

# SOCCER

## - COACHES MEETING -



# - INTRODUCTIONS -

**BILLY** – SPORTS COORDINATOR

MATT – ASSISTANT COORDINATOR – TINY TOTS / U6  
/U8

ANDRU – ASSISTANT COORDINATOR AND REFEREE  
COORDINATOR – U10 / U12 /U14

# - JOB DESCRIPTIONS -

HEAD COACH

ASSISTANT COACH

TEAM PARENT

# - HEAD COACH -

## JOB : HEAD COACH

### DESCRIPTION

- 1.) HEAD COACH MANAGES AND RUN THE PRACTICES AND GAMES, SETTING UP THE PRACTICES AND GAME STRATEGIES, USING THE MOJO APPLICATION OR ON PAPER FROM THE RECSOURCES THAT WE HAVE GIVEN YOU.
- 2.) COMMUNICATION WITH THE PARENTS.
- 3.) MANAGE THEIR ASSISTANT COACHES AND TEAM PARENT.
- 4.) ARE RESPONSIBLE FOR THEIR PARENTS AND PLAYERS.
- 5.) ARE RESPONSIBLE FOR MAKING SURE THAT ALL PLAYERS ARE PICKED UP BEFORE LEAVING THE GYM.
- 6.) ARE RESPONSIBLE FOR FINDING REPLACEMENTS IF THEY CANNOT ATTEND A PRACTICE OR GAME.
- 7.) COACHES ARE RESPONSIBLE FOR CONCUSSION, SAFE SPORT TRAINING, AND BACKGROUND CHECKS.

# - ASSISTANT COACH -

## JOB : ASSISTANT COACH

### DESCRIPTION

- 1.) HELP THE COACH WITH THE PRACTICES AND GAME PLANS.
- 2.) HELP THE COACH WITH PRACTICE DRILLS AND SETTING UP THE PLAYERS FOR GAMES.
- 3.) HELP THE COACH MANAGE THE TEAMS.
- 4.) COMMUNICATE WITH THE PARENTS.
- 5.) ALL ASSISTANT COACHES ARE RESPONSIBLE FOR CONCUSSION, SAFE SPORT TRAINING AND BACKGROUND CHECKS.

# - TEAM PARENT -

## JOB : TEAM PARENT

### DESCRIPTION

- 1.) HELP THE COACH AND ASSISTANT COACH AS NEEDED WITH PRACTICES AND OR GAMES.
- 2.) THE TEAM PARENT IS RESPONSIBLE FOR TEAM COMMUNICATION, MAKING SURE THAT ALL PARENT KNOW WHAT IS GOING ON. (MAKING SURE THAT EVERY PARENT KNOWS HOW TO USE THE TEAMSIDELINE APP.)
- 3.) THE TEAM PARENT IS RESPONSIBLE FOR SNACK SCHEDULE FOR GAMES ONLY NO PRACTICES. YOU CAN USE SPORTS PLUSE GROUP CHAT, VOLUNTEER MODULE, TEXTS OR OTHER APPLICATIONS TO GET THIS INFORMATION OUT TO THE PARENTS.
- 5.) THE TEAM PARENTS ARE RESPONSIBLE FOR CONCUSSION, SAFE SPORT TRAINING, AND BACKGROUND CHECKS.

# - CODE OF CONDUCT -

## COACHES / PLAYERS / PARENTS

- WE HAVE ONE CODE OF CONDUCT THAT EMBODIES ALL OF THESE 3 CATEGORIES.
- YOU DID READ THROUGH THIS WHEN SIGNING UP YOUR PLAYER FOR THE LEAGUE.
- IF YOU EVER WANT A PAPER VERSION YOU CAN EMAIL BILLY AND HE CAN SEND IT TO YOU AS A PDF DOCUMENT.

