

2024 Coaching Meeting

Thursday, July 25th



Rancho Soccer

Welcome and Introductions



Rancho Soccer

Important Dates / General Updates



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Important Dates - 2024 Fall Season

PRESEASON

Uniform and Spirit Wear Sales:

Tuesday July 30th @ Stone Creek 6pm-8pm

Field Prep:

Saturday August 3rd @ Stone Creek 9am

Seeding Tournaments:

U10-U14: Saturday August 10th

U16-U19: Saturdays August 17th AND 24th

Jamboree:

U6-U14: Saturday August 17th @ Stone Creek 9am - 3pm

Team Pictures:

All Ages: August 19th - 21st @ Stone Creek 5pm-7pm

Important Dates - 2024 Fall Season

SEASON

First Games:

U6-U14: First Week of Games: Saturday August 24th

U16-U19: First Week of Games: Saturday September 7th

Bye Weeks (All AGES)

Labor Day: Saturday August 31st

Re-Seed Week: Saturday October 5th

Final Games:

U6-U14: November 9th

U16-U19: October 26th

General Club Updates

- NO Practices @ Stone Creek Park
 - Friday Scrimmages and Saturday Matches
- Practice Fields by Age Group
- U6 / U8 Matches Move to Navigator Elementary
- U14 Moves to Three Bridges For League Play
- SPIRIT WEAR IS AVAILABLE!!!

Uniforms / Player Equipment



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Uniforms / Player Equipment

- Need to have uniforms for pictures
- Confirm uniform colors for each game day or make it a policy always to bring both
- Shin Guards UNDER socks, NOT over
- As it cools off, ok to wear sweatshirts under a jersey but recommend a thin base layer and warm ups/sweatshirts when off the field.
- Player gloves are ok to wear in cold weather
- Ok for GKs to wear hats to block the sun
- If players lose uniforms they can contact Kelly for replacements **rcuniforms1@gmail.com**

Team Equipment



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Team Equipment

- Bags for Coaches Are Available
- 3 balls that can be used as game balls + practice Cones and Pinnies (training vests)
- If items break or are lost, **DON'T WAIT UNTIL THE END OF THE SEASON.**
ranchoequipment@gmail.com
- **Return bags at the end of the season**

Refereeing



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Refereeing

- Provided by club for matches U10 and Up
- Referees hold a minimum United States Soccer Federation (USSF) Grade 8
- 2024 Course:
 - <https://learning.ussoccer.com/referee/courses/available/10000006/details/20002112>
 - Hosted by our club. Do the online portion and then field season on Saturday, July 28th
- Respect and support our referees

Refereeing (cont.)

- Many newer (often younger) than others and mistakes are expected to happen
- Ask questions at halftime or after the game, not DURING THE GAME.
- For Injuries - Don't enter the field of play until the referee waves you on
- Pre-Match talk with the referee
- Ensure the field is ok, nets are up, and game balls provided
- Clarify any issues or concerns you have

Refereeing (cont.)

- Confirm half-length, sub-rules, quick restart, etc
- Coaches and Players sent off (red card) require match reports and will miss at least 1 match. Potentially more.
- Referees will do their best to change colors if there are jersey conflicts, but not all referees have every color jersey.
- You make the call
 - https://youtu.be/7K_HI5Y6ISI

Refereeing (cont.)



Coaching



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Coaching - General Info

- **Coach Requirements - COMPLETE ASAP IN GOTSPORT IF NOT DONE**
 - Safesport
 - Background Check
- **Team Management / Communication**
 - Facebook page / Email / Text Groups / TeamSnap / Bella Football / etc
- **Make sure to have an assistant coach**, Highly recommend having a team parent to organize parties, game snacks (if you want them), team pop up, t-shirts, etc
- Have a team meeting before or just after the first practices

Coaching - Education and Practices

- **Coach Education**
 - <https://learning.ussoccer.com/coach/courses/available>
 - Free - Introduction to Grassroots Coaching
 - Paid - Reimbursable by club
 - Online 4v4, 7v7, 9v9, and 11v11
- **Practices**
 - Basic Practices Sessions are available at ranchosoccer.com
 - Teams are limited to field space for 1 hour
 - Cooldown OFF the field
 - Be Courteous to other teams + Pick Up Trash (Leave it better than you found it)
 - Practices Sessions are available at ranchosoccer.com and more are coming
- Contact Brian / Cesar if you would like help on a particular skill or concept

Coaching - Practices (cont.)

- Suggested Practice Breakdown U10-U12
 - Warm Up: 5-6 min
 - Speed 8-10 min
 - Moves (1v1 – 2v2) 8-10 min
 - Small Group Play 12-15 min
 - Free Small Sided Games (aka. Scrimmage): 18-20 min
 - Session Review / Home Assignment: 5-8 min
- Suggested Practice Breakdown U14+
 - Warm Up: 8-10 min
 - Speed/Fitness: 8-10 min
 - 1v1 Attack/Defence (1v1 – 2v2): 10-12 min
 - Small Group Play {Attack/Defence}: 10-12 min
 - Free Small Sided Games (aka. Scrimmage): 12-15 min
 - Warm down: 3-5 min

