

# LBYSO



## 2010

# COACHES HANDBOOK

**LBYSO HEAD COACH – JAMAL NASSERDEEN – CELL #- 951-966-2139**

## NOTE FROM THE COACH

HELLO MY NAME IS JAMAL NASSERDEEN, HEAD COACH OF LBYSO. I AM SO EXCITED FOR THE NEW YEAR TO COME AND WANTED TO SHARE SOME CHANGES / NEW CONCEPTS THAT WILL NOW BE APART OF LBYSO.

**BELOW IS A MANDATORY LIST FOR ALL COACHES TO ATTEND.**

### PROPER AGE APPROPRIATE COACHING CLASSES

**COACHING CLINIC** (*HELP UNDERSTAND WHATS EXPECTED AND WHAT OUR COMMON GOALS ARE*)

**LESSON PLAN CLINIC** (*WILL BE REQUIRED AS COACHS TO MAKE PROPER PRACTICE PLANS*)

**PRACTICE DRILLS CLINIC** (*WILL HELP WITH IDEAS FOR EFFECTIVE / FUN SOCCER DRILLS*)

**MONTHLY COACHES MEETING** (*WILL GET TOGETHER AND ADDRESS ANY QUESTIONS COMMENTS OR CONCERNS. THIS WILL BENEFIT THE PLAYERS AND WILL SHOW THEM THAT WE AS COACHES ARE DETERMINED TO LEARN / GROW THEN PASS ON THE KNOWLEDGE AND HELP THEM BE THE BEST PLAYER THEY CAN BE*).

**MINI SOCCER CAMPS AT PRACTICE** (SPONSERED BY FC LONG BEACH CLUB) – *WE WILL TAKE ALL TEAMS ON A PRACTICE DAY AND HAVE SOCCER STATIONS. THIS WILL HELP IN AREAS THAT THE CLUB HAS EXPERTISE IN AND WILL ALSO ALLOW THE KIDS TO GET SOME CLUB EXPOSURE.*

**MY GOAL IS TO BRING THE COACHING OF THE LEAGUE TO A MUCH HIGHER LEVEL THUS ALLOWING THE KIDS TO PLAY AND LEARN AT A MUCH HIGHER LEVEL. THESE ADDITIONS WILL HELP THE KIDS TO GROW TRUMENDUSLY AND WILL ALLOW THEM TO GET PROMOTED WITHIN THE LEAGUE TO BOTH OUR SIGNATURE AND CLUB TEAMS.**

**WE ARE THE ROLE MODELS TO OUR PLAYERS AND WE ARE WHO AND WHAT THEY LEARN FROM. LBYSO WILL NOW PROVIDE ALL DIFFERENT TYPES OF RESOURCES TO ACCOMADATE AND MAKE SURE THAT WE AS LBYSO COACHES ARE GIVING THE PLAYERS AS MUCH AS WE CAN POSSIBLY GIVE AT A HIGH LEVEL.**

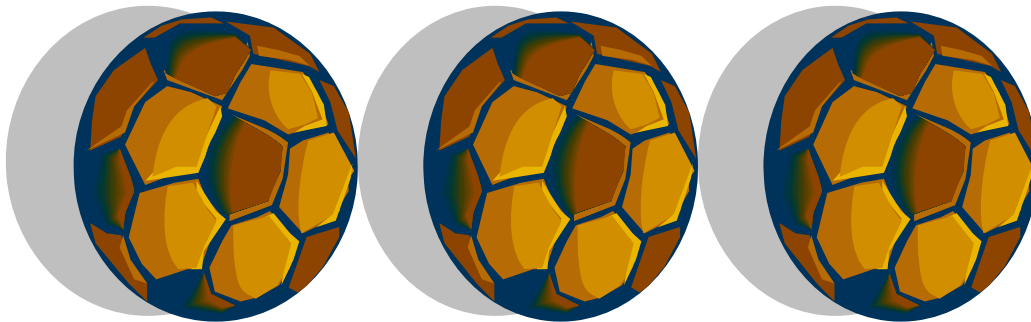
**THANKS**

**JAMAL NASSERDEEN  
951-966-2139**

Welcome back to all returning coaches, and a special thanks to the new soccer coaches for volunteering with the Long Beach Youth Soccer Organization this year. We look forward to an exceptional year filled with fun and excitement for all youth soccer players (girls & boys), new players, volunteers, parents, referee's and for the new and returning coaches.

The purpose of this handbook is to provide you with information regarding most of the administrative duties, basic guidelines, and various forms that apply to coaching responsibilities.

The league web-site address is: [www.lbyso.org](http://www.lbyso.org) . Please visit the site periodically to check for updates and current calendar events.



**Jamal Nasserdeen**  
**headcoach@lbyso.org**  
**951-966-2139**

**League Message Center**  
**562-420-3832**

**\*\*\*\*Please check your e-mails regularly for soccer news, exercises/drills, updates and more! \*\*\*\***

# TOPS Soccer

TOP Soccer is a modified version of the game of soccer. It was designed to provide opportunities for special needs children. It provides affordable opportunity for fitness, fun, and building self-esteem. Modifications are made to the game to allow full participation and enjoyment for each child. One-on-one assistance is available to those who are in need of it. TOP Soccer offers a recreational, leisure approach to the game of soccer. Currently, the CYSA-South is promoting the development of new clubs and individual teams of TOP Soccer players throughout the seven districts.

Long Beach is home to one of the best TOP Soccer programs in the Cal South. The outreach program for Soccer is a community based recreational program specifically designed to help disabled children participate in the world's most popular sport. We have over 60 players who refuse to let their disabilities stop them from playing a sport that they love. The TOP Soccer organization of LBYSO is coached and supported by volunteers, truly special people in the lives of these athletes.

