

WE ARE ROSEVILLE SOCCER

Soccer Done the Right Way.

2023 Coaches Meeting
Maidu Community Center
25 July 2023





About this Document

This presentation has been prepared exclusively and specifically for RYSC coaches. It will be discussed during the 2023 coaches meeting, but it is available for download via the “Coaches Corner” page of the Roseville Soccer website (<https://rosevillesoccer.com/coaches-corner-1>).

Note that coaching resources by age (4v4, 7v7, 9v9, and 11v11) are also available for viewing and download at the same location.

Agenda 2023



1. New Faces & New Leadership
2. Club Philosophy
3. Key Dates
4. Player Development Goals
5. The Roseville Style of Play
6. Training Support
7. Systems & Coach Requirements
 - a. LiveScan
 - b. SafeSport + Background Check + Disqualification-Suspension Review
 - c. GotSport System: Rosters + Player Cards
 - d. Training & Game Day Expectations
8. Communication
 - a. Teamsnap
9. Zero Tolerance Policy
10. Soccer Parenting
11. Questions & etc.

New Club Leadership



Kevin Stringer

President

president@rosevillesoccer.com



Ryan Foster

VP / Technical Director

vicepresident@rosevillesoccer.com

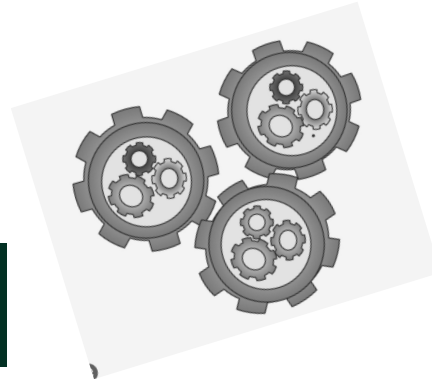


Evin Nadaner

Chief Operating Officer

coo@rosevillesoccer.com

Program Managers



Recreational Program Director

4v4
Boys

4v4
Girls

U9-U14
Girls

U9-U14
Boys

U15-U19
Boys & Girls

Program Managers provide Logistics/Ops Support

4v4
Director

Technical Staff
provides Soccer Support

9v9
Director

7v7
Director

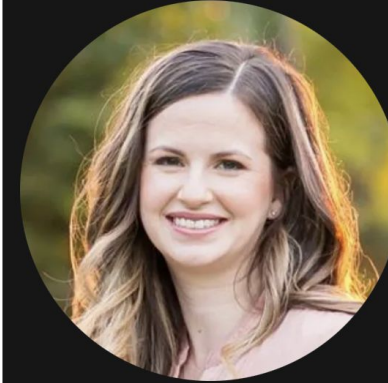


11v11
Director



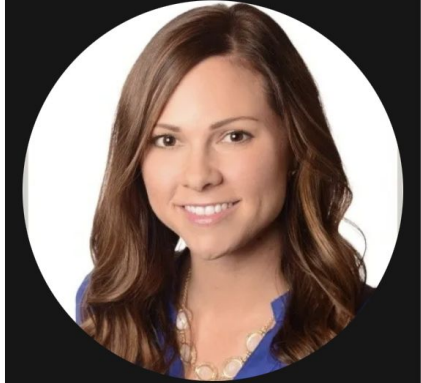
Joe Canchola

Director of Recreational Program
rec@rosevillesoccer.com



Vanessa Poppino

Director of 4v4 Boys Program
4v4Boys@rosevillesoccer.com



Rachelle Goolsby

Director of 4v4 Girls Program
4v4Girls@rosevillesoccer.com



Mike Penfield

U9-U14 Boys
Program Director
u9-u14boys@rosevillesoccer.com



Jai Uppal

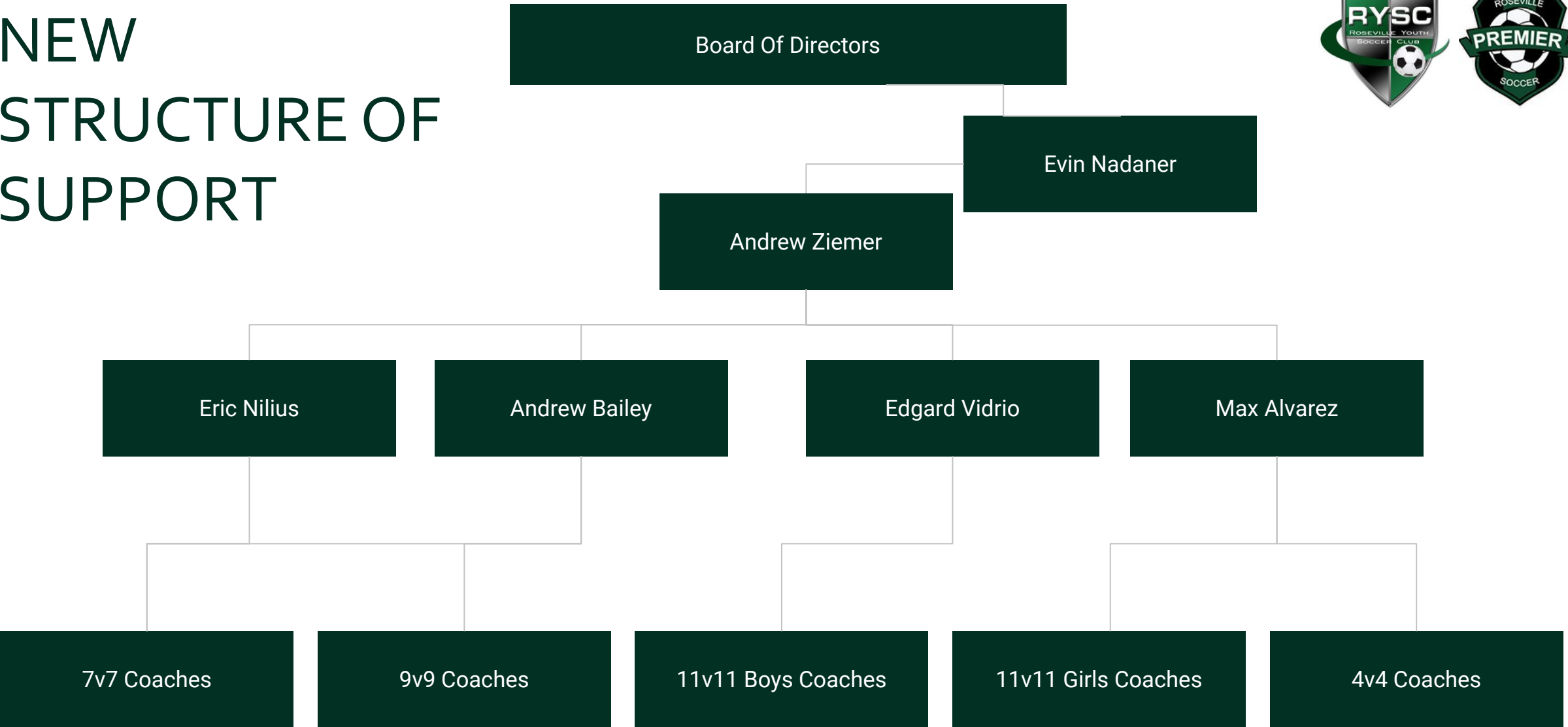
U9-U14 Girls
Program Director
u9-u14girls@rosevillesoccer.com



Carlos Ledesma

U15+ Program Director
u15-u19@rosevillesoccer.com

NEW STRUCTURE OF SUPPORT



New Technical Club Staff

Who's new in 23/24



Evin Nadaner
Chief Operating Officer



Andrew Ziemer
Technical Director



Eric Nilius
7v7 Director



Max Alvarez
4v4 Director



Mickey Daley
Trainer



Peter Wilt
Advisor



Michael Hitchcock
Advisor



Mattia Cora
Business Development



ONE THING SHALL NEVER CHANGE!



