



**Groton-Dunstable Youth Soccer Club**

**U10 – U18 Coaches Handbook**

**Spring 2013**

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## **U10 Philosophy**

U10 soccer in Massachusetts is non-outcome based. That means that scores and standings are not published, there are no post-season tournaments that teams are vying for and this level of play is intended to be purely developmental.

The objective of all coaches at the U10 level should be on developing player's skills, their knowledge of the game, their ability to function as a team and on ensuring the enjoyment of the game. It is not about wins and losses or what team you are on at this level.

The measure of a good coach should be the number of players that register to play the following season as well as the number of players that are able to graduate to a higher level of play in subsequent seasons.

## **U10 Team Placement and Flight Make-up**

There are four levels of play at the U10 level. Rec 1 is the most competitive level, Rec 2 is slightly less competitive than Level 1, Rec 3 is more recreational play but involves travel and Rec 4 is designed for recreational play and for those clubs that don't have a separate in-town program and want to place their teams in an in-town equivalent, recreational flight.

The number of flights that are made up per level is variable by season and dependent upon the number of teams that are placed at those levels. Flights are put together with an even number of teams (normally 8 or 10) to ensure that all teams are able to play every Saturday and few, if any, TBA's need to be scheduled.

Teams are placed into flights based on the following factors:

- Record from previous season
- Submitted placement information
- Strength of the club
- Geographic location

Flights within each level are typically grouped by geographic proximity to minimize travel for the member towns.

Throughout the season, the NVYSL age group coordinators will review the overall play and determine whether or not any teams should be moved up or down. The movement of teams does not require the consent of the team and club involved, but normally club representatives are consulted prior to any change being made. Because MTOC and NCup level teams are eligible for post-season play in the spring, team movements between flights will only be made at the recreational level in the spring. Adjustments between flights can happen at any level in the fall season.

All scores that are reported are reviewed by the board and the age group coordinators to make sure that flights have been put together properly

## **U12, U14, U16, U18/U19 Team Placement and Flight Make-up**

There are up to five levels of play at the U12 and above levels:

- MTOC
- NCup
- Rec 1
- Rec 2
- Rec 3

The number of flights that are made up per level is variable by season and dependent upon the number of teams that are placed at those levels. Flights are put together with an even number of teams (normally 8 or 10) to ensure that all teams are able to play every Saturday or Sunday and few, if any, TBA's need to be scheduled.

Teams are placed into flights based on the following factors:

- Record from previous season
- Submitted placement information
- Strength of the club
- Geographic location

The MTOC level of play and corresponding flight(s) include all teams that enter to play at that level in the fall. In the spring, MTOC play is tiered into Div 1 and Div 2 flights based primarily on performance in the fall season. All flights at the NCup level of play are balanced and there is no difference in level of play between teams in an NCup1 flight versus an NCup2 flight. Rec 1, Rec 2 and Rec 3 level play is tiered. Flights within any of those levels are balanced as much as possible by the NVYSL age group coordinators and are typically structured based on geographic proximity.

Throughout the season, the NVYSL age group coordinators will review the overall play and determine whether or not any teams should be moved up or down. The movement of teams does not require the consent of the team and club involved, but normally club representatives are consulted prior to any change being made. Because MTOC and NCup level teams are eligible for post-season play in the spring, team movements between flights will only be made at the recreational level in the spring. Adjustments between flights can happen at any level in the fall season.

All scores that are reported are reviewed by the board and the age group coordinators to make sure that flights have been put together properly

### **Rosters**

The GDYSC U10, U12, U14 and HS coordinators do their best to place players on teams based on as much available information on the general skill level of each registered player. They typically rely on previous seasons coach evaluations (both fall and spring) and evaluation scores from the spring evaluation days.

Early in the season, the coordinators will accommodate requests for roster changes due to conflicts with other activities, but please try to keep these to a minimum.

Club rosters can be found on the GDYSC website at [www.gdysc.org](http://www.gdysc.org). To get to your team's roster, perform the following steps:

- 1) Click on Teams on the top navigation bar and then Roster on the left navigation bar
- 2) On the top navigation bar, select Season (Spring 2013), Age Group and Team. You will be prompted for a username and password. A password is sent by the GDYSC registration system to all players and coaches affiliated with a particular team upon release of that roster by the GDYSC Registrar. You will then see all of the contact information for that team.

