



SSA Coaches Folder

SEBASTIAN



SOCCER

PO BOX 780742 SEBASTIAN, FLORIDA 32958

PHONE: (772) 388-0228

WWW.SEBASTIANSOCCER.COM EMAIL: INFO@SEBASTIANSOCCER.COM

Dear Coach,

Thank you for volunteering your time to coach at Sebastian Soccer! As part of the SSA tradition, we will continue to focus on fair play, sportsmanship, fun, and all above, respect for others.

In your folder, you will find information that you may use during and after the soccer season. Please feel free to contact any board member with your concerns or suggestions. Your input is important to us, and we encourage you to share your thoughts and ideas with us. Our board meets monthly and we welcome you to attend and participate at the meetings. Check the website for exact dates, locations, and times.

Again, we send you a very special thanks for being a part of this great organization. We hope you will have a very enjoyable experience and a fantastic season!

Sincerely,

SSA Board of Directors

SSA Board of Directors,
Sebastian Soccer Association

Coaches Folder Contents

Sebastian Soccer Association

Board Members	4
Coaches Things to Remember.....	5
Modified Rules of Play – Intra Club Only	6
Modified Rules of Play – Intra Club Only (Cont.)	7
Maintaining Team Discipline	8
Coaches Conduct	9
Referee Facts	10
FYSA Water Break Policy	11
FYSA Water Break Rule and Protocol.....	11

Board Members

Sebastian Soccer Association

General Club Questions:	(772) 388 0228	info@sebastiansoccer.com
President	Pat Riviezzo (772) 473-3836	priviezzo@aol.com
Vice President	Scott O'Brien (772) 538-6453	obrien30@bellsouth.net
Secretary	OPEN	
Treasurer	Cory S. Richter	crich296@att.net
Treasurer	Dave Wayment	aastainedglass@bellsouth.net
Registrar - COMP	Tracy Wise	coachtracy04@yahoo.com
Registrar - REC	Holly Hamilton	drhbroom@yahoo.com
BYSL Rep.	Scott O'Brien	obrien30@bellsouth.net
Sponsor Coordinator	OPEN	
Referee Assignor	Justin Lauer Services	RefereeJustin@yahoo.com
Referee Assignor	Scott O'Brien	obrien30@bellsouth.net
Club Scheduler	Scott O'Brien	obrien30@bellsouth.net
Publicity Coordinator	OPEN	
Field Manager	Pat Riviezzo	priviezzo@aol.com
Field Manager	Wayne Snow	twosnowkidz2@aol.com
Fund Raising Coordinator	OPEN	
Concession Manager	Dave Wayment	aastainedglass@bellsouth.net
Team-Parent Coordinator	Michele Hennessy	mhgirlcook6504@gmail.com
Director of Coaching	Tracy Wise (772) 453-9293	coachtracy04@yahoo.com
Photo Coordinator	OPEN	
Picnic Coordinator	Pat Riviezzo	priviezzo@aol.com
Picnic Coordinator	Dave Wayment	aastainedglass@bellsouth.net
Trophy Coordinator	Holly Hamilton	drhbroom@yahoo.com
REC Commissioner	Pat Riviezzo	priviezzo@aol.com
Uniform Coordinator	Tracy Wise	coachtracy04@yahoo.com
Webmaster	Cory S. Richter	webmaster@sebastiansoccer.com
Webmaster	Connor O'Brien	webmaster@sebastiansoccer.com
Historian	OPEN	

Please don't hesitate to contact any board member with your questions. Your input as a coach is valuable!

Ask about becoming a board member to improve Sebastian Soccer today!

Coaches Things to Remember

Sebastian Soccer Association

- No one plays or practices without shin guards! **NO EXCEPTIONS!**
- No one plays during practices or games with jewelry!
- Every player will play at least half of every game!
- **UNDER NO CIRCUMSTANCE WILL A COACH REMOVE/MOVE THE GOALS!**
- Do not allow scores to become out of control. SSA has a 4 goal ahead rule... please adjust your players if this happens. The losing team may add another player in after down by 4 goals (referee will ask). This is recreation... please keep it fun!

This is recreational... please keep it fun!

- Team parents are important. Please try and ask for help from your team.
- Game time only- only coaches and assistant coaches with passes are permitted on team side during games.