# - QUESTIONS -



# - PRACTICE DATES -

AGES

2011 - 2015

## PRACTICE DATES

- ❖ PRACTICES START ON THE WEEK OF MARCH 9th
- ❖ PRACTICES END ON THE WEEK OF MAY 25th
- ❖ PRACTICE TIME SLOTS = 5:30 to 6:30 OR 6:30 to 7:30

***AT THE END OF THE MEETING PLEASE COME UP AND CHOOSE YOUR  
PRACTICE DAY AND TIME.***

# - GAME DATES -

AGES

2011 - 2015

## GAME DATES

❖ FIRST GAME STARTS ON APRIL 4th

❖ LAST GAME ENDS ON MAY 30th

# - PRACTICE DATES -

AGES

2016 - 2022

## PRACTICE DATES

- ❖ PRACTICES START ON THE WEEK OF MARCH 23<sup>rd</sup>
- ❖ PRACTICES END ON THE WEEK OF MAY 11<sup>th</sup>
- ❖ PRACTICE TIME SLOTS = 5:30 to 6:30 OR 6:30 to 7:30

**AT THE END OF THE MEETING PLEASE COME UP AND CHOOSE YOUR  
PRACTICE DAY AND TIME.**

# - GAME DATES -

AGES

2016 - 2022

## GAME DATES

❖ FIRST GAME STARTS ON APRIL 11th

❖ LAST GAME ENDS ON MAY 16th

# - UNIFORM DISTRIBUTION -

## UNIFORMS

- ❖ **COACHES WILL PASS OUT ALL UNIFORMS THIS SEASON.**
- ❖ **COACHES PICK UP DATE – SUNDAY MARCH 22<sup>nd</sup>**
- ❖ **DISTRIBUTION DATE – THE WEEK OF MARCH 23<sup>rd</sup>**

# - MEDIA DAY -

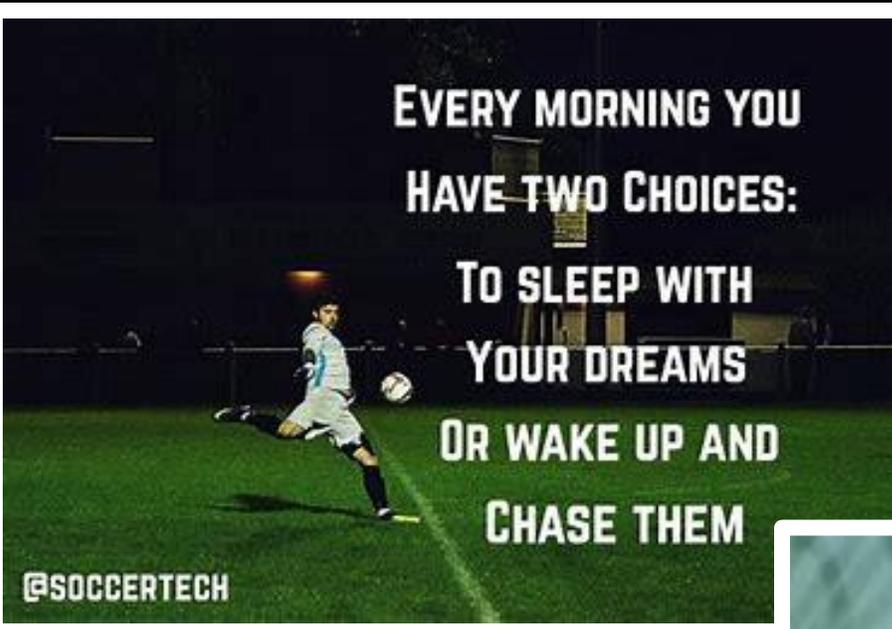
## DATE / TIME / LOCATION

- ❖ DATES : April 10<sup>th</sup> *and* April 17<sup>th</sup>
- ❖ TIME : 5:30 – 9:00pm (INDOOR)
- ❖ LOCATION : Star Elementary School

THIS YEAR WE WILL BE TRANSITIONING TO A MEDIA DAY INSTEAD OF JUST PHOTOS.