*"Our goal is to provide these children with a safe environment where they can participate in a team and have fun"*



## **LBYSO Spring Select Soccer**

The principal objective of the Spring Select Soccer Program is to provide advanced training for LBYSO registered players and coaches. The program is intended to provide a higher level of competition for those who are interested, dedicated and capable of participating in this type of program.

The Spring Select Soccer Program is managed and administered by a committee chaired by the Spring Soccer Coordinator.

**Coach Selection:** Any individual, who desires to coach an LBYSO Spring Select team, will be required to submit a written request to the Spring Soccer Committee. The Spring Select Coaching Application is available online at LBYSO.COM.

**\*\* Coaches should not assume they are taking a Signature team based on how they performed during the Fall season. The committee takes many different factors into consideration when choosing the right coach, such as player development. Please do not tell your parents that you will be coaching Spring Select at the end of your Fall season.**

**Eligibility of Players:** to participate in the spring select program, a player must have been registered with the league for which they are playing for the fall season. Player selection for Spring Select teams will be accomplished by an open player draft.

**Organization and Calendar:** players should be contacted about participation after the fall ratings meetings (*very important to include up to date contact info with the Fall Team Ratings form*). The first draft should occur prior to the last week in January. Spring Select should start by the first Saturday in March.

**Registration Process:** LBYSO teams will pay a single registration fee as determined by the Spring Soccer Committee. This fee will be used to cover awards, administration, and fields. Uniforms are not included in the team registration fee.



**LBYSO has participated in the Cal South Signature League program since its inception and it has been a big success for our league and for the development of our U9 to U14 players.**

**LBYSO participates in the North Orange County Signature League. The League is a playing circuits formed by nearby recreational leagues that are comprised of "all-star" teams selected by the individual leagues.**

**Signature League was started to help soccer families that are faced with the annual dilemma: continue playing recreational soccer or make the big jump to competitive (Club) soccer. For those recreational players that have developed a higher level of soccer skill, the natural progression is to make the move to competitive soccer. However, this jump requires a family making a sizable commitment in terms of both time and financial resources.**

**For years, there has been a definite expressed need to provide an opportunity for young players to play soccer at an intermediate level, between the strict recreational play and the highly committed competitive play. This gave birth to the Cal South Signature League.**

**There are a number of rules that are unique to the Signature League such as a 50% play rule for all players, a limit on the annual financial responsibility of the players, and a limitation on distance of travel.**

**The LBYSO Signature Committee selects coaches. Coaches are required to hold minimum of a Cal South 'E' Coaching License.**

**For more information, please visit Cal South's Signature League page at <http://www.calsouth.com/signatureleagues.htm> and LBYSO's Signature League Page at <http://lbyso.org/signature-league>.**

**Director of Intermediate Play  
Dennis Buchanan  
Buchanan93@charter.net**



**FC Long Beach was established in 2004. FC Long Beach is the competitive club soccer division of LBYSO that competes in the Coast Soccer League. This is a development-based soccer club, which means that we focus on player development over results. Although our focus is player development, we are still very competitive with five teams competing at a silver level and two at a silver-elite level. Even at the State level we have a California Cup Champion and Cal South State Cup finalist. In the 2009 fall season we will have 16 club teams from the age of U9 – U17.**

**Our coaching staff includes several USSF Nationally Licensed coaches with various levels of experience in coaching and playing (USSF “A”, "B", "C", "NYL", "D" and “E” Licensed coaches). The Technical Director of our club was a professional player in the U.K. and holds a UEFA “B” and USSF "A" License.**

**We are dedicated to provide an environment where player development is the key objective for all coaches/trainers and players.**

**For more information, please visit LBYSO’s Club Soccer Page at <http://www.fclongbeach.com>.**

**Director of Competitive Play**

**Fabian Santillan**

**(562) 208-6950**

**[competitiveplay@lbyso.org](mailto:competitiveplay@lbyso.org)**

# TABLE OF CONTENTS

<b>COACHING GUIDELINES AND ADMINISTRATION.....</b>	<b>9</b>
<b>RESPONSIBILITIES &amp; EXPECTATIONS .....</b>	<b>9</b>
<b>THE COACH.....</b>	<b>9</b>
<b>THE TEAM PARENT.....</b>	<b>9</b>
<b>THE PARENT.....</b>	<b>10</b>
<b>THE PLAYER.....</b>	<b>10</b>
<b>ADMINISTRATIVE .....</b>	<b>10</b>
<b>THE GAME.....</b>	<b>11</b>
<b>BASIC GAME RULES - DIVISION 1/2,3,4, &amp; 5.....</b>	<b>14</b>
<b>RULES FOR DIVISION UPPER 6 .....</b>	<b>15</b>
<b>RULES FOR DIVISION LOWER 6 .....</b>	<b>16</b>
<b>RULES FOR DIVISION PEEWEE .....</b>	<b>18</b>
<b>FIELDS .....</b>	<b>20</b>
<b>SET UP AND TAKE DOWN OF NETS (&amp; FLAGS).....</b>	<b>20</b>
<b>Lining the Fields &amp; Maintenance .....</b>	<b>22</b>
<b>GUIDELINES FOR LIGHTED FIELDS .....</b>	<b>23</b>
<b>RATINGS.....</b>	<b>24</b>
<b>INJURIES - CARE AND PREVENTION .....</b>	<b>25</b>
<b>Emergency procedures:.....</b>	<b>26</b>
<b>CARE AND TREATMENT OF INJURIES OR CONDITIONS .....</b>	<b>27</b>
<b>COMMISSIONERS RESPONSIBILITIES.....</b>	<b>28</b>
<b>SPORTSMANSHIP.....</b>	<b>29</b>
<b>PARENT PLEDGE .....</b>	<b>32</b>

# **COACHING GUIDELINES AND ADMINISTRATION**

Please check the fields and players for proper equipment and or hazardous items (particularly jewelry) before practice and games. First aid kits and band-aids are a must.