In addition to the GDYSC club rosters, each coach is also provided an NVYSL league approved roster. The NVYSL rosters are the only rosters that a referee will accept from a coach as verification of the players on their team at the beginning of a match. Each team is provided a league approved roster that is delivered to you via email from Sports Manager as a .pdf file. These are the only rosters that should be used during games. If you fail to get your roster via email from Sports Manager, you can go directly to the Sports Manager website to access it. To access your roster from the Sports Manager website, follow these steps:

- Go to <https://www.sportsmanager.us/GDYSC.htm>
- Click Login button
- Click on Coach/Director Login button
- First time users will need to get a password by clicking the "Click Here" link under the login window
- Enter your email address and then click "Send"

Once coaches get their temporary password, they should repeat steps 1-3 above, and then:

- Enter login info
- Once logged in, the page will contain a list of the teams you are associated with
- Change your password if you want
- Use the export roster button to access the latest approved roster
- All official rosters are available under the NVYSL Roster Form button
- Print the PDF of your roster

**A referee will not accept a roster printed off of the GDYSC website as verification of the approved players on your roster.**

If you need to make a change to your roster, they need to be submitted to the appropriate GDYSC age group coordinator and the GDYSC registrar for modification.

- GU10 – Carrie Dodge ([carrieadodge@yahoo.com](mailto:carrieadodge@yahoo.com))
- BU10 – DJ Caruso ([djcaruso1@gmail.com](mailto:djcaruso1@gmail.com))
- GU12 - Andre Viera ([apviera1@gmail.com](mailto:apviera1@gmail.com))
- BU12 – Jonathan Foster ([jfoster97@verizon.net](mailto:jfoster97@verizon.net))
- BU14 – Heidi Resca ([rescajh@charter.net](mailto:rescajh@charter.net))

- GU14 – Andy Scharmer (andys@us.ibm.com)
- HS – Andy Scharmer (andys@us.ibm.com)
- Registrar – Victor Volpe (vvolpe@cisco.com)

All changes to U10, U12, U14 and HS rosters must be submitted to Victor and then he will send those changes to the NVYSL registrar to have a new roster completed, approved and forwarded back to you via Sports Manager.

Roster sizes have different limitations based on the level of play. MTOC teams are limited to 15 players for U12 teams and 18 players for U14 and HS level teams. NCup teams in the spring may have up to 18 players on a U12 roster or 22 players on a U14 and HS level roster. However, NCup teams can only dress 15 players per game at the U12 level and 18 players per game at the U14 and HS level(except in the fall season when there are no restrictions on roster size for NCup teams). Recreational teams can have an unlimited number of players on their roster and dressed for any given match given that the coach of that team has an approved roster from the league.

### **TEAM ROSTERS AND PASSCARDS FOR GAMES**

Coaches must provide two (2) validated copies of their NVYSL league approved roster and pass-cards (required for spring MTOC teams) to the referee prior to each NVYSL match. Only players named on a valid team roster may play. Coaches may not hand write players names on a league approved roster and referees have been instructed to not allow players whose names have been handwritten on a roster to play.

If a team shows up without a valid roster, then the coach must provide a handwritten list of all participating players, their dates of birth, town of residence and jersey numbers to the referee before the match so the referee can check them in and the match can be played. The referee must submit this list as a substitute roster with the match pay-card to the referee paymaster. The coach must also send by US mail no later than the next day a copy of his official valid roster and a \$25 check payable to the NVYSL to the referee paymaster. The paymaster will check the official valid roster against the written list provided by the referee and give a summary report to the NVYSL President. For each case, the NVYSL Referee Paymaster will be paid a \$10 processing fee. If the coach does not comply with this, then the game will be a forfeit and the team will be assessed a \$25 forfeit fee. The NVYSL Referee Paymaster is John Carver and he can be reached at [NVYSLRefPay@gmail.com](mailto:NVYSLRefPay@gmail.com) or by phone at 978-448-3991 if you need to get his address.

If an MTOC team forgets its pass-cards, then the referee shall note this in his report to the NVYSL Referee Paymaster. The coach must also send by US mail the next day his pass-cards and a \$25 check payable to NVYSL to the referee paymaster. The paymaster will check the pass-cards from the coach against the roster provided by the referee (or the coach), give a summary report to the NVYSL President, and mail the pass-cards back to the coach. For each case the Referee Paymaster will be paid a \$10 processing fee. If the coach does not comply with this, then the game will be a forfeit and the team will be assessed a \$25 forfeit fee.