SSA CLUB Goalie training NIGHT: Mondays from 6:30 to 7:30pm (ages U8 & up)

- **EACH COACH IS REQUIRED TO SIGN OUT EQUIPMENT FOR THE SEASON!**
All equipment must be returned at end season or a \$25 fee will be charged and your child will not be allowed to play again until it is returned.
- **ALL COACHES MUST HAVE A BACKGROUND CHECK COMPLETED AND RISK ASSESMENT COMPLETED BEFORE YOU ARE ALLOWED TO COACH!**

Please go online to our website and complete! **These are required by the state!**

Any questions, please feel free to contact:

Tracy Wise coachtracy04@yahoo.com

Pat Rivizzio priviezzo@aol.com

Modified Rules of Play – Intra Club Only

Sebastian Soccer Association

	U6	U8	U10	U12	U14/ U15
Payers per side	4	6	7	8	11
Ball size	#3	#4	#4	#4	#5
Quarter(min.)	4/8m	4/10m	4/12m	4/15m	2/30m
Penalty Kicks	NO	NO	YES	YES	YES
Corner Kicks	YES	YES	YES	YES	YES
Call Offside	NO	NO	YES	YES	YES
Substitutions	FREE	FREE	FREE	FREE	FREE/ POSS
Change Sides	NO	YES	YES	YES	YES
Referees	1 CENTER	1 CENTER	1 CENTER	1 CENTER 2 LINES	1 CENTER 2 LINES
Goal Keeper	NO	AFTER 1/2	YES	YES	YES
Coach on field	YES (1)	NO	NO	NO	NO
Throw-in attempts	UNLIMITED	2	1	1	1
Indirect/ Direct	INDIRECT	INDIRECT	BOTH	BOTH	BOTH

Modified Rules of Play – Intra Club Only (Cont.)

Sebastian Soccer Association

- Team and coaches on one side of the field
- Parents and spectators on the other
- Each team is to have a captian(s)
- NO parent, coach, player, and/ or spectator is permitted BEHIND THE GOAL
- NO jewelry permitted! Eyeglasses must be restrained by a strap; long hair rastrained by soft ties
- If one team cannot field enough players, the opposing team must play with the same number of players. The 3 goal rule applies- if one team is leading by 3 goals, that team MUST ajust the teams player aragment
- Each player is required to wear shin guards during all practices and games (NO SHINGUARDS = NO INSURANCE = NO PLAY); Team shirt is required during game play (and practice shirt for COMP practice)
- EACH PLAYER IS TO PARTICIPATE IN A MINIMUM OF 50% EACH GAME (exception- injury or disipline)
- Home team is responsible for the game ball
- One knee rule applies for all injuries on referees whistle only
- Referee will stop play at their discreation, play stops only at referees whistle

Maintaining Team Discipline

Sebastian Soccer Association

Team discipline is crucial to the overall success of any team endeavor. Not only do disciplined teams perform well on the field, but, if teams are able to maintain good discipline both on and off the field, the overall soccer experience is far more positive for all involved; parents, players, coaches and administrators.

In fact, maintaining team discipline is one of the biggest fears or challenges for beginning coaches. Often, coaches are lost or ineffective because they are unable to maintain order and discipline with their team.

Towards the end, I have included several brief suggestions on what I have found to be successful in maintaining good team discipline. Hopefully, you have developed your own "list" of what works for you. If not, let this serve as inspiration to come up with your own system.

1. Plan Ahead

The single most important thing that can help is the coach's organization. Here, if it is obvious to the players that practices are conducted in an orderly manner, with clear goals and objectives, they are more likely to treat both the coach and the training time seriously. If practices flow easily from one activity to the other with minimal "down time", the players are able to stay focused on the task at hand. By making training meaningful and educational, the players will be motivated to pay attention and keep focused.

2. Choose Your Activities Carefully

There is nothing worse than putting players through "boring" drills that are inappropriate to their playing ability either by being too difficult or too easy. Activities should be fun, challenging and replicate the demands of the game itself. In this way, the players sense that their time is not being wasted. Having activities be competitive motivates them to play their best. Keep the players moving and engaged. Make sure that there are plenty of balls at hand so that a good activity is not interrupted by taking unnecessary time out to chase the ball. Even young players will engage themselves in a great game. Remember, your parents will appreciate the fact that their young player comes home and sleeps through the night because they have tired themselves out in healthy, engaging fun activities.

3. Have A Clear Picture In Mind of What Appropriate Behavior Looks Like

If you know what the players will look like when they are playing the game, you will be able to recognize when they are not playing the game correctly, or not behaving appropriately. This will enable you to step in immediately when inappropriate behavior is seen. As soon as you notice it, you must deal with it. Having a clear picture in your mind will allow you to be decisive. Then, you should also have a clear picture in your mind of how you are going to deal with the situation. Having players do push-ups or run laps as punishment is inappropriate, especially for younger players. Removing them from an activity is more effective. Their primary desire is to be involved in their peer group. Therefore, removing them from the activity is an effective way to deal with problems that occur. As one coach said, "Don't be afraid to use the bench!"

4. Involve The Parents

Especially with the younger players, having the parents support and reinforcing your discipline policies are crucial. Your expectations for player behavior should be clearly stated during the preseason parent meeting. Enlist their support. It has been my experience that they will be glad to do so.

