**SOUTH REGINA**

**COMMUNITY SOCCER**

Website: www.srcs.ca

Email: [soccer@srcs.ca](mailto:soccer@srcs.ca)

**2022 Coaches’ Information for Ages U4 – U8**

**Thank you to all coaches for volunteering!**

Your coaches’ packages should include:

* + - Team list for each coach
    - Coaches’ contact list for your age group
    - Schedule and Parent Code of Conduct for each family
    - Field maps for coaches
    - Equipment for the season

**Team lists are final** – please do not change, switch or add players.

**Contacting Your Players**

* Please contact your players ASAP.
* We suggest in your first email/phone call:
  + Introduce yourself.
  + Inform your player of the team name and jersey color (helps for the first game in locating the correct team) and location of the first game.
  + Inform your players that a paper schedule will be given to them at the first game and schedules will also be posted on the SRCS website (www.srcs.ca).
  + Shinguards and runners are mandatory.
  + Remind players to bring a water bottle, as well as sunscreen and/or mosquito spray if needed.
  + In the event of unfriendly weather, games may be cancelled. Field closures are posted by 3 p.m. daily at [www.regina.ca](http://www.regina.ca) (click on Athletic Fields link) or see link on the SRCS website. Cancelled games will not be made up.
* When contacting players by email for the first time, please ask for a reply to confirm their email address.
* If there is a problem - wrong email or phone number - please contact us at [soccer@srcs.ca](mailto:soccer@srcs.ca) so that we can check the player’s contact information on the original registration.

**First Day:**

* Name tags/labels for the kids are helpful until you know their names.
* As each child arrives, make sure they are on your team list, then give them a jersey and new soccer ball.
* If a child is NOT on your team list and you have not been notified of additions to your team ahead of time by our Executive Board, he/she is NOT on your team but is likely at the wrong field. In this case, please have the parent call (306) 537-4214 to get the child to the correct field.

**Suggested Procedures for each game**

**S**port programs that minimize competition, de-emphasize winning, and emphasize motor skill development are the most appropriate for children under 12 years of age.

(Nelson,M.A. (1991). “\development Skills and Children Sports”. The Physicians and Sports Medicine 19(2):67-79)

* Use orange pylons to indicate approximate corners and centre line of field.
* 10-15 minutes for warm up and practice a few skills. (We would recommend no more than 10 minutes warm up for younger age groups, followed by two 15 minute halves).
* Organize lines or player rotations.
* During game, play several 5-15 minute intervals with short water breaks in between as needed.
* Shake hands with the other team after the game.

Start the season with longer skill development times and shorter games, then switch to longer games by mid-season at Coaches’ discretion!

**The focus of community soccer is sportsmanship, skill development and fun.**

**Basic Rules**

* **Please do NOT keep Scores or Stats.**
* Players’ positions: two forwards, two defense and **no keeper.**
* When ball goes out of bounds over the sidelines (touchline), it is put back into play by a kick-in from the spot it went out of bounds. The kick-in **cannot** be shot directly into the goal.
* When the ball goes over the end line, it is put back into play either by dribbling or a kick-in from the spot it went over the end line. **No corner kicks.**
* After a goal has been scored, play shall begin by a restart at centre-field.
* The coaches act as field supervisors or managers instead of referees.
* Players can score from anywhere on the field.
* No off sides or slide tackles are allowed.
* Equal time shall be allowed for all players within reason.
* If your team is outscoring the other team by 4-5 goals, get creative in your coaching, ie. Work on passing the ball to teammates rather than scoring.
* **No parents other than coaching volunteers allowed on the field during games.**

**Why 4 v 4?** This way of playing provides the opportunity to have smaller team rosters, more touches on the ball, many chances to score, and most importantly, all children are more active.

Depending on team size, your coach may agree with the opposing team’s coach to play 5v5 or 6v6 to offer more play time for all.

**Success in 4v4 or 5v5 or 6v6 soccer is having each player on both teams score at least once in every game.**

**Sample Roster Rotation**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Player | 1st | 2nd | 3rd | 4th | 5th | 6th | 7th | ETC… |
| A | Forward |  | Defense |  |  | F |  |  |
| B | F |  | D |  |  | F |  |  |
| C | D |  |  | F |  | D |  |  |
| D | D |  |  | F |  | D |  |  |
| E |  | F |  | D |  |  | F |  |
| F |  | F |  | D |  |  | F |  |
| G |  | D |  |  | F |  | D |  |
| H |  | D |  |  | F |  | D |  |
| I |  |  | F |  | D |  |  |  |
| J |  |  | F |  | D |  |  |  |

Every effort has been made to have at least 2 co-coaches for each team. However, there may only be one coach on days when one of the coaches is not present. **Feel free to ask any parents for assistance at any time!**  Kids love it when their parents are involved!!

Parents are ultimately responsible for the supervision of their child(ren) at all times. As coaching volunteers, you are not responsible for supervision before, during or after games.

**Field Usage**

* Fields are booked through the City of Regina. Please encourage your team to leave the fields as clean and in the same shape as when your team arrived.
* In the event City officials visit your field and request for a permit #, this number can be found on the top right hand corner of each schedule, as well as on our website in the Schedules & Field Map tab.

**BBQ Wind-Up at Season’s End**

* Wind-up will be on Saturday, June 18th. The schedule will be available in early June.
* Coaches will return their equipment and equipment bags immediately after the wind-up game.
* Players and coaches are invited to a free BBQ lunch, with additional food on sale for families and guests.

**If you have any concerns on or off the field, please do not hesitate to contact us at** [**soccer@srcs.ca**](mailto:soccer@srcs.ca) **.**

**Thank you for your time & dedication to the kids!**

**Have a great season!!**