## **RESPONSIBILITIES & EXPECTATIONS**

### **THE COACH**

1. Agree to and follow the Coaches Code of Conduct
2. No smoking around the players or at the field – You are their role model!
3. Have all player registration forms and Player/Coaches Identification cards during all practices and games. (\$5 replacement fee per card)
4. Remind players to always bring water to help maintain good hydration
5. Check the field for proper equipment and or hazardous items before practice and games
6. Rings, jewelry (earrings for girls) and watches should not be worn during practices and games. The most important thing at all times is SAFETY.
7. Be on time for practices and arrive early before game time.
8. Have your practice sessions and game planned in advance (pre-game instructions, substitute system, etc.)
9. Make sure each player is played at least 50% of every game. (this is mandatory)
10. Encourage and be positive in correcting faults.
11. Know your emergency procedures. You MUST carry the original signed copy of the players' medical release forms, because the paramedics will not treat a player without the original signature of the parents.
12. Delegate jobs! Parents MUST volunteer or you'll get burned out as a coach!!
13. Make sure each parent signs the Parent Pledge, one copy for you and the original to the league. (See back of book.)
14. Must be able to handle politely, but firmly, overly enthusiastic parents.
15. Be courteous to the referee's.
16. Listen to your players.
17. Organize the appointment of a team parent. (Duties below)
18. Know the LAWS of the game (make sure you know the rules). (VARY BY AGE)
19. Practices can be twice a week in August and once a week during the school year. You can only make one practice mandatory!
20. At the end of the season, return the player card to the parents. This will be required should they be picked up by a spring or Signature team.

### **THE TEAM PARENT**

1. Produce team roster that includes names of players and parents, home telephone numbers, coach's name(s) and telephone numbers.
2. Establish half-time and/or end-of-game refreshments for players, if approved by parents.
3. Knowledge of emergency procedures in case of a serious injury in which paramedics are required. (See Coach Responsibilities)
4. Arrange team activities!!
5. Collect funds if referee is needed. (Jr. referee)
6. Encourage parents to volunteer.
7. Support of the coach would be greatly appreciated!!!!

## **THE PARENT**

1. Read, sign and follow the rules in the Parent Pledge.
2. Make sure the player arrives on time to practices and one half hour before games.
3. Ensure player is properly equipped with shoes, socks, shin guards, shorts, jersey, and, if required, sweats. Cleats should be tied tightly!!
4. Stay to watch the games whenever possible; support your child and the team.
5. Help the coach wherever possible, perhaps assisting at practice or participating with the coach's agreement.
6. Please inform your coach if your child cannot attend practice or a game well in advance, if possible.
7. Encourage your child and the team. Do not insult or discourage the opposition.
8. Be enthusiastic, not critical, interfering, or disruptive.
9. Acknowledge the opposition's good plays also! (Good soccer is good for all!)
10. Support (do not criticize) the referee. Possible yellow/red cards will be given to coach for sideline behavior!!!
11. Please support (do not criticize) your coach!!
12. Be positive! Winning and losing should not affect your attitude towards the players!!
13. PLEASE VOLUNTEER TO HELP THE COACH!!
14. Above all, allow your child to be just that - A CHILD!
15. **If there is a conflict between 2 parents that can not be resolved, BOTH parents are to leave the field. If both parents do not leave, the game is cancelled.**

**\*\* PARENTS ARE NOT TO ENTER THE FIELD OF PLAY UNLESS INSTRUCTED TO DO SO BY THE COACH OR REFEREE!!**

## **THE PLAYER**

1. HAVE FUN!
2. Listen to your coach.
3. Do not disrupt your teammates.
4. Bring your equipment (ball, shin guards, shoes, water etc.) to all practices and games.
5. Wear your socks over your shin guards.
6. Get to practices and games ON TIME.
7. Always try your best during practice and games.

## **ADMINISTRATIVE**

### **TROPHY LIST DUE ON PICTURE DAY**

No List - No engraving on trophies/medals!!!! List must be complete and player's name accurately filled out. Coach is responsible for the list, and therefore is responsible for paying to have player's names engraved!!!

Participation trophies are given to all LBYSO players in Pee wee's, and division 5, and division 6. Participation medals to all LBYSO players in division 1/2 to 4.

### **DUNK-A-THON / PICTURES.**

- Times for team pictures provided at Team Parent Meeting
- Coach/team parent must verify trophy list.
- Nighttime field request due from coaches.
- Division 1/2 ratings are due at Kick-A-Thon.

### **ADMINISTRATION CARDS**

All persons involved in LBYSO must submit completed administration forms before administration cards are issued.

Admin Card for team coaches will be available before the start of the season.

Assistant coach cards (second administrator), available at a later date.

Team parent cards (second administrator), available at a later date.

### **UNIFORMS**

Uniform shirts must be tucked in during game play.

# The Game

## PRACTICES

LBYSO league policy is that, after the first few weeks of the season, each team shall maintain its competitive status in the league with a single 1-1/2 hour practice per week. If a team has more than one practice in a week, the additional one shall be optional for the players.

## GAME

- Home team will choose which sideline they want.
- Spectators are not allowed on the opposing sideline.
- Spectators are not allowed behind the goals, they must remain on the sidelines.
- Spectators must be 2 yards from the sidelines to allow coaches and referees to pass.
- ONLY coaches are allowed to coach from the sideline. Spectators should cheer, not coach.
- Coaches are to remain within 10yd of the midline. (Basically, do not pass the center circle on either side.