COMPANY NAME : SHOOTING TRIO PHOTOGRAPHY  
PRICING IS CHEAPER AND QUALITY IS BETTER





EVERY MORNING YOU  
HAVE TWO CHOICES:  
TO SLEEP WITH  
YOUR DREAMS  
OR WAKE UP AND  
CHASE THEM

@SOCCERTECH

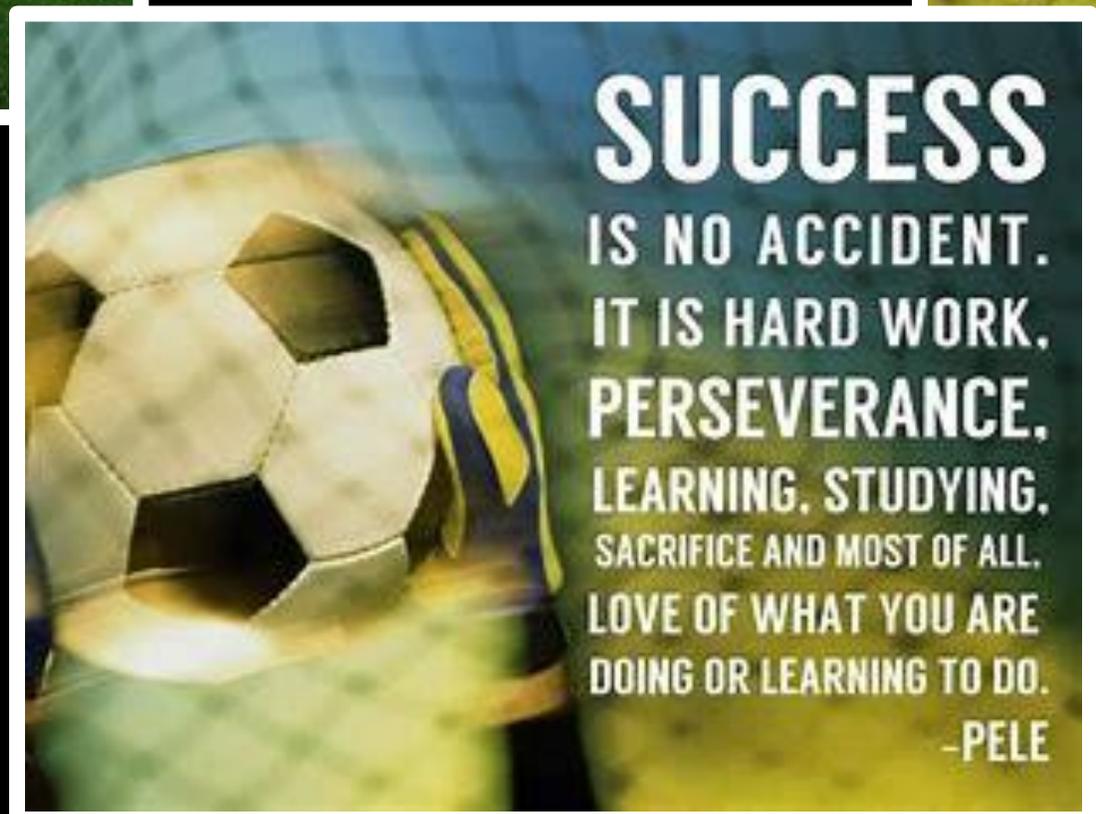
**MENTOR**



"ALL KIDS NEED  
IS A LITTLE HELP,  
A LITTLE HOPE,  
AND SOMEBODY WHO  
BELIEVES IN THEM."  
*- Magic Johnson*

COACHES  
TRAINING ROOM

**MOTIVATE**



**SUCCESS**  
IS NO ACCIDENT.  
IT IS HARD WORK,  
PERSEVERANCE,  
LEARNING, STUDYING,  
SACRIFICE AND MOST OF ALL,  
LOVE OF WHAT YOU ARE  
DOING OR LEARNING TO DO.  
-PELE

**TEACH**

# - TRAINING SESSION PLAN -

## SOCCER TRAINING SESSION PLAN

DATE: \_\_\_\_\_ TOPIC: \_\_\_\_\_

- ◁ WARM UP - ( 5 MINUTES )
- ◁ DRILL # 1 - ( 10 MINUTES )
- ◁ DRILL # 2 - ( 10 MINUTES )
- ◁ SCRIMMAGE AND GAME SCENARIOS - ( 20 MINUTES )

# - MOJO COACHING APP -

MOBILE APP : MOJO

LOGIN

***CLICK*** HOME – UNDER THE BROWSE TRAINING VIDEOS AND  
PLANS ***CLICK*** HOME TRAINING – ***CLICK*** SOCCER

[Youth Sports Coaching | MOJO Sports](#)

