



# **CARLSBAD GALAXY**

## **RECREATIONAL SOCCER**

### **Coaches' Handbook**

**Carlsbad Galaxy**  
**5315 Avenida Encinas, Suite 200**  
**Carlsbad, CA 92008**  
**Phone (760) 434-5600**

**Office Hours:**

Monday - 10:00am-5:00pm  
Tuesday - 10:00am-7:00pm  
Wednesday - 10:00am-5:00pm  
Thursday - 10:00am-5:00pm  
Friday - 10:00am-5:00pm  
Saturday - Closed  
Sunday - Closed

[www.carlsbadgalaxy.com](http://www.carlsbadgalaxy.com)

## **2016 Division Coordinators**

<b>Age Group</b>	<b>Location</b>	<b>Name</b>	<b>Email Address</b>
BU5 & 7	North	Fer O'Neil	<a href="mailto:fer@carlsbadgalaxy.com">fer@carlsbadgalaxy.com</a>
BU5 & 7	South	Enzo Morlaes	<a href="mailto:enzo@carlsbadgalaxy.com">enzo@carlsbadgalaxy.com</a>
BU8	North	Adam Martin	<a href="mailto:adam@lagalaxysd.com">adam@lagalaxysd.com</a>
BU8	South	Anita Bigby	<a href="mailto:anita@carlsbadgalaxy.com">anita@carlsbadgalaxy.com</a>
BU10	North	Bobby Mitchell	<a href="mailto:bobby@carlsbadgalaxy.com">bobby@carlsbadgalaxy.com</a>
BU10	South	Kirsten Ramsey	<a href="mailto:Kirsten@carlsbadgalaxy.com">Kirsten@carlsbadgalaxy.com</a>
BU12	North & South	Esther Malwitz	<a href="mailto:esther@carlsbadgalaxy.com">esther@carlsbadgalaxy.com</a>
BU14-19	North & South	Tony Rogers	<a href="mailto:tony@carlsbadgalaxy.com">tony@carlsbadgalaxy.com</a>
GU5 & 7	North & South	Janice Harper	<a href="mailto:Janice@carlsbadgalaxy.com">Janice@carlsbadgalaxy.com</a>
GU8	North	Mike Genewich	<a href="mailto:mike@carlsbadgalaxy.com">mike@carlsbadgalaxy.com</a>
GU8	South	Jim Barnhill	<a href="mailto:jim@carlsbadgalaxy.com">jim@carlsbadgalaxy.com</a>
GU10	North	Rich Molina	<a href="mailto:r.molina@carlsbadgalaxy.com">r.molina@carlsbadgalaxy.com</a>
GU10	South	Robert Pizzurro	<a href="mailto:rob@carlsbadgalaxy.com">rob@carlsbadgalaxy.com</a>
GU12	North & South	Jeff Fulton	<a href="mailto:jeff@carlsbadgalaxy.com">jeff@carlsbadgalaxy.com</a>
GU14-19	North & South	Clay Robsion	<a href="mailto:clay@carlsbadgalaxy.com">clay@carlsbadgalaxy.com</a>

South location includes 92009, 92011, 92024, and 92078

North location includes all other zip codes

### **Breakdown of Age Groups:**

Under 5: U5 players (born in 2012) play 4v4

Under 7: U6/U7 players (2010/2011) play 4v4

Under 8: U8 players (born in 2009) play 7v7

Under 10: U9/U10 players (born in 2008 & 2007) play 7v7

Under 12: U11/U12 players (born in 2006 & 2005) play 9v9

Under 14: U13/U14 players (born in 2004 & 2003) play 11v11

Under 16: U15/U16 players (born in 2002 & 2001) play 11v11

Under 19: U17/U18/U19 players (born in 2000, 1999 & 1998) play 11v11

## **Important Contacts**

Director of Recreation	Bradley Green	<a href="mailto:brad@lagalaxysd.com">brad@lagalaxysd.com</a>	760.637.6591
Recreational Assistant	Adam Martin	<a href="mailto:adam@lagalaxysd.com">adam@lagalaxysd.com</a>	760 846 1641
Uniform Coordinator	Claudia Conde	<a href="mailto:uniforms@lagalaxysd.com">uniforms@lagalaxysd.com</a>	
Team Parent Coordinator	Amy Schaefer	<a href="mailto:teamcoordinator@lagalaxysd.com">teamcoordinator@lagalaxysd.com</a>	
Practice Field Coordinator	Chris Oden	<a href="mailto:fieldcoordinator@lagalaxysd.com">fieldcoordinator@lagalaxysd.com</a>	

