



AYSO Region 44

Sunnyvale, California

September 7th, 2006



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INTRODUCTION

Hello Coaches,

Lots of items this week, please take the time to look through everything. You should all have seen your schedules by now and be preparing for your first game this Saturday.

Introduce yourself to the Coaches and the Referee's. The first game everyone is learning, give the Coach on the opposite side of the field a break if they aren't sure what's going on yet.

Thanks for volunteering to Coach our kids and hope you all enjoy the first game.

Darin Roland
Sunnyvale AYSO Region 44
Regional Coach Administrator

NEWS

Parenting 101

Coaches, I know all of us our busy and after practice we are usually rushing to get home for dinner. It would be nice to think we'd always have a team with responsible parents that remember to pickup their kids on time. **Please make sure all kids are picked up after practice or a game.**

Yesterday a 7 year old kid with an AYSO uniform was found wandering a field by another AYSO Coach. Evidently the Coach he was practicing with had left the field and his parents had not shown up yet. I'm not sure how late the parents were but late enough for a parent to call police, 2 squad cars to show up, find out where the boy lived and then to take him home. Clearly the parents were exceedingly late and this is another reason to keep those Medical Release forms handy as Emergency Numbers are listed on the forms.

Obviously the parents need to be on-time to pick their child up from practice but as Coaches, we need to keep an eye to make sure each child gets picked up at the end of practice. I recently had a parent running late and I couldn't stay so my Assistant Coach remained. Ask a trusted parent if you can't stay and if you have a repeat offender for late pickups, have a talk with that family or escalate to the Board if you need help.

Last Chance - Safe Haven Certification

Thursday September 7, from 7:00 PM - 10:00 PM
Queensborough pool
1138 Miller Ave
San Jose

This certification program is a national AYSO certification program required for all coaches and assistance coaches. It is a one time required program. Since this is a class offered by a neighboring region and not our own John Robbins, if you plan on attending please send an RSVP.

To rsvp for class email: rca@ayso64.org.

Pizza and drinks will be served.

Schedules

Schedules have been released to parents for all divisions except for U14. So consider the schedule official and make plans accordingly.

U6 Division Coaches

Starting time for the season is listed as 3:30 PM on your schedules. This is when your 30 minute practice starts, **game time officially starts at 4:00 PM.** Some Coaches want to practice during the week instead and one practice a week for 45 minutes to an hour is OK. My plan is to practice once or twice after the season starts and then skip the mid-week practices and rely only on the 30 minutes before the game for practice sessions.

The Ortega Fields Document will show you where your field are to save walking the field time that first day.

News From Our Field Stripers

If you see some folks out in the park measuring distances and pushing a little cart over the grass providing all of us Coaches with some nice lined fields, take a moment to thank them for volunteering their time. Many of them do the striping on Friday Nights and the fact that we had so many step forward to volunteer means we as Coaches are relieved of that duty.

Lock Combination - Has been changed to 2006 (if you find one still at 5050 please let me know). After your volunteer parents open the tube please remind them to secure the lock for the rest of the day. The locks disappear and kids play on the tubes if left open.

Raynor and Cumberland - There are 2 tubes at these locations. Goals for each field are in the closest tube. Hollenbeck U12 has a tube however Hollenbeck U8 does not. If City of Sunnyvale does not put a tube there this week, goals will be delivered to the field at least 30 minutes before the first game and picked up after the last game.

Raynor Tube (U10) - This tube has a Wasp Nest inside, not sure if the City is going to remove the pest but the nest was on the side facing the Peterson fields.

Goal Building Tips - To attach top and sides of net, thread the aluminum sections through the net along those edges rather than tying it. There are four metal stakes per bag. Be sure you have four metal stakes in the bag when you put them away.

If there are any problems with goals or fields call Doug Clark at 415-265-6653 immediately.

CALENDAR

Date	Time	Location	Event
September 9 th The Season Begins!! - All Day and All Over			
			

FIRST GAME REMINDERS

Relax, have fun on Saturday. We could be at the house doing yard work.

All Coaches:

- Thank the referee's for volunteering before and after the game
- Bring your game cards for U8 and above
- Bring your Medical Release Forms
- Look for all the good plays your kids make
- Remind the parents to cheer, clap and applaud for both teams but they shouldn't be shouting directions from the sideline
- Before players can play a 4th quarter, all players need to have played 3 quarters
- Have your lineup ready before going to the park

U6:

- If it's your first time Coaching U6, bring the camera's
- Remember to check what field you are playing on, nothing worse than having to ask other Coaches "Do you play my team?" for 10 minutes or having your parents find the field first.
- If you have a big lead on one game and are losing big on another - talk to the other Coach, make a few adjustments to balance the games out.
- No Goal Keepers, if you have kids standing in front of the goal gently encourage them to get in the game

U8:

- Don't let your players "cherry pick", keep encouraging them to play the field
- Max time playing GK is 2 quarters and for U8 it's better to play 4 kids for 1 quarter each. More important for 7 year olds to be running and kicking the ball.
- Players should switch positions each quarter

U10:

- Max time playing GK is 2 quarters
- Can start playing kids multiple quarters are one position
- If you find you are ahead by 5 goals, make adjustments to balance the game (if you have a forward that scored 4 goals in the first quarter, move the player to defense or challenge that player to pass to teammates)
- No heading
- Slide tackling is allowed but it must be a clean tackle