#ROSEVILLESOCCERPHILOSOPHY

Foster a love of the game within each player
Create community within each team and throughout the club
Establish a reputation as intelligent, hard-working, and successful teams
Provide coaches with the resources to accomplish the above

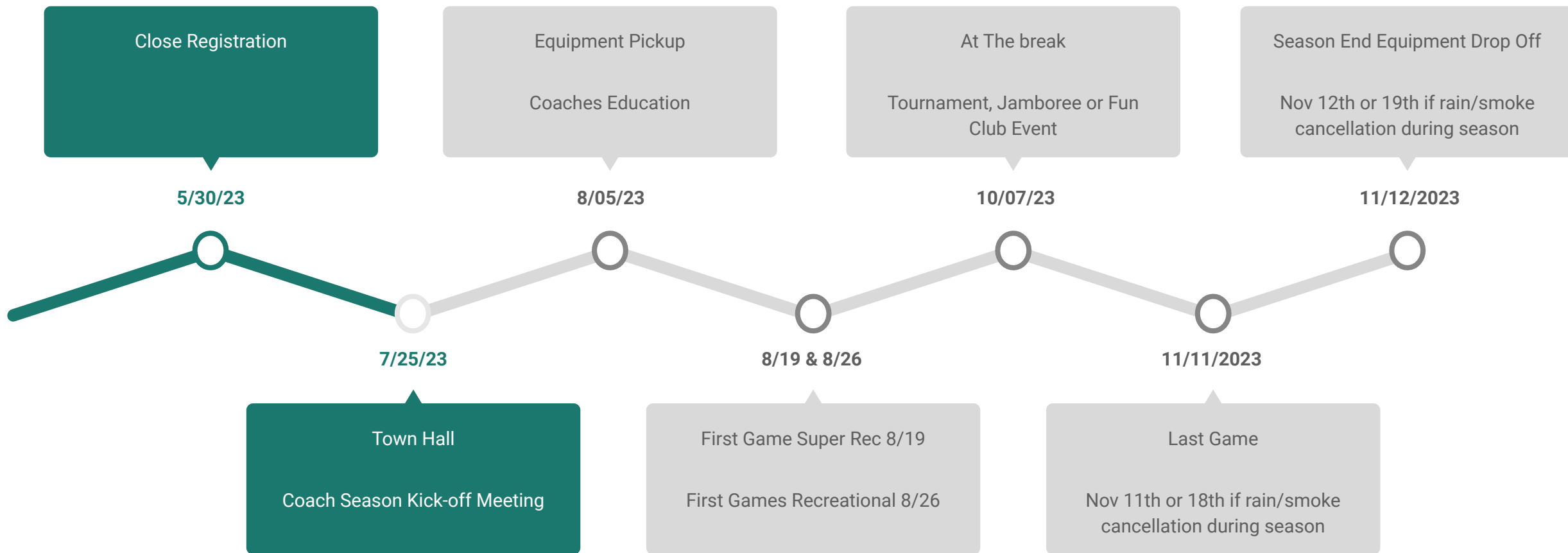
'Other' Clubs may fancy themselves, but the **PRIDE** and **PASSION** for our **COMMUNITY**, for our **TEAMS/PLAYERS**, and **OUR LOVE FOR THE GAME** are on display
EVERY DAY!

#WeAreRosevilleSoccer | #WatchOutForRoseville | #RosevillesoccerAlumni

KEY INFORMATION & DATES

Timeline ~ Age Matrix & Rules ~ Scheduling Practice
Fields ~ Team Equipment ~ Player Passes ~
Schedules ~ At-the-Break





Week of July 31st

Schedule Practice

Week of July 31st

Contact your team

Before August 4th

Get a "Star Referee"

August 5th

Get your Equipment

Before 1st Game

Player Passes

- RYSC's field scheduler will follow the following process starting the week of 31st July:
 - Coaches will receive an email with a Google form; coaches should complete this request with their top 2-3 choices for days/times/locations
 - Our scheduler will use coaches' submissions to construct a practice schedule
 - Once the schedule is available (end-July/early-August), practice locations and times will be published as a shared Google spreadsheet
- Practices may not begin before the week of 7 August—and only if (1) field space has been confirmed and (2) the coach has completed all eligibility requirements
- Questions can be sent to scheduling@rosevillesoccer.com

- Introduce yourself
- Summarize philosophy and objectives
- Provide key dates (practice start, first game, last game)
- Identify Team Manager
- **Ensure that all parents have purchased their player's uniform.**
- Uniforms can be purchased at Kombat Soccer. All links are available on our website.
 - <https://rosevillesoccer.com/uniforms>
 - Uniforms are the same style as 2022 and can be reused. Uniforms from years prior to 2021 are not allowed.
- All coaches have access to create a "TeamSnap" account to aid in communications, calendaring, and information sharing. To set up your account:
 - Look for an email invitation to the email address you used to register in GotSport
 - You should be pegged as the coach of your team
 - Add players and parents' emails

Specialty Trained Alternate Referee or "STAR" Program

- Every team to have at least one (prefer more) parent on their team who can step in to referee a game if one is not assigned - home team responsible
- RYSC to provide field training courses for STAR representatives.
 - Multiple sessions offered late Aug - mid Sept
 - RYSC to provide flipping coin, & whistle during training
- Use this form to sign up
 - <https://forms.gle/Rrkwy8A9vTX7Gpzx9>
 - <https://rosevillesoccer.com/star-referee-program>

- All coaches (or a Team Manager) will need to pick up Club-provided equipment for their team
- Equipment bags include balls, a ball pump, pinnies, and cones
- Team t-shirt orders will also be available
- Date: Saturday, August 5th
- Time 9:00 – 12:00 p.m.
- Location: Maidu equipment sheds

Schedule

9am -10am: U6 to U8
 10am -11am: U9 -U10
 11am -12pm: U11-U17

- Not applicable for U6-U8 coaches and teams
- U9-U14 coaches: Visit system.gotsport.com, login, and pull up roster. Print player cards and either laminate or add to your soccer binder for game day.
- U15-and-up coaches: Verify that you have printed or digital player passes for your entire team.
- If you don't have access to rosters, contact registrar@rosevillesoccer.com.



July 28th - July 31st Fri-Mon: 20% off at Dick's Sporting Goods



CLICK FOR IN-STORE COUPON AND DETAILS

NEED AN ITEM NOT AVAILABLE IN-STORE?

Ask a Store Associate about ordering items through our ScoreMORE kiosk, located inside the store. Receive a 20% discount, plus free shipping, valid on coupon dates. Some exclusions apply.