## **Formation of Teams**

The Division Coordinator forms teams using the player registration system and the following criteria:

- ✓ Request to play for a specific coach
- ✓ Requests to play with a friend or neighbor
- ✓ Requests by school and carpool
- ✓ Balancing each team with a fair ratio of younger and older players
- ✓ Fair distribution of All Star players between all teams

Although we strive to form balanced teams in each age group, team formation is never a perfect process. There will be stronger teams and weaker teams...please be mindful of your opponents and DO NOT run up scores. There should not be any games with more than a 5 goal win.

Ideal roster size will be as follows:

U5 to U7	12 players with a minimum of 11 and maximum of 12
U8 to U10	10 players with a minimum of 10 and maximum of 11
U12	12 players with a minimum of 12 and maximum of 13
U14 to U19	16 players with a minimum of 15 and maximum of 17

## **Coaches' Education and Clinics**

Coaching Education is incredibly important to our Club. We want to ensure that our volunteer coaches have the tools necessary to succeed on the field. We have scheduled two coaches' clinics on Saturday, August 6 and Friday, August 26.

Saturday, August, 6 – Stagecoach Community Park: 11:30am-1:30pm

Friday, August 26 – Avaira Community Park 6:00pm-8:00pm

We encourage all coaches to attend one of the clinics, this year they will be run by coaches from LA Galaxy and Coever Coaching.

## **Cal South Youth Module 1 (YM1) NOW F License Coaching Education Courses**

Beginning last year, Cal South has changed our recreational coaching requirements. YM1 is no longer a requirement. Cal South now requires all new recreational coaches to receive their F license. This is a 2-hour online course, no fieldwork required.

Please visit: <http://www.calsouth.com/en/coaching-ed/f-license/> for detailed information.

Coaches Code: email [Daniela@lagalaxysd.com](mailto:Daniela@lagalaxysd.com)

You must provide evidence of completion at the August 6<sup>th</sup> Coaches Clinic.

**\*\*\*IF YOU HAVE DONE THE YM1 TRAINING YOU DO NOT HAVE TO COMPLETE F LICENSE\*\*\***

### **Concussion Course**

#### **For all Coaches**

As you may or may not know concussion is a real concern in youth sports.

Therefore we are asking everyone to complete, the following 15-minute course.

This is to protect the players and us as coaches!

Please visit: <http://www.calsouth.com/en/safety/>

### **Risk Management**

**Cal South requires all coaches/volunteers to be cleared through the Live Scan Risk Management System.** If you have been fingerprinted for Carlsbad Lightning, Wave or United you do not need to be fingerprinted again. No one will be allowed on the field to coach/volunteer unless they have their risk management clearance. Also, regardless of whether you have other types of clearances, worked for the CIA or FBI, or even if you are a sworn peace officer, you will need to get your risk management clearance for Carlsbad Galaxy. Live Scan Fingerprinting will be offered on August 6th from 9:00 AM to 11:00 AM at Stagecoach Park Community Center. If you are unable to attend, please contact Coastal Live Scan at 760-230-1830 to schedule an appointment. **Please be aware that you must bring the Cal South Live Scan form to the appointment.**

Form: <http://www.calsouth.com/data/Downloads/Forms%20and%20Downloads/Request-for-Live-Scan-Service.pdf>

### **Cal South Coaches Registration Forms**

Each coach is required to complete a Cal South Coaches' Registration form. The forms must be completed, signed and scanned to our League Registrar, Kathy Stanton, at

[cestkathy@aol.com](mailto:cestkathy@aol.com). You can also complete and bring to the coaches meeting and submit to Kathy Stanton.

Form: [http://media.calsouth.com/data/Downloads/Forms\\_Downloads/2012.12.14\\_Administrator\\_Assignment\\_Form.pdf?rev=7945](http://media.calsouth.com/data/Downloads/Forms_Downloads/2012.12.14_Administrator_Assignment_Form.pdf?rev=7945)

### **Player Cards and Team Rosters**

Each player in the age groups of U16 and above is required to have a Cal South issued player card. The cards will be distributed from the league registrar. The cards are kept with the coach and are brought to each scheduled game. Player card instructions will be discussed at the Team Parent meeting in August. For U14 and younger, each coach will be provided with an official team roster that must be brought to all games to ensure that only Carlsbad Galaxy registered players are participating. The rosters will be spot checked throughout the season by the officials and league staff.

