**Fall 2019 Coaches Information**

Chappaqua AYSO

Section 3, Area 3T, Region 139

[www.chappaquaayso.org](http://www.chappaquaayso.org)

**Registration and Training Requirements:**

* Instructions on <http://chappaquaayso.org/volunteer-registration-on-blue-sombrero/>
  + Apply as a new/returning adult volunteer
* Safe Haven certification
  + On-line webinar: <http://www.aysou.org/>    Sign in using Blue Sombrero credentials
  + Only need to do once
* Age-specific Coach’s training
  + Sign up for Live course on : <http://www.aysou.org/>
  + Only need to do once per age-group (U6, U8, U10, etc)
  + Future class dates TBA
* CDC Concussion Awareness
  + Follow instructions on <http://chappaquaayso.org/coaches/>
  + Must be done even if you took the town’s Concussion course in the past

**Schedule:**

* Practices and games start September 1; season ends November 17;
  + Get game schedule from your Division Coordinator.
* Be at your field 15 minutes early to prepare field (goals/sandbags/cones); prepare training plan night before (resources: coaches manual, our website, AYSO website)

**Uniforms and Equipment bags:**  Check equipment bags and advise Division Coordinator if you need:

* First Aid kit, Ice packs, pinnies, cones
* Zip Ties for goal nets
* Contact the Equipment Manager for replacement / missing equipment

**Safety:**

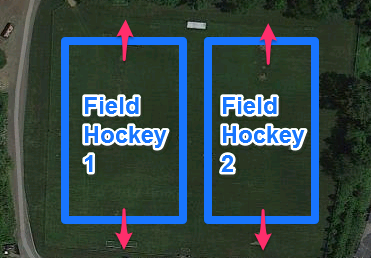
* **Sandbags on ALL goals** –NY State law requires all goals be “anchored”
* Shinguards UNDER socks against the skin
* Cleats - no metal or sharp studs
* NO jewelry of any kind, including taped-over earrings or bracelets (ONLY exception is for medical alert bracelets, which must be taped over)
  + Lightning & Thunder: "If you hear it, clear it.  If you see it, flee it."  Play is suspended for 20 minutes.
  + If the town closes the grass fields then we are cancelled for that timeframe. No more town vs school.

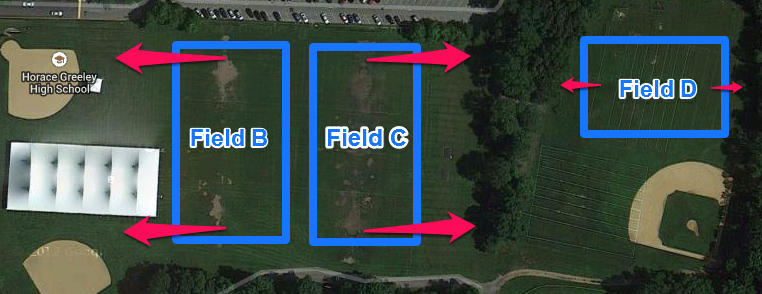
**Changes to the Laws of the Game, 2019:**

* <http://chappaquaayso.org/laws-of-the-game-changes-march-2019/>

**Weekly responsibilities:**

* U12 and above: Contact opposing coach during week to confirm game & exchange contact info.  Report game results into scheduling system.
* Rain-outs called prior to game or at field:  Contact Division Coordinator and Referee Administrator Rob Catarella ([rcatarella@gmail.com)](mailto:rcatarella@gmail.com)) immediately.
* Clear goals and sandbags off field if last game of day: <http://chappaquaayso.org/goal-storage/>
* Required on all fields. HGHS example:





**Other:**

* Coaches: no sunglasses
* Collect signed Player Participation Form and keep in your equipment bag – must have with you every week; assistant coaches should have a set too
* Manage blowouts
  + Recognize early and employ strategies
  + Put scorers on back line and don’t press, only use weak foot, only shots from outside the box, only shots from players who haven’t scored
  + Trade players to balance game
* No heading the ball for U12 and below.
* U8 and above:  Parents on opposite side of field from team and coaches
* Directions to fields:   <http://chappaquaayso.org/fields/>

**Referees:**

* Most referees are children.  DO NOT challenge the referees’ calls. Direct your concerns to the Referee Administrator Rob Catarella ([rcatarella@gmail.com)](mailto:rcatarella@gmail.com)) after the game.
* Remind your parents
* Become a referee! We train referees age 12 and up: <http://chappaquaayso.org/referees/>

**Photo Day:**  TBD

**Free, Additional Training:**

* Run by the upper division trainers
* Wednesdays, 4:30-6:00pm, Grafflin
* U10 and younger
* Includes separate breakout Goalkeeping skill development

**Online resources:**

* Weather Page: <http://chappaquaayso.org/weather/>
* Facebook: [http://facebook.com/chappaquaayso](http://www.facebook.com/chappaquaayso)
* Twitter: [http://twitter.com/chappaquaayso](http://www.twitter.com/chappaquaayso)
* AYSO National: [http://ayso.org/](http://www.google.com/url?q=http%3A%2F%2Fayso.org%2F&sa=D&sntz=1&usg=AFQjCNFcUY1L3rMxp3k5ySHcIoRP58mFsQ)
* AYSO training classes: <http://www.aysou.org/>

**Contacts:**

* Email addresses on [http://www.chappaquaayso.org/Officers.asp](http://chappaquaayso.org/wordpress/index.php/contact-us/)