- From Fri 7/28 through Mon 7/31, DICKS will be offering RYSC players 20% off coupon for all instore purchases
- The coupon is available on the club website at:
<https://rosevillesoccer.com/dicks-sporting-promotion>
- *Tell your families that this is a great opportunity for last-minute purchases!*



Coach Development Dates

8/05/2023

8/24/2023

9/14/2023

9/28/2023

10/05/2023

10/26/2023

**Maidu Regional
Park**

**Maidu Regional
Park**

**Maidu Regional
Park**

**Maidu Regional
Park**

**Maidu Regional
Park**

**Maidu Regional
Park**

Andrew Ziemer
Technical Staff
Roseville Premier
Coaches

Andrew Ziemer
Technical Staff
Roseville Premier
Coaches

Andrew Ziemer
Technical Staff
Roseville Premier
Coaches























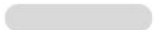
Andrew Ziemer
Technical Staff
Roseville Premier
Coaches

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Roseville Premier
Coaches

Andrew Ziemer
Technical Staff
Roseville Premier
Coaches

Sample Month

	TRAINING	COACHES, TEAM
	COACHES EDUCATION	TD, DOC'S, TRAINERS, COACHES
	GAMES	COACHES, TEAM
	EQUIPMENT PICKUP	COACHES
	EQUIPMENT DROPOFF	COACHES
	FRIENDLY	COACHES, TEAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
						
	 					
						

Game Schedules

U6-U14	U15-and-Up
Schedules will be publicly available via https://rosevillesoccer.com/game-schedule	Schedules privately published to coach's GotSport account
Coaches are highly encouraged to enter all information into TeamSnap so that parents don't have to hunt for information	Coaches are highly encouraged to enter all information into TeamSnap so that parents don't have to hunt for information
Reminder: home coach must bring game card. TBD whether it'll be a blank manilla version or needs to be printed from RYSC site . U6-U8 do NOT need game cards!	Reminder: home coach must print game card from GotSport.



Week of 31st July: Schedule Practices!

- RYSC obtains permits from the City of Roseville; it is important that coaches practice on the fields and at the times allocated
- RYSC's field scheduler will follow the following process starting the week of 24 July:
 - Coaches will receive an email with a Google form; coaches should complete this request with their top 2-3 choices for days/times/locations
 - Our scheduler will use coaches' submissions to construct a practice schedule
 - Once the schedule is available (end-July/early-August), practice locations and times will be published as a shared Google spreadsheet
- Practices may not begin before the week of 7th August—and only if (1) field space has been confirmed and (2) the coach has completed all eligibility requirements
- Questions can be sent to scheduling@rosevillesoccer.com



Week of 31st July: Get a “STAR” Referee on your Team

There is a severe shortage of referees in the region. While we are working to recruit and train additional refs, we do expect there to be shortages on some games week to week. To address this, we’re taking a 2 pronged approach. 1) prioritization of the refs we do have, and 2) introduction of the STAR volunteer parent program.

Ref Prioritization

LComp gamesisted in order of priority for assignments working from top to bottom through available referee pool. STAR refs activated after ref pool is exhausted weekly

- All

1. Super-Rec 11v11 games (U15+) 3 ref crew
2. 11v11 rec games (U13-14) - 3 ref crew
3. 9v9 rec games (U11-12) - 3 ref crew
4. 7v7 rec games (U9-10) - Solo ref

Note: When games are hosted by neighboring clubs, those clubs/teams are responsible to provide the referee or alternate

Specially Trained Alternate Referee or “STAR” Program

- Every team to have at least one (prefer more) parent on their team who can step in to referee a game if one is not assigned - home team responsible
- RYSC to provide field training courses for STAR representatives.
 - Multiple sessions offered late Aug - mid Sept
 - RYSC to provide flipping coin, & whistle during training
- Use this form to sign up
 - <https://forms.gle/Rrkwy8A9vTX7Gpzx9>
 - <https://rosevillesoccer.com/star-referee-program>



August 5th: Team Equipment Distribution

- All coaches (or a Team Manager) will need to pick up Club-provided equipment for their team
- Equipment bags include balls, a ball pump, pinnies, and cones
- Team t-shirt orders will also be available
- Date: Saturday, August 6th
- Time 9:00 – 12:00 p.m.
- Location: Maidu equipment sheds
 - Schedule

9am -10am: U6 & U7

10am -11am: U8 -U10

11am -12pm: U11-U17



PLAYER DEVELOPMENT GOALS

Player Skill & Game Understanding Expectations

By Age Group



OUR WAY



PLAYING VALUES

POSSESSION



DYNAMIC ATTACK



PLAYER INTELLIGENCE (DECISIONS)



TEAM BASED



HIGH-PRESSURE DEFENSE



PLAYING FOR FUN

4V4

ME AND MY BALL



PLAYING TO LEARN

7V7

ME AND MY TEAMMATES



LEARN TO TRAIN

9V9

HOW WE TRAIN AS A TEAM



LEARN TO PERFORM
LEARN TO COMPETE
LEARN TO WIN

11V11

PLAYING TOGETHER WITH A PURPOSE



U13-U14



U15-U16



U17-U19

SUPPORT

- CURRICULUM
- PERIODIZATION
- SESSION PLAN
- CAMERA SYSTEM
- COACHES EDUCATION
- TECHNE(SOFTWARE)



SIX COACHING AREAS

- LEADERSHIP
- LEADING THE PLAYER
- LEADING THE TEAM
- MANAGING THE PERFORMANCE ENVIRONMENT
- COACHING IN TRAINING
- COACHING IN GAMES



PLAYER QUALITIES

- TECHNIQUE
- INSIGHT
- PERSONALITY
- AGILITY



LEADERS



STYLE OF PLAY

Team-Based ~ Intelligence ~ Possession ~
Dynamic Attack ~ High-Pressure Defense



Playing

Dynamic Attack



Player Intelligence



Possession
"Want the ball"



Team Based



High pressure



Values

we



they

1

Technique



2

Insight



3

Personality



4

Agility



Player

Qualities

NEW IN 2023

TRAINING SUPPORT

Curriculum
Training Structure
Training Cycles
Session Plans



What You Receive



3 Balls

8 Cones

6 Pinnies

Training Shirts

AUGUST

Team Snap

GotSport
U15+ only

Training Plans


ONLINE

Practice Fields

Game Schedule

Game Equipment

AUGUST

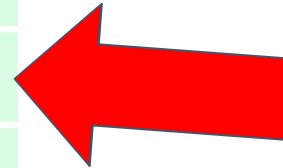

Coaches Education

ALL YEAR

General Practice & Training Outline



4v4 Curriculum & Training Tool (pdf)	Download
7v7 Curriculum & Training Tool (pdf)	Download
9v9 Coaching & Training Tool (pdf)	Download
11v11 Curriculum & Training Tool (pdf)	Download



simplified

Game Day Expectations

PRE-GAME

- Be on time
- Wear Premier gear (club polo), look professional
- Review of practice
- Structured warm up
- Understanding of roles & expectations
- Objectives for the game (3)

DURING THE GAME

- Coach "off" the ball, not on the ball
- Developing decision makers, not "joy- sticking"
- When to coach
- Coaching demeanor
- Treat officials with respect
- The louder you are, the less confidence your team has

HALF-TIME

- Give players a few moments on their own
- Our issues vs their issues
- Max 3 coaching points/adjustments
- Individual vs. team

POST-GAME

- Performance first (over result)
- Remain positive
- Have perspective
- Be humble in victory and classy in defeat
- Save your speech until the next practice.

GENERAL

- Use positive reinforcement, be honest, have belief in your team, and use your knowledge of the game.

At the end of the day, if the opposing players AND the family of the opposing players admire and respect both you the coach and your team and even better yet, wish they played- or were part of your team, then you did your job, representing the club.