## GAME CARD (LINEUP)

- Home team is responsible for the game ball.
- Game cards must be given to referees before the game.
- Both coaches must verify scores after the game before signing cards.
- Referees must turn in completed game cards (at venue mailboxes or to commissioners) to qualify for referee awards.
- Referees will do the sportsmanship scoring.
- Commissioners will award sportsmanship point each game.

**GIVE A SECOND COPY OF YOUR GAME CARD TO THE OPPOSING COACH FOR RATINGS.**

## REPORTING SCORES

- The winning coach will call in the scores to his/her commissioner!
- Scorecards can be given to commissioner or be placed into venue (scorecard) mailboxes.

## RUNNING UP SCORE

- Coaches do not run up scores, it accomplishes nothing for your team and only hurts our players, the same players we are here to help.
- If you come up against a less skilled team, challenge yourself as a coach.
- Coaches can make a positive situation from a one sided game.
- Challenge your most experienced players to play 2 to 3 touch soccer before scoring.
- Rotating your players and pairing (weak and stronger) up players would help also.
- Coaches, running up scores will cause your team to lose their sportsmanship point for that game. Coaches should make every effort not to run up scores.

**Coaches should make every effort to keep the game competitive.**

## YELLOW/RED CARDS

- Coaches are responsible for their actions, and also the actions of their players, parents, and sidelines during a game! Abusive behavior will not be tolerated.

- Players given a yellow card will be sent off (cooling off period). On a caution, the player must be subbed-out. The player may be subbed in at the next available subbing moment. Only the cautioned player is substituted at that time.
- Two yellow cards on one player = red card.
- Players given a red card will be sent off and his/ her team will play short for the rest of the game. That player will be given a one or more game suspension pending LBYSO review.
- For any RED cards=No sportsmanship points are given for that game.

### **PLAYING TIME POLICY**

All LBYSO players are required to play at least half the game!!!

### **PLAYOFFS**

Start of: Div. 1/2 – CHECK WEBSITE

Div. 3 to 6 – CHECK WEBSITE

Pee Wee - No Playoffs

### **COACHING POINTS**

1. HAVE A PRACTICE PLAN.
2. Don't talk too much – demonstrate, show and let them do it.
3. Make demonstrations short, precise, and of good quality.
4. Always have a plentiful supply of soccer balls.
5. Use drills with a high ball to player ratio.
6. Give positive feedback.
7. Keep it simple.

**\*\*\* Coaches, if you have any issues, please contact your Division Commissioner first. They will try to resolve the issue before escalating it up the chain of command.**

# **BASIC GAME RULES - DIVISION 1/2, 3, 4, & 5**

**\*\*\* FIFA RULES APPLY \*\*\***

## **DIVISION 1/2, 3, 4**

11 a-side games (11 vs. 11)

1. 11 players on the field per team.
2. Minimum number of players is 7, fifteen minutes after the scheduled game time.
3. Free substitutions -
  - a. On either goal kicks.
  - b. Throw-ins on your possession (unless reciprocating substitutions by coach's).
  - c. Kickoffs, after a goal is scored.
  - d. On injuries.
4. All players must play half the game.
5. Sportsmanship point for each game.
6. Ball size 4 for division 4.
7. Ball size 5 for division 1/2 and 3.

## **DIVISION 5**

8 a-side games (8 vs. 8)

1. 8 players on the field per team.
2. Minimum number of players is 5, fifteen minutes after the scheduled game time.
3. Free substitutions.
  - a. On either goal kicks.
  - b. Throw-ins on your possession (unless reciprocating substitutions by coach's).
  - c. Kickoffs, after a goal is scored.
  - d. On injuries.
4. All players must play half the game.
5. Sportsmanship point for each game.
6. Ball size 4 for division 5.

**GOOD LUCK DIVISION 5, 4, 3, & 1/2 COACHES**

## RULES FOR DIVISION UPPER 6

1. Teams consist of eight or more players.
2. Goals are 6 feet by 18 feet (2 side supports and 2 crossbeams)
3. Play will occur on 1 field with 6 players on the field during game time
4. Each team will have a goalie (counts as 1 of your 6 players on the field).
5. The game starts with a kick off from the center spot of both fields. After a goal has been scored, the game restarts with a kick off for the opposing team from the center spot.
  - a. Each quarter will start with a kick off from the center. The team that took the kick off in the first quarter will defend in the second quarter.
6. A corner kick is taken when a defender kicks or deflects the ball over his own goal line. The corner kick is taken from the corner flag.
7. A goal kick is taken when an offensive player kicks or deflects the ball over the opponent's goal line. The goal kick is taken from anywhere on the goal box line.
8. Substitutions are only at the quarter breaks. NO substitutions during quarters unless there is an injury with the injured player leaving the field.
- 9. FIRST 4 games are NON COMPETITIVE.**
  - a. Each coach will have a whistle, and the game will refereed jointly.
  - b. When a player is hurt, the game stops immediately with one or both coaches blowing their whistle. The game will be started with a dropped ball at the spot where the injury occurred. If the injury was inside the goal box area, then the ball shall be dropped outside the goal box area.
  - c. The first 4 games are instructional to prepare the players for game 5 (Refereed).
  - d. For throw-ins, allow a second throw in if a 'foul throw' (incorrect throw) on the initial attempt occurs.
  - e. If a foul, such as pushing or tripping occurs in the goal box, a free kick will be taken just outside the goal area. **There will be no penalty kicks taken in the first 4 games.**
    - **Offside rule applies.**
- 10. GAME 5: FIFA rules apply, penalty kicks will be taken, fouls during the throw in will forfeit the ball to the other team, etc.**
- 11. NO red or yellow cards shall be issued to any players. All rule infractions shall be briefly explained to the offending player by his/her coach.**
12. All parents, coaches, and players from both teams will line up and shake hands after the game.

