

LYSA Soccer: Spring 2019

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U5-U6 Rec Director: Aaron Stark, u5-6director@lysa.org

IMMEDIATE ISSUES

Contact all parents on rosters ASAP: All parents should be contacted by phone. Email to follow up.

Coaches Registration: Those wanting to coach must Register for the Spring season as Coaches.

Background checks: All NEW head coaches & assistants for 2019 must complete background checks.

Uniforms: Parents should order uniforms (if needed) from The Locker Room immediately.

UNIFORMS

Team name and colors: Your team's name and colors are designated by LYSA and are listed on your official roster.

- **The "colors" refer to the jersey and socks.** Matching socks are important for referees to distinguish who is kicking who if a foul occurs. All teams wear black shorts.
- Proper & complete uniform is required to play.

Vendor: LYSA uses a single vendor for its uniforms. Parents are responsible for ordering & pick up.

The Locker Room

Address: 739 Lane Allen Road

Phone: 859-276-1101

Email: thelockerroom@msn.com

Coaches role: Coaches are the first contact for player families about uniforms and should get them to the vendor in time for them to have a uniform for the first game.

- **Submit rosters:** Call or email your roster to The Locker Room.
- **Call parents:** PARENTS MUST KNOW TEAM NAME, DIVISION AND COLORS WHEN THEN CALL THE VENDOR.
- **Follow up:** Check with your vendor by March 11 to make sure all of your team's players are in.
- **Deadline:** All uniform orders should be placed ASAP. Any new players added to your roster over the next few weeks, should be directed by you to The Locker Room on the first contact from you.

EQUIPMENT

Ball: All players should bring an appropriate size ball to every practice and game.

- U5-U8: Size 3, U10-U12: Size 4, U14-up: Size 5.

Shin guards required: All players must wear appropriately sized shin guards to practices and games. Socks must cover shin guards.

Cleats optional: But be advised cleats make for more sure footing on the field.

- Baseball cleats not permitted. A baseball cleat has a spike at the front edge that is a hazard in soccer.
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COACHING RESPONSIBILITIES

PLAYER SAFETY

NO HEADERS in U5 to U12: Intentional headers will be whistled. Inadvertent deflections off the head will not. Up to ref's discretion. Award is indirect free kick. U12 and under coaches cannot practice headers.

NO SLIDE TACKLES UNTIL U12. Slide tackles are considered a dangerous play for young children. They will result in a foul call. Slide tackles in U10 and under are strictly prohibited.

ABSOLUTELY NO JEWELRY on players: Taped or bandage covered jewelry is NOT allowed.

Medical Release Form: You must distribute and gather LYSA's Medical Release Form for each player. KEEP THIS COMPLETED FORM WITH YOU AT EVERY GAME AND PRACTICE.

Parent Code of Conduct: You must distribute and gather LYSA's Parent Code of Conduct from each player's family representative.

This complete handout: Every piece of this handout is the responsibility of LYSA coaches. It includes the LYSA Coaching Responsibilities, the LYSA Coaches Code of Conduct, the LYSA Coaching Commandments, the LYSA Parent Code of Conduct, and all safety and player guidelines. Ignorance of this information will not be an excuse if disciplinary issues or other problems occur.

Playing time: ALL REC LEAGUE PLAYERS MUST PLAY AT LEAST 50 PERCENT OF EVERY GAME.

Playing positions: Players should rotate into all positions during the game. U10-up can settle on 2-4 goalies, but you must not have players that play only forward or only defense. Move them around. Remember there are NO GOALIES in U8, U5/U6.

Be positive! Coach them on what to do, not on what not to do. Bark less, teach more.

Sportsmanship: All coaches must respect LYSA officers, referees, players, parents and each other. Reports of unsportsmanlike behavior by coaches, parents and players will be dealt with accordingly.

Good game high fives: After your players high five the opponents, have them thank the ref. You too. After players shake the ref's hand, have them run to high-five their parents in appreciation – win or lose.

Assistant coaches. Limit the sideline to **two coaches** for games. If you have a new assistant who will be helping you on the sidelines, notify the director. All assistant coaches must have background checks.

NO NON-REGISTERED PLAYERS: Children not registered with LYSA cannot practice or play with team. The liability insurance that covers you in the case of injury is negated if a non-LYSA player is on the field.