Coaches Conduct

Sebastian Soccer Association

SSA's philosophy is for children to be involved in an organized sport that is **fun** and provides **positive** role models that emphasize sportsmanship and teamwork. Each child should be challenged and encouraged to participate to the best of his/her ability. Everyone should leave each activity feeling good about themselves and their involvement with this organization.

1. The objectives of all practices and games are:

Fun

Sportsmanship

Teamwork

Teaching Soccer Skills

2. Winning should **never** be a priority in youth sports.
3. Losing a game can be a positive experience **if** the coaches reward each player's involvement with encouraging remarks
4. Coaches **will** adhere to the 3- goal rule as outlines in the Modified Rules of Play
5. Loss of temper does not project as a positive role model and will **NOT** be tolerated
6. Use of foul language or abusive language is **prohibited**
7. **NO SMOKING & NO PETS** anywhere within the park. Please enforce these.

Referee Facts

Yellow Card (Caution)

(Second card is automatic red)

1. Is guilty of unsporting behavior
2. Shows by word or action dissent for a referee's decision
3. Persistently infringes the laws of the game
4. Delays the restart of the game
5. Fails to respect the required distance when play is restarted with a corner kick or free kick.
6. Enters or leaves field without referee's permission

Restart: Indirect Free kick

If the ball is out of play (throw in, corner kick, goal kick or free kick.) After the card is given proceed with the proper restart.

Red Card (Sent off)

(Cannot be replaced)

1. Guilty of violent conduct or serious foul play (spitting)
2. Denies an opponent a goal or obvious goal scoring opportunity which results in a foul.
3. Uses foul or abusive language
4. Persist in misconduct after having received a caution

Restart: Direct Free Kick

If the ball is out of play (throw in, corner kick, goal kick or free kick.) After the card is given proceed with the proper restart. If two things happen together, a direct kick and a card, always start with a direct kick.

Ten Major Fouls

1. Kicks or attempts to kick an opponent
2. Trips or attempts to trip an opponent
3. Jumps at an opponent
4. Charges an opponent
5. Strikes or attempts to strike an opponent
6. Pushes an opponent
7. While tackling an opponent makes contact with the opponent before contact is made on the ball
8. Holds an opponent
9. Spits at an opponent
10. Handles the ball

Restart: Direct Free Kick (penalty kick if in the penalty box)

Four Minor Fouls

1. Plays in a dangerous manner
2. Charging fairly (ball is not in playing distance)
3. Impedes the progress of an opponent
4. Charging the goalkeeper

Restart: Indirect Kick

FYSA Water Break Policy

The Florida Youth Soccer Association has a responsibility to the players within our association to make sure they are playing in a safe environment. One of the dynamics of our state is that it's a hot and humid climate. Our climate can create a dangerous situation for heat illnesses (i.e. heat cramps, heat exhaustion, and heat stroke). Based on our situation, we must ensure that our players are properly acclimated, hydrated, and, after the match, re-hydrated in order to make sure that our players are able to function in the environment that is Florida soccer.

There are steps that we as coaches and administrators must take to ensure proper hydration of our players, which is crucial in making sure our players are fully prepared to play. FYSA athletic trainers feel that most players today do not properly hydrate themselves prior to play.

Players need to hydrate themselves throughout the day:

- Two to three hours prior to participation, players should drink 16 oz. (2 cups) of fluids.
- Ten minutes prior to activity the players should drink 8oz. (1 cup) of fluids.
- Fluids can be water or sports drinks.

The reason for proper hydration prior to the activity is to allow for absorption into the players' systems. During the match, players need to replace the fluids that are lost during the activity. Rehydration should occur after the activity. It typically takes four to six hours after the activity for players to rehydrate themselves. Leagues and tournaments need to take this into account when scheduling games.

FYSA Water Break Rule and Protocol

402.4 In any FYSA sanctioned match a break will be given at the midpoint of each half of regulation time and at the end of each overtime period (if played) for player hydration. This break will be given at a normal stoppage of play and it is mandatory for any FYSA sanctioned match during which the air temperature is or is expected to reach eighty-five (85) degrees. This break will be a maximum of one (1) to two (2) minutes of time.

Rule 402.4 applies to FYSA sanctioned matches.

- National League, Southern Premier League, and Region III Premier League do not fall under this requirement.
- Although not a requirement FYSA would recommend teams U10 and below play in quarters with a break of 2-3 minutes between quarters 1-2 and 3-4 to allow for water break and player changes. Thus they would be allowed to leave the field.

The decision in regards to a water break should be made before the match starts.

- The referee or the event site director would make the decision on the need for a water break.

The stoppage should be at a normal stoppage as close to the midpoint as possible.

- The referee determines the timing of the match therefore the timing of the break.

Participating players should remain on the field