Coaching - Seeding Tournaments

- Seeding Tournament
 - U10-U14 on Saturday, August 10th.
 - This will be an all-day event
 - Typically 3 short games
 - Initially base divisions on ages of player and prior team history
 - Will adjust after seeding tournament and halfway through season
 - U16+ Planned for Saturdays August 17th AND 24th
 - More info to Follow but **SAVE THE DATES**

Coaching - Gameweek

- Gameweek To DO:
 - Email / Text / Call Other Coach - By Wednesday and confirm info by Thursday
 - Confirm field, time, jersey colors, and side of the field, and ask for any special instructions (ie. Special parking instructions, hard-to-find locations)
 - Confirm your players (Guest players possible if Nikki is notified well before game day)

Coaching - Gameday

- Game Day
 - Fields will be lined by our referees, typically Friday evening
 - Game Balls - Home Team Provide 2-3 (Pump up to proper PSI)
 - Rosters REQUIRED for U10-U14
 - Rosters + Game Cards (Got Sport Printouts) are REQUIRED for U16-U19
 - CONTROL YOUR PARENTS. Parents can be asked to leave but it is ultimately the responsibility of the coach. Have your team fans sit together to the LEFT of the Team bench. NO SPECTATORS NEAR ARs.

Coaching - Gameday (cont.)

- Gameday (cont.)
 - Players must play AT A MINIMUM of 50% of the game
 - Goal differential (6) Enforcement and discipline
 - RECORD THE SCORE in GOTSPORT WITHIN A FEW HOURS OF GAME COMPLETION

Coaching - Scrimmages for U14+

- This year there were some changes by NORCAL and there are only 8 match weeks
- Scrimmages Maybe Scheduled with other Rancho Clubs
 - Email Ryan (rcscfieldcoordinator@gmail.com)
- Coaches will have to sign up for the dates they want to play and how many games they want to play per day.

Specific Age Group Considerations



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Three Bridges - Under 10

7 v 7

U10 - 7v7

Game Setup

- 2 x 25 min halves (8-10 min half time)
- Recommend 2-3-1 or 3-2-1 formation
- **Special Build-Out Line**
 - <https://youtu.be/sQ92Kfilwok>
- **Goalkeeper Position Introduced**
 - **No GK punting**
 - GK only distributes the ball via throw or roll
- OFFSIDES beyond Build Out Line NOT half line like older age groups
 - When the ball is “played/passed”, not when they receive it
- **No slide tackling**
- **Penalty kicks and Direct kicks may be called**
- No throw-in retakes on a bad throw in
 - Ball goes to the other team
 - Bad throw in examples
 - Releasing the ball while jumping
 - Sneaky sideways throw

Match Rules

- Playing Rules on website
 - <http://ranchosoccer.com/u10rules.html>

U10 - 7v7

Match + Playing Tips

- Focus on ROLES rather than positions
- Teach them to throw-in “Down the line” or “Towards the opposition goal”
 - Quick throw ins are best
- Learn to keep possession and “play out from the back”
- Rotate players at GK but make sure they know how to roll or throw the ball
- If you have a big team, make “line changes” ahead of time

Three Bridges - Under 12

9 v 9

U12 - 9v9

Game Setup

- 2 x 30 min halves (8-10 min half time)
- 3-3-2 / 2-4-2 / 3-4-1 / 3-2-3
- GKs can distribute any way they want
 - Roll, Throw for possession
 - Punt or Long throw for counter attack
- No other special rules
- Offsides, and throw-ins, are all the same as U10

Match Rules

- Playing Rules on website
 - <https://ranchosoccer.com/u12rules.html>

Match + Playing Tips

- Teach about how to team defend (delay and slay)
 - 1st Defender - Shepard/Guide opponent into the 2nd defender
 - 2nd Defender - Comes in to win the ball

Three Bridges U14 Super Rec U16-U19

U14 / U16 / U19 - 11v11

Game Setup

- Full-Size field
 - Dimensions Vary by location
- Time increases with each age group
 - U14 - 35 min halves
 - U16 - 40 min halves
 - U19 - 45 min halves
- Build tactics around the players you have
 - Common Formations
 - <https://www.soccer.com/guide/most-popular-soccer-formations>
- Players **CAN and WILL** be red carded if warranted
 - Especially watch language
- Contact Brian / Cesar if you'd like a team evaluation and tactics suggestions

Super Rec (U16-U19) COMPETITION OVERVIEW



Super Rec League

The NorCal Super Rec League was built to allow clubs and leagues the ability to provide local competition for age groups where it is often hard to form an in house league. Designed for U16 and U19 age groups, the Super Rec League aims to allow clubs the opportunity to keep players engaged and playing longer.

NorCal works with each region and local area to build a league that makes the most sense for the local clubs. However, in general, teams will play between 8-10 games with matches starting in mid to late August. Divisions are formed to minimize travel while ensuring teams have appropriate competition.



Super Rec Cup

The NorCal Super Rec Cup is an opportunity for teams from any recreational or grassroots league to play in an end of season tournament against teams from all over Northern California. The event takes place over two different weekends, the U16 - U19 divisions in early November (before high school season), and the U10 - U14 ages in early December. The Super Rec Cup is the perfect capstone to any season, providing competition against teams that you would never otherwise play, along with an opportunity to win a Cup!

Questions and Answers



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