# - COACHING RESOURCES -

WEBSITE	LINK
<b>Soccer Expert</b>	<a href="http://soccerxpert.com">Soccer Drills, Games, &amp; Exercises (soccerxpert.com)</a>
<b>Soccer Coaching Pro</b>	<a href="http://soccercoachingpro.com">123 Soccer Drills for All Skill Levels (With Images) (soccercoachingpro.com)</a>
<b>Soccer Drive</b>	<a href="http://soccerdrive.com">Soccer Practice Plans for U6, U8, U10, U12, U14, U16 (soccerdrive.com)</a>
<b>eSoccerDrills</b>	<a href="http://eSoccerDrills.com">127+ Soccer Drills - Fun &amp; Effective Soccer Practice Ideas for Coaches - eSoccerDrills</a>

**- ROSTERS RELEASED -**

**ROSTERS WILL BE RELEASED TO  
COACHES AND THE LEAGUE ON**

**FEBRUARY 26<sup>TH</sup>**

# - TEAM SIDELINE APP -

**MOBILE APP : TEAM SIDELINE**

WEBSITE

<https://www.teamsideline.com/sites/StarIdahoRec/home>

**THIS WILL BE OUR MAIN SOURCE OF TEAM  
COMMUNICATION BETWEEN PARENTS AND COACHES.**

**- GAME SCHEDULES -**  
**- PRACTICE SCHEDULES -**

**MOBILE APP : TEAM SIDELINE**

**FORGET  
PASSWORD**

**LOGIN**

**EVENTS / ROSTERS / CHAT / EMAILS**

**REVIEW GAME EVENTS AND PRACTICE EVENTS**

# - FIELD - PAVILION -

## INFORMATION

- ❖ THERE WILL BE ...
  - 3** = U 6 / TINY TOTS FIELDS (2020/2021/2022)
  - 2** = U 8 FIELDS (2018/2019)
- ❖ ON GAME DAY THERE WILL BE A TENT OUT ON THE FIELD AND UNDER THE TENT WILL BE A MAP OF THE FIELDS AND THEN WHO IS PLAYING ON WHAT FIELD AND AGAINST WHAT TEAM. **(FLAG NUMBERS WILL ALSO BE ON THE FIELD)**

# - FIELD - HUNTERS CREEK -

## INFORMATION

❖ THERE WILL BE ...

1 = U 10 FIELDS

1 = U 12 FIELD

1 = U 14 FIELD

❖ ON GAME DAY THERE WILL BE A TENT OUT ON THE FIELD AND UNDER THE TENT WILL BE A MAP OF THE FIELDS AND THEN WHO IS PLAYING ON WHAT FIELD AND AGAINST WHAT TEAM. *(FLAG NUMBERS WILL ALSO BE ON THE FIELD)*

# - FIELD EXPECTATIONS -

## INFORMATION

- ❖ PICK UP YOUR TRASH AND THROW IT AWAY
- ❖ **HOME TEAM** SITS ON ONE SIDELINE WITH THEIR FANS
- ❖ **AWAY TEAM** WILL SIT ON THE OTHER SIDELINE WITH THEIR FANS

## - EQUIPMENT -

- ❖ PICK UP YOUR EQUIPMENT FROM THE ORANGE BOX BEFORE PRACTICE
- ❖ PUT AWAY YOUR EQUIPMENT AFTER PRACTICE IN THE ORANGE BOX

# - SAFE SPORT COURSE -

**MANDATORY FOR  
COACHES WHO  
PLAY IN IYSA  
AGES 2012 - 2015**

## SAFE SPORT

THE REASON FOR TAKING THE COURSE

PROTECTING YOURSELF AND YOUR PLAYERS

[SafeSport Courses for All | U.S. Center for  
SafeSport \(uscenterforsafesport.org\)](#)

# - CONCUSSION -

## HEADS UP INFORMATION

<https://www.cdc.gov/headsup/youthsports/training/index.html>

# - FIRST AID -

## INFORMATION

[Youth Soccer Safety: Injury Prevention and First Aid Tips - Northeast Rush Soccer](#)

# - BACKGROUND CHECK -

## INFORMATION

[City of Star \(quickapp.pro\)](#)

# - QUESTIONS -



# - COMMUNICATION -

## CANCELATIONS / WEATHER

- ❖ MATT / ANDRU / BILLY WILL BE SEND OUT CANCELATIONS DUE TO WEATHER.
- ❖ We are establishing a clear timeframe for cancellations, ensuring that if we do decide to cancel, it will not be last-minute—such as just before a game or practice. This way, we'll have sufficient notice to avoid unnecessary travel, only to find out that the event is canceled.

