

# VALLEY PREMIER F.C.

Fall 2008

Coaches Handbook



# CONTACTS

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# CALENDAR

## June

- June 1st - Open Registration (online)
- June 30th - Open Registration ends

## July

- July 1st - Late Registration (a late fee is applied)
- July 14th - 17th - Summer Camp
- Coaches Clinics and Meetings
- July 25th - Late Registration ends
- July 26th - Damascus Day in the Park
- July 28th & 31st - Coaches Clinics

## August

- August 15th - Team Rosters finalized to turn in to CRTYSA/OYSA
- August 18th - Begin Pre-Season Practices
- August ?? - Field Maintenance Day

## September

- September 6th - Jamboree and Team Pictures
- September 10th - Approximate start of games

## November

- November 15th - Approximate end of season

# Mission Statement

It is the goal of Valley Premier F.C. to be an outstanding educational-athletic organization that provides a fun, challenging and learning environment for the children, coaches and families participating.

The Objectives of Valley Premier F.C. for every player are:

- Build self-esteem and confidence
- Develop positive character traits and values
- Have respect for others and self
- Be part of a team regardless of skill level or performance
- Learn and develop good and correct soccer skills, tactics, strategies, and most importantly.. HAVE FUN!

Valley Premier F.C. will encourage our coaches to utilize a positive approach to coaching.

Parents, referees, and fans are encouraged to work together with Valley Premier F.C. in creating a positive soccer culture within our community.

Through soccer, it is our desire that our young athletes will acquire life skills that will go beyond the playing field.

# General Information

## **Game Schedules**

Teams are submitted to our league, the Columbia River Youth Soccer Association (CRYSA) by August 1st. Schedules will be ready by the Jamboree Day. The season will begin after the Jamboree weekend and there will usually be one weeknight game as well as a Saturday game through early October. Then games will be on Saturdays through the first weekend of November. Micros do not play weeknight games.

## **Player Uniforms**

Valley Premier F.C. will continue to use the 2006 style jerseys. Jerseys in good condition can be used for the current season. New jerseys are available through the club at \$16. Each player will need to provide and wear black soccer shorts and black soccer socks as well as soccer cleats and shin guards.

## **Coaches Uniforms**

Valley Premier F.C. is making available a great opportunity for purchasing coach's uniforms at a highly reduced price. We are providing Adidas coach's uniforms to help show unity within our Club. See Coach Uniform order form in packet.  
*Strongly Suggested.*

## **Equipment**

Valley Premier F.C. will provide coaches with equipment, (ball, practice equipment, etc.) for use during the season. Head Coaches shall be responsible for this equipment and return it at the end of the season.

## **Field Maintenance**

Coaches can be expected to be contacted by the Field Coordinator before the start of the season to assist in prepping the fields. It is suggested that coaches then recruit parent volunteers to help. Each field takes approximately 2 to 3 hours to size and paint initially. Once the fields have been marked it will become the responsibility of the teams using that field to maintain the lines. This can typically be done by finding a parent volunteer to paint lines while their child is practicing. Coaches using the field should coordinate with the other coaches on that field who will paint each week (or as needed). Paint and the paint machine will be located in the orange equipment box by the beginning of August. Should you notice that we are low on paint, please notify the Field Coordinator.

# General Information cont.

## **Fundraising**

It is the goal of the Valley Premier F.C. Board of Directors to minimize the fundraising activities needed to operate. The club will focus fundraising efforts on the Jamboree, Snack Shack, and donations from sponsors. These efforts will only be successful with the support of all teams and their families through volunteering their time to the league. Please help us by discussing these events with your team parents and getting volunteers for these events.

## **Field Cleanup**

Each year we struggle with the amount of refuse left behind after games and practices. We ask that coaches take an active part in encouraging players AND parents to help in the cleanup efforts following all events.