### **Practice Fields**

Every attempt will be made to accommodate a coach's schedule and field preferences. Practices will be once per week for U5/U7 and U8, twice per week for U10+. The field time/location will be available at the Coach's Meeting. Each coach will have the opportunity of signing up for a desired day/time/location based on the field availability. Coaches MUST practice on their assigned day, time and location...NO EXCEPTIONS! For changes or questions about your practice schedule, please contact Chris Oden at [chris@lagalaxysd.com](mailto:chris@lagalaxysd.com)

### **Game Rules**

Games will be played by the rules of soccer:

<b>Division</b>	<b>Age Group</b>	<b>Birth Year</b>	<b>Plays</b>	<b>Ball Size</b>	<b>Length of game</b>
7	Under 5	2012	4v4	3	4 x 8 minutes
6	Under 7	2010/2011	4v4	3	4 x 8 minutes
6	Under 8	2009	7v7	4	2 x 20 minutes
5	Under 10	2008/2007	7v7	4	2 x 25 minutes
4	Under 12	2006/2005	9v9	4	2 x 25 minutes
3	Under 14	2004/2003	11v11	5	2 x 30 minutes
2	Under 16	2002/2001	11v11	5	2 x 40 minutes
1	Under 19	2000, 1999, 1998	11v11	5	2 x 45 minutes

### **U8**

Games will be played by the "general" rules of soccer with the following notes: Off-sides line will be specially marked on the field. A protective goalie area will be marked on the field that neither team can enter. This is to protect the goalies.

## **U5 and U7**

Games will be played by the “general” rules of soccer with the following notes: No goalies, teams play 4v4. Each team will divide into 2 groups for games, playing 4v4, with Team A playing Team A from the opposing team on Field 1, and Team B playing Team B from the opposing team on Field 2. At half time the teams switch so that Team A will play Team B. Balls out over the goal line will result in a corner or goal kick. Balls out over the touch line will result in a throw-in. The throw-in should be done over the head, but fouls or infractions should be kept to a minimum and with lenience on the form. Both coaches will be on the same side of the field with all their players. Coaches must stay off the field during play. During the first half one coach will make all the calls (there are no refs), and during the second half the other coach will make the calls. However, this should be done from the sidelines, not from on the field.

## **Equipment + Uniforms**

Each player should have soccer shoes (no baseball/softball shoes), shin guards, a ball and water bottle for every practice and game. Players are NOT allowed to practice or play without proper soccer shoes and shin guards. As part of the registration fee each player will receive a uniform package consisting of: One Grey Jersey (Home), One Navy Jersey (Visitor), shorts and socks. Uniforms will be distributed on a selected day and Team Parent/Coach will pick up. This year the size of the uniform will work in tandem with the jersey number. Smaller sizes will be lower numbers and bigger sizes will be higher numbers. We are suggesting that the jerseys be handed out at practice with the players stood in height order.

Coaches will receive: A Coach’s Kit with cones, ball, bag and an Adidas Coaching jersey.

## **Tournament Play**

Recreational teams are encouraged to enter and play in a post-season recreational tournament. Tournament play is fun, fast-paced soccer where teams may play 3-4 games in one day. If they do well enough in their bracket they advance to the final day of play, and possibly to the final game. Tournaments are played against teams from outside our club and league, which helps teams improve and develop. Please contact Brad Green if you are interested in taking your team to a post-season tournament.

## **Opening Day**

Opening Day/Picture Day will be Sunday, September 11<sup>th</sup> @ Poinsettia Community Park.

## **Sponsorship for Teams**

As a non-profit entity, Carlsbad Galaxy depends on soccer dues and donations to offer the highest quality soccer program to the greatest number of youths as possible. As such, we request that each team have a sponsor of \$350 to supplement the Club’s scholarship fund and offset field maintenance costs, referee payments and administrative costs. Teams Sponsors will be posted on

our website and will be silk screened on the back of the GREY and NAVY jerseys. Please ask your parents if they know of any company or organization that would be interested in sponsoring your team!