## Uniforms

Parents can order their children uniforms via the GDYSC website at [www.gdyisc.org](http://www.gdyisc.org). All uniforms can be picked up at Greco Graphics on Route 119 in Groton. All U10/U12/U14/U16 and U18 players need to wear the GDYSC standard uniforms (Maroon Jersey, Black Shorts and Black Socks).

To participate at the MTOC tournament, all MTOC players must have the same complete uniform (Jersey, Shorts and Socks, all the same color). The GDYSC provides white jerseys and white socks to all GDYSC teams that qualify for the MTOC tournament at the end of the season because the MTOC tournament officials require that all teams have a home and away uniform for the tournament.

## Game Schedules and Directions

Schedules for your games are located on the NVYSL website at [www.nvysl.org](http://www.nvysl.org). To access your game schedule, follow these steps:

- Once on the NVYSL website, click on the “Scores, Schedules and Standings” tab on the top navigation bar
- On the next page, select the “Season (Spring 2013), the “Gender/Age” (BU10, GU10, etc.) and the “Flight” (Rec 1.1, Rec 2.1, etc.) and then click on the button which says “Get Schedules and Standings”
- What will display is the full schedule of games for all the teams in that flight for the season and the location of the field for each game with a link to directions.
- If you scroll to the bottom of the page, you will find the names and contact information for all of the coaches in that flight
- Game times are as follows:
  - GU10 – 9AM
  - BU10 – 10:15AM
  - GU12 – 11:30AM
  - BU12 – 1:00PM
  - GU14 – 2:30PM
  - BU14 – 4:00PM

Please check your schedules for potential field conflicts. We schedule two teams per field per time slot for a season, so check the schedule of the other team that plays on your field during the season to see if they have any games scheduled to be on the same field at the same time.

## Game Preparation

There are several things you need to remember as a coach on game day:

- Make sure that you have (2) copies of your approved NVYSL roster for the referee with the numbers of your players filled in. Also, make sure you have a referee payment card filled out if you are the home team and that you have signed it and given it to the referee.
- If you are the visiting team, make sure you have pinnies for players or different color jerseys in the event that there is a conflict in uniform color.
- MTOC teams – please make sure your laminated pass-cards are cut into individual pass-cards and sorted by alphabetical order.
- Make sure that you have a first aid kit with ice packs.
- If you are the home team, make sure that you have at least one size 4 game ball for U10 and U12, size 5 for U14+. Also, make sure that you have a pump and at least one needle to inflate balls before a match.
- If you are the visiting team, contact the opposing coach to make sure your game is still on.
- The home team coach is also responsible for making sure the fields are available as scheduled and the nets are in place and the fields are adequately lined and marked.
- If you are the home team, make sure that you have assigned a parent or group of parents to snack shack duty during your game.
- Make sure that none of your players are wearing any jewelry. They will be asked to remove it. They also will not be allowed to play with any casts as well, regardless of whether or not it is wrapped.
- Make sure that you notify all parents and other spectators that they need to be viewing the game from the opposite side of the field from the players and coaches.
- Be sure to instruct parents that they should be applauding both teams for playing the game well and that they should not be instructing their children or any others from the sideline. They also should refrain from making any disparaging comments about any players, coaches or the referees.
- Please be aware that spectator behavior is your responsibility as a coach. The league has a zero-tolerance policy regarding anyone (players, coaches, spectators) being abusive to a referee during or after the game. If you see anyone related to your club that is acting in an abusive fashion toward a referee, you have the responsibility for taking the appropriate action.
- Make sure that your players abide by the rules of the game and play the game with dignity and respect. In addition, your team should congratulate the opposing players at the end of the game and should thank the referees as well.
- It is expected that all players will be afforded the opportunity to play at least 50% of every game as long as the roster size does not prohibit this.
- Send all substitutes to the center of the sideline to enter the game. Substitute players when allowed and only when acknowledged by the referee.
- Stay in your half of the field or inside the marked coaches areas, when marked
- Pay close attention to player injuries, especially blows to the head.
- Confirm final score with the match referee
- Line your team up at the end of the game to shake hands with the other players, coaches, referees, etc.
- Clear the area of any debris

## **Preventing Blowouts**

Lopsided scores should be avoided. The NVYSL believes that any game with a goal differential greater than six goals is lopsided, unsportsmanlike and demoralizing to an opposing team. In the event that you find yourself in a situation as a coach where your team is significantly stronger than your opponent and it is likely that your team will blowout your opponent unless you take some remedial actions, the following actions can be taken to keep the score from getting out of hand:

