illness, absence, etc.).

Hand the card to the center referee 15 minutes prior to the scheduled start of the game. You will NOT be able to obtain these cards from the referee during the course of the game, so prepare additional game rosters for your own use.

DO NOT CHECK OFF THE PLAYING TIME FOR THE PLAYERS ON THE CARD. THIS IS THE RESPONSIBILITY OF THE REFEREES.

The assistant referees will check off the players sitting out each quarter. Please assist them by having the players who are not playing during the next quarter line up along the touchline near the midline before the start of the next quarter.

In U10 and above, the center referee will turn the game cards over to the winning coach at the end of the game. (In the event of a tie, they will go to the Home Team).

The winning coach is responsible for mailing the game cards to his/her division director. Your division director should provide you with the details of how they wish to receive your game cards.

The purpose of these game cards is to ensure that all coaches are adhering to the equal play philosophy.

NOTE: U6's do not use the game cards.

Inter-League Play for 2010

PHMSA is only one of several AYSO soccer league in the Bay Area. We feel it is a great benefit for our players, coaches and parents to meet with these other leagues in the spirit of cooperation and sportsmanship, and schedule games with them.

In the past few years, PHMSA has arranged for inter-league play with all of our age divisions from U8 to U19. These inter-league games have worked out great because they have permitted our lesser populated age groups to have a complete game schedule.

At this time, we do not know how many teams will play inter-league games. However, due to the benefits this arrangements create for all the leagues involved, expect some teams will play other AYSO teams not in PHMSA this season.

In addition to regular inter-league play some of the older age division will also play VIP games. These are games against teams made up of children with disabilities.

Goal Set Up and Take Down Procedures

Parents, coaches and players must follow required safety procedures around goals and goal posts.

1. Volunteers must be at least 18 years old to help with the setup or takedown of goals
2. Each team must have a designee who has been trained in the proper setup and takedown procedures, and who will be responsible to oversee the team's setup and takedown activity. You and your opponent are responsible for setup when you are the first teams to play on a day, and take-down when you are the last teams playing. This is NOT a home team responsibility.
3. Children must not be allowed to come within 20 feet of the area during the setup, take down, movement or storage of goals. Children are not allowed to help carry goals, set-up goals, take-down goals, move goals, or carry nets, corner flags and sandbags. This is an absolute mandatory rule.
4. Inspect goals after they have been constructed to ensure that they are properly anchored and weighted down with sandbags. Make sure sandbags are properly placed so that the bags rest perpendicular to the beam.
5. Goals and storage boxes must be locked at all times, except when equipment is being removed or put back. Thus, when getting equipment out of the storage box, take the needed equipment out of the box and relock it immediately. Do not leave the box unlocked. Also, never leave unlocked goals leaning on the fence. If there is more than one set of goals and you are only using one set, be sure to securely relock any unused goals.
6. When using Take-Apart Goals, at least two adults should be present—one to connect/disconnect them and the other to prevent them from falling over.

We must not allow children to set up or take down goals and we must make sure that goals are set up properly.

Our primary goal must be to provide children with a safe and enjoyable soccer experience. The key to doing so is to ensure that all involved in the league understand what is necessary to provide safe playing fields, proper equipment and appropriate safety procedures to follow during training sessions and on game days.

To that end, identifying and correcting potentially dangerous conditions is a priority for all coaches and parents. If you notice anything that doesn't "feel safe," take steps yourself to protect the children and then notify your Division Coordinator, Coach Administrator or Safety Director immediately.

Most injuries can be prevented through proper training, supervision, and through the care of playing fields and equipment. In cases of an accident or injury, it is absolutely essential that cooperation is given to officials and medical personnel.

General Safety Tips

Know where the nearest working telephone at your training session and game field is located or bring you cell phone with you each time you step on the field.