### **Team Parent and Team Parent Meeting**

Please make it a priority to select your team parent during your first phone calls to your team. The team parent will serve an important role on your team and will handle many of the administrative duties for the team including team roster, securing team sponsor, snack schedule, banners, etc. We have scheduled a Team Parent Meeting to discuss the role and responsibility of the team parents and ALL team parents are encouraged to attend. The meeting is scheduled for:

#### **Monday August 15th - Team Parent Meeting at Stagecoach Park Community Center**

7:00 - 8:00 PM	U5, 7 & U8 Teams
8:00 - 9:00 PM	U10 and older Teams

### **2016 Recreational Soccer Calendar of Events**

**March 15 - Fall Season Registration opens**

**Wednesday, May 11 - Division Coordinator Meeting at Galaxy Office 6:30pm-8:00pm**

**June 15 - Registration Closes (late fee, wait list)**

#### **Wednesday July 27 - Pre-Season Coaches' Meeting at Carlsbad Senior Center**

6:30 - 7:30 PM	U5/U7
7:30 - 8:30 PM	U12+

#### **Thursday July 28 - Pre-Season Coaches' Meeting at Carlsbad Senior Center**

6:30 - 7:30 PM	U8
7:30 - 8:30 PM	U10

**Monday August 1 - Players contacted regarding team assignment**

#### **Saturday August 6 - Live Scan at Stagecoach Park Community Center**

9:00 to 11:00 AM Live Scan/Risk Management fingerprinting

**Saturday August 6 - Coaches' Clinic at Stagecoach Park 11:30am-1:30pm ran by Coever Coaching**

#### **Monday August 15 - Team Parent Meeting at Stagecoach Park Community Center**

7:00 to 8:00 PM	U5, U7 & U8 Coaches
8:00 to 9:00 PM	U10 and older Coaches

**Monday August 15 – Team Practices begin for all age groups**

**Friday August 26 - Coaches' Clinic at Aviara Community Park 6:00pm-8:00pm ran by LA Galaxy Coaches**

**Saturday September 10 – First Games for All Divisions**

**Sunday September 11 – Opening Day and Pictures at Poinsettia Park**

Teams, coaches and parents attend Opening Day. Team pictures will be taken so all teams must attend wearing their uniforms (black or white jerseys, team's choice), and all coaches must wear their coaching jersey.

**Thursday October 6<sup>th</sup> – Mid Season Coaches Meeting**

Senior Center 7-8pm, a chance to reflect on the first 4 weeks and discuss upcoming events

**Sunday October 16 – All-Star Nominations Due**

All-star nominations for U8, U10, U12 & U14 players are due no later than Sunday, October 18. This year NO nominations will be accepted after this date because of the amount of time it takes to prepare for tryouts.

**Sunday, November 6 - Recreational All-Star Tryouts for Divisions U12, U10 and U14**

Players must be in attendance to be eligible for selection to an All Star Team. Times and locations are TBA.

**Saturday, November 12 - Last games for Divisions U5, U7 and U8**

**November 12 and 13 - Recreational Championship Tournament Weekend**

Championship Weekend is an end of season tournament for Divisions U10, U12, U14.

**Saturday, November 21 – Last games for U16 and U19**

### **Coach's Check List**

#### **Pre-Season**

- ✓ Contact players' parents within one week of the coaches' meeting.
- ✓ Coordinate a "social" meeting with players to introduce yourself, prior to your first practice. This social could be at a parent's home, pizza, ice cream, a park, whatever you wish! This also gives you an opportunity to talk to parents about conduct, parent responsibilities and season plans.
- ✓ **Find A Team Parent!!** Team Parent Meeting will be held at Stagecoach Park Community Center on August 15.



- ✓ Schedule your F License Coaching Education Course, if necessary.
- ✓ Complete your Live Scan Risk Management, if necessary.
- ✓ Attend one of the Coaches' Clinics...recommended for ALL coaches.
- ✓ Find a team sponsor.
- ✓ Make sure you complete and scan your Coach's Registration form to Kathy Stanton at cestkathy@aol.com.

## **Season**

- ✓ Please practice on your designated field and time ONLY.
- ✓ Have a practice plan in place for practices and games. Prepare your game substitutions prior to your game; it will make your life much easier!
- ✓ Ensure that your player cards and/or team roster is present at every game.
- ✓ Have first aid kit at all practices and games.
- ✓ Need coaching ideas? Contact Brad Green
- ✓ Contact your Division Coordinator, Brad for any questions or concerns!
- ✓ Have FUN!