

PORTAGE COUNTY YOUTH SOCCER



Parent/Coaches HANDBOOK 2010

PCYS Mission statement: The purpose of PCYS is to provide a soccer program in Portage County that promotes the advancement of soccer, encourages player development, recognized varying skill levels and promotes the ideas of sportsmanship, healthy competition, and fair play. PCYS will endeavor to represent soccer interests in all areas of Portage County as granted by the Wisconsin Youth Soccer Association.

Portage County Youth Soccer

PCYS is the soccer program run by the Stevens Point Soccer Club. PCYS is centered in Stevens Point, Wisconsin. This club offers players three levels of soccer play: Recreation, Competitive and Select soccer. For more information on soccer and PCYS programs go to our web site: www.pcys.net and look around. PCYS follows the guidelines set forth by FIFA.

SUMMER Soccer Program (Recreation Soccer)

The Summer Soccer League is defined as being a developmental program providing healthy activity, emphasizing enjoyment and development over competition. The philosophy is to strive to give every participant substantial playing time. The Summer League consists of teams, which are comprised of players not selected by a tryout process. Teams are generally formed within defined age groups and the league is comprised of co-ed teams (ages 4-18) and a all girl team (ages 10-13). Emphasis is on participation by all players and on small-sided games for younger players. Players don't travel; they play within their own community and players are primarily interested in fun, fitness, and friendship. This program allows kids to have fun, make mistakes, and learn.

CLASSIC Soccer Program

Competitive Programs provide the more committed player the opportunity to advance their skills through higher competition. Classic teams participate in the Central Wisconsin Soccer League (CWSL), which is comprised of 8 Youth Soccer Clubs in Central Wisconsin. The leagues are divided into teams according to age and skill level of players. A Classic team is composed of local players interested in advancing their skills through training and higher competition. **For information about the Classic Program contact Bill Spees billamy64@gmail.com or Sarah Ceballos sarah@pcys.net**

SELECT Soccer Program

Select teams participate in the Wisconsin State League in fall and/or spring. The State League offers play for U11-U19 boys and girls teams. The Select program offers the highest quality coaching and most challenging playing and learning environment in Wisconsin. A Select team is composed of players from Central Wisconsin selected by a tryout process conducted in the month of June.

Select Teams will play against other highly competitive select teams from areas in and around Appleton, Green Bay, Milwaukee and Madison. One-half of all matches are "home" matches and will be played in Stevens Point. **For information about the Select Program contact Mark Peel peel1@charter.net or Bill Spees at billamy64@gmail.com.**

Important Dates to Remember:

Rootbeer Night: June 29th

Picture night: July 6th

AODA Ice Cream Night: July 13th

Elks Shootout, Portessi Pizza & Sponsor Night: August 3rd

Soccer Start Date:

June 22nd – Tuesday and Thursday nights with the following exceptions:

No soccer on June 24th

Rain Days (Check the web site www.pcys.net or call (715) 498-9476 for cancellations)

Soccer Information:

Please refer to www.pcys.net for current information and links to WYSA, coaching information, training ideas and just general soccer information.

SPSC Home Tournament Dates

June 25-27, 2010 **July 24-25, 2010**

RECREATION COMMITTEE

League Organizer: Guy Janssen guy@pcys.net 498-9476

Committee Members: Colleen Glodowski, Betsy Laswell, Joe Tylka, and Adam Hable

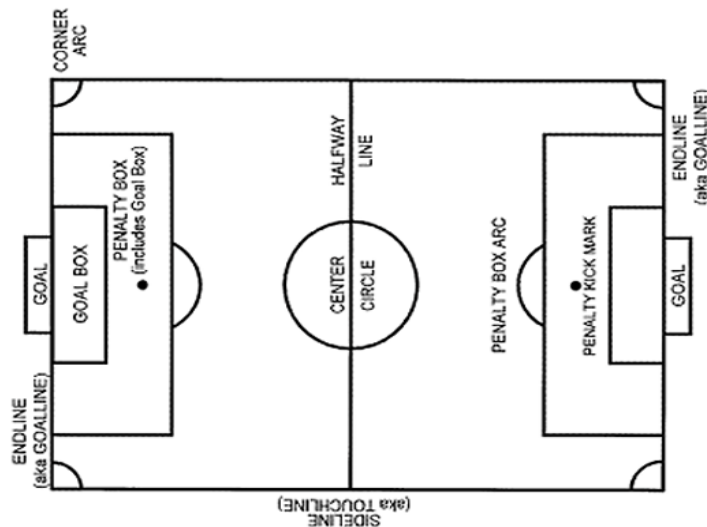
Team Coordinators:

Betsy Laswell - rlaswell@charter.net 345-0069

Colleen Glodowski - adgcmg@charter.net 345-0654

Adam Hable - Adam.Hable@travelguard.com

Joe Tylka - joetylka@yahoo.com 341-6694



Coaches

Coaches take on many roles when leading a team. However, youth coaches need to understand their role within the overall player development process. Coaches who understand this process and the differences that exist between age and ability characteristics are more likely to positively influence and affect the development of a player.

