



ALDERGROVE

YOUTH SOCCER CLUB

Registered as the Aldergrove Soccer Society

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AYSC Team Leader / Coach Handbook

Thank You for Volunteering!

Thank you for volunteering to be a Team Leader / Coach with Aldergrove Youth Soccer Club! Your role as a Team Leader / Coach is a very important one, and is much appreciated by the players, parents and AYSC Executive.

You are now a role model to all AYSC players, and you should set high standards in developing good sportsmanship, technique, and an understanding of the rules. Keep the pressure to win low and make the focus on FUN and development. Use positive reinforcement and instill respect in the players — in themselves, their team, their opponents and the referees.

4 Things You Need to Do at the Start of the Season

1. **Complete an "Application to Coach" Form.** This form is available at <http://www.aldergrovesoccer.com/coaches/applying-to-coach/>. Completed forms can be mailed to the AYSC or brought to the start-of-season Team Leaders / Coaches meeting.
 2. **Complete a criminal record check by September 1.** All Aldergrove Soccer volunteers (Team Leaders, Coaches, assistants, managers) can now complete their criminal record checks online. You can also drop by the Aldergrove Community Policing Office at 269th and Fraser Highway, or any RCMP station, with your photo ID and a volunteer confirmation letter from the AYSC. See <http://www.aldergrovesoccer.com/coaches/applying-to-coach/> for more information.
 3. **Contact your players / parents.** Once you have been provided with a team list, you should contact your team to introduce yourself. **Please confirm the contact information for your team – if any of the telephone numbers or email addresses on the team list provided by the Club are missing or incorrect, please ask your parents to update their profile in AYSC's registration system at <https://www.sportslogic.us>.** Team contact lists will be provided once the season is organized in early September.
 4. **Attend the start-of-season Team Leaders / Coaches meeting.** The Team Leaders / Coaches meeting will cover the rules of the game, handout of equipment, some tips from experienced coaches, and other important Club information. **If you cannot make this meeting, please be sure to send a representative from your team. Meeting details will be sent via email.**
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Our Goal is "Fitness & Fun"

Practices & Games

U5/U6 teams have a split practice / game outdoors every Saturday morning from September to mid-December, and a split practice / game Wednesday evenings in September and October. In November all U5/U6 teams move indoors to a gym for split practice / games on a weeknight evening (no outdoor Saturday games for U5/U6s during the normally cold and rainy months of January and February). U7-U10 Developmental teams will have an outdoor split practice / game on Wednesday evenings until the end of October.

U7-U10 games are played outdoors every Saturday morning from September to February, with a break mid-December to the 1st week in January. U7-U10 teams have a split practice / game Wednesday evenings in September and October. In November U7/U8 teams will be assigned a weekday practice day / time in a gym. U9/10 teams will practice on the turf on a weekday night starting in November.

U11-U18 Boys & Girls (Traveling Team) games are played Saturday or Sunday depending on age group, from September to February. Practice days / times are determined by coaches.

Clinics

Each season the Club offers drop-in 'Clinics' for players, parents and Team Leaders / Coaches who are looking for additional / higher-level training. More information will be sent to Team Leaders / Coaches and parents as details are confirmed.

Inclement Weather Procedures

Rain

Games are played regardless of the degree of rain. **However, fields are in rare circumstances closed by the Township of Langley due to too much water on the field. The Township can make this decision as late as the night before game day** (or even the morning of a game day in extreme weather). In some instances, the Club itself may decide to close the fields depending on the weather. If fields are deemed unplayable, the Club will email all Team Leaders / Coaches and parents as soon as the decision is known.

You are encouraged to check your email or the AYSC website often if the weather is questionable.

Note that ONLY the Club can cancel a game / games; Team Leaders / Coaches should NEVER cancel any games themselves.

Snow

In the event of snow on the field, all games will be cancelled – Team Leaders / Coaches / parents will be notified by email.

Support for Team Leaders / Coaches

AYSC will be offering coaching clinics over the course of the season for those new to being a Team Leader / Coach. **Experienced Club coaches are also available to attend your practices / games**

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throughout the season to help you with drill and small game ideas – contact us at info@aldergrovesoccer.com to request that a Club coach attend a practice / game.

AYSC maintains a comprehensive loaner DVD library that Team Leaders / Coaches and parents can borrow to pick up practice / drill ideas and improve their general knowledge of the game. DVDs can be borrowed for up to two weeks at a time. See <http://www.aldergrovesoccer.com/coaches/loaner-videos/> for a complete list of videos and borrowing information.

Questions, Comments?

Questions or comments regarding the AYSC's soccer programs can be directed to:

Aldergrove Youth Soccer Club

info@aldergrovesoccer.com

604.856.5839

www.aldergrovesoccer.com

Appendix A: Rules for U5-U10 (Developmental) Soccer

Developmental Soccer follows FIFA Laws of the Game, with a few minor changes. The rules are kept simple so that players and Team Leaders / Coaches learn the basics of the game.

Law 1 - The Field of Play: Field of play should be approximately 1/3 the size of a regular field as per FIFA regulations. Goalkeepers may handle the ball in their own goal area only. Having nets on the goalposts is advisable, but not necessary.

Law 2 - The Ball: The ball must be properly inflated, round and correct size. A size 3 should be used for all Developmental games, however a size 4 may be used for U9 and U10.