- ALWAYS have the medical release forms at every practice and games. THIS IS A MANDATORY REQUIREMENT. The form also contains the number to call to notify the parents or an emergency contact.
- Always advise the parent when an injury occurs, no matter how minor, and seek medical help for all but minor injuries.
- Non-PHMSA players CANNOT participate in training sessions or games.
- Adults may not participate in any sort of soccer game against the children.
- Coaches must notify the Safety Director concerning any injury which requires medical attention, so that appropriate forms may be completed by parents.
- A responsible adult (at least 21 years old) must be present at every PHMSA function, including training sessions.
- We ask coaches and parents to work together to see that there are at least two adults present at all times in case one must leave due to an emergency.
- Don't leave children unattended on the field before or after training sessions or a game.

Player Evaluations

As noted elsewhere in this manual, one of the key philosophies of AYSO is balanced teams. In order to achieve this goal we need all coaches to give a great deal of thought and effort to their player evaluations.

Coaches are required to evaluate their players this year via our **online** evaluation process. You will be required to go online and input your evaluations by the end of October.

You will need to complete your evaluations in order to pick up your trophies.

We will take some time at the October Coaching

Roundtable Meeting to go over any of your questions.

If we do not have your evaluations then we have no way of accurately ranking our players for the next season.

Look for an e-mail from your Division Coordinator as we approach October and don't hesitate to contact them if you have questions.

AYSO ELITE

- A More Competitive AYSO Experience

The American Youth Soccer Association has developed a Strategic Plan to further enhance the soccer experience of AYSO member Regions. AYSO Elite provides an opportunity to various age groups to participate in a higher level of soccer.

PHMSA is excited to have the opportunity to participate in this new program with other regions in our Area. AYSO Elite represents a great opportunity for players and their families to be exposed to a higher level of soccer. Most importantly – all of the AYSO philosophies will still apply.

Program highlights are described below:

- Teams available for age divisions U10 through U19, both boys and girls.
- Players **MUST** participate in the Fall (house) season concurrently.
- Games will be played on Sundays, so as not to conflict with the games of the regular season (house).
- Elite teams will train one day per week in addition to regular season training.
- Games will be played scheduled with other AYSO Elite teams in our Region and other Regions.
- Teams will participate in the San Bruno Turkey Tournament November 27 and 28.
- All the AYSO philosophies will still apply: **Everyone Plays, Balanced Teams, Open Registration, Positive Coaching, Good Sportsmanship, and Player Development.**

Tryouts for PHMSA AYSO Elite Teams will be held on the following dates:

Sunday, August 1st
College Park HS Turf

Sunday, August 8th
College Park HS Turf

Interested players should contact Gina Paff or Keith George. If you are interested in a position as an Elite coach, please contact us with your coaching experience and age group interest. For questions, please contact either:

Gina Paff erpaff1@yahoo.com

Keith George keith.george_07@sbcglobal.net

Volunteer Games

Once again, we will give our coaches, referees and other volunteers an opportunity to hit the field and show us all how to play the game.

These games are open to all volunteers who wish to participate, regardless of ability.

Games will be played at 3:00 PM on the following Sunday afternoons.

- Game #1—September 26
- Game #2—October 3
- Game #3—November 14

Field locations to be determined.

All coaches and their assistants are strongly encouraged to play, especially if they have never played before. Actually participating in a game as a player will definitely improve your coaching.

We would like to have more of our women coaches out to the games as well. Rules of play are tailored for fun, recreational play. No slide tackling is

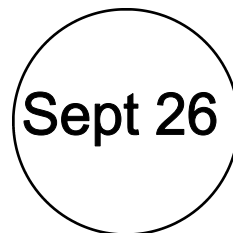
allowed and all participants are encouraged to meter their intensity.

Referees are also invited to either participate in the game or officiate for us.

Please mark your calendars and join us! Bring the family out for an enjoyable experience. Invite your team to cheer for their coach!

Look for more information from your Division Coordinators as we get closer to these dates..

Volunteer Games



Bring both a light colored shirt and a dark colored shirt to the volunteer games in case we do not have enough pinnies for everyone to wear.