### Game Quarters:

Quarter 1: 12 ½ min

1 minute break

Quarter 2: 12 ½ min

5 minute half time

Quarter 3: 12 ½ min

1 minute break

Quarter 4: 12 ½ min

GAME OVER – EVEN IN A TIE.

13. The ball used is a size 3 ball.
14. Shin guards must be worn by players during both practice and games.

# RULES FOR DIVISION LOWER 6

## **OBJECTIVES:**

1. To allow all players to touch the ball more.
2. To avoid substitutions.
3. To develop field skills throughout the entire game (no goalkeepers).
4. To develop parents as possible coaches for the following year.
5. To balance each and every game for both teams.

## **DEVELOPMENTAL PROGRAM:**

1. Teams consist of ten players, split into 2 groups of 5 players.
2. Each team should enlist the help of two or more Parents to help coach!
3. Play will occur on two small fields, side by side.
4. Parents from both teams will stand between the two fields.
5. The registered coach will take one group, and an assistant coach or parent will take the second group.
6. The two groups from both teams will play at the same time. Either 4 vs. 4, or 5 vs. 5. Coaches are allowed to mix and match at half time to balance the games. **KEEP THE TEAMS BALANCED.**
7. Remember coaches, this is a non-competitive division. Fun! Fun! Fun!
- 8. NO GOALKEEPERS!!!**
9. NO players are allowed to stand in goal box area (No camping out in front of the goal).

10. Quarters:

### **Game Quarters:**

Quarter 1: 10 min

1 minute break

Quarter 2: 10 min

5 minute half time

Quarter 3: 10 min

1 minute break

Quarter 4: 10 min

11. Only one coach, assistant coach, or parent from each team will be allowed on the field of play.
12. Each coach, assistant coach, or parent, should advise and/or assist all players on both teams in situations such as throw-ins, corner kicks, goal kicks, etc.
13. Coaches will alternate to keep time for only one half.

14. Each coach will have a whistle, and the game will refereed jointly.
15. When a player is hurt, the game stops immediately with one or both coaches blowing their whistle. The game will be started with a dropped ball at the spot where the injury occurred. If the injury was inside the goal box area, then the ball shall be dropped outside the goal box area.
16. If a foul, such as pushing or tripping occurs on the field, out of the goal area, a free kick will be taken where the offense occurred.
17. If a foul, such as pushing or tripping occurs in the goal box, a free kick will be taken just outside the goal area. **There will be no penalty kicks taken.**
18. No red or yellow cards shall be issued to any players. All rule infractions shall be briefly explained to the offending player by his/her coach.
19. The game starts with a kick off from the center spot of both fields. After a goal has been scored, the game restarts with a kick off for the opposing team from the center spot.
20. A corner kick is taken when a defender kicks or deflects the ball over his own goal line. The corner kick is taken from the corner flag.
21. A goal kick is taken when an offensive player kicks or deflects the ball over the opponent's goal line. The goal kick is taken from anywhere on the goal box line.
22. For throw-ins, allow a second throw in if a 'foul throw' (incorrect throw) on the initial attempt occurs.
23. Every game ends in a tie. No score is kept, and no league standings will be kept.
24. Shin guards must be worn by players during both practice and games.
25. No co-ed teams will be allowed.
26. The ball used is a size 3 ball.
27. Goal size will be 5 feet by 10 feet (aluminum 3 piece set).
28. All parents, coaches, and players from both teams will line up and shake hands after the game.

## **RULES FOR DIVISION PEEWEE**

### **OBJECTIVES:**

1. To allow all players to touch the ball more.
2. To avoid substitutions.
3. To develop field skills throughout the entire game (no goalkeepers).
4. To develop parents as possible coaches for the following year.
5. To balance each and every game for both teams.

### **DEVELOPMENTAL PROGRAM:**

1. Teams consist of ten players, split into 2 groups of 5 players
2. Each team should enlist the help of two or more Parents to help coach!
3. Play will occur on two small fields, side by side.
4. Parents from both teams will stand between the two fields.
5. The registered coach will take one group, and an assistant coach or parent will take the second group.
6. The two groups from both teams will play at the same time. Either 4 vs. 4, or 5 vs. 5.
  - If one team does not have enough players and the other team has players to spare, have the spare player play for the other team. **HAVE FUN!!! LET THEM PLAY!!!**
7. Coaches are allowed to mix and match at half time to balance the games.  
**KEEP THE TEAMS BALANCED.**
8. Remember coaches, this is a non-competitive division. Fun! Fun! Fun!
- 9. NO GOALKEEPERS!!!**
10. NO players are allowed to stand in goal box area (No camping out in front of the goal).
11. Quarters are 7 ½ minutes long.
12. Quarter breaks will be one minute for water.
13. Half-time breaks will be 5 minutes.
14. Only **ONE** coach, assistant coach, or parent from each team will be allowed on the field of play.
15. Each coach, assistant coach, or parent, should advise and/or assist all players on both teams in situations such as throw-ins, corner kicks, goal kicks, etc.
  - Help instruct kids on the other team too.

16. Coaches will alternate to keep time for only one half.
17. Each coach will have a whistle, and the game will refereed jointly.
18. When a player is hurt, the game stops immediately with one or both coaches blowing their whistle. The game will be started with a dropped ball at the spot where the injury occurred. If the injury was inside the goal box area, then the ball shall be dropped outside the goal box area.
- 19. If a foul, such as pushing or tripping occurs in the goal box, a free kick will be taken just outside the goal area. There will be no penalty kicks taken.**
20. The game starts with a kick off from the center spot of both fields. After a goal has been scored, the game restarts with a kick off for the opposing team from the center spot.
21. A corner kick is taken when a defender kicks or deflects the ball over his own goal line. The corner kick is taken from the corner flag.
22. A goal kick is taken when an offensive player kicks or deflects the ball over the opponent's goal line. The goal kick is taken from anywhere on the goal box line.
23. For throw-ins, allow a second or third throw in if a 'foul throw' (incorrect throw) on the initial attempt occurs. Instruct how to properly throw in and move the game along.
24. Every game ends in a tie. No score is kept, and no league standings will be kept.
25. Shin guards must be worn by players during both practice and games.
26. The ball used is a size 3 ball.
27. All parents, coaches, and players from both teams will line up and shake hands after the game.

