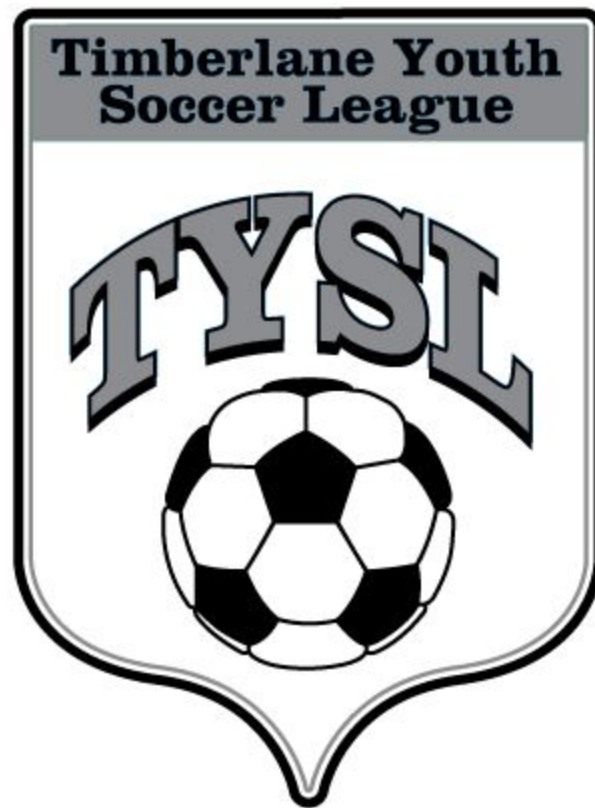


U10 T.Y.S.L.

COACH'S MANUAL



COACH'S MANUAL – TABLE OF CONTENTS

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CONTACTS

TYSL phone number is available for Parents/Coaches/Referees/Other Interested People to call to find out game cancellation information or to contact league Officers and Coordinators.

ADDRESS P.O. Box 3274, East Hampstead, NH 03826
WEBSITE: www.timberlaneyouthsoccer.org
COACH'S MANUAL: www.timberlaneyouthsoccer.org – select Coach/Parent Info
E-MAIL: nhtysl@timberlaneyouthsoccer.org
PHONE: 603-382-3344

For the latest league contact information, refer to the list posted on the website.

PARENTAL SUPPORT - THE KEY TO PEAK PERFORMANCE

The role that parents play in the life of a soccer player has a tremendous impact on their experience. With this in mind, we have taken some time to write down some helpful reminders for all of us as we approach the upcoming season. If you should have any questions about these thoughts, please feel free to discuss it with us, the coaches.

1. **LET THE COACHES COACH:** Leave the coaching to the coaches. This includes motivating, psyching your child for practice, after game critiquing, setting goals, requiring additional training, etc. You have entrusted the care of your player to these coaches and they need to be free to do their job. If a player has too many coaches, it is confusing for him and his performance usually declines.
2. **SUPPORT THE PROGRAM:** Get involved. Volunteer. Help out with fundraisers, carpool; anything to support the program.
3. **BE YOUR CHILD'S BEST FAN:** Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should *never* have to perform to win your love.
4. **SUPPORT AND ROOT FOR ALL PLAYERS ON BOTH TEAMS:** Foster teamwork. Your child's teammates *are not* the enemy. When they are playing better than your child, your child now has a wonderful opportunity to learn.
5. **DO NOT BRIBE OR OFFER INCENTIVES:** Your job is *not* to motivate. Leave this to the coaching staff. Bribes will distract your child from properly concentrating in practice and game situations.
6. **ENCOURAGE YOUR CHILD TO TALK WITH THE COACHES:** If your child is having difficulties in practice or games, or can't make a practice, etc., encourage *them* to speak directly to the coaches. This "responsibility taking" is a big part of becoming a big-time player. By handling the off-field tasks, your child is claiming ownership of all aspects of the game - preparation for, as well as, playing the game.
7. **UNDERSTAND AND DISPLAY APPROPRIATE GAME BEHAVIOR:** Remember, your child's self esteem and game performance is at stake. Be supportive, cheer, and be appropriate. To perform to the best of his abilities, a player needs to focus on the parts of the game that they can control (his fitness, positioning, decision making, skill, and aggressiveness, what the game is presenting them). If he starts focusing on what he can not control (the condition of the field, the referee, the weather, the opponent, even the outcome of the game at times), he will not play up to his ability. If he hears a lot of people telling him what to do, or yelling at the referee, it diverts his attention away from the task at hand.
8. **MONITOR YOUR CHILD'S STRESS LEVEL AT HOME:** Keep an eye on the player to make sure that they are handling stress effectively from the various activities in his life.
9. **MONITOR EATING AND SLEEPING HABITS:** Be sure your child is eating the proper foods and getting adequate rest.
10. **HELP YOUR CHILD KEEP HIS PRIORITIES STRAIGHT:** Help your child maintain a focus on schoolwork, relationships and the other things in life besides soccer. Also, if your child has made a commitment to soccer, help him fulfill his obligation to the team.

