



Fall 2023 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](http://register.on.AYSO139.org)
- **Background Check - This is absolutely mandatory!**
 - Must be renewed every 2 years
 - In Sportsconnect, you click on My Account, then View under your name, if your risk Status is not green, you can check the box next to it and click Renew & Update. Click through the steps.
 - Do not pay for the background check! We are happy to pay for it, leave it blank or \$0 and click through to submit. Then they automatically bill us for it.
- 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)
 - Coaches manuals [here](#)
- 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 9; season ends November 19 (10 sessions);
 - Get a game schedule from your Division Coordinator.
 - No practice or games on September 16th and 17th (Rosh Hashanah).
 - Yes practice on September 23rd, No games September 24th (Yom Kippur).
 - No practice or games on October 7th and 8th (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

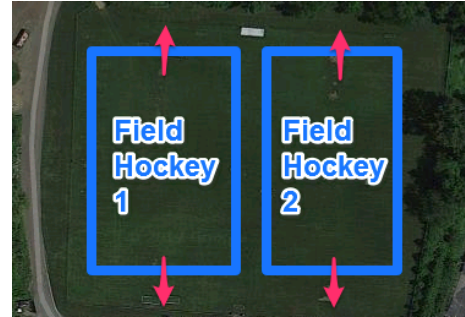
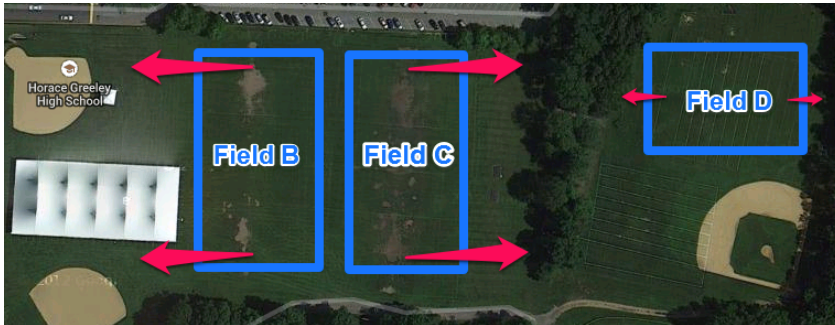
Safety:

- **Sandbags on ALL goals** –NY State law requires all goals be “anchored”
- Shin guards UNDER socks against the skin, no shin guards provided, this is mandatory!
- 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 30 minutes after last thunder or lightning.

- Heat Index: If heat index is above 96 degrees, CCSD will close the fields and we are canceled. Above 80 and especially above 90, you should provide extra water breaks, monitor kids for heat related illness.

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 9/13 - 11/1)

- 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](#)