IMPORTANT DATES

- The first day of matches is **March 23**.
- Games played on Saturdays in U5-6 & Sat/Sun in all other divisions. Thursdays also might be used.
- **NO GAMES** the weekend of March 30-31 for FCPS Spring Break & May 18-19 for Presidents Cup.
- Photo weekend: **TBA**

SCHEDULING

How many games are there? Most divisions play at 8-10 matches in the spring season.

When will we get the schedule? No later than a week before the season starts.

Head coaching schedule conflicts: Head coaches who head coach more than one LYSA team should email their division directors and let them know what teams you are coaching so that you will not have games at the same time. Schedules are handled differently in each division, so it's important that you notify all the directors you coach under.

What if I/my team can't make a game? Rescheduling for reasons other than weather is nearly impossible. Because of the number of teams and moving parts, coaches must do everything they can to play the game as scheduled even if they themselves can't be there. What's inconvenient for you is likely just fine for someone else, and we're dealing with more than 20 families who've already put this on their calendar. That said, if you feel you absolutely can't play a game, you can notify your division director. The opposing team must consent or else it's a forfeit. Rescheduled games for reasons other than weather must be clearly communicated by the coaches to both teams' parents.

PLAY

Basic rules: Each division has its own progression of modified rules for youth play. Ask your division director or visit LYSA.org for more information.

- 4v4 divisions: U5-U8 (throw-ins and corner kicks. All free kicks indirect); Four 12 minute quarters.
- 7v7 division: U10 (penalty kicks and direct kicks begin here). Four 15 minute quarters
- 9v9 division: U12 (slide tackling begins here). Two 30 minute halves.
- 11v11 division: U14. Two 35 minute halves
- 8v8 division: U16-18. Small sided games. Two 35 minute halves.

LYSA rules available at www.lysa.org.

- LYSA General Rules, LYSA Simplified Rules
- LYSA U5/6 Simplified Rules
- FIFA Laws of the Game: <http://fifa.to/1Ii8r13>

Reporting scores: Scores are recorded in U10 and up. THERE ARE NO SCORES KEPT IN U5, U6 OR U8.

- For U10 and older divisions, head coaches of both teams must email the score of their game to the division director as soon as possible following the conclusion of their game.

Lopsided games: Efforts MUST be made by a dominant team to keep scores from getting out-of-hand.

- Younger/less dominant players up front, requiring multiple touches or actions before moving forward, going down a man, are all ways to rein in games.
- If you are up 5-0, you should make it very difficult for your team to score.
- WORK ON OTHER PARTS OF THE GAME, i.e. control, first touch, possession and etc.

Trophies: LYSA awards participation trophies through U10. All U10 and under players will receive a memento of their time in LYSA. LYSA's emphasis at these young ages is encouraging them to play the game. We are here to teach the game. They are here to learn and have fun.

- U10 and under coaches will be made aware of when trophies are ready for pickup by their division director for distribution at their final game of the season.
 - At the U12 division and up, there will be playoffs and awards for champions and finalists.
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PRACTICES

When: You can practice as soon as you are ready and have completed your background check.

Limits: The number of practices is up to each coach within the following limits.

- **U5/U6:** Two per week in preseason. One per week during season. Limit to 1 hour each.
- **U8-up:** Up to two per week. Limit to 90 minutes each.

Pre-game: You can practice at your game field up to 30 minutes before each game.

Player pick up: Head coaches must not leave practice/games until all children have been picked up.

PRACTICE LOCATIONS

LYSA prohibits practices on its game fields at Masterson Station Park in order to protect them from overuse and destruction. However, there are a great number of locations suitable for practicing throughout Lexington. Be advised a soccer goal is not a prerequisite for a good soccer practice. Many of our select team coaches conduct most of their sessions on a patch of grass no bigger than 20x20 yards. All you really need is a patch of grass, some cones and you're good to go.

LYSA encourages its volunteer coaches to pick a suitable practice site convenient to them. Here are some possible locations:

Most public parks, including:

NAME	ADDRESS	ACRES	FIELDS
Addison	1150 Garrison Ave	8.4	2
Gainesway	1201 Centre Pkwy	34.99	1
GTE	GTE at Clays Mill & Man-o-War	3	1
Harrods Hill	3308 Ridgecane	12.6	5
Hartland	3701 Kenesaw	17	1
Higbee Mill	1421 Higbee Mill Rd	8	1
Kirklevington	396 Redding Rd	32.2	1
Lansdowne-Merrick	3190 Montavesta Rd	33.5	1
Martin Luther King	1625 McCullough	37.6	2
Shillito	300 W. Reynolds Rd (FOOTBALL FIELD OFF LIMITS TO SOCCER!)	136	4
Southland	625 Hill-n-Dale Rd	16.6	1
UK	Alumni Dr (between softball & Tates Creek)	5	2
Valley	2077 Cambridge Dr	18.9	1
Veterans	650 Southpoint Dr	235	3
Waverly	4244 Southmoor Park	11	1
Woodhill	457 Larkwood Dr	10.4	1