PARENTAL SUPPORT - THE KEY TO PEAK PERFORMANCE - CONTINUED

11. **REALITY TEST:** If your child has come off the field when his team has lost, but he has played his best, help him to see this as a "win". Remind him that he is to focus on "process" and not "results". His fun and satisfaction should be derived from "striving to win". Conversely, he should be as satisfied from success that occurs despite inadequate preparation and performance.
12. **KEEP SOCCER IN ITS PROPER PERSPECTIVE:** Soccer should not be larger than life for you. If your child's performance produces strong emotions in you, suppress them. Remember your relationship will continue with your children *long after* their competitive soccer days are over. Keep *your* goals and needs separate from your child's experience.
13. **HAVE FUN:** That is what we will be trying to do! We will try to challenge your child to reach past their "*comfort level*" and improve themselves as a player, and thus, a person. We will attempt to do this in environments that are fun, yet challenging. We look forward to this process. We hope you do to!

REFEREE CODE OF ETHICS

In any organized type of athletic contest, it is the official who controls the conduct of the game and to a great degree, the temperament of the crowd. In addition to enforcing the rules of the contest, the official is charged with the responsibility of maintaining order and minimizing the possibility of injury to the individual participants.

Referees are required to attend a referee training session to obtain F.I.F.A. certification.

The ideal official is the one "who notices everything, but is seldom noticed himself". The following Code of Ethics and behavior has been drawn up to exemplify this ideal referee.

A GOOD REFEREE SHOULD:

1. Know the rules, rule changes, and mechanics of officiating.
2. Be on time for the game. Allow enough time for a pre-game conference with each coach. Cover all game duties properly.
 - a. Check both goals to ensure they are properly secured.
 - b. Sign the referee sign-in sheet next to your name.
3. Look like a referee. Be proud of the appearance that you make on the field. Be well equipped. Whistle, watch, and rulebook are absolute necessities.
4. Be prepared to be physically in the game and mentally alert. Blow your whistle loud enough to notify the teams and coaches there is a stoppage in the game. Stay on top of the play, but out of the way.
5. Do not use abusive language or profanity at any time.
6. Address all players by their number and coaches by their title: "Coach", "Sir", or etc. Avoid using first names while performing as a referee.
7. Do not hesitate to explain rules and calls.
8. Do not use a dictatorial approach. Respect the players and inform them that you expect the same conduct in return. Be courteous and considerate without sacrificing firmness.
9. Always deal with actions that could result in injury to a player. Maintain control of the game through good officiating.
10. Be pleasant but firm and alert. Maintain poise and calmness at all times. You cannot afford to "lose your head". Knowing the rules and mechanics of refereeing can help, but this must be applied with common sense.

Maintain your "cool" with an irate coach. Do not argue. You cannot win. Remember, "When emotion takes over, reason flies out the window".

COACH'S CODE OF CONDUCT

- Promote teamwork, learning and fun.
- Coaches will only conduct practices on times approved by TYSL coordinators.
- Recognize that player's physical and emotional well-being takes precedent over the desire to win.
- Coaches are there for both teams on the field.
- Coaches will maintain equitable playing time as is possible considering the number of players on the team.
- Coaches will promote and demonstrate respect and good-sportsmanship to all players, coaches, officials and parents.
- Coaches will make themselves knowledgeable in the game of soccer for the level that they coach.
- Coaches will remember that competition should be healthy and enjoyable for all.
- Coaches will maintain open communication with parents, players and other coaches.
- Coaches will keep in mind that players may have individual needs.
- Coaches will respect the official's decision.
- Coaches will bring any issues they have to their coordinators.

PROBLEM RESOLUTION PROCEDURES - COACHES

TYSL reviews all issues that may arise during the season. The following are the recommended procedures for problem resolution.