- Move some of your stronger players to defensive positions and move your weaker players to forward positions
- Instruct your players to only shoot with their left foot or to make a minimum of 4-5 consecutive passes before shooting
- Remove one or several of your players so you are playing short-handed
- Instruct your players to either stop shooting or to shoot wide of the net

## **Score Reporting**

When a game is complete, please report your scores to your GDYSC age group coordinator by Monday evening so that they in turn can enter the scores onto the NVYSL website by midnight on the Tuesday following the game. If the league age group coordinators do not receive a score from our club age group coordinator by the Tuesday evening deadline, the club is subject to a \$25 fine for that week.

When you email the score, please provide the Game ID, the home team score (complete team name – G-D GU10B and score) and the visiting team score (complete team name and score) in that order in the subject line and body of your email to the GDYSC age group coordinator

Please verify the score of the game with the referee at the end of the game so that you have the official score which will be submitted.

Report any yellow or red cards that were shown as well.

## **Game Cancellations and Re-scheduling**

In the event of rain, the Groton and Dunstable parks and recreation commissions will determine if our fields are playable. If the fields are deemed as unplayable, they will be closed and games will be cancelled by the club. Since the first league games on Saturday are at 9:00AM, any cancellations for Saturday games will be posted on the GDYSC website ([www.gdysc.org](http://www.gdysc.org)) no later than 7:00AM or two hours prior to your scheduled game time. Since the first league games on Sunday are at 1:00PM, any cancellations will be posted on the GDYSC website ([www.gdysc.org](http://www.gdysc.org)) no less than two hours prior to the first scheduled game time (or 11AM that day).

If a game is cancelled due to unplayable fields, the home team coach must contact the other coach, the GDYSC referee assignor (Heidi Johnson – [hjohnson@haystack.mit.edu](mailto:hjohnson@haystack.mit.edu)) and the NVYSL age group coordinator in order to re-schedule the game for another date and time and schedule a referee and a field. To find out the contact information for your opposing coach every week, go to the NVYSL website at [www.nvysl.org](http://www.nvysl.org). Once there, click on “Scores, Schedules and Standings” on the top navigation bar. Under “Gender/Age” click the gender and age group for your team and then under “Group” select the flight that your team is in. Click on that and then you will see the schedule for all of the games in the league, in your flight, by week. If you scroll to the bottom, you will see all of the coaches for the other teams playing in that flight. You should contact the opposing coach at least two hours prior to any cancelled home game to let them know about the cancellation. You should also make it a habit of contacting the opposing coach the evening before any game to make sure that everything is all set for the following day’s match.

If a game must be re-scheduled for any APPROVED reason, the home team must contact the NVYSL age group coordinator, the other coach and the GDYSC referee assignor (Heidi Johnson – [hjohnson@haystack.mit.edu](mailto:hjohnson@haystack.mit.edu)) IN THAT ORDER. The GDYSC referee assignor will arrange to cancel or reschedule the referees as required and the NVYSL age group coordinator will enter the rescheduled game information into the website for viewing by all parties.

The only reschedule/cancellation requests that a coach should make or agree to are:

- Unplayable field conditions (as determined by the Groton or Dunstable Parks and Recreation Commission, the visiting teams parks commission or the assigned referee only) when notified by the home team coach at least (2) hours prior to game time
- Play on weekends or days which are established by the League prior to the season as dates where re-schedule requests are automatically granted if requested.
- MTOC games in the spring if more than two players on an MTOC team have a club conflict on the date of a scheduled game. Acceptable conflicts include state cup matches, Irwin and Andre Cup matches and other club qualifying matches.

Games you wish to re-schedule for reasons other than unplayable field conditions must be done a minimum of 7 days in advance of the games originally scheduled date (or 72 hours if a team has to reschedule due to club soccer conflicts) Failure to do so will most likely lead to the request being denied.