Official Lexington parks map: <http://bit.ly/296Q8TA>

Off-limits sites:

Berea Road fields by Legacy Trailhead - Mount Tabor Park fields maintained by YMCA
Southland Christian Church YMCA fields (grounds OK, grounds with goals prohibited)
Middle and high school grounds (without permission)

WEATHER-RELATED GAME CANCELLATIONS

Text alerts: Go to www.rainedout.com to register for text alerts about weather cancellations and delays. Please note that LYSA *rarely* calls off games. We will play in rain, but will cancel for thunderstorms or downpours that make field conditions unplayable. Safety and protecting field conditions are priorities.

Make-up dates: Games may be rescheduled later in the season at each division director's discretion.

LIGHTNING-THUNDER DELAYS AND CANCELLATIONS FOR GAMES AND PRACTICES

Delays: LYSA coaches, parents and players MUST VACATE practice or game fields at ANY sight of lightning or sound of thunder. Go to your vehicles and observe a 30-minute delay.

Resumption: Games and practices cannot resume until 30 minutes after the *last incidence* of lightning or thunder.

- Games can probably only stand one delay. If you are at a game and it continues to lightning/thunder for another 15-30 minutes after the first incident, consider your game postponed unless half the game has been completed.
 - Games that have reached halftime when lightning/thunder occurs are official. Players can go home.
 - Practices should probably just be called off.
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FIELD SAFETY

Inspect all practice and game surfaces every session: Coaches must remember to check the fields you practice and play on for anything dangerous, especially glass, large rocks and sharps. You can do it as a team. You can ask for parents' help. PICK UP THE DEBRIS AND DISPOSE OF IT PROPERLY. Also note any uneven field conditions at your practice site and be wary of them.

Goal safety: Soccer goals are dangerous!

- Children must not be allowed to hang on or play in goals. Coaches and parents must order their children off the equipment when spotted.
- Inspect the goals at your practice & game fields regularly for damage, deterioration, sharp edges, missing connection or anchor stakes. Goals needing repair should be reported League Directors.
- Portable goals should be firmly anchored to the ground or counterweighted.

No pets at the LYSA game fields. (Service dogs allowed)

REFEREES (U10 and up)

Check with the ref: Before every game, talk with the ref about what they consider to be goalie control. Also make sure the ref knows what age division they are in. U10, U12 and U14-up rules and times differ.

Absolutely no abuse of referee during or after the game.

- LYSA is a "training league" both for your players and our referees. We cannot expect to ever have quality officials in any sport under the conditions our culture currently submits them to. We must treat them with respect and be more understanding when they make mistakes.
- DO NOT AIR COMPLAINTS ON THE FIELD. Do not let your parents do it, either.
- Coaches must not argue calls with referees.
- You may ask the referee what the call was, but you cannot make a show of your disapproval.
- Teach your players to overcome adversity instead of assigning blame for it.
- **LYSA has zero tolerance policy on referee abuse for coaches, parents and players.** If there are reports of you, your assistants or families harassing the referee, offending parties will face possible disciplinary action including sideline suspensions and permanent bans.
- Complaints from about referees should be taken to your division director. We will evaluate and discuss with the head of officiating.

Where's the ref? If a referee has not appeared at your game time, call your League Director who will contact the game day coordinator. DO NOT begin play without a referee.

No ref? If no ref is available, a parent or coach agreeable to both coaches may be asked to ref the game. This is an emergency only situation. Coaches must call League Directors to determine status of ref.

PARENT RESPONSIBILITIES

Sportsmanship: A parent's primary responsibility on game day is to encourage their child and their child's teammates. Disruptive and hostile behavior from players, parents and coaches will not be tolerated. It reflects badly on our organization and LYSA has and will take action to ensure a welcoming environment for our players, referees, coaches and parents. No coaching from parent sideline. Cheer.

Have child in proper uniform for game: Socks must cover shin guards. Jerseys must be on top of warmer clothing. No coats allowed over jerseys. No baseball cleats.