Law 3 - The Number of Players: refer to chart for age group specifics.

Age Group	# of Players on Field	Team Leaders / Coaches	Referee	Length of Half	Corner Kicks	Throw-Ins
U5/U6	5 aside, including goalkeeper	on field	optional	25 minutes	Yes	Yes
U7/U8	6 aside, including goalkeeper	not on field	optional	25 minutes	Yes	Yes
U9/U10	7 aside, including goalkeeper	not on field	provided	25 minutes	Yes	Yes

- Team Leaders / Coaches or another parent usually act as referees at the younger ages
- the number of players on a field above are a GUIDELINE – Team Leaders / Coaches can agree to adjust the numbers up or down slightly, especially at the younger ages, depending on circumstances (e.g. many players away, or both having large teams who all show up)
- **if one team is short players, the other team is encouraged to lend players so that a game can go ahead (ideally, each team would have at least one substitute); if necessary, mix the teams and play**

Law 4 - The Player's Equipment: A player must not use equipment or wear anything which might be dangerous. Rings, necklaces, watches, bracelets, earrings and barrettes MUST be removed. Hats with visors (e.g. ball caps) or hoodies should not be worn, as they block a player's vision (consider a toque instead). Casts on arms may be permissible if they present no risk to others.

Provided by the Club at the Start of the Season (Included in Fees)

- Jersey: An extra shirt or jacket may be worn UNDER the jersey. Goalkeepers must wear jerseys that are a different colour that distinguishes them from other players and the referee.
- Shorts: Shorts are provided by the Club. Track pants are also allowed (not provided by the Club).
- Soccer Socks: Must cover the entire shin-guard.

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Not Provided by the Club

- Shin-Guards: Are mandatory for all age groups to prevent injury.
- Footwear: Cleats are required for outdoor games. Non-marking runners are required for indoor practices. Footwear must be safe and will be inspected by the referee.

Law 5 - The Referee: The referee has COMPLETE authority over the match; ONLY the referee will make decisions re: playability of field, time, infraction and acceptability of game ball. ANY harassment of referees, including continually questioning calls, complaining or over-ruling (particularly of young refs) by players, team officials or spectators MUST be reported to the club for possible disciplinary action. Team officials (Team Leaders / Coaches and managers) are responsible for the actions of their parents and spectators on the sidelines.

Law 6 - The Assistant Referee: There are no assistant refs supplied for Developmental soccer.

Law 7 - The Duration of the Match: Refer to chart above for half lengths. There will be a 5 minute half-time interval; teams are to switch ends at half-time.

Law 8 - The Start and Re-start of Play: Toss a coin to determine who has kick-off. The ball is in play when it is touched and moves forward; if the kicker touches the ball a second time after it is in play but before it has touched another player an indirect free kick is awarded to the opposing team. A goal cannot be scored directly from the kick-off as all kick-offs are indirect.

Law 9 - The Ball In and Out of Play: The ball will be considered out of play when a) the whole ball has crossed the whole line on the ground or in the air, or b) whenever the ref indicates (by whistle) that an infringement has occurred or a goal scored

Law 10 - The Method of Scoring: A goal is scored when the ball passes completely over the goal line, between the goalposts, under the crossbar and when no infringements of the Laws have been made. Team Leaders / Coaches and spectators are not allowed behind the goal area. Goals are not counted in Developmental soccer.

Law 11 - Offsides: There are no offsides in Developmental soccer.

Law 12 - Fouls and Misconduct: Fouls and misconduct are covered under FIFA Laws of the Game, with the exception that ALL free kicks are to be indirect. **There are no "slide tackles" or "slide checks" at the Developmental level.** Should a player commit a slide tackle against an opponent, it will be considered a dangerous free kick offence and will result in an indirect free kick.

Law 13 - Free Kicks: Free kicks in Developmental soccer are to be indirect; all opponents must be at least 6m away from the ball; the ball must be stationary. Free kicks are taken from the place the infringement occurred, not necessarily where the ball was. The kicker may not touch the ball a second time until it has been touched by another player.

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- Defending team free kicks may be taken from any point within the goal area (close to either side or the "top" is to be encouraged). All opponents must be outside the goal area and the ball is not in play until it crosses the goal line
 - Attacking team free kicks shall be taken from the nearest point on the goal line, parallel to the goal line
 - 6m is equivalent to approximately 5-8 large paces – please have your players "back up" and give players LOTS of room for free kicks (most players can barely kick that far to begin with)

Law 14 - Penalty Kicks: There are no penalty kicks in Developmental soccer.

Law 15- The Throw-In: Throw-ins must be taken according to FIFA rules except a player may try again if a foul throw occurs (same player must retake the throw and only one chance to "re-do").

Law 16 - The Goal Kick: Goal kicks will follow FIFA rules except it is considered to be indirect. Encourage player to place ball on either side or "top" of goal line area; all opponents must be 6m away AND outside of the goal area. The ball must leave the ball area to be in play.

Law 17 - The Corner Kick: Corner kicks will follow FIFA except it is considered to be indirect. All opponents must be 6m away from the ball.

Appendix B: Rules for U1-U18 ('Traveling Teams') Soccer

A complete manual explaining FIFA rules can be found at <http://www.fifa.com> (search Laws of the Game). Additional information on rules can be found at <https://www.bcsoccer.net/>.