# - COMMUNICATION -

## DIRECTORS COMMUNICATION

- ❖ MATT AND ANDRU WILL BE COMMUNICATING TO
  - COACHES
  - PARENTS
  - REFEREES
- ❖ WE WILL SEND OUT MASS COMMUNICATION TO PARENTS WHEN NEEDED.

# - COMMUNICATION -

## COACHES COMMUNICATION

- ❖ WE EXPECT THAT THE **COACHES** WILL SEND OUT TEXT MESSAGES THROUGH THE TEAMSIDELINE APP
  - DISCUSS PRACTICE INFO (AVAILIABILITY)
  - DISCUSS GAME INFO (AVAILABILITY) AND (HOME OR AWAY COLOR)
  - DISCUSS ANY CANCELTATIONS THAT YOU NEED TO CANCEL BECAUSE OF PERSONAL ISSUES.
- ❖ PLEASE MAKE SURE THAT YOUR PARENTS MARK OFF THEIR PLAYERS AVAILABILITY FOR PRACTICES AND GAMES.

# - QUESTIONS -



**- DRAFT -**

**NO DRAFT FOR THE  
SPRING SEASON**

**<> TEAMS WILL STAY TOGETHER**

# - REFEREES -

2016/2017 and 2018 / 2019

AS A LEAGUE WE HAVE DECIDED THAT AT THIS U8 AGE GROUP WE ARE NOT ASSIGING REFEREES FOR THE FALL AND SPRING SEASON.

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- ❖ **COACHES WILL DO A 2 MAN SYSTEM AND THEY WILL SPLIT THE FIELD IN HALF TO REFF THE GAME.**

# - REFEREES -

## DIRECTORS / COACHES / REFEREES

BEFORE EVERY GAME THERE WILL BE A REFEREE COACHES MEETING

\*\*\* THIS MEETING WILL HAPPEN DURING TEAM WARMUPS \*\*\*

### THINGS THAT WILL BE DISCUSSED IN THIS MEETING....

<< MATT / ANDRU >> WILL BE APART OF THIS MEETING WITH THE COACHES AND REFEREE

- 1.) THE COACH IS IN CONTROL OF THE PLAYERS, PARENTS AND FANS FOR THEIR TEAM.
- 2.) THE REFEREE IS IN CONTROL OF THE GAME AND THE REFEREE WILL REMIND YOU OF SOME OF THE IMPORTANT RULES FOR THAT AGE GROUP.

# - REFEREES -

## COACHES

BELOW ARE THE ITEMS THAT YOU ARE IN CONTROL OF

***\*\*\* YOU ARE IN CONTROL OF YOUR PARENTS AND FANS \*\*\****

### IF A PARENT IS TALKING TO THE REFF IN A DISRESPECTFUL MANNER ...

- 1.) THE REFEREE WILL GO OVER TO THE COACH AND ASK THE COACH TO GO AND TALK TO THAT PARENT TO CONTROL THE SITUATION AND TELL THEM TO STOP.
- 2.) IF IT DOES NOT STOP AND CONTINUES THE REFEREE WILL GO OVER TO THE COACH AND GIVE THE COACH A YELLOW CARD. IF IT CONTINUES THE COACH WILL THEN RECEIVE A RED CARD.