CONFLICT WITH COACH:

1. The coach will be contacted by the respective Division Coordinator to resolve.
2. In the event of unsatisfactory resolution, the Division Coordinator will discuss with TYSL Officers to provide further problem resolution expertise.
3. TYSL Officer will attempt to resolve amicably.

CONFLICT WITH PARENT/PLAYER:

1. The coach will attempt to resolve any issues with parents/players.
2. In the event of unsatisfactory resolution, the coach and/or parent should contact the respective Division Coordinator.
3. In the event of unsatisfactory resolution, the Division Coordinator will discuss with TYSL Officers to provide further problem resolution expertise.
4. TYSL Officer will attempt to resolve amicably.

CONFLICT WITH A PLAYER WANTING TO CHANGE TEAMS:

1. All decisions and inquiries related to this topic **MUST** be discussed with the Division Coordinator. All Coaches **MUST** notify the parents to contact the Division Coordinator to discuss such topic.
2. Under **NO** circumstances will a coach allow a child to be added to their team or provide a shirt without prior consent from the Division Coordinator. Shirts are provided for children on your roster **ONLY**.

COACH'S RESPONSIBILITIES ON GAME DAY

*****ALL COACHES ARE TO ARRIVE 30 MINUTES BEFORE THE GAME STARTS, ESPECIALLY IF THEIR TEAM PLAYS THE FIRST GAME OF THE DAY.*****

COACHES OF ALL DIVISIONS:

- **START THE GAME ON TIME!!!** All games will start at scheduled times.
 - A delay in the start time will reduce your game's play time.
 - If your team doesn't have enough players, **START** with the players you have or ask the other coach if you can borrow some players.

- **MAKE SURE ALL PLAYERS ARE WEARING AND/OR NOT WEARING APPROPRIATE SOCCER ATTIRE, AS APPLICABLE.**
 - **NO** jewelry. Earrings must be removed, **NOT** covered with a band-aid. The **ONLY** Exception is medical ID bracelets, but the bracelet **MUST** be taped down.
 - **U4 and U6 ONLY** - Sneakers only. **NO CLEATS.**
 - **NO** referees for U4 and U6; each coach will act as the referee for one half of the game. Coaches will also check U4 and U6 players for appropriate equipment.
 - **NO** brimmed hats.
 - **NO** hooded sweatshirts or anything with a hood

- **NO PLAYER MAY GO ONTO THE FIELD UNTIL THE REFEREE HAS CHECKED THEIR EQUIPMENT.**
 - If a player arrives after the start of the game, that player **CAN NOT** play until the referee has checked their equipment. That could mean that the player will not be playing for the first quarter or half.

- **REMOVE ALL TRASH.**
 - Water bottles, trash, personal belongings **MUST** be removed from the bench area after your game is over.

COACHES OF U4, U6, U8

- **SECURE ALL NETS** on the playing field with sandbags.
- **MOVE ALL PLAYER BENCHES** in the TEAM area, as identified on the Field Location section of the manual.
- Game balls will be stored in a plastic container labeled TYSL and maintained on the field.
 - Return all game balls to the plastic container at the end of the game.
- First Aid kits will be stored in the plastic container labeled TYSL and maintained on the field
- **U8 ONLY: SIGN REFEREE LOG** which is located in the plastic container labeled TYSL and maintained on the field in the plastic container with Game Balls and First Aid Kits for the respective division.

COACH'S RESPONSIBILITIES ON GAME DAY - CONTINUED

- All nets and benches must be moved off the field and be locked to the fence at the end of the last game. It is the responsibility of all coaches at the field to remove and secure all TYSL equipment prior to leaving each week. All game balls need to be returned to the bins and place the bins inside the TYSL shed.
- Coaches of the division playing the first games of the day are responsible for field setup each week.
- Coaches of the division playing the last games of the day are responsible for field tear down each week.
- Coaches are responsible to keep the fields clean, trash picked up and disposed of properly, prior to leaving. Two trash cans and a supply of liners are stored in the TYSL shed. Liners are to be placed in each can and the cans are to be brought out by the coaches playing the first games of the day. Coaches playing the last game of the day should place trash in the dumpster and return the empty trash cans to the shed.