U9 & U10 / 7v7 – Boys & Girls: Season Plan

FUN with the BALL and the TEAM

- Move to 7v7
- Continued mastery of the ball - may need to encourage outside of training
- Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control.
- Play and understand the system 7v7 (structure, shape, movement - how to identify 1vs1's or 2vs1's - creating and using space, scanning/shaping)
- Pre-pubescent players from age 9 to 12 years have a special ability to learn. Therefore, this is the right age to work on specific soccer techniques and skills. Developing good technique is essential at this age.
- 1vs1 and 2vs1 attacking and defending situations are important to develop individual skills as well as the passing techniques to develop the necessary team game. Begin discussing insight
- Encourage, reinforce player communication
- When WE have the ball WE get BIG- team shape
- Main emphasis for U9/10 is still WE have the ball
- WE to THEY - get it back where we lost it

Play to LEARN

7v7 COACHES "CHEAT SHEET"

- Field size
- Basic formations
- Basic rules

Visit www.rosevillesoccer.com under COACHES CORNER

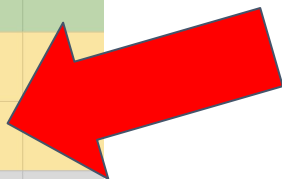
General Practice & Training Outline



Cycle	Week	Practice	Game Moment	Moment - Phase	Area of the Field	Style of Play - Theme	Team Tactical Principle - WE
Pre Season / Cycle 1 August 7th - Aug 18th 2 week cycle	Aug 7	1	WE have the ball	WE - Play from back	Our Half	Dynamic Attack	Go forward when possible or keep the ball (look forward first)
		2	WE have the ball	WE - Possession	Our Half	Dynamic Attack	Break lines of pressure by dribbling
	Aug 14TH	1	WE have the ball	WE - Attack	Their Half	Dynamic Attack	Recognize to dribble, pass or shoot
		2	WE have the ball	WE - Score	Their Half	Dynamic Attack	Recognize to dribble, pass or shoot
Cycle	Week	Practice	Game Moment	Moment - Phase	Area of the Field	Style of Play - Theme	Team Tactical Principle - WE
Cycle 2: Aug 21 - Sept 15th 4 week cycle	Aug 21	1	WE have the ball	WE - Play from back	Our Half	Dynamic Attack	Go forward when possible or keep the ball (look forward first)
		2	WE have the ball	WE - Possession	Our Half	Dynamic Attack	Break lines of pressure by dribbling
	Aug 28	1	WE have the ball	WE - Attack	Their Half	Dynamic Attack	Recognize to dribble, pass or shoot
		2	WE have the ball	WE - Score	Their Half	Dynamic Attack	Starting position and shape. Players get in position to score per player/line/team roles



	Training Session Link - US Soccer 3 Stage (Play - Practice - Play)	Training Ses:
ball (passing/dribbling/shooting ch	https://lnk2ssp.com/s/ufbFvii/OL3N/x/a4vxLb	
the ball (when/where/how to move	https://lnk2ssp.com/s/YrcFvii/OL3N/x/sy61Lb	
ion (with and without the ball) - XX	https://lnk2ssp.com/s/snsFvii/OL3N/x/oRMzLb	
ball (passing/dribbling/shooting ch	https://lnk2ssp.com/s/brsFvii/OL3N/x/vauxLb	
	Training Session Link - US Soccer 3 Stage (Play - Practice - Play)	Training Ses:



Description

Game Moment - THEY have the ball
Moment (Phase) - THEY - Deny Possession
Area of the Field - Creation zone
Style of Play (Theme) - Team based
Team Tactical Principle - Make it small and keep it small
Technique Key Qualities - Defend the ball or man 1v1 THEY
Insight Key Qualities - Decision making in THEY



Warm up 1v1 Line soccer make it small and keep it small
OBJECTIVE: Make it small and keep it small
PLAYER ACTIONS: Pressure, tackle
ORGANIZATION: 10 yards wide by 15 yards long (each 1v1 grid). 1v1 with blue player starting with ball, needs to dribble over the end line to score a point. Can have a progression where if the defender wins the ball in attacking half they gain a bonus point after scoring.
SKILL ACQUISITION: Pressure, tackle, shadowing
KEY WORDS: Press, small, side

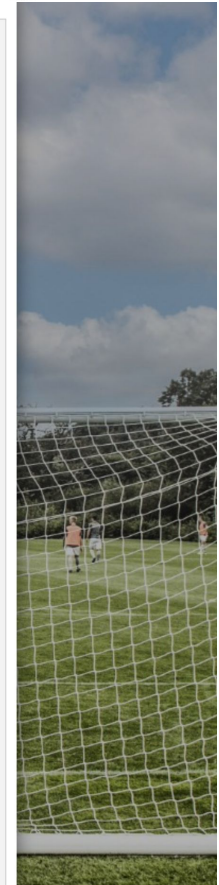
GUIDED QUESTIONS: 1. Where do you want the opponent to go? 2. Who should choose/dictate where the player dribbles? 3. Do we want to defend far our close to our goal? 4. What body shape should you have when you defend?
ANSWERS: 1. Backwards, sideways, to less space, away from goal, weak foot. 2. The defender with their positioning. 3. Far away from our goal. 4. Side on, slightly off centre to encourage the attacker to go where you want them to.

Save Image:

Orientation 3v3+2 position game Make it small and keep it small
OBJECTIVE: Make it small and keep it small
PLAYER ACTIONS: Pressure, tackle, cover
ORGANIZATION: 3v3+2 position game. Team scores by getting the ball from one end to the other without opponent touching the ball. Team out of possession aiming to make it small and compact to win the ball back.
 Progressions or adjustments can be: 1) Neutrals can only play the ball to opposite neutral on the ground. 2) Each team can only score from one direction to another, upon scoring ball restarts at "their" end.
SKILL ACQUISITION: Pressure, tackle, shadowing



Save Image:



advanced

TRAINING CYCLES: [CLICK HERE](#)

or visit www.rosevillesoccer.com under COACHES CORNER

General Practice & Training Outline



4v4

Play

- 10 min scrimmage when they arrive
- 2 min water break

Practice

- 35 min Practice/Teaching Session (per Roseville Training Guide)
- 5 minute Water break

Play

- 20 min scrimmage reinforcing topic of the Practice/Training Session or
- 5 + 5 min free play (keeper battle, crossbar challenge, back of net, loft out, etc.)

7v7/9v9

Play

- 20 min scrimmage when they arrive
- 2 min water break

Practice

- 20 min Practice/Teaching Session (per Roseville Training Guide)
- 2 min water break

Play

- 20 min scrimmage reinforcing topic of the Practice/Training Session or
- 5 + 5 min free play (keeper battle, crossbar challenge, back of net, loft out, etc.)

General Practice & Training Outline



11v11 - WOLI - STRUCTURE

(Warm Up, Orientation, Learning, Implementation)

Warm Up

20 min light cardio/warm up (per Roseville Training Guide)

3 min water break

Orientation

20 min Orientation Game (Aims, keywords, focus of session etc (per Roseville Training Guide)

5 min water break

Learning

20 min Learning Session (Topic of the day, per Roseville Training Guide)

5 min water break

Implementation

20 min Scrimmage to reinforce practice topic

Closing

Recap Q&A



U8

Me and My Ball

Very young players love to play. Therefore, all practices should be based on fun games.

Mastery of the Ball – 1v0, 1v1 & FUN & encourage outside of playing

4v4 systems only to maximize touches on the ball

Play and understand the triangle/diamond (how to identify 1v1 and movement away from ball)

Encourage using skill/creativity in the games



When WE have the ball WE get BIG – diamond shape

Main emphasis for U7/8 WE have the ball

WE to THEY - get it back (mentality)

U9+U10

Fun with the BALL and TEAM

Move to 7v7 / Continued mastery of the ball - may need to encourage outside of training

Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control.

Play and understand the system 7v7 (structure, shape, movement = how to identify 1v1's or 2v1's - creating and using space, scanning/shaping)

Pre-pubescent players from age 9 to 12 years have a special ability to learn. Therefore, this is the right age to work on specific soccer techniques and skills. Developing good technique is essential at this age.