Included in additional forms are:

- Team Parent (Manager) Guidelines and Examples
- Website Team Pages (NEW)
- New Sponsor Opportunities

# Team Formation Guidelines

## **Goals**

Our club's goal as a recreational league is to form teams by first considering team size, (number of Players), ability, coach and team-mate request.

Valley Premier F.C. wants its coaches to ensure that:

- All kids participate so that everyone gets playing time.
- The teams include players of all skill levels and ability.

## **Minimum and Maximum Players per Team**

In order to provide the kids with as much playing time as possible, VPFC will form as many teams as possible with the minimum number of players required as listed below. This will provide room for additional players to be added if necessary. Coaches will be required to take additional players up to the maximum number of players listed below. Above the maximum number, players will be added at the discretion of the registrar, board of directors and coach.

## **2008 Fall CRYSA Recreational Soccer League Info**

- Players/Coaches on one side of field, parents on the other
- U8 dual fields, no parents in center of fields or end lines
- NO PET POLICY
- Home team changes jersey color in case of conflict
- NO SIDE TACKLING
- Five goal blowout policy in effect
- Referee may remind coaches of 5 goal rule discretely

## **Age Groups and Related Info**

### **MICROS**

- 3 v 3 (no Keeper)
- Two fields side by side (20 yds x 30 yds) small goals
- Size 3 ball

### **U8**

- 4 v 4 (w/Keeper)
- Two fields side by side (20 yds x 30 yds) small goals
- 4 - 12 minute quarters + two 2 minute breaks between quarters
- Game scheduling interval: 1 hour
- No corner kicks, Throw-in only
- NO PENALTY KICKS - all indirect kicks
- Mandatory goalie change at half time
- Size 4 ball

### **U9**

- 6 v 6 (w/Keeper)
- Small field (30 yds x 50 yds) small/medium sized goals if possible
- Two 25 minute halves + 5 minute half-time
- Game scheduling interval 1 hour and 15 minutes
- NO PENALTY KICKS - all indirect kicks
- Mandatory goalie change at half - time
- Size 4 ball

## **U10**

- 8 v 8 (w/Keeper)
- Small field (30 yds x 50 yds) small/medium sized goals if possible
- Two 25 minute halves + 5 minute half-time
- Game scheduling interval 1 hour and 15 minutes
- NO PENALTY KICKS - all indirect kicks
- Mandatory goalie change at half-time
- Size 4 ball

## **U11**

- 8 v 8 (w/Keeper)
- Medium field (50 yds x 80 yds) medium/large goals
- Two 30 minute halves + 5 minute half-time
- Game scheduling interval 1 hour and 30 minutes
- NO PENALTY KICKS - all indirect kicks
- Goalie change strongly recommended at half-time
- Size 4 ball

## **U12, and U14/U14 combined**

- 11 v 11 (w/Keeper)
- Large field (60 yds x 100 yds) large goals
- U12 - Two 30 minute halves + 5 minute half-time
- U13/U14 - Two 30 minute halves + 5 minute half-time
- Game scheduling interval 1 hour and 30 minutes
- Goalie change strongly recommended at half-time
- U12 size 4 ball, U13/U14 size 5 ball

## **Procedure To Allow As Many Players As Possible**

- Our club will not close registration to players as long as there are teams who are not at their maximum number of players.
- If there are not enough players within our club to form a team at any age group, or, if there are too many players for one team, we will combine players or contact neighboring clubs to attempt combining players to ensure that all players have a chance to play.
- Any player registering after July 25th will be placed on a waiting list. Players will be pulled by the waiting list as needed. Players on waiting list are not guaranteed a spot on any team.
- Teams will only be allowed to exceed the player maximum if all players have turned in registration prior to the July 25th deadline. It is not possible for the player to be placed on another team. This will be done at the discretion of the Registrar and Board of Directors.