# - QUESTIONS -



# - CONTACT INFORMATION -

## DIRECTORS

❖ Matt Kendall (2018 / 2019 / 2020 / 2021 / 2022)

**EMAIL** = mkendall@staridaho.org

**CELL PHONE NUMBER** = (925) 695-6414

❖ Andru Maldonado (2012 / 2013 / 2014 / 2015 / 2016 / 2017)

**EMAIL** = amaldonado@staridaho.org

**CELL PHONE NUMBER** = (208) 841-8282

# SOCCKER RULES

⌄ LOCATED IN OUR DOWNLOADS PAGE  
ON OUR MAIN WEBSITE

**THANK  
YOU  
COACH**

## OUR COACH

LEADS BY EXAMPLE

**DEDICATED & DETERMINED**

TEACHES TEAMWORK

MOTIVATES and LISTENS

**BUILDS CHARACTER**

**CHALLENGES** and **DEVELOPS**

Committed to OUR TEAM

Our **BIGGEST** Fan

**MERIDIAN PAL SOCCER LEAGUE COMPETITION FORMAT**

AGE GROUP	BALL	COMPETITION	MATCH LENGTH	FIELD	GOALIE	REFS	MODIFIED RULES
Tots U4 COED & U5 COED	3	3 VS 3	4 X 5 min, 3 min half	10 yd X 15 yd, half line goal = 2' X 3'	No	Coach	<b>NO HEADING OR SLIDE TACKLING</b> fans return ball to play on-the-fly substitutions
U6	3	4 VS 4	4 X 10 min, 5 min half	20 yd X 15 yd  half-line Goal = 4' X 6'	No	Coach	<b>NO HEADING OR SLIDE TACKLING</b> indirect free kicks @ 4 yd 1 player may be added to the team with a 5 goal or more deficit on-the-fly substitutions goal kicks near exit point throw or kick-in
U7/U8	3	5 VS 5	4 X 12 min, 5 min half	40 yd X 25 yd  goal & penalty area Goal = 6' X 18'	Yes	Center Ref, Ref to explain fouls	<b>NO HEADING OR SLIDE TACKLING</b> Offsides only if player stays in Penalty Area penalty kicks @ top of penalty box (7yds) 1 player may be added to the team with a 5 goal or more deficit throw-in with 1 redo in first 3 wks only Goals cannot be scored from the kick off Substitutions permitted on goals, goal kicks, throw-ins on your possession, and throw-ins on the other team's possession if they are making a sub, referee discretion (injury), & halftime
U9/U10	4	7v7	2 X 25 min, 5 min half	75 yd X 50 yd  all markings Goal = 7' X 21'	Yes	Center Ref	<b>OFFSIDES CALLED</b> <b>NO HEADING OR SLIDE TACKLING</b> penalty kicks @ 10 yd 1 player may be added to the team with a 5 goal or more deficit Substitutions permitted on goals, goal kicks, throw-ins on your possession, and throw-ins on the other team's possession if they are making a sub, referee discretion (injury), & halftime
U12 Outback	4	9v9	2 X 30 min, 5 min half	85 yd X 50 yd Goal = 7' X 21'	Yes	Center Ref  2 AR's	<b>OFFSIDES CALLED</b> <b>NO HEADING OR SLIDE TACKLING</b> 1 player may be added to the team with a 6 goal or more deficit Substitutions permitted on goals, goal kicks, throw-ins on your possession, and throw-ins on the other team's possession if they are making a sub, referee discretion (injury), & halftime
U14 Outback	5	11v11	2 X 35 min, 5 min half	110 yd X 70 yd Goal = 8' X 24'	Yes	Center Ref 2 AR's	<b>NO SLIDE TACKLING</b> <b>OFFSIDES CALLED</b> 1 player may be added to the team with a 6 goal or more deficit Substitutions permitted on goals, goal kicks, throw-ins on your possession, and throw-ins on the other team's possession if they are making a sub, referee discretion (injury), & halftime
U18 Coed Outback, Nampa Premier or Arsenal	5	11v11	2 X 35 min, 5 min half	110 yd X 70 yd Goal = 8' X 24'	Yes	Center Ref 2 AR's	<b>NO SLIDE TACKLING</b> <b>OFFSIDES CALLED</b> 1 player may be added to the team with a 6 goal or more deficit Substitutions permitted on goals, goal kicks, throw-ins on your possession, and throw-ins on the other team's possession if they are making a sub, referee discretion (injury), & halftime

**HEADING VIOLATIONS WILL RESULT IN AN INDIRECT FREE KICK FOR OPPOSING TEAM (U12 AND YOUNGER)**