# FIELDS

## SET UP AND TAKE DOWN OF NETS (& FLAGS)

**Coaches are responsible for their assigned set up or take down of goals, nets, and flags.**

### **Field Equipment:**

Address and directions to the storage area is provided in this manual (see field maps). Any coach not fulfilling their assigned set up or take down will be penalized (sportsmanship point not awarded).

### **DIVISIONS 1 – Upper 6**

**FIRST GAME:** **HOME TEAM** is responsible for the pickup of nets, flags, and painters from the assigned address. The home team is also responsible for the setup of goals and nets (lock chain).

**FIRST GAME:** **AWAY TEAM** is responsible for the lining of the field.

**LAST GAME:** **BOTH TEAMS** are responsible for returning the goals, nets, paint and any other soccer supplies to the containers or proper storage locations.  
**\*\*\*\* ALL TRASH NEEDS TO BE PICKED UP \*\*\*\***  
**\*\*\* It is the responsibility of the teams to know if they are the last game of the day. Check the schedule and sort by “field”. \*\*\***

### **DIVISIONS Lower 6 & PeeWee**

**FIRST GAME:** **BOTH TEAMS** are responsible for the pickup of nets, flags, and painters from the assigned address. **BOTH** teams will set up one field each (nets and lines)

**LAST GAME:** **BOTH TEAMS** are responsible for returning the goals, nets, paint and any other soccer supplies to the containers or proper storage locations.  
**\*\*\*\* ALL TRASH NEEDS TO BE PICKED UP \*\*\*\***

## **GOALS**

**Our portable goals vary in size. Here is the guide to getting the right ones.**

Goals painted white at the connection points are for Div. 5  
(7' x 21' - Two side supports and two cross bars),

Goals painted gold at the connection points are for Div. 6 Upper  
(6' x 18' – Two side supports and 2 cross bars)

Division Lower 6

NEW this year, goals will be PVC and smaller as there are no goalies.

**Put them away neatly, YOU MAY BE THE FIRST GAME OF THE DAY THE FOLLOWING WEEK AND WILL HAVE ONLY YOURSELF TO BLAME FOR THE MESS. Don't just open the door and put things wherever there is open space. Some of the containers have brackets that are used to hang the goals.**

**LOCK COMBINATION = 3832**

### **Rain/Weather Issues**

Check the website before your games. Advise your parent to do the same. DO NOT call the mudline.

**\*\* Field conditions will be posted \*\***

### **School Security**

Call 562-297-8101 if bathrooms are not opened (except Bancroft), gates are not unlocked (except Bancroft) or if there is another school related emergency

### **Permits**

Fall & Spring – PERMITS ARE ONLINE

After hours for parks - 562-570-3101 (call if any problems occurs at Heartwell Park)

## LINING THE FIELDS & MAINTENANCE

It is very important that the fields get lined each week. Failure to do this will make lining the field the following week very difficult. The visiting team is responsible for lining the fields. It takes about 15 to 20 minutes to line most fields (10 minutes for each Pee Wee field).

If there are problems with sprinklers or potholes, mark the area with paint and then advise the field's manager with the field and location of the hazard.

**DO NOT drive your cars on to the fields.** It can damage the field and we are in danger of losing permits if this happens. If you are transporting equipment, leave your car on the service roads.

### **Summary of the Schools – What You Should Know**

#### **Marshall**

- Make sure to pick up the trash. We must leave this area clean or we can lose the field.

#### **Newcomb**

- Make sure to pick up the trash. We must leave this area clean or we can lose the field.
- Make sure to put the flags in the metal storage container when the day is over.

#### **Bancroft**

- The restroom is across the street at Pan Am Park. Make sure the younger kids are supervised and escorted if crossing the street to use the facilities.
- Parking is a little tight because of activity at the Park, be careful.
- At the beginning of the day a trash can needs to be placed at each field. The Visiting team at each field is responsible for this (make sure you use a can liner). At the end of the day the Home team needs to bring the trash cans back to the container and the trash needs to be thrown into the large school dumpster in the gated area behind our container.
- We need to lock up the gates. The Visiting team of the last game is responsible for locking the gates. The last game on field #4 is responsible for the gate along Tulane St. (back side). The last game on field #1 is responsible for the gate near the baseball diamond closest to Arbor Road. The last people to leave the field are responsible for locking the gate by the container and the gate near the baseball diamond closest to the playground/container.

## **Guidelines for Lighted Fields**

The Lighted Request form will be e-mailed to you before Picture Day.

There is limited space ..... be considerate of the needs of others.

We still are lucky enough to get the lights for free. Adult leagues pay \$16/hour. If you are the last person on the field and you are leaving before the lights are scheduled to go off, call 800-853-8847 and let them know they can turn the lights off early.

They will ask for our User ID (LBYSO) and Password (LBYSO). Tell them the field where the lights should be turned off, i.e. Heartwell 1, Heartwell 2 or Bancroft Soccer Field 2. The lights will typically go off within 5 minutes of your call.

We run the risk of losing free lights (or fields) if the lights are on but no teams are using them. The assigned locations for each team will be posted on the website just prior to the beginning of the lighted field part of our season (when Daylight Savings time ends).

If a time slot is not assigned this probably means it is available. If you want this slot contact the fields manager so it can be officially assigned to your team.

If you don't use your assigned slot let the field's manager know so it can be made available to someone else.