1v1 and 2v1 attacking and defending situations are important to develop individual skills as well as the passing techniques to develop the necessary team game. Begin discussing insight

Encourage, reinforce player communication



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- Pharetra luctus felis
- Proin vel tellus in felis volutpat
- Molestie nec amet cum sociis

U11+U12

Playing Together - 2-3 Players toward a line

Move to 9v9 / Continued mastery of the ball - may need to encourage outside of training

Play and understand the system 9v9 (structure, shape, movement = how to play together - creating and using space, scanning/shaping). Encourage, reinforce player communication

Use small-sided games to develop basic attacking and defensive principles, more emphasis on Insight

Tactical training focus with possession, combination play, transition and finishing in the final third, as well as zonal defending.

Players should rotate in two or three different positions to avoid early specialization.

Speed, coordination, balance and agility are the main physical aspects to improve at this stage.



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- Pharetra luctus felis
- Proin vel tellus in felis volutpat
- Molestie nec amet cum sociis

U8 / 4v4 – Boys & Girls: Season Plan



My Ball and ME

- Very young players love to play. Therefore, all practices should be based on fun games.
- Mastery of the Ball – 1v0, 1v1 & FUN & encourage outside of playing
- 4v4 systems only to maximize touches on the ball
- Play and understand the triangle/diamond (how to identify 1v1 and movement away from ball)
- Encourage using skill/creativity in the games
- When WE have the ball WE get BIG – diamond shape
- Main emphasis for U7/8 WE have the ball
- WE to THEY - get it back (mentality)

Play for FUN

U9 & U10 / 7v7 – Boys & Girls: Season Plan



FUN with the BALL and the TEAM

- Move to 7v7 / Continued mastery of the ball - may need to encourage outside of training
- Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control.
- Play and understand the system 7v7 (structure, shape, movement = how to identify 1v1's or 2v1's - creating and using space, scanning/shaping)
- Pre-pubescent players from age 9 to 12 years have a special ability to learn. Therefore, this is the right age to work on specific soccer techniques and skills. Developing good technique is essential at this age.
- 1v1 and 2v1 attacking and defending situations are important to develop individual skills as well as the passing techniques to develop the necessary team game. Begin discussing insight
- Encourage, reinforce player communication
- When WE have the ball WE get BIG - team shape
- Main emphasis for U9/10 is still WE have the ball
- WE to THEY - get it back where we lost it

Play to LEARN

U11 & U12 / 9v9 – Boys & Girls: Season Plan



Playing Together – working with 2-3 players towards a line

- Move to 9v9 / Continued mastery of the ball - may need to encourage outside of training
- Play and understand the system 9v9 (structure, shape, movement = how to play together - creating and using space, scanning/shaping). Encourage, reinforce player communication
- Use small-sided games to develop basic attacking and defensive principles, more emphasis on Insight
- Tactical training focus with possession, combination play, transition and finishing in the final third, as well as zonal defending.
- Players should rotate in two or three different positions to avoid early specialization.
- Speed, coordination, balance and agility are the main physical aspects to improve at this stage.
- When WE have the ball WE get BIG - team shape, Main emphasis for U11/12 is still WE have the ball
- Begin to train in THEY - WE get SMALL, shape, pressure, cover
- WE to THEY - get it back where we lost it, defensive shape, setting a defensive line

Learn to TRAIN

U13 & U14 / 11v11 – Boys & Girls: Season Plan



Playing together – working with small groups/lines

- Move to 11v11 (learn new system - add #5/8) structure, shape, movement, how we play together, create and use space, scanning/shaping body
- Continued Mastery of the Ball (Core Technical Skills)- encourage outside training
- When WE have the ball WE get BIG (team shape)
- They have the Ball – WE get SMALL (team shape, individual and team pressure)
- Setting various defensive lines
- Encourage and reinforce Player Communication

Learn to PERFORM

U15 & U16 / 11v11 – Boys & Girls: Season Plan



Playing together – Advanced Training & Understanding

- Tactical training and small-sided games are an essential part of the training at this stage. Attacking and defending principles must be part of all games.
- Teach aspects of the tactical training like speed of play, quick transition, counter attacking and finishing in the final third, as well as pressing.
- Technique will focus on speed and accuracy. Passing and finishing are two of the main techniques emphasized at this stage.
- Technical training shall be position-specific (e.g. defender: passing, center midfield players: receiving to turn and strikers: finishing).

Learning to COMPETE

U17 - U19 / 11v11 – Boys & Girls - Season Plan



Performance– Specific Training & Understanding

- Tactical training and small-sided games continue to be an essential part of the training at this stage. All tactical aspects of the game must be covered. Strategy and set pieces are now a major part of the training sessions.
- The physical aspect of the game is key at this stage: endurance, strength and speed will be part of the weekly training routine.
- The technical and physical work is based on explosive actions.
- Players should be expected to show commitment to the team, concentration in training sessions and competitiveness during the game.

Compete to WIN

SYSTEMS & COACH REQUIREMENTS

LiveScan ~ NEW GotSport System ~ SafeSport ~
Background Check ~ Disqualification-Suspension
Review ~ Rosters & Medical Forms ~ General
Expectations



LiveScan Fingerprinting



- We've chosen the LiveScan process because of our commitment to player safety
- If you completed this in 2021 or 2022 (whether during this meeting or at a Capital LiveScan), you're good (NOTE: being scanned for a different organization does NOT count)
- If not previously scanned you can do it here, today!

For coaches who don't get LiveScanned tonight, you will need to take the "LiveScan" form found at <https://rosevillesoccer.com/coaches-corner-1> to any Capital Live Scan location (www.Capitallivescan.com/walk-in-locations).

No coach will be allowed with youth athletes without completing this process.

GotSport System (updated 2023)



- All Roseville coaches should be registered with GotSport. Don't have a login? Visit <https://rosevillesoccer.com/coaches-corner-1>
- Official rosters will be uploaded into the GotSport system (questions: registrar@rosevillesoccer.com)
- All players' medical forms will be uploaded; coach to maintain copies (printed or digital) at all times
- ALL COACHES must complete background checks and safety training:
 - SafeSport Training (or refresher course)
 - Background Check (use code BACK2022)
 - Disqualification-Suspension
 - <https://gotsport.zendesk.com/hc/en-us/articles/1500012550782-Staff-Coaches-and-Managers> provides additional information about completing these three items

Live Scan

GET SCANNED TODAY!

- We've chosen the LiveScan process because of our commitment to player safety
- If you completed this in 2021 or 2022 (whether during this meeting or at a Capital LiveScan), you're good
- **If not previously scanned you can do it here, today!**

For coaches who don't get LiveScanned tonight, you will need to take the "LiveScan" form found at <https://rosevillesoccer.com/coaches-corner-1> to any Capital Live Scan location (www.Capitallivescan.com/walk-in-locations).

No coach will be allowed with youth athletes without completing this process.

- (NOTE: being scanned for a different organization does NOT count)

Gotsport

GET IN THE SYSTEM!

