



LEXINGTON YOUTH SOCCER ASSOCIATION [www.lysa.org](http://www.lysa.org)

# FROM SMALL GOALS TO BIG DREAMS

## Fall 2017 Coaches Meeting

**Director of the Recreational Leagues: Jared Peck**, 859-539-5221, [lysarecdirector@lysa.org](mailto:lysarecdirector@lysa.org)

**Director of Coaching: Cary Tsamas**, 859-338-0721, [directorcoaching@lysa.org](mailto:directorcoaching@lysa.org)

**LYSA Registrar: Lois Stephens**, 859-361-5719, [registrar@lysa.org](mailto:registrar@lysa.org)

**LYSA Office: Sarah Clay**, 859-223-5632, [office@lysa.org](mailto:office@lysa.org)

### IMMEDIATE ISSUES

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

**Background checks:** All NEW head coaches and assistants must complete TWO background checks via the LYSA website. National and state background checks must be done once each seasonal year (fall-spring). You must complete both checks before the season begins.

- Complete the process at: <http://lysa.org/background-check/>. DO BOTH.

**Uniforms:** Make sure you get parents to our uniform vendor immediately. If you are coaching in the same division you were last year, your returning players can keep wearing those uniforms.

### IMPORTANT DATES

**Opening day:** First game day will be **Aug. 19**. Games will be played on Saturdays in U5-6 and Saturdays AND Sundays in all other divisions.

**Photo weekend:** LYSA photo day is scheduled for **Sept. 9-10**.

**Labor Day weekend:** There will be no games the weekends of Labor Day, **Sept. 2-3**.

**Fall break:** There will be no games on Fayette Fall Break, **Oct. 7-8**.

**KYSA Commonwealth Cup:** U10-U14 teams are eligible to participate. More info available soon at [Kysoccer.net](http://Kysoccer.net). Dates TBA.

**First LYSA Skills Night:** Free training opportunities begin **Sunday, Aug. 6 at 6 p.m.**

### LYSA SKILLS NIGHT PRESENTED BY LEXINGTON FC - BONUS TRAINING!!!

**What:** EIGHT one-hour drop-in skills clinics for all ages with certified coaches affiliated with our club, Lexington FC. Come to one! Come to all! Coaches pick up drills! Players pick up skills! No one too young or too old as we help players learn the fundamentals and learn to love the game more with each success.

**Where:** Masterson Station Park Fields 8 and 9 (The low area in the center of the complex).

**When:** **6 p.m. Sundays Aug. 6, 13, 20, 27, Sept. 10, 17, 24, Oct. 15** – that's two in pre-season and then every game weekend through mid-October for six more sessions!

### WEATHER-RELATED GAME CANCELATIONS

**Text alerts:** Go to [www.rainedout.com](http://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. This feature remains until you opt out.

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

### LIGHTNING-THUNDER DELAYS AND CANCELATIONS 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.

## COACHING RESPONSIBILITIES

**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 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.

**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.

## 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 and game fields regularly for damage, deterioration, sharp edges and missing connection or anchor stakes. Goals in need of repair should be reported to the Director of the Recreational Leagues at [lysarecdirector@lysa.org](mailto:lysarecdirector@lysa.org) ASAP.
- Portable goals should be firmly anchored to the ground or counterweighted.

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

## 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.

## SCHEDULING

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

**How many games are there?** U5-8 has 8 games. U10 has play-in 9<sup>th</sup> game. U12-up has 8 and playoffs.

**Head coaching schedule conflicts:** Head coaches who head coach more than one LYSA team should email their division directors and let him/her 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.

## PRACTICES

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

**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.

**Remember LYSA Skills Night!** Sunday sessions are bonus for your team and focus on fundamentals.

## 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
5	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:

Masterson Station Park soccer fields (they are for game use only)

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

## 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. NO HEADING);
  - Four 10-minute quarters in U5/6
  - Four 12-minute quarters in U8
- 7v7 division: U10 (penalty kicks/direct kicks begin here. NO HEADING). Four 15 minute quarters
- 9v9 division: U12 (slide tackling begins here. NO HEADING). Two 30 minute halves.
- 11v11 division: U14. 35 minute halves
- 8v8 division: U16-18. Small sided games. Two 35 minute halves.

**LYSA rules available at [www.lysa.org](http://www.lysa.org).**

LYSA General Rules

LYSA Simplified Rules

LYSA U5/6 Simplified Rules

LYSA U8 Exemptions

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. Scores are used for standings and scheduling purposes from season to season. Scores and standings will be posted.

**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.
- If you are up more than that, you should make it nearly impossible.
- 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.

- Scores and standings are kept at U10, but no "championship" is held.
- 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.

## COACHING EDUCATION/RESOURCES

**NEW!!! Get your F License, LYSA will pay you back:** LYSA will reimburse you the fee for obtaining a U.S. Soccer F License. The two-hour video course can be stopped and started at any time. This is a great introduction to coaching that will give you tips and activities to better coach U5-U8 players. It is also a prerequisite for more advanced certifications. Get more information at:

<http://www.ussoccer.com/coaching-education/licenses/national-f>. To get reimbursed, simply email your certificate of completion to [office@lysa.org](mailto:office@lysa.org) with your name and address.

**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/](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/](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/](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.

## 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.

## 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 (my personal favorite)
- 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.

## REFEREES (U8 and up)

**Check with the ref:** Before every game, talk with ref about what they consider to be goalie control. Also make sure the ref knows what age division they're in. U8, 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 about referees should be taken to your division director or the [lysarecdirector@lysa.org](mailto:lysarecdirector@lysa.org). 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 the Recreational Director, Jared Peck at **859-539-5221**. I will contact the game day coordinator. DO NOT begin play without a referee.

**Playing without ref?** If no ref is available, a parent or coach agreeable to both coaches will be asked to ref game. This is an emergency only situation. Coaches must call Rec. Director to determine status of ref.

## 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 uniform is required to play.

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

### The Locker Room

739 Lane Allen Road

859-276-1101

Email: thelockerroom@msn.com

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

- **Rosters:** Rosters have been given to Locker Room.
- **Call parents:** Help direct them to the Locker Room. Tell them your team's name and colors and make sure they know to specify that with the vendor. PARENTS MUST KNOW TEAM NAME, DIVISION AND COLORS WHEN THEN CALL/VISIT THE VENDOR.
- **Follow up:** Check with your vendor by Aug. 5 to make sure all of your team's players are in.

**Deadline:** All uniform orders should be placed **this week**. Final, last gasp deadline is **Aug. 5**. Any new players added to your roster over the next few weeks should be directed by you to your vendor 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.