Did You Know? - - - PHMSA Board Meetings

The PHMSA Board of Directors meets on the last Monday of each month at the Pleasant Hill Community Center, Upper Board room. Meetings usually begin at 7 PM.

If you have an issue you want the board to review, please contact Jeff McClure, Regional Commissioner, at RC@PHMSA.org beforehand to get it on the meeting agenda.

Post-Season Coaching Awards for 2009

Each season our Division Coordinators present awards to the coaches who best exemplify and uphold AYSO's principles and for remembering "It's For The Kids".

Division Coordinators generally seek recommendations from other coaches in their division in order to identify worthy candidates for these Awards.

If you see a fellow coach whom you believe is a worthy candidate, please make sure you pass his/her name on to your Division Coordinator.

In 2009, Division Coordinator Awards were presented to the following outstanding coaches:

Under 6 Girls—North

Michele Gustin

Under 6 Girls—South

Bruce Lamborn

Under 6 Boys—North

Steven Christie

Under 6 Boys—South

Peter Morrison

Under 8 Girls—North

Christi Gotvald

Victoria and Walter Pease
(Father/Daughter)

Under 8 Girls—South

Shannon Navarro

Aaron Silva

Under 8 Boys—North

Sean Blomquist

Dave Flitton

Under 8 Boys—South

Mike Cadreau

John Hutchinson

Under 10 Girls

Oliver Tuggle

Rich Cunningham

Nouri Akli

Under 10 Boys

Don Dyer

Tamara Helfer

Erik Wilson

Under 12 Girls

Greg Wanket

Eric Powell

Under 12 Boys

Glen Casebeer

Mike Olvera

Under 14 Girls

Roy Kiesler

Under 14 Boys

Gary Dobson

Under 16 Girls

Courtney Hart

Under 16 Boys

Farhad Amini

Under 19 Girls

John Nakanishi

Under 19 Boys

Mike Bedig

Coach of The Year

The Bob Fowler Coach of the Year Award is presented for outstanding coaching contributions to our Region. The recipient of this award in 2009 was **Hal Townsend**.

The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.—Vince Lombardi

PHMSA Board Member Contact Page

Position	Name	Phone	E-mail
Regional Commissioner	Jeff McClure	686-2824 Ext 6	rc@phmsa.org
Child & Vol. Protection Admin.	Heather Schaefer	228-7352	cvpa@phmas.org
Coach Administrator	John Nakanishi	451-3255	coachadmin@phmsa.org
U19/U16	Gina Paff	890-8226	u19_u16@phmsa.org
U14	Moises Pagan	285-9290	u14@phmsa.org
U12	Steve VanWinkle	(510) 912-3535	u12@phmsa.org
U10 Boys	Mark Hood	949-8479	u8b@phmsa.org
U10 Girls	OPEN	OPEN	u10g@phmsa.org
U8 Boys	Rod Bassler	349-6619	u8b@phmsa.org
U8 Girls	Henry Tominaga	(408) 656-7822	u8g@phmsa.org
U6	Rebecca Seidenspinner	228-9829	u6@phmsa.org
U5 Program Dir	Quincy Tatum	339-4530	U5@phmsa.org
Safety	Chuck Griffin	335-9574	safety@phmsa.org
VPS Coordinator	Dave Vassar		Vps@phmsa.org
Fields Director	Dave Killeen	207-4297	fields@phmsa.org
Referee Administrator	Rick Hults	372-0649	refadmin@phmsa.org
Player Development	Michael Morrissey	938-1906	player@phmsa.org

OUR 2010 PHMSA SPONSORS

A huge THANK YOU! to our sponsors for supporting PHMSA this year!

A Fruitfull Biz

Fleming Assoc. Insurance Agency, Inc.

Michael Huguet, DDS

Night Owl Pediatrics

Pleasant Hill Lions Club

Rebecca Lonergan Modwall.com

Shooting Stars

TD Ameritrade

Touchline Travels

Wastek