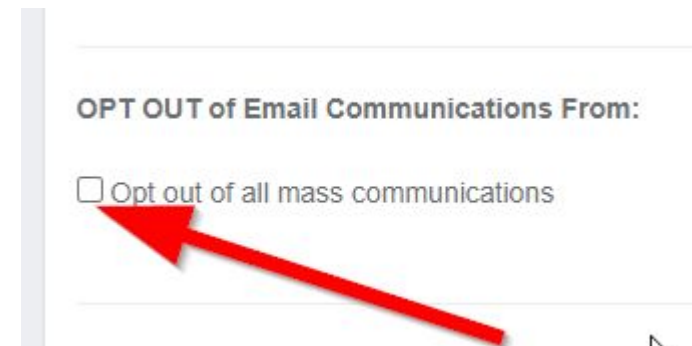
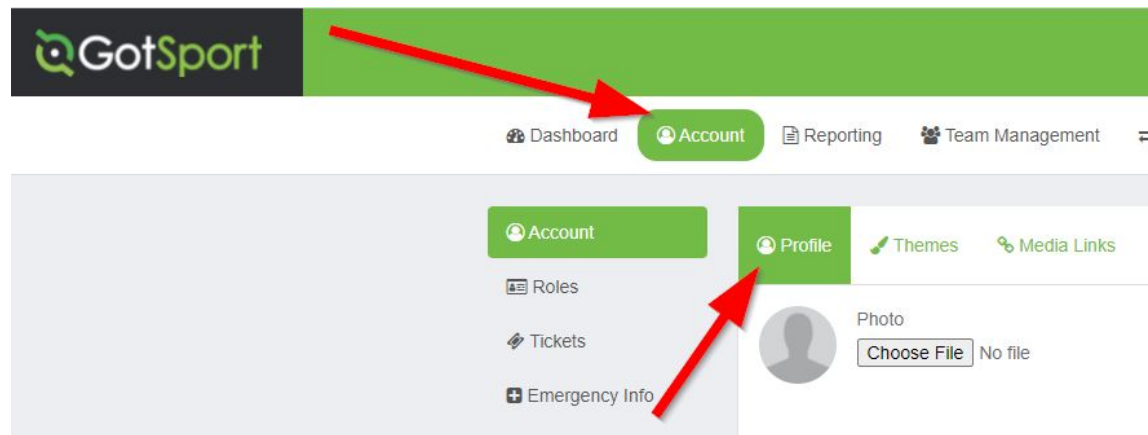
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Are You *SURE* You're a Registered Coach?



- Have you received a confirmation email from GotSport? How about coach-specific emails from RYSC? This new system is sensitive and glitchy.
- Log in via that link and be sure to complete ALL of the following:
 - Click the “Register” button beside your name
 - Complete ALL of the required information on the “Profile,” “Emergency Info,” “Registration,” and “Payment” pages
 - Make sure that you’ve received a confirmation email - *and don’t opt-out from receiving email!*



GotSport: Completing Requirements (1/2)



- Through GotSport, coaches need to complete a background check, SafeSport training, and a Disqualification-Suspension module. Click [here](#) if you have trouble.

GotSport

DOB [Redacted] Phone [Redacted]
Address [Redacted] Mobile Phone Number [Redacted]
US

[View Full Profile](#)

Dashboard Account Reporting Team Management Team Scheduling Program Registrations Forms Referee

Roseville Youth Soccer Club
Roseville, CA, US

Role	Level	Affiliate	USCLUB Requirements	Rolling	20/21	21/22	
coach	Recreational	USCLUB	Safe Sport	Not/Applicable	Required	Required	More Info
			Background Check	Not/Applicable	Required	Required	More Info
			Disqualification-Suspension Review	Not/Applicable	Required	Required	More Info

GotSport: Completing Requirements (2/2)



- When the 23/24 status boxes are green and say "Fulfilled," you're complete!

The screenshot shows a user profile page on the GotSport platform. At the top, there is a green header with the GotSport logo. Below the header, there is a profile picture of a man in a suit and tie. To the right of the profile picture, there are fields for 'DOB', 'Address', 'Phone', and 'Mobile Phone Number', all of which are redacted with black boxes. Below these fields, there is a 'View Full Profile' link. The main content area has a navigation bar with links for 'Dashboard', 'Account', 'Reporting', 'Team Management', 'Team Scheduling', 'Program Registrations', 'Forms', and 'Referee'. Below the navigation bar, there is a section for 'Roseville Youth Soccer Club' with the location 'Roseville, CA, US'. This section contains a table with columns for 'Role', 'Level', 'Affiliate', 'USCLUB Requirements', 'Rolling', '20/21', and '21/22'. The table shows three rows of data, all with 'Fulfilled' status for the 20/21 and 21/22 seasons. A large red arrow points to the 'Fulfilled' status boxes in the table.

Role	Level	Affiliate	USCLUB Requirements	Rolling	20/21	21/22
coach	Competitive		Safe Sport Approved	Not/Applicable	Fulfilled	Fulfilled
coach	Competitive	USCLUB	Background Check Approved	Not/Applicable	Fulfilled	Fulfilled
player	Competitive	USCLUB	Disqualification-Suspension Review Approved	Not/Applicable	Fulfilled	Fulfilled



GotSport: Finding Your Roster

- Click "Team Management," select your team name, click "Roster"

The screenshot shows the GotSport user interface. At the top, there is a green navigation bar with the GotSport logo and a user profile picture. Below the navigation bar, there is a user profile section with fields for DOB, Address, Phone, and Mobile Phone Number. A large red arrow points down from the top navigation bar to the 'Team Management' section. The 'Team Management' section is highlighted in green and contains a table of teams. The table has columns for Name, Coach, Level, Age, and Gender. Two teams are listed: 'Roseville Premier 2011B Green' and 'Roseville Premier 2011B - Impact'. The 'Age' column for both teams is 'U10' and the 'Gender' column is 'Male'.

Name	Coach	Level	Age	Gender
Roseville Premier 2011B Green	Archer, Ted	Competitive	U10	Male
Roseville Premier 2011B - Impact	Archer, Ted		U10	Male

GotSport: Printing Player Cards




For U9-U19
only

U6-U8 do
not need
players
cards

Blitz 2014B

[Team](#) [Team Members](#) [Rosters](#) [Team Registrations](#) [Messages](#) [Program Registrations](#)

 Blitz 2014B **U9** **Male** **Recreational**
Birthday Range: 01/01/14 - 12/31/14

Name	Blitz 2014B	Short Name	blitz
Competitive Level	Recreational	Gender	Boys
Sport		Country	
Postal Code	95678	Logo	<input type="button" value="Choose File"/> no file selected

GotSport: Printing Player Cards



Rosters/
Select:
2023 Rec
Soccer

The screenshot shows the GotSport interface for a team named "Blitz 2014B". The "Rosters" tab is selected, and a dropdown menu is open, listing various seasons and events. A red arrow points to the "2023 Rec Soccer" option, which is highlighted in blue. Below it, two options are listed: "NorCal Premier - 2023-24 US Club Soccer Registration/Passcards & Rosters" and "US Club Soccer - 2023-24 Registration/Passcards & Rosters". Other seasons listed include "23/24", "22/23", "2022 Rec Soccer", "21/22", "2021 Fall Recreational", and "Team Export Test Event (Do not submit teams to this)".

Season/Event
23/24
2023 Rec Soccer
NorCal Premier - 2023-24 US Club Soccer Registration/Passcards & Rosters
US Club Soccer - 2023-24 Registration/Passcards & Rosters
22/23
2022 Rec Soccer
21/22
2021 Fall Recreational
Team Export Test Event (Do not submit teams to this)

GotSport: Printing Player Cards



Rosters/
Select:
Documents
& ID's

Blitz 2014B

[Team](#) [Team Members](#) [Rosters](#) [Team Registrations](#) [Messages](#) [Program](#)


Select Event Roster

2023 Rec Soccer

Application Information

Event Group	2023 Rec Soccer
Club Name	Roseville Youth Soc
Team Name	Blitz 2014B
Team Association	
Roster Source Event	2023 Rec Soccer

[Players](#) [Coaches](#) [Managers](#) [Documents and IDs](#)

Name	Level	Id Number
 Caudill, Logan		<input type="text" value="GOTSPORT"/>

GotSport: Printing Player Cards



Rosters/
Select:
Documents
& ID's

Blitz 2014B

Team Team Members Rosters Team Registrations

Select Event Roster

2023 Rec Soccer

Application Information

Event Group	2023 Rec Soccer
Club Name	Roseville Youth Soccer Club
Team Name	Blitz 2014B
Team Association	
Roster Source Event	2023 Rec Soccer