The role of the youth coach based upon principles of player development is to:

Serve as a Facilitator

1. Set up the conditions and environment for learning.
2. Players need to have fun and receive positive feedback.
3. The coach must be enthusiastic.
4. Practice should be conducted in the spirit of enjoyment and learning.
5. Activities need to be geared toward achieving success.

Serve as a Positive Role Model

Demonstrate respect for team members, opponents, referees, parents, spectators and opposing coaches.
Demonstrate a responsibility to the game itself.

Understand who they are coaching

Recognize that children/players are not defined by chronological age only. They mature and develop at their own pace. There are also growth differences between genders.

Treat each person as an individual.

Recognize that their needs are different and they participate for different reasons (at any level).

All players must play at least half of each game

Coaches are required to rotate all positions

During the game, substitutions should be made

The overall guiding principle that a coach should follow, at any age, is: *Let the game be the teacher.*

There is a vast amount of information about coaching available on the web. Please take a look.

Coaching is a unique experience. Each coach will discover there is not one way, style or method to teach soccer players. Each coach will bring their personality, experiences, backgrounds, and enthusiasm to the fields. But, as with any sporting activity, there are fundamental principles that must be considered by any one educating young soccer players. Below is a set of guidelines compiled from the United States Soccer Federation's "Best Practices for Coaching Soccer in the United States." These suggestions should help you consider how you develop trainings and how you apply your coaching methods.

Players

The game of soccer is an international team sport with a rich heritage of traditions and rules. The Stevens Point Soccer Club program aspires to reflect all that is good about the game. To this end, we expect all players to exercise personal responsibility & self-discipline both on and off the field.

This code applies to all players participating in the Stevens Point Soccer Club. Each player represents his/her family, the Club, and our community. Appropriate behavior is expected at all times! Inappropriate behavior will not be tolerated. Those behaviors contrary to healthy involvement, good citizenship, and accepted moral and ethical standards are violations which will subject the player to sanctions up to and including loss of participation.

Appropriate dress for Rec soccer:

League appointed t-shirt for easy identification of teams/players during play. No mutilation (cutting, removal of sleeves, writing on) of uniforms.

No jewelry or dangling hair decoration. They must be taken off, pinned down or pulled into a pony/pig tail.

SHIN GUARDS

Shin guards should conform to the contour of the lower leg to dissipate the force of a direct blow. They should also be constructed of materials that provide good force absorbing qualities. All youth soccer players **MUST** wear shin guards throughout all practices and games. Shin guards are worn **under the socks** and completely covered by the socks.

SHOES

Shoes are an important piece of personal equipment for a soccer player. Gym shoes or multi-cleated molded shoes are recommended as a versatile shoe for all levels of youth play. **Shoes with replaceable cleats and metal cleats are prohibited.**

Parents

GAMES are played on Tuesday and Thursday evenings during the months of June, July & August starting June 22nd and ending August 5th. The game times are 6:15-7:15 (some games may start at 5:15 depending on number of teams registered). Ask your coach for the actual time your game will be played. After the games many coaches use a few minutes to explain plays, positive feedback and corrective measures to the kids.

Please allow this time with the coaches before you take your children home.

The actual game dates are listed on the calendar on the web site www.pcys.net.

All games will be played at the Soccer Complex, 701 Badger Avenue, Stevens Point, Wisconsin.

Each Recreation family is asked to volunteer 2 hours of time to PCYS. As the organization grows so do its needs. PCYS is an entirely volunteer run organization. From the lawn mowing, line painting and field care to the ordering of t-shirts, equipment maintenance and concession. All are provided because of the participation of our members. There are different opportunities to complete your volunteer time. Over the years as more organization happens the options may grow. For this year you may choose from: working concession during Recreation soccer, the Spring Clean-up, assisting and coordinating some events for Recreation soccer

(Root Beer night, Picture night, Portesi Fun Night), and the biggest opportunity will be to volunteer at the girls East Bay Tournament held on July 24-25 (this needs over 100 volunteers). The signups for all these events can be found at concession. Please encourage your families to help PCYS run smoothly. Every hour does help!

