

PVSC Youth League Coaching Tip Sheet

Rules:

Duration:	10 minute quarters (2 minute break between quarters and 5 minute break at half-time)
Players:	6 versus 6 (including goalkeepers)
Ball:	Size 3
On Field Coaching:	Ages 5-6 only: One coach from each team may be on field during games during the first two weeks; thereafter, coaches must remain on the sidelines. Ages 7 and up: Coaches must remain on the sidelines.
Referees:	Referees are assigned to all games by the league. Remember, many of the referees are young adults who have committed their time to making the recreational program operate effectively.
Substitutions:	In order to have players substitute into the game, they must be ready to enter the game at the half field line prior to the stoppage of play. Teams may make substitutions on either team's goal kick or kick-off. The team in possession of the ball may make substitutions on a throw-in or corner kick.
Goal Kicks:	Anywhere within the goal box, opposing team must be outside of the penalty area.
Corner Kicks:	On field corner
Off-sides:	No off-sides
Practices:	Between 1-2 practices per week. Practices should last no more than an hour and a half. The Club will provide guidance on practice field locations. Refer to the practice drills for more coaching tips, drills and games.

General Tips:

- Mercy Rule takes effect after a four goal differential. Coaches MUST employ some or all of the following tactics listed in the Coaches manual (listed on the PVSC website).
- During the season there will be a team Picture Day and Community Picnic (Fall 2009 – 8/29/2009).
- You can assign your team a internal nickname (i.e. Hurricanes, Bobcats, etc.)
- Consider handing out a sheet of player's names and numbers to the parents and fans.
- Assign a team parent to be in charge of first aid (i.e. ice, Band-Aids, etc.).
- Assign a team parent to be in charge of organizing oranges or other refreshments at half time during games as well as snacks (i.e. cookies, chips, etc.) after the game. Have the team parent coordinate this activity by assigning parents for halftime refreshments and after game snacks.
- Motivate and be a constant role model, as actions speak louder than words.
- Consider organizing a pre-season meeting and an end of season get together.
- The training sessions, though fun in nature, should have a definite objective.
- Player mistakes are an expected circumstance.
- Criticism, threats, blaming, yelling, humiliating, ridiculing, showing biases - None of these items are acceptable or appropriate by both the coaches or parents.
- Teams are responsible for trash pick-up after every game. Treat the field as your backyard.
- No dogs are permitted on the property (this is a PV School District rule that PVSC must abide by).
- Above all, there should be no "Winning At All Cost" notion; Coaches should only be concerned about the children having fun and developing personally and athletically.