Players Coaches Managers Documents and IDs






GO SPORT Client

ID Cards

GotSport: Printing Player Cards



Print and
put in
coaching
binder or
laminiate

<p>MEMBER PASS Player Primary: P</p> <p>Association: Age Group: U10 Level: Recreational Name: Logan Caudill Birthdate: 02/27/2014 Club: Roseville Youth Soccer Club Team: Blitz 2014B Team I.D.#: 107459 Season: 23/24</p> 	<p>MEMBER PASS Player Primary: P</p> <p>Association: Age Group: U10 Level: Recreational Name: Landon Cocchi Birthdate: 03/19/2014 Club: Roseville Youth Soccer Club Team: Blitz 2014B Team I.D.#: 107459 Season: 23/24</p> 
<p>MEMBER PASS Player Primary: P</p> <p>Association: Age Group: U10 Level: Recreational Name: Josiah Collins Birthdate: 06/30/2014 Club: Roseville Youth Soccer Club Team: Blitz 2014B Team I.D.#: 107459 Season: 23/24</p> 	<p>MEMBER PASS Player Primary: P</p> <p>Association: Age Group: U10 Level: Recreational Name: Jon Crain Birthdate: 04/14/2014 Club: Roseville Youth Soccer Club Team: Blitz 2014B Team I.D.#: 107459 Season: 23/24</p> 
<p>MEMBER PASS Player Primary: P</p> <p>Association: Age Group: U10 Level: Recreational Name: Nathaniel Hensley Birthdate: 04/23/2014 Club: Roseville Youth Soccer Club Team: Blitz 2014B Team I.D.#: 107459 Season: 23/24</p> 	<p>MEMBER PASS Player Primary: P</p> <p>Association: Age Group: U10 Level: Recreational Name: Faris Kataybe Birthdate: 07/20/2014 Club: Roseville Youth Soccer Club Team: Blitz 2014B Team I.D.#: 107459 Season: 23/24</p> 



**MUST
PRESENT
AT EACH
GAME**

Schedules, Player Passes, & Game Cards



Age	4v4 (U6-U8)	U9-U14	U15-U19
Who Schedules?	RYSC	RYSC	Norcal
Where are Schedules?	Team Sideline; see RYSC site	Team Sideline; see RYSC site	Within GotSport System
Game Card Procedures	N/A	TBD. Home Coach will either (1) bring blank game card to ref or (2) print game card from RYSC site	Home Coach: within GotSport, click and print game card
Player Passes	N/A	Both Coaches: digitally display GotSport roster to ref at check-in time; <u>save screenshots to phone!</u>	Registrar will provide digital player passes; coaches must bring to games.
Ejection Procedure	N/A	Ref notes name/number on game card	Ref notes name/number on game card
Game Scoring	Both Coaches: click link in email and score game	Both Coaches: click link in email and score game	Home Coach: enter score within GotSport, next to game schedule

Age Matrix & Rules (1/2)



Format	4v4 (U6-U8)	7v7 (U9-U10)	9v9 (U11-U12)	11v11 (U13-U19)
Min. # of Players	4	5	6	7
Approx. Field Size Approx. Goal Size	25-35 yds x 15-25 yds 4'x6'	55-65 yds x 35-45 yds 6.5'x18'	70-80 yds x 45-55 yds 7'x21'	100-120 yds x 50-80 yds 8'x24'
Goalkeeper?	No	Yes	Yes	Yes
Number of Refs	None	1	3 (RYSC) or 1 (Other Clubs)	3
Game Length	4x10 min.	2x25 min.	2x30 min.	2x35 (U13), 2x40 (U14-16), 2x45 (U17+)
Ball Size	3	4	4	5
Offsides?	No	Yes (Build-Out Line)	Yes	Yes

Age Matrix & Rules (2/2)



Format	4v4 (U6-U8)	7v7 (U9-U10)	9v9 (U11-U12)	11v11 (U13-U19)
Build-Out Line?	No	Yes	No	No
Free Kick Clearance	10 feet	8 yards	8 yards	10 yards
Heading?	No	No	No (U11) Yes (U12)	Yes
Penalty Kicks?	None	Yes (mark at 10 yards)	Yes (mark at 10 yards)	Yes (mark at 12 yards)
Throw-ins	1 Re-throw	Normal	Normal	Normal
Fouls (type of kick)	Indirect kicks only	Indirect or direct	Indirect or direct	Indirect or direct
Substitutions	Any stoppage at Referee's discretion			

Before Each Game: Field Equipment

- U6-U14 Teams: On the schedule you will see either an up arrow or a down arrow beside your team's name. This represents whether or not you have field set up or tear down.
- U15-U19 Teams: TBD.
- Field equipment pick up location is at Maidu at the very back near the soccer fields.
- Pick up time is 6 – 7 pm on Fridays
- Drop off time is 6 – 7 pm on Sundays
- Implemented last year: If your team fails to pickup or drop off field Equipment at the allotted time, **the head coach will be suspended from coaching the following game.**





Game Day Expectations

PRE-GAME

- Be on time
- **Wear RYSC (or at least soccer) gear, look professional**
- **Review of practice**
- Structured warm up
- Understanding of roles & expectations
- **Bring player passes & game cards**

DURING THE GAME

- **Coach "off" the ball, not on the ball**
- Developing decision makers, not "joy- sticking"
- When to coach
- Coaching demeanor
- Treat officials with respect
- **The louder you are, the less confidence your team has.**

HALF-TIME

- **Give players a few moments on their own**
- Our issues vs their issues
- Max 3 coaching points/adjustments
- Individual vs. team

POST-GAME

- Performance first (over result)
- Remain positive
- Have perspective
- Be humble in victory and classy in defeat
- **Save your speech until the next practice.**

GENERAL

- Use positive reinforcement, be honest, have belief in your team, and use your knowledge of the game.

At the end of the day, if the opposing players AND the family of the opposing players admire and respect both you the coach and your team and even better yet, wish they played- or were part of your team, then you succeeded!

It is not the win that counts,
it is the JOURNEY and the
EXPERIENCE!!



General Practice & Game Policies

- **Temperature:** reduce intensity above 100 degrees; no activity allowed above 105
 - <https://rosevillesoccer.com/temp-%26-air-quality-policy>
- **Air Quality:** reduce intensity if [Breezometer](#) registers 100-150; no activity if AQI exceeds 150
 - <https://rosevillesoccer.com/temp-%26-air-quality-policy>
- **Heading & Concussions:** coaches to follow age-appropriate heading as well as concussion protocol at all ages
- **Fields:** Coaches are expected to ensure a safe playing environment and comply with City regulations
 - Practice and game venues often have more than one "field;" make sure that you confirm your practice and game locations to avoid taking another group's space. "Field Maps" are located at <https://rosevillesoccer.com/fields>.
 - Goals should be anchored, and players should not climb or hang on goals
 - As rainy season approaches, teams should not play on fields that are overly wet, squishy, or with standing water
<https://rosevillesoccer.com/wet-field%2Frain-policy>
 - Issues with field quality and/or safety? Email ryscfields@rosevillesoccer.com.
 -
- **Scoring: This is recreational soccer, nobody wants to lose 10 to zero. Excess scoring will lead to disciplinary action.**
 - Ideas: Swap players to even out level, focus on possession or executing week's practice topics, move players into different positions, give your stronger players more rest (EVERYONE plays min. 50%!), do not press the losing team and wait for them to enter your half. Use game to teach new methods, apply principles, etc.
 -
- **Playing Time: EVERY player plays at a min. 50% of all the game. NO EXCEPTIONS!**

Communication

Teamsnap App (u6-U14)
Gotsport App (u15+)



Returning Coaches

Just update your roster, practice schedule, and games.