You are welcome to trade with other coaches however we are intentionally separating older kids from younger kids. For safety reasons, Div. 5 and up should not be practicing side by side with Div. 6 and below.

# RATINGS

## RATING YOUR PLAYERS

It is our goal to create parity among the teams in each division. We do not want one team to have all of the best players, and another team to have all of the first year players, as this situation will not benefit any of the players. Our goal is to have each team share in the very top and more experienced players, as well as the first year players.

In order for this to be possible, we must give a rating to each player. At the beginning of the draft, every player's rating from the year before will be used to draft teams. For example, the highest rating is a 25. If there are five rated '25' players in a division, and five teams in the same division, each team should have one rated 25 player.

So keep an eye on your players this year to help you in your rating process at the end of the season. **If you do not rate your players, you very much hurt the league and the players and you will not be asked or allowed to coach next year – it's that important.**

**Give all players a fair rating, do not under rate a player.**

**You or someone from your team MUST attend the ratings meeting.**

Note: A 25 rating should only be considered for the best player in a division. (Average ratings are between 12 to 15)

- The ratings will be used to balance teams for the following year!
- All players are rated in 5 categories (ball control, dribbling, kicking, other skills, and personal traits).
- Each player will be rated 1 through 5 for each category.
- Totals for the least experienced player would equal a 5 or above (one point per category).
- Totals for the most experienced players would equal around 22 to 24 total points (with up to 5 points per category being the exception).
- A player rated 25 is considered to be the best player in that division, confirmed by the majority coach consensus during the rating meeting.
- Add all the points for every category for each player.
- The total points should be written on form and submitted to LBYSO.
- At the ratings meeting, the total points for each player may be adjusted.
- Either attend your ratings meeting, or send someone that is familiar with the players on the team.

## **INJURIES - CARE AND PREVENTION**

Because LBYSO is committed to providing a program that benefits youth, preventing injuries must be one of the coach's main concerns. Many factors influence the number and severity of injuries. Injury prevention can be increased by:

### **Proper warm-up:**

Unless the body is fully prepared for competition and participation, muscle strains are more likely to result. For younger players, warm-ups create good habits.

### **Sufficient physical conditioning:**

While this factor is not applicable to those under 11 years of age, older players will avoid many late game injuries by proper conditioning.

### **Correct soccer techniques:**

The techniques used in the game have evolved because they are effective and reduce the risk of injury. Tackling is the most obvious example where an incorrect toe-first tackle creates a high risk of injury.

### **Knowledge and application of the Laws of the Game:**

The Laws are designed to allow for continuous play with little risk of injury. The "dangerous play" laws deal directly with injury reduction.

### **Sufficient rest and fluids:**

Coaching in all sports has come a long way since the days when players were not allowed any rest or fluids during practice. Good coaching and safety require coaches to be reasonable in their practice procedures.

### **Maintained facilities:**

Coaches should check playing fields and practice areas for unsafe playing conditions. Check for debris, holes, rock, etc. Do not allow players to play around or upon goalposts. If unsafe conditions are found, fix or report them to the fields' manager.

### EMERGENCY PROCEDURES:

Coaches must have the original signed copy of the players medical release form, in order for the player to receive treatment from paramedics!!!

### INJURIES

In dealing with injuries, the coach must at least look competent and in control of the situation. The coach must remain CALM so that the injured player, teammates, and sidelines are not unduly upset. In addition, the coach must:

- Do not try to diagnose a serious injury.
- Do not touch the injury, but ask the injured player to move the affected area. A serious injury will not allow movement by the injured player and will give the coach a clue to the seriousness of the injury
- Seek professional help (if parent agrees) for all non minor injuries

**Put the child's welfare ahead of the team's needs. This is a dilemma all coaches face. LBYSO philosophy emphasizes healthy competition in a proper perspective. Playing youngsters with serious injuries is incompatible with the best interests of the children.**

Is a player READY to return to play?

- Can the player walk without limping?
- Can the player run in a straight line?
- Can the player cut from side to side?
- Can the player execute other demands of the game?
- Is the player safe from further injury?

If the answer is no, do not return player to the game. Please report any injury to the safety director.

**Email - [safety@lbyso.org](mailto:safety@lbyso.org).**

## CARE AND TREATMENT OF INJURIES OR CONDITIONS

INJURY	TREATMENT (with parents consent)
Sprain (ankle, knee, wrist, elbow)	Pressure wrap, ice for 20 minutes during first 48 hours. Elevate when possible.
Muscle strain (pull)	Same as for sprain.
Contusion	Same as for sprain
Cramp	Apply light pressure with hand. Stretch muscle with steady pressure. Assure player is well hydrated.
Nose Bleed	Direct pressure (pinch nostrils). Sit player up. <b>**DO NOT LEAN HEAD BACK**</b>
Cut or abrasions	Stop bleeding with direct pressure. Lightly wash with antiseptic. Close with adhesive strip or butterfly. Cover with dry sterile dressing.
"Wind knocked out"	Lie on side or back. Encourage slow, relaxed breathing. Try to reduce anxiety.
Heat exhaustion	Move to shade. Douse with cool water. Give fluids.
Unconsciousness	Check airway, breathing, and pulse. Don't move (risk of spinal injury). Get help!
Concussion	Look for loss of memory, confusion, headache, dilated pupils, and nausea. If any doubt, get help. Do not send player back into game.
Fracture/Dislocation	Immobilize area. Get help!
Choking - object blocking wind passage	Use Heimlich Maneuver.
Heat Stroke - player feels hot and dry	Hospital now!