Don't forget the water! Players should bring a big marked water bottle to every practice and game.

Jobs: You should task every family with some volunteer responsibility during the season. When

registering a player, a parent must name a role they are willing to fulfill or pay an additional \$50 fee.

- **Snack parent:** Designate your team's snack coordinator and have each set of parents provide snacks for a game: Typically, a halftime snack (such as fruit) and post-game snack+drink.
 - **Field marshal:** Watch out for inclement weather; report unruly parent sideline behavior.
 - **Practice help:** Get parents to help corral balls and players during practice.
 - **Party coordinator:** Have a parent plan postseason celebration.
 - **Clean-up:** Have parents check fields for objects and trash before and after games.
 - **Team manager:** Put a parent in charge of all game, snack and practice notices.
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COACHING EDUCATION/RESOURCES

LYSA handouts: Check out the handouts available at this meeting, including the single sheet activity guide and the U5/6 and U8 activity handouts. These are great activities to get started with young players.

Advanced certifications: More licenses: http://www.kysoccer.net/coaches/course_description/

KYSA Lesson Plans: The Kentucky Youth Soccer Association offers full-practice lesson plans that will take you from warm up to full-fledged objective over almost any coaching concept you can think of.

Activities for all levels. Check them out at: http://www.kysoccer.net/coaches/lesson_plans/

U.S. Youth Soccer info: U.S. Youth Soccer has activity guides and in-depth manuals on coaching youth players. Information includes: <http://www.usyouthsoccer.org/coaches/SmallSidedGames/> and http://www.usyouthsoccer.org/coaches/coaches_document_center/

StreetSideSoccerTV: This Youtube channel has dozens of video tutorials on simple to complex moves. See them at <http://bit.ly/29IK88n> or search for Street Side Soccer on Youtube.

BeastMode Soccer: Another Youtube channel with dozens of more advanced activities. See them at <http://bit.ly/29k9g0v> or search Beast Mode Soccer on Youtube.

The Quickest Way to Transform Team Culture: <http://bit.ly/29MxS1G> Great article.

Positive Coaching Alliance: This site offers guidance on every aspect of coaching from parent meetings to player development with an dedicated focus on positive reinforcement. Learn more at:

<http://www.positivecoach.org/>

SoccerintheBluegrass.com: Site run by Jared Peck and Cary Tsamas has these resources and others.

YOUTH SPORTS, BY THE NUMBERS

- More than 65% of children say they participate in sports to be with friends
- The top reason why children say they participate in sports: to have fun and to improve their skills.
- 41% indicate they've awakened at night worrying about a game
- 69% indicate they prefer a coach that puts more priority on fun than winning
- 71% say it wouldn't matter if no score were kept in a game (when parents were asked this same question 74% said it was one of the MOST important parts)
- 74% say they had seen out-of-control parents at their games
- 37% wish their parents were not allowed at games
- 72% of boys and girls would rather play on a losing team than sit on the bench for a winning team
- Only 1 in 5 athletes feel they have to win in order to enjoy their sport
- 41 million boys and girls play organized sports in the US and 70% of children have dropped out of organized sports by age 13
- 4 of the top reasons for dropping out of sports are: "It was no longer fun"; "The coach played favorites"; "There was too much pressure to win"; "I didn't get to play"

Parents have an awesome responsibility for the development of their children which includes wanting the best for them and wanting for them to be the best that they can be. Enjoyment and enrichment need to be included in child development and if supplanted will further validate the numbers shown above.



LYSA COACHES CODE OF CONDUCT

The Lexington Youth Soccer Association recognizes the fact that coaches are very special people. As coaches are responsible for the behavior of all people associated with their team, they exert a major influence on all aspects of LYSA activities. Such responsibility is not to be taken lightly.

Therefore, all LYSA coaches are required to abide by the following code of conduct:

- By accepting the position as a coach in LYSA, I agree to conduct myself in a sportsmanlike manner at all times.
- Realizing that young minds are both impressionable and fragile, I agree to present a positive role model for my players. I will refrain from negative or derogatory coaching techniques and through positive reinforcement do my best to assist my players in attaining a positive self-image.
- I will encourage all people associated with my team to act in a positive, congenial manner. Such encouragement shall include assisting LYSA officials (referees, linesman, division directors, etc.) in the discharge of their responsibilities.
- I will be considerate toward my opponents and refrain from all acts which would embarrass, discourage or anger my fellow coaches.
- I will abide by the rules of LYSA.
- I understand that my continuation as a coach in LYSA depends upon my conformance to this code of conduct.