Code of Conduct for Parents

- Be your child's best fan and support them unconditionally.
- When you take your child home after a match or training session, please be supportive and always focus on the positive aspects of their game.
- Develop a responsibility in your child to pack their own kit, clean their shoes and take a drink bottle (full of water) to practice and games.
- Respect the facilities and clean up after yourselves.
- Do not criticize your child's coach to your child or other parents. If you are not happy with the coach you should raise the issue with the coach.
- Encourage your child to speak with the coach. If your child is having difficulties in training or games, or can't attend training etc. encourage her to speak directly to the coaches. This "responsibility taking" is a big part of becoming a mature person. By handling off the field tasks, your child is claiming ownership of all aspects of the game.
- Help your child to focus on the performance and not the result. Remember - winning is not as important as the performance.
- Support all the players in your child's squad. Do not criticize anyone. Remember – children don't mean to make mistakes.
- Do not criticize the opponents, their parents or the officials.

General Information

What will I find on the Info Boards? (boards are located at the two main entrances)

You will find this summer's calendar of events, messages for the coaches and picture schedules.

Why do we get our pictures taken?

Well, besides it being fun to have a picture of yourself and your team, PCYS gives each sponsor of your t-shirts a plaque with that picture on it. It's our way of saying, Thank you.

What can I do if I don't know what time my team plays?

There is always a master list that can be found at the concession stand and also on the PCYS web site.

How does the raffle work?

The raffle is in place to assist families in off-setting the cost of the Club Fee (\$100).

You may:

1. Just pay the fee and not take tickets or take tickets, fill out and return.
2. Pay the fee then sell the tickets to recoup your monies
3. Take the tickets, sell them first and then pay your fee. With either of the last two ways, the tickets are yours to do as you wish.

Monies collected over \$100.00 goes to PCYS. More tickets can be requested to sell for PCYS fundraising.

What is the difference between the Club Fee and the Player Fee?

The Club Fee is like a Family Membership to PCYS. This is \$100 for all members which goes to keeping the complex running. The Player Fee is to sign up your player to play on a team. For Rec soccer this fee is \$50. For Competitive soccer the player fee is \$200.

How current is the PCYS web site?

We take great pains to try and make sure the information on the PCYS web site is as accurate as possible. There is a lot of information on the web site, please check it out at www.pcys.net. Since this is such a huge task, we always appreciate a little heads up if you believe you have come across something that is not up-to-date.

Field usage for practice at the Complex:

For team practices field usage will be first come first serve. Things to remember:

League games take precedence

There will be a porta-potty positioned down by Sentry/Root Beer fields that will always be open. Concession bathrooms are open if concession is going on and usually if competitive coaches are practicing or a league game is going on.

Try and avoid problem areas on a field, especially right in front of the goals. Some of you could practice short sided instead of using the goals.

Please have your team pick up after themselves. The wind out there is strong.

Please report anything unusual about the field condition/usage.

No practice on Scaffidi field.

Parking at the Complex:

PCYS' parking lot is located to the east of the hockey complex...in the back. The front parking lot belongs to PCYOI (hockey). We strongly encourage soccer families to park in our lot as we want to be good neighbors. We do have an agreement with hockey not to park in the first two rows of their lot. That should always be open for their families.

Weather Issues & Cancellation of Games

Listen to WSPT, WIZD, WYTE or WJFC if the weather (rain, heat, etc.) prohibits good playing conditions. If weather becomes threatening during game time, a PCYS BOARD MEMBER will monitor conditions for such things as rain, heavy rain, and/or any lightning. If conditions are deemed hazardous, the Board Member will sound the horn twice in rapid succession*. Players, parents, referees and spectators should immediately take cover, most likely in a car. The concession stand is not a safe place in a lightning storm.

Soccer games will be played rain or shine. Only threat of lightning stops a game. When it is hot, the heat index of 100 will determine cancellation of games. Coaches should take extra breaks and precautions during hot weather.

*Games will be delayed ten minutes from the time the horn is blown twice. Weather conditions will be evaluated after ten minutes to determine if games will be cancelled for the night. Please do not leave the area so that games can be resumed if possible.

If one hour's games are cancelled, the remaining scheduled games maybe played that evening if weather conditions improve.