Riptide
22/23
2010 Boys U13 | Roseville Youth Soccer Club

Howdy, Kevin! Welcome to TeamSnap

Create New Team My Teams & Orgs Account

Home Roster Schedule Availability Tracking Statistics Assignments Media Messages Preferences

Important: Don't miss out on upcoming events. Enable email notifications.

Schedule View Full Schedule

You have no upcoming games or events

Schedule Game

Schedule Event

July

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

■ Game □ Event

Record

LAST GAME

at rocklin galdiators

Sat, Nov 12, 9:00 AM

0 Wins 1 Losses 0 Ties

KS Kevin Stringer

Upload Team Photo

Did you know TeamSnap supports over 100 different sports and activities? Use TeamSnap for everything from soccer, football or baseball to scouts, gaming or book clubs. It's easy to start a new group. Try it today!

Create New Team



Issues? Email your Program Manager...



**New
Coaches:**
You will
receive
email to the
address you
registered
with in
gotsport



Welcome to the team!

Congratulations, Brian! You've been added to Land Sharks on TeamSnap.

Want to be a hero to your team manager? Take a minute to update your roster profile by adding your phone number and any family members that you'd like to keep in the loop.

Update Your Profile

P.S. If you were added to this team by mistake, you can [leave the team](#).
No harm, no foul.



You will be assigned the manager of the team.

- add players - **from gotSPORT**
- practice schedule - **assigned to you**
- game schedule - **from rosevillesoccer.com**

The screenshot shows the 'Shooting Stars' team management interface for the 2013 Girls U10 team at Roseville Youth Soccer Club. The dashboard includes a navigation bar with icons for Home, Roster, Schedule, Availability, Tracking, Invoicing, Statistics, Assignments, and Media. A notification banner at the top states: 'Important: Don't miss out on upcoming events. Enable email notifications.' The main 'Schedule' section features a calendar for July with a message: 'You have no upcoming games or events' and buttons for 'Schedule Game' and 'Schedule Event'. A 'Record' section shows the last game: 'at Purple Dragons' on Saturday, Nov 20, 11:30 AM, with a score of 2 Wins, 2 Losses, and 0 Ties. A progress bar is visible below the record. On the right sidebar, there is a user profile for 'Kevin' (KS) and a 'Create New Team' button.



Issues? Email your Program Manager...



ZERO Tolerance

Means ZERO!



RYSC Zero Tolerance Policy: Referee Abuse



- Each coach, player, and spectator shall at all times support the Referee and assistant Referees. **Negative or critical comments directed to any member of the Referee crew will not be tolerated.**
- It is the responsibility of ALL coaches to maintain the highest standards of conduct for themselves, their players, and supporters in all matches.
- Abusive and obscene language, violent play, violent conduct, fighting, and other behavior detrimental to the game will not be tolerated and **lead to suspension or removal**
- A coach's responsibility for Referee support and spectator control includes the times prior to, during, and after the game at the field and surrounding areas.

RYSC Zero Tolerance Policy: Referee Abuse



- Coaches, players, and sideline spectators may NOT address any member of the Referee crew before, during, or after play except for:
 - Responding to a Referee-initiated communication
 - Making a request for substitutions
 - Pointing out emergencies or safety issues, such as an injured player on the field
 - To request clarification of any call, provided the request is courteous and non-argumentative
- A Referee may caution or send off any coach for his/her failure to abide by this Zero-Tolerance Policy, including conduct of parents and players.
- **Any and all incidents will be reviewed by a PAD committee** (Protest, Appeals, and Discipline) and logged for future program consideration

Parent Involvement

Soccer Parenting

Creating the Best Environment for our Players!
On and off the Field!





MAKING A DIFFERENCE

RYSC is proud to be Club Member of the Soccer Parenting Association. We believe youth soccer parents will be difference makers when it comes to improving the game and we believe a more collaborative environment between coach, parent, club and player is in the best interest of player development. Because of this, we offer all parents a free membership with the Parent Association.

ACTIVATE YOUR FREE MEMBERSHIP

www.rosevillesoccer.com/parents





Soccer Parent Value Statements

Active Health

We acknowledge the importance of long-term athlete development and we understand that youth soccer participation supports an active lifestyle; the longer children continue to play sports, the more likely they are to be healthy and active adults.

Coach Integrity

We acknowledge the positive impact a coach can make on a child's life, and we commit to holding coaches to a high standard of integrity, professionalism and compassion so our children feel optimistic about their potential, even in the face of defeat.

Life Lessons

We support our children's youth soccer participation because we want them to develop grit, determination, and resiliency while learning the empathy, compassion and solidarity that will make them caring and committed adults.

Soccer Talk

We foster our children's love of soccer by seeking to educate ourselves about the rules, nuances and intricacies of the game.

Love of the Game

We acknowledge that every child has varying levels of athletic potential and we seek to establish an environment where ALL children can play youth soccer because they LOVE TO PLAY, not because they want a college scholarship or a professional contract.

Balanced Outlook

We seek to use a clear perspective when making soccer choices for our children, ensuring the decisions are in the best interest of the child's long-term happiness, contentment and positive attitude.



SoccerParenting.com

 Soccer Parenting
ASSOCIATION





My Account My Content Coaches Parent Q/A Tiles Log Out 

DASHBOARD CREATE LIBRARY GAMEPLANS COURSES WEBINARS COMMUNITY

Parent Q/A Tiles

If you are curious about learning more about one of the statements on the color tiles, click on it and be directed to content related to that statement.

Have a question that's not listed? [ASK IT HERE](#) - and we will add a tile for you!

 My child is new to soccer	 I am new to soccer	 I want to understand the game more
 I am curious about the best way for kids to learn	 I am a volunteer coach	 My grassroots player doesn't seem very good or motivated like others
 My child isn't as coordinated as other players	 This is supposed to be fun, and everyone is way too serious!	 My child gets very upset when they make a mistake
 Help my child be faster	 When should my child start lifting weights	 My child seems unmotivated
 How can I do my part to create a sense of community	 My child has a lot of performance anxiety	 My child wants to play in college





Courses

Online courses created exclusively for youth soccer parents. There's lots to learn regarding best practices for adequately supporting your child on their soccer journey. We are here to help...



The Sideline Project

A 15 Minute Guide for level-headed youth soccer parents and coaches interested in learning more about what we can all do to improve the sidelines!

[Start Course](#)

COURSE

SUCCESSFUL SOCCER PARENTING

US YOUTH SOCCER Soccer Parenting

Successful Soccer Parenting

Take this 25-minute course, courtesy of our partnership with US Youth Soccer, to officially become Soccer Parenting certified.

[Start Course](#)



Winning on Gameday

A 22 minute course for parents helping you win on gameday! Covering pre-game nutrition and planning, sideline behavior, the car ride home and more!

[Start Course](#)



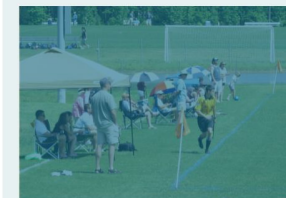
 SOCCER PARENTING **101**

Soccer Parenting 101



 SOCCER PARENTING **201**

Soccer Parenting 201



 SOCCER PARENTING **301**

Soccer Parenting 301

THANK YOU! QUESTIONS?

Registrar: registrar@rosevillesoccer.com;

Scheduling: scheduling@rosevillesoccer.com;

Coaching Directors:

4v4Boys@rosevillesoccer.com, 4v4Girls@rosevillesoccer.com,

U9-u14Boys@rosevillesoccer.com,

U9-14Girls@rosevillesoccer.com, U15-U19@rosevillesoccer.com