The Coaching Commandments



1. You shall make soccer fun.
2. You shall place the safety of your players foremost.
3. You shall teach and develop sportsmanship.
4. You shall teach and develop soccer skills.
5. You shall leave no player behind in practice or play.
6. You shall not be negligent.
7. You shall do no harm that is either physical or emotional.
8. You shall show respect to your players, parents, referees, opposing players and coaches.
9. You shall learn and know the rules of play and the LYSA modifications.
10. You shall not practice or play anyone who is not registered with LYSA.

Memorandum of Understanding --- LYSA Coaching Responsibilities

Coaching Responsibility	Initial
1. I understand that practices & games are to be stopped when thunder or lightening has occurred and that everyone (players, coaches & spectators) must go to a safe area like a car for a 30 minute safety wait period, free of thunder or lightening, before play or practice is resumed. I understand that the 30 minute safety wait period will re-start after any new thunder or lightening so that the safety wait period is re-started with any occurrence of thunder or lightening.	
2. I understand that I have a direct responsibility in the cessation of practice or game play when thunder or lightening or threatening weather occurs.	
3. I understand I am responsible for insuring that each player gets a minimum of 50% playing time	
4. I understand that I am responsible for involving all players in practices.	
5. I understand that I am responsible for player safety and security from the scheduled start of practice until they are retrieved by parent, guardian or their designee.	
6. I understand that I will not leave a game or practice until the last player is picked up. I realize that I can arrange for an assistant coach or team parent to serve in this capacity, but if they fail to be present, I must remain until the last player is picked up.	
7. I understand that I am responsible for inspecting practice and game play areas for hazards and sharps and for mitigating the risks and liabilities that they represent by removing the risks or removing players to an area free of these risks. I understand that goal posts, cross bars, supports, netting, and anchors are an inherent danger and that goals should not be climbed or hung from. Furthermore, I understand that it is my responsibility to make sure that goals are properly anchored so that they will not fall or be blown over in order to eliminate this risk to players.	
8. I understand that I am not allowed to have any individual that is not registered with LYSA participate in practices or games, and failure to comply can result in my exclusion from the LYSA personal liability coverage and expulsion as a coach or assistant coach.	
9. I understand that I have the authority and responsibility of removing my players from any unsafe situation(s) where the potential for harm is evident, regardless of decisions by referees or expressed comments by parents or coaches.	
10. I understand that I am the primary contact between LYSA and players and parents and that the most important part of that role is to insure that players enjoy soccer and learn sportsmanship while I develop their ability to have fun and improve as soccer players.	

Name _____; Date _____

Team _____; Age Group: _____

LYSA PARENT CODE OF CONDUCT

The **Lexington Youth Soccer Association (LYSA)** is committed to delivering a quality youth soccer program. We want youth soccer to be fun for the young participants. Unfortunately, there are adult behaviors that can have negative and even devastating emotional effects on children. Young participants can turn away from youth sports because adults have taken the fun out of the game. Consequently, LYSA has a **Code of Conduct** for parents and spectators to abide by during every LYSA event. We ask that you read and sign below to acknowledge your support of our policy.

I agree that:

1. I will enjoy my child's opportunity to experience the benefits in participating in soccer.
2. I will remember that children participate to have fun and that the game is for youth, and not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will encourage my child and the other children on their team.
5. I will make every effort to attend and be on time for all team events. If I am not in attendance of the event I will make every effort to promptly pick up my child or make arrangements for their safe return to home.
6. I (and my guests) will refrain from coaching my child or other players from the sidelines during games or practices, unless I am one of the official coaches of the team.
7. I (and my guests) will not engage in any kind of unsportsmanlike conduct toward any official, coach, player or parent. These include, but are not limited to: booing, taunting, sarcastic remarks, questionable language or gestures, use of profane language/gesture or any physical contact.
8. I will encourage my child to learn and play by the rules of the game and to resolve conflicts without resorting to hostility, violence or other behaviors that could endanger the health or well being of other players.
9. I will see that my child treats other players, coaches, officials and spectators with respect regardless of their race, color, creed, sex or ability.
10. I will provide my child with a sports environment that is free from drugs, tobacco and alcohol and refrain from their use at every LYSA event.
11. I will respect the coaches and officials and their authority during games and will never question, discuss or confront coaches or officials at the game field, and will take the time to speak with coaches or officials at an agreed upon time and place.

Parent Signature

Date