Once the NVYSL age group coordinator has approved a game to be re-scheduled, the coaches should agree on a time and place to play and the home team coach needs then to coordinate with their respective town referee assignor to ensure availability for the game. **DON'T WAIT UNTIL THE LAST MINUTE TO SCHEDULE A REFEREE**

The NVYSL age group coordinators are as follows:

- BU10 – John LaRoche – 978-807-6687; [NVYSLPRESIDENT@gmail.com](mailto:NVYSLPRESIDENT@gmail.com)
- GU10 – Austin Franklin – 508-479-1796; [gu10director@darkroom.com](mailto:gu10director@darkroom.com)
- BU12 – Maria Mpelkas – 978-870-7433; [jmpelkas@yahoo.com](mailto:jmpelkas@yahoo.com)
- GU12 – Jay Theberge – 978-873-5511; [gu12director.nvysl@gmail.com](mailto:gu12director.nvysl@gmail.com)
- U14 – Mark Hollinger – 978-337-3581; [Mark@TheHollingers.net](mailto:Mark@TheHollingers.net)

- U18/19, HS Director - Dave Case - (978) 632-8774; dcase1975@msn.com
- NVYSL Ref Director – Adam Tocci – 978-562-9168; stowreferee@aol.com

## **Training and Certification**

All coaches should take advantage of the different coaches training programs offered by Mass Youth Soccer. For U10 play, F and G licenses are very beneficial in helping new coaches to better understand the game, structure practice sessions, and learn how to motivate players at that age group. Please go to the MYSA website ([www.mayouthsoccer.org](http://www.mayouthsoccer.org)) to get more information on dates and locales of these licensing courses.

## **Equipment**

Coach shirts will be provided for new coaches only (head coaches and assistant coaches) at Greco Graphics. The U10, U12, U14 and HS coordinators submit names of new head coaches to Becky Greco and she will notify the coordinators when the shirts come in.

Equipment bags will be provided for new head coaches only at Greco Graphics. Included with the equipment bag will be a game ball, pinnies and orange cones. Coordinators submit names of new head coaches to Becky Greco and she notifies the appropriate GDYSC age group coordinator when the bags come in.

Medical supply kits – medical supplies are available in the snack shack.

## **U10 Modified Rules**

There are a few rules that have been modified for U10 play. They are the following:

- There is no off-sides rule in U10 play
- Goal kicks must be taken from a distance of approximately 6 yards from the end line
- Penalty area is the area 12 yards from the goal-line, sideline to sideline
- Penalty kicks will be taken from a distance of 9 yards from the goal line if 6x4 goals are being used and 10 yards if 8x8 goals are being used. During a penalty kick, all players from both teams not involved in the penalty kick must be beyond midfield.
- Goalkeepers cannot throw, kick or punt the ball beyond midfield without it first touching a player or the field in the defensive end of the field.
- Substitutions may be made by either team on a throw-in regardless of the team awarded the throw-in as long as the team awarded the throw-in is substituting

## **Post-Season Tournaments**

MTOC and NCup level teams are eligible for post-season tournament play in the spring season.

MTOC teams compete for the opportunity to represent the Nashoba Valley Youth Soccer League at the Mass Tournament of Champions (MTOC) tournament which is held at the Mass Youth Soccer Lancaster

Field Complex the last weekend in June. In order to qualify to play in the MTOC tournament, teams must win their MTOC flight in the spring (MTOC1 or MTOC2). To win an MTOC flight, a team must first win at least as many games as it loses to qualify. If an MTOC flight has 4 teams, the first place team plays the second place team in a playoff game at the end of the season to determine the winner of their MTOC flight. If an MTOC flight has 6 teams, three teams could qualify for the playoffs. The second place team would play the third place team and the winner of that match would play the first place team to determine the winner of that flight. If an MTOC flight has 8 teams or more, four teams could qualify for the playoffs. The first place team will play the fourth place team. The second place team will play the third place team. The winners of those two matches will play each other to determine the winner of that flight.

In addition, the league is often granted wildcard spots for a given age group/gender. If a wildcard is granted for an MTOC flight, both the first place team and the second place team qualify for the MTOC tournament from that flight. The teams would still compete in playoffs at the end of the season to determine which team ends up in first place and which team ends up in second place. The MTOC flights with wildcards for the Spring 2013 season are BU18, GU18 and GU12 MTOC1.

NCup level teams compete for the opportunity to play in the Nashoba Cup Tournament to be held at various sites throughout the NVYSL on the third weekend in June. For NCup flights of 8 teams or greater, the top 8 teams qualify for the tournament. For NCup flights of less than 8 teams, the top four teams qualify for the tournament.

Teams that qualify for post-season play are expected to play in the post-season tournaments.

For U10's, the NVYSL coordinates an end of spring season TenCup tournament which is a round robin, non-outcome based tournament.