



COACHES MEETING 2015

1. Welcome

2. Dates of Importance

Season start date August 22 – through October 17

Tournament starts on October 17, Oct 18, Oct 24 and Oct 25

Labor Day Added 1 free weekend games – 9 games plus

3. Safety

- a. Weather procedure – Thundershowers and lightning GO to your CAR. Everyone must take personal responsibility for their safety and that of the kids. First sighting of lightning, abandon practices, and games. Games will resume 30 minutes after last sighting of lightning at the point where games were suspended.
- b. Climbing Nets, or jumping on goals – not allowed.
- c. Parking lots – watch out and drive slow-handicap and drop off area
- d. No dogs allowed at the complex on game days.
- e. Respect handicap parking signs. City enforced

4. Rosters & practices

- a. Coaches rosters are online (updated often)
If you haven't done so already, please notify all players asap with practice schedules. Recommend a meet/greet meeting, discuss plans and season strategies, goals and objectives and practice schedules
- b. If you can't get a hold of someone, call or email the league please

5. Schedules, Referees & Uniforms

- a. **Schedules** are posted online
- b. **Referees:** DHS & others initially. If not available, home team coaches to referee the next game after theirs (not at the U6 level).
- c. **Uniforms:**
 - i. Phase 1 order will be available on Thursday and Friday 8/20 and 8/21 after 6 at the complex – pick up by coaches or AC only please.
 - ii. Uniforms distributions should consider Registration date.
First registered first to receive their uniform.
Respective team roster sorted by date is included in your uniform bag.

6. Concession Stand Schedule Online

No fund raisers. Concession business is important to us. Treat your team to popsicles, or have lunch or a drink to help maintain the fields and keep registration fees affordable.

Volunteers – 2-3 adults each shift. Shift starts at 9 am-3 pm for 1 hour each
6 shifts total 12-18 people to cover.

Danville starts 8/22, Bismarck, 8/29, Catlin, 9/5, G'Town 9/12, Hoopeton 9/17,
Oakwood 9/26, Westville 10/3, Danville 10/10, Bismarck 10/17
, 10/18 Danville & Catlin, 10/24 Danville & G'Town, 10/25 Danville & Hoopeton
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7. Adopt a Field

We need 2-3 additional volunteers to paint the fields. While your practice, report if fields are in need of paint

8. Rules/policies

Responsibilities of the coach and AC are very clear and concise

1. Safety of the players, watch for heat exhaustions, fatigue, and concussions.
2. Ambassadors of the league. Abide by, remind and enforce the league rules and policies.
3. Know the game rules as they apply to respective age group. #players on the field, game durations, offside rule, throw-in, ...etc. Shin guards are mandatory, cleats are not (recommended), front toe cleats and metal cleats are not permitted. Other example: reschedule of game
4. Know your updated roster. Registered players only (liability) including bringing players up when short.
5. Respect and support the referees – They have the final say on the field
6. Players and families behavior – positive support only
7. Equal playtime – every player must be giving the opportunity to play 50 % of the game, every game including tournament games
8. Coaches and players on one side of the field/families on the opposite side – coaches painted areas.
9. Teach the game while having fun – this is a rec league , win humbly and lose gracefully
10. Always reward the team's effort more so than wins
11. Don't run the score up – alternate positions/players
- 12.

Please Go the website and review the rules and policies in details

New this year:

- a. U14G will play 8v8 on smaller size field ,including GK
- b. U11G also 8v8
- c. U8/U8G, teach offsides, enforce when extreme, bad throw-ins, gets a second chance to get it right. Coaches to stay off the field please. Motivate and help from the coach's area only.
- d. U6 & U6G ...play, play & play. No corner kicks, no throw ins, no offsides. No handballs, **no goal keeper** and don't insist on positions. Let the kids have fun, teach at practice and have fun at games. Keep it simple!
- e. P r a c t i c e times and locations
 - i. 1st come, 1st serve. Practice at the complex or wherever you choose – you are the coach!
 - ii. Practice durations = common sense.
 1. Once or twice per week if you can make it fun and productive. Take water breaks, often.
 2. Recommendation is to practice the length of the game only.
 3. Use the ball with all drills and skills building practices
 4. High School, First Baptist & Bismarck teams will use the complex for practice and are allowed to do so. Please work with them and be courteous.

9/12 Pictures day – Danville

Teams: Must be at the picture site 1 hour before your scheduled game time. If you're scheduled BYE, contact the league to make arrangements.

Have a great, fun and safe 2015 season