If play is resumed, the games will continue until the next regularly scheduled game. If parents at any time feel that the playing conditions are hazardous, or they do not comfortable with the weather conditions, they have the right to remove their child(ren) from the games.

Referee

The referee is there to monitor the rules of the soccer game. He/she has the ability to call fouls and give out consequences. Remember that some of the refs are learning also and this is an entry into the world of referring. It can be an intimidating place to be so please be supportive. Verbal and certainly physical abuse is uncalled for in the game of soccer. Lead your team in showing respect for the calls the referee makes. Anger will only add to frustration and hinder the enjoyment of the game for you, your parents and your players.

Soccer Information

TEAMS - NUMBER OF PLAYERS PER SIDE

U5-6	Coed	3	(3*)
U7-8	Coed	5	(4*)
U9-10	Coed	7	(6*)
U11-13	Coed	8	(8*)
U14-18	Coed	11	(11*)
U10-13	Girls	7	(8*)

* FIFA recommended number of players per side. PCYS recommends changing the number of players based on the total number of players on a team.

LENGTH OF GAME

All games start at 6:15 or 7:15.(Some games may start at 5:15 depending on number of teams registered) Game durations vary depending on age group (please check below for times). PCYS suggests that for ages 5-8 the first 10-15 minutes **during** their game time be spent on discussion, examples, practice and then play the games. Ages 9 and above should practice 10-15 minutes **prior** to their game time so that they are able to complete a full game.

Coaches for 5/6 and 7/8 will time their own games (do not stop play when the horn blows for 5-8 age groups). The rest will hear the horn to indicate the end of one session and to start another.

U5-6	Coed	3 – 12 minute periods (Coaches keep time)
U7-8	Coed	4 – 12 minute quarters (Coaches keep time)
U9-10	Coed	2 – 25 minute halves
U11-13	Coed	2 – 25 minute halves
U14-18	Coed	2 – 25 minute halves
U7-10	Girls	2 – 25 minute halves
U11-13	Girls	2 – 25 minute halves

BALL SIZE

Each field will receive a bag of balls. The first team on a field will need to pick up the bag at the concession stand. Bags are labeled by field. The last team of the night should return the bag of balls to the concession stand.

U5-6	Coed	3
U7-8	Coed	3
U9-10	Coed	4
U11-13	Coed	4
U14-18	Coed	5
U10-13	Girls	4

Sponsor T-shirts:

All shirts will be handed out at the coaches meeting if available. Otherwise they will be handed out before the first night's game. If you should have a player join after the second week, try and accommodate them with a guest shirt or contact the Rec Coordinator and they will get a shirt of the correct color for them. Hopefully this will cover all the players. We did not take sizes this year for each child so a hint on handing out shirts would be to start with the smallest players and the smallest size shirts and work up from there.

Rosters:

Coaches will receive a roster with your coach's packet in May. These rosters will be created from who is registered as of May 7th. A second roster will be made for you that will include the players that have registered since May 7th. We hope by doing this you will be able to have some time to contact and possibly practice with your team before the first night of play.

Player to change teams:

After the first night or two of play you will get a feel for your players. If you feel that a player is either not playing at that age level or playing above that age level and would be served better by another age group please look at the list for the Team Coordinators and contact them with your issue. We would like all players to be playing at an appropriate age/skill level. This makes the play fun and safe for everyone.

Player Substitution:

If you find yourself short on players you may use substitutes from other teams. Players should be of the same or less age and **Must be a PCYS Rec Soccer Player**. They need to show you their PCYS Rec soccer shirt, from this year, for their team as proof.

If you cannot find substitutions you and the opposing coach can discuss playing with fewer players, possibly 10 v 10 instead of 11 v 11. Come to an agreement, inform the referee and continue play.

Soccer Rules

BALL IN AND OUT OF PLAY

The ball is out of play when it has completely crossed a line, whether on the ground or in the air. At all other times, the ball is in play. The team having possession of the ball may start play as soon as the ball is in position to be played without a second whistle. A second whistle *is* required if there are substitutions or if the team with possession asks the referee to move defending players 10 (8) yards from the ball on a free kick. A second whistle is also required for a penalty kick.

Following temporary suspension of play (i.e., an injury) the play is restarted by a drop ball at the ball's location at the time of the whistle. A drop ball must touch the ground before it is played by either player. A drop ball within the penalty area is moved to the nearest point outside the penalty area.