## COMMISSIONERS RESPONSIBILITIES

1. Call to remind coaches about his/her referee assignment for games in their division.
2. Assign a referee (also junior referees) to a few games throughout the season.
3. Have coaches call in their scores by (9pm) Saturday night (during Spring Select).
4. During the regular season, game cards are dropped in the field mail slots.
5. Will be asked on occasion to make calls for the Head Coach, team parent coordinator, or boys/girls coordinators.
6. Will make calls to coaches in his/her division, regarding rainouts.
7. Make arrangements to obtain game cards from venue mailboxes or coaches/referees every week.
8. Keep all game cards for their division.
9. Scale for sportsmanship scoring is 0 to 2 for players, coaches, and (spectator's) parents.
10. Normal or uneventful game 1.
11. Players, coaches, and parents, (spectators), all will start the game with a score of 1. Referees will add a point if any positives or deduct a point if any negatives that occurs from players, coaches, and parents.  
**Examples to add a point (positives):**
  - a. Not running up scores.
  - b. Courteous coaches, players, or parents.
  - c. Respectful of other coaches, players, or referees. Examples to deduct a point (negatives):
    1. Abusive language or behavior.
    2. Running up scores.
    3. Excessive (taunting) behavior.

Scores are adjusted for before, during, and after a game by referee.
12. Record game and sportsmanship score for teams in their division every week.
13. Call Head Coach regarding coaches that have loss their sportsmanship point for a game by Tuesday.
14. Must call the Head Coach with sportsmanship point, if the commissioner is coaching in his/her division.

# SPORTSMANSHIP

## **OBJECTIVES:**

1. To promote, remind, and to instill sportsmanship for all those involved in this recreational youth soccer league.
2. To recognize all those participants (coaches, players, and spectators) that encourages and supports sportsmanship throughout the season.
3. To monitor possible coaches, parents, and /or player problems.

## **PERSONS INVOLVED:**

### 1. PLAYERS-

- a. Their conduct might affect (sportsmanship point total) final standings, i.e. first or second place awards.
- b. Sportsmanship point (per game) might affect playoff seeding.
- c. Red card - automatic loss of a sportsmanship points for that game.

### 2. PARENTS (Spectators) -

- a. Their conduct might affect (sportsmanship point total) final standings, i.e. first or second place awards.
- b. Sportsmanship point (per game) might affect playoff seeding.
- c. Two cautions (two Yellow cards) or one ejection (one red card) from parents or spectators will result in an automatic loss of the team sportsmanship points for that game.

### 3. COACHES-

- a. Encourage sportsmanship amongst players & parents.
- b. Two cautions (two yellow cards) or one ejection (one red card) from coaches will result in an automatic loss of the team sportsmanship points for that game.
- c. Coaches are responsible for their referee assignment. If an assigned coach does not cover a game, his/her team will be penalized. His/her team will not be awarded their sportsmanship point the week of the game not being covered.
- d. If net setup or takedown assignment, or field lining is not completed, sportsmanship point is not awarded for that game.

### 4. REFEREES-

- a. Responsible for recording sportsmanship scores on game cards.
- b. Turning in completed game cards.

5. COMMISSIONERS -

- a. Responsible for recording the game and sportsmanship score for teams in their division every week.
- b. Commissioner will call Head Coach regarding coaches that have lost their sportsmanship points.
- c. Commissioners are also responsible for reporting their sportsmanship scores (of their game) to Head Coach.

6. BOYS AND GIRLS COORDINATORS -

- a. Field questions regarding sportsmanship problems.
- b. Record any such problems regarding sportsmanship scores.
- c. Help any commissioner regarding sportsmanship scoring.

7. HEAD COACH-

- a. Will contact coaches that have lost a sportsmanship point.
- b. Collecting completed game (tear offs) cards will be used for team and referee awards.
- c. Inform coaches regarding sportsmanship guidelines, scores, & points.

8. HEAD REFEREE -

- a. Train referees regarding sportsmanship guidelines and scoring.
- b. Tear offs of completed game cards will be used for referee awards.



## Long Beach Youth Soccer Organization

LBYSO understands that you have paid for your child to play in our league and that you will spend considerable time and effort in supporting your child throughout the season. We know you want your child to learn, have fun and do their best. The following pledge helps to communicate to our families the attitudes that will foster a healthy and fun learning environment for all kids in the league.

1. I understand that the top three reasons kids play sports are to have fun, make new friends and learn new skills. I understand that the game is for the kids, and that I will encourage my child to have fun and keep the sport in its proper perspective. I understand that athletes do their best when they are emotionally healthy, so I will be positive and supportive. \_\_\_\_\_
2. I will redefine what it is to be a "Winner" in my conversations with my child. A Winner is someone who makes maximum effort, continues to learn and improve, and does not let mistakes, or fear of making mistakes, stop them. I understand that mistakes are an inevitable part of any game and that people learn from their mistakes. I understand that all children are born with different abilities and that the true measure is not how my child compares to others but how he/she is doing in comparison to his/her best self. \_\_\_\_\_
3. I will "Honor the Game". I understand the importance of setting a good example of sportsmanship to my child. No matter what others may do, I will show respect for all involved in the game including coaches, players, opponents, opposing fans, and referees. I understand that officials, coaches, and players make mistakes. If the referee makes a "questionable" call, I will continue to respect the individual and be silent! **I understand failing to "Honor the Game" puts my own participation at risk.** \_\_\_\_\_
4. I understand that games can be exciting times for my child who is trying to deal with the fast-paced action of the game, respond to opponents, referees, teammates and listen to coaches. I will not add confusion by yelling out instructions. During the game, I will limit my comments to encouraging my child and other players for both teams. \_\_\_\_\_
5. I will not make negative comments about the game, coaches, referees or teammates in my child's or another child's presence. I understand that this plants a seed, which can negatively influence any child's motivation and overall experience. \_\_\_\_\_

I agree to honor the LBYSO Parent Pledge in my words and actions.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Print Child's Name