# VALLEY PREMIER F.C. COACHES AGREEMENT

By initialing and signing this document, the coach agrees to uphold the following guidelines set forth by VPFC. As a recreational soccer coach for VPFC, I (please initial next to each statement)

1. Agree to be a positive representative of VPFC, accepting and abiding by the rules laid out by the VPFC board of directors and decisions made by it, including promoting and upholding the VPFC Mission Statement and committing to maintaining a positive approach to coaching.
2. Agree to hold a parent's meeting at the beginning of the season to explain the VPFC mission statement, opening day activities, players and parents expectations, coaching style, etc.
3. Commit to holding one or two practices per week, appropriate to the age of the players, and to be punctual in arriving for practices and games and not to leave the field until all players are accounted for by a parent or guardian.
4. Agree to attend an age-appropriate coaching clinic at minimum of every other year and will teach progressive developments in technical skills and tactical knowledge, as the age group requires.
5. Will provide a fun and safe learning environment for the players, will encourage safe, competitive, fair play, and will define winning in terms of individual effort, improvement and learning, regardless of skill level.
6. Agree that all players will play a minimum of half of every game, regardless of skill level.
7. Agree to teach only safe and sportsmanlike methods to players, and set the example for players and parents to follow in sportsmanship and proper field conduct. As well as refrain from encouraging/teaching demeaning or unsportsmanlike songs or chants.
8. Understand that referee decisions are to be accepted in a respectful manner, without anger and verbal or physical behavior which can be considered intimidating to the official.
9. Will instruct parents in proper behavior at games with respect to the referee, opposing team players, coaches, and parents. Spectator control is the responsibility of the team.
10. Will emphasize fun, skill building, sportsmanship, camaraderie and teamwork, keeping in mind that VPFC is a recreational club, which emphasizes development over winning.

VPFC emphasizes to all coaches that our teams need to be a positive example of our community for all other players and communities. We will honor the game, showing respect to everyone both on and off the field. It is the responsibility of the coach and assistants to be positive leaders for the players and to teach their team these important values.

I agree to abide by this agreement for the Fall 2008 soccer season and any disciplinary actions decided upon by the VPFC board of directors.

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Name (print)

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Signature

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Date

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Team

# VALLEY PREMIER F.C. PARENTS AGREEMENT

Parents play a vital role in their child's participation in sports, as they are the most important role models for their child. It is therefore noted that the behavior of the parents has a significant influence on the emotional makeup of the child. Objectionable behavior by parents adversely affects the coaches, referees, the game and all players involved. VPFC will not tolerate any negative behavior by parents at any practice or game. We ask the following of all parents and spectators:

1. Assist in getting players to all practices and games on time and ready with appropriate equipment and attire. This includes picking the child up on time. VPFC requires a parent or adult to be responsible for each player at all practices and games. Please inform the coach, if you cannot be present, who is responsible for your child in your absence.
2. Offer time and talent to help your team and club with support tasks.
3. Do not coach your child from the sidelines; let the coach do the coaching. Respect and support the coach. If you should be dissatisfied, please discuss your concerns with the coach at an appropriate time. Should the matter not be resolved, please contact the coach coordinator.
4. Watch the game from the side of the field opposite from the team's side.
5. Do not speak to or shout at the referee. Show respect by not openly or otherwise criticizing them or undermining their authority. Should you be dissatisfied, please speak directly to your coach during half-time, or after the game. The coach will take the appropriate action to address the situation.
6. Spectators shall not go onto the playing field at anytime during the course of the game. The only exception will be to assist with an injured player when asked to do so by the coach or referee. Any parent doing so will be banned for a minimum of one game.
7. Any parent causing a red card shall be banned from all subsequent games for that season.
8. Learn and enjoy the sport. Most children play to have fun. Most coaches coach to have fun.
9. Assist your child in good sportsmanship, always be positive, encourage fair play, and cheer in a positive manner for all players. Do not criticize the opponents. Display good sportsmanship as a positive example for all players and other parents.
10. School performance should not suffer as a result of soccer.

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I agree to abide by this agreement for the Fall 2008 soccer season and any disciplinary actions decided upon by the VPFC board of directors.

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Name (print)

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Signature

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Date

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Team