



Fall 2022 Coaches Information
Chappaqua AYSO
Section 3, Area 3T, Region 139
www.chappaquaayso.org



Registration and Training Requirements:

- [Coach registration and training overview](#)
 - All returning and new volunteers must [register on AYSO139.org](#)
- Safe Haven certification
 - On-line webinar on (Instructions [here](#)). Sign in using Sports Connect credentials
 - Only need to do once
- Age-specific Coach's training
 - Sign up for online course (Instructions [here](#))
 - Only need to do once per age-group (U6, U8, U10, etc)
 - Future in-person class dates TBA
- CDC Concussion Awareness
 - Available on AYSO U (Instructions [here](#)) under Online Courses, Safe Haven Courses
 - Must be done even if you took the town's Concussion course in the past

Schedule:

- Practices and games start September 17; season ends November 12 (8 sessions);
 - Get a game schedule from your Division Coordinator.
 - No practice or games on October 8th and 9th (Columbus Day Weekend).
- Be at your field 15 minutes early to prepare the field (goals/sandbags/cones); prepare a training plan the night before. Allow extra time for High School sports if playing at HGHS.

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

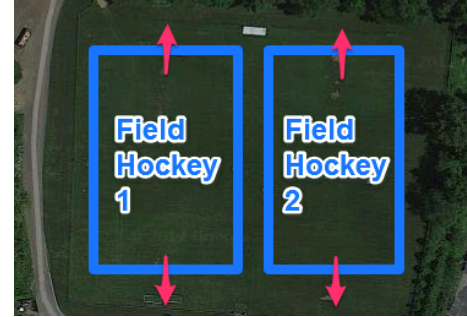
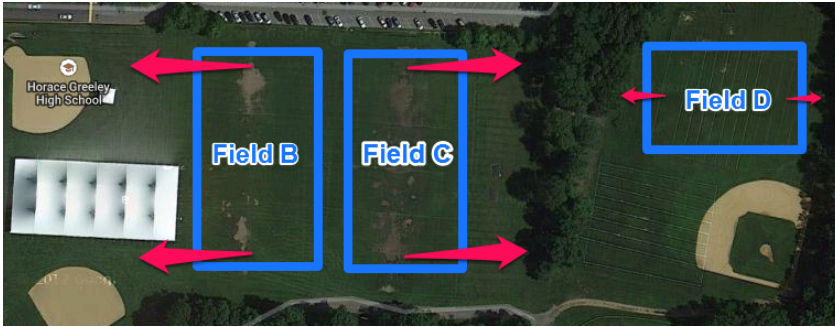
- First Aid kit, Ice packs, pinnies, cones, balls.
- Zip Ties and clips to secure goal nets, check and secure before practice.
- Contact the [Equipment Director](#) for replacement / missing equipment

Safety:

- **Sandbags on ALL goals** –NY State law requires all goals be “anchored”
- Shin guards 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.

Weekly responsibilities:

- U12 and above: Contact opposing coach during week to confirm game & exchange contact info. Report game results into the scheduling system.
- Rain-outs called prior to game or at field: Contact your Division Coordinator and Referee Administrator [Alex Olbrecht](#) immediately.
- [Clear goal and sandbags](#) off field if last game of day:
 - Required in all fields. HGHS example:



Other:

- NO DOGS - No dogs are allowed on any School Fields (which are the only fields we play on).
- Reversible jerseys, have kids wear an undershirt so they can flip jersey color as needed
- Coaches: no sunglasses, no coffee cup in your hand, assist professional trainers for U10 and higher.
- Print out player emergency contact information 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 the 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

Referees:

- Most referees are children. DO NOT challenge the referees' calls. Direct your concerns to the Referee Director [Alex Olbrecht](#) after the game.
- Remind your parents that they should not be saying anything to the Referees.
- Become a referee! We train referees age 12 and up: [Referee info here](#)

Free Wednesday Afternoon Training Sessions: (Runs 9/21 - 11/2)

- Run by the upper division trainers
- Wednesdays until daylight savings time, 4:30-6:00pm
- U10 and younger, includes separate breakout for Goalkeeping skill development

Online resources:

[Chappaqua AYSO Weather Closures](#)
 [Chappaqua AYSO Board](#)
 [Directions to fields](#)
[Facebook](#)
 [Twitter](#)
[AYSO National](#)
[AYSO training classes](#)
[Age-Appropriate Training Activities with focus on increased distancing](#)