A ball is in play on a kick off after it has been touched and moved forward. Following a kick-off, free kick, corner kick, goal kick, or penalty kick, the kicker may not play the ball again until it has been touched by another player. If a player touches the ball twice, the opposing team is awarded an indirect free kick at the spot where the second touch occurred.

THROW-IN

A throw-in is taken after the ball crosses the sideline by the team that did not touch the ball last. The thrower shall use both hands with equal force and deliver the ball from behind and over the head in one continuous movement with both feet in contact with the ground and off the field as the ball leaves the player's hands. If the ball does not enter the field of play or hits the ground before entering the field, the throw is retaken. An incorrect throw-in results in a throw-in by the opposing team. A re-throw with instruction is allowed in age divisions through 10 years. The player taking a throw-in may not play the ball until it has been played by another player. The penalty for this is an indirect free kick by the opposing team.

A throw-in will not be used for the 5-6 year old teams. The ball will be placed on the sideline and kicked in by the opposing team.

GOAL KICK

A goal kick is awarded to the defending team if the ball has been kicked beyond the goal line by the attackers. All players of the opposing team must remain outside the penalty area until the ball clears that area. The ball must be kicked directly outside the penalty area without touching players of either team. The ball is not in play until it leaves the penalty area. The player taking the goal kick cannot touch the ball again until another player has touched the ball.

CORNER KICK

A corner kick shall be awarded to the attacking team when the ball has been kicked over the goal line by the defending team. The ball must be placed on the field of play within a one (1) yard radius of the corner flag. The kicker cannot move the corner flag nor touch the ball again until it is touched by another player.

SUBSTITUTIONS

Substitutions will be allowed by either team at any stoppage of play. Before players enter the game, the referee must signal the players onto the field. Players are to enter at midfield.

PENALTY KICKS

For U-9 / U-10 and above, a penalty kick will be awarded when an infraction occurs by the defending team which would ordinarily result in a direct free kick and it occurs within the defensive team's penalty area. All players except for the designated kicker and the goalkeeper must remain outside the penalty area for a penalty kick. Encroachment by the defensive team results in a re-kick if no goal was scored. Encroachment by the kicking team results in a re-kick if a goal is scored; the kick is not retaken if no goal is scored. If the kicker touches the ball a second time before the ball touches another player, an indirect free kick is awarded the opposing team at the spot of the infraction. The goalkeeper shall stand with both feet on the goal line and may not move forward until the ball is kicked. A re-kick is allowed if the goalkeeper moves forward and a goal is not scored.

OFFSIDE – Only U11-13 and U14+

A player who has possession of the ball or is behind the ball can never be offside. Other players of the attacking team must keep two defending opponents (1 is usually the goalie) between him/herself and the goal or he/she is in an offside position, UNLESS (a) the attacking player is on his/her own defensive half of the field, (b) the attacking player is receiving a pass and was on-side when his/her teammate kicked the pass, (c) the attacking player is behind the ball. It is not illegal to be in an offside position. It is illegal when an attacker in an offside position is interfering with the play of an opponent or is seeking some advantage by being in the offside position. The penalty for the offside is an indirect free kick at the spot where the infraction occurred. There is no offside if a player receives the ball directly from a throw-in, corner kick, or goal kick.

SCORING

A goal is scored when the entire ball has crossed the goal line into the goal. A goal may be scored from a kick off, a goal kick, a penalty kick, a direct free kick, a corner kick, a drop ball, a goalkeeper punt or throw. A goal may not be scored directly from an indirect free kick, throw-in or free kick into a team's own goal. A goal cannot be counted if it was the result of a foul by the attacking team.

FOULS AND MISCONDUCT (No slide tackling)

There are ten penal fouls that are the most serious fouls in soccer. These fouls result in a direct free kick to be taken by the fouled team from the place where the infraction occurred. For something to be a foul, it must be (a) committed by a player, (b) while the ball is in play, (c) on the field of play and (d) against an opponent.

1. *Kicking* or attempting to kick an opponent.
2. *Tripping* or attempting to trip an opponent.
3. *Jumping* at an opponent.
4. *Charging* an opponent in a violent or dangerous manner.
5. *Charging* an opponent from behind.
6. *Striking* or attempting to strike an opponent.
7. *Holding* an opponent.
8. *Pushing* an opponent.
9. *Spitting* at an opponent
10. *Handling* the ball (not applied to goalkeeper within his/her own penalty area).

EXCEPTIONS- All penal fouls committed by an attacking player in the opponent's goal area shall result in a direct free kick to be taken by the fouled team from anywhere within the goal area. It is the same as taking a goal kick. A penal foul committed by a player in his/her own penalty area shall result in a penalty kick for the team fouled.

There are also nine less serious (non-penal) fouls, five of which pertain to the goalkeeper. They are:

1. *Dangerous play:*

- attempting to kick a ball held by a goalkeeper
- kicking at a ball that is up in the air near an opponent's head
- playing a low ball with the head that is being played by an opponent.
- covering up the ball with one's own body or legs while others are attempting to kick the ball

2. *Obstructing* an opponent from playing the ball when the ball is not within playing distance.

3. *Prevents* goalkeeper from releasing the ball from his hands

4. *Commits* any other offense not previously mentioned for which play is stopped to caution or dismiss a player
- (start with indirect free kick).

5. *Goalkeeper* takes more than 6 seconds before releasing the ball.

6. *Goalkeeper* touches the ball again with his hands after releasing it from his possession and it has not been touched by any other player.

7. *Goalkeeper* touches the ball with his hands after it has been deliberately kicked to him by a teammate.

8. *Goalkeeper* touches the ball with his hands after he has received it directly from a throw-in taken by a teammate.

9. *Goalkeeper* wastes time.

EXCEPTIONS- A non-penal foul committed by a player in the opponent's goal area shall result in an indirect free kick taken by the fouled team from anywhere within the goal area.

A non-penal foul committed by a player in his/her own goal area shall result in an indirect free kick taken by the opposing team from the part of the goal area line that runs parallel to the goal line at a point nearest to where the offense occurred. Defenders may stand in the goal on the goal line.

CAUTIONABLE OFFENSES

A referee designates a cautionable offense by holding up a yellow card to the player who committed the misconduct. A player who commits a second cautionable offense (i.e., already has been issued a yellow card) must be ejected from the contest (red card). The cautionable offenses are:

1. *Un-sportsperson like behavior* that violates the spirit of the game.

2. *Dissent* by a player or coach shown by word or action toward a referee's call.

3. *Persistent infringement* of the laws of the game.

4. *Delays* restart of play.

5. Fails to respect the required distance (10 yards) when play is restarted with a direct or indirect free kick.

6. *Illegal substitution;* entering, re-entering, or leaving the field of play without permission from the referee.

7. Deliberately leaves the field of play without the referee's permission except in the normal course of play.

SENDING OFF OFFENSES

A referee designates a sending off offense by holding up a red card to the player who committed the misconduct. Sending off offenses are:

1. Serious foul play.
2. Violent conduct.
3. Spitting at or on an opponent or any other person.
4. Denies the opposing team a goal or obvious goal scoring opportunity by deliberately handling the ball. (This does not apply to a goal keeper within their own penalty area.)
5. Denies an obvious goal scoring opportunity to an opponent moving toward the player's goal by an offense punishable by a free kick.
6. Uses offensive, insulting, or abusive language.
7. Receives a second caution in the same game.

Evaluations

As all organizations like to keep tabs on how their program is going we are offering a variety of evaluations for the Coach and families to participate in. We would like to make sure anyone who wants to be heard has a chance to be heard. We thank all participants up front for helping in this matter.

Ability Ratings:

This is the evaluation you are probably most familiar with. Looking at 550 players and trying to place them into 50 balanced teams is a daunting task. We ask each coach at the end of the season to place an ability rating on each player so there is some guide when teams are put together next year. There is information on the form to guide you in your evaluation. We understand this is subjective but at least it gives us something to go by. Since these are “opinions” we ask that you not make public these numbers to the players and parents. Please don't copy your roster and hand it out to the parents. This number is just meant as a guide for team creators and the coaches.

**The ability ratings sheet must be handed in when you come to get your pizza for Portesi Night. This is a process still in the growth stages. So far it has served us pretty well.

Parent Evaluation of PCYS' Rec Program:

You will have these forms in your Coaches Packet. Please hand them out any time from Portesi Night on. Again we would like to grow the program and feedback is invaluable. These can be dropped off in the box by any info board or at concession.

Coaches Evaluation of PCYS' Program:

It is very important for us to hear the comments of the coaches. Sometimes frustrations are not realized if they don't ever get spoken. As you can see by the changes that were made this year we value our coaches view point. The coaches are the communication connection between the organization and players and their families. The goal of the evaluation is to keep the lines of communication open and to always have a chance to be heard. Please take the time to give us your perspective.