COACHES OF U10, U12, U14+

- **MOVE THE NETS INTO PLACE** on the field you are playing.
 - All goals will be secured to the fence located next to the parking lot. A TYSL representative will be available at the first few games to show coaches how to move and set up the nets on the field.
- **SECURE ALL NETS WITH SANDBAGS.**
 - Sandbags will be secured with the nets to the fence located next to the parking lot.
 - Check the goals before the start of each game. **DON'T** assume because they are in place that they are secure; goals may become unsafe during the game.
 - **CHILDREN UNDER 18 YRS OF AGE ARE NOT PERMITTED TO MOVE THE NETS ON OR OFF THE FIELD.**
- **U10, U12 MUST MOVE THE NETS BACK BY THE FENCE** after the last game is complete.
 - All goals will be secured to the fence located next to the parking lot. A TYSL representative will be available at the first few games to show the coaches and referees how to move the goals. Be sure that goals are not dragged sideways as the wheels may separate from the rim.
 - Secure all nets and sandbags with the supplied locks to the fence.

COACHES OF U10, U12, U14+

- Game balls will be stored in a plastic container labeled TYSL and located on the field by the players benches between the U10/U12 and U14+ fields.
 - Return all game balls to the plastic container at the end of the day.
- First Aid kits will be stored in the plastic container labeled TYSL and located on the field by the players benches between the U10/U12 and U14+ fields.

- **SIGN REFEREE LOG** located in the plastic container labeled TYSL and located on the field by the players benches between the U10/U12 and U14+ fields.

KID SAFE REGISTRATION

To comply with the NH Soccer Association regulations, effective July 1, 2005, TYSL has mandated that all volunteers (in any capacity) must register for a background check with the NH Kids Safe Program.

WHEN SHOULD I OBTAIN A KID SAFE NUMBER?

The Coordinator will inform each coach, assistant coach and/or co-coach whether they need to register.

HOW LONG IS THE KID SAFE NUMBER VALID?

Two Years: Keep the number for your records for next year.

WHO MUST OBTAIN A KID SAFE NUMBER?

All Volunteers 17 years old and older, in any capacity i.e. Coach, Assistant Coach, Referee or Other. (Other represents individual volunteering on the league board of directors, as an officer and/or coordinator.)

In the event a coach is absent, a parent helper may coach for one week without registering.

*** If you have received a Kid Safe Registration number from another organization the number CAN be used for TYSL: Please provide your Kids Safe number to the Division Coordinator. ***

PRACTICE POLICY AND PROCEDURES

- **NO Practices during the week for U4, U6 OR U8 teams.**
- U4 will have 20 minutes of a structured practice, then a 24 minute game.
- U6 will have 20 minutes of a structured practice, then a 40 minute game.
- U8 will have 30 minutes of practice, then a 40-minute game.
- U10, U12, U14+ teams please sign up for practice time during the Coaches' Meeting or inform the Division Coordinator of the day, time and location of practice that you choose.
- U10 will play a 50 minute game comprised of two (2) 25 minute halves.
- U12, U14+ will play a 60 minute game comprised of two (2) 30 minute halves.
- Since it is a recreational league, under no circumstances may the coach penalize the player for not participating in practices and/or for practicing with another team.

FIELD SIGN-UP PROCEDURES:

CONTACT INFORMATION:

In the event you do not sign up at the Coaches' Meeting for practice time, please send an email to nhtysl@timberlaneyouthsoccer.org. Please include the following in your email:

1. In the subject line specify Practice Field Scheduling Needed
2. Coach's Name, telephone number and division
3. 1st, 2nd and 3rd choice for practice location from list below

POSSIBLE PRACTICE FIELD LOCATIONS

ED GARVEY RECREATIONAL FACILITY (SANDOWN)

TIMBERLANE MIDDLE SCHOOL (PLAISTOW)

POLLARD SCHOOL (PLAISTOW) – FALL ONLY

COLLINS PARK (ATKINSON)

ATKINSON ACADEMY (ATKINSON) – FALL ONLY

DANVILLE COLBY FIELD (DANVILLE)

DANVILLE BAPTIST CHURCH (DANVILLE)

***** Important!** If you plan to hold practices at an alternative site/private property you **MUST** send the property owner's name and location of the property to your Coordinator so that we can ensure that the insurance binder is updated to cover you. *******

**** You MAY NOT start practices until you get confirmation from your Coordinator or TYSL representative that the location is covered by TYSL's insurance policy. ****

RULES U10 - 7 v 7

NUMBER OF PLAYERS

ON FIELD: 7 per team (6 players + 1 goalie)

POSITIONS: Suggested: 3 Forwards, 1 Midfielder and 2 Defenders (plus goalie). All players should have equal playing time regardless of how many practices they have attended. Each player should play the assigned position. Rotation of position is suggested.

DURATION OF GAME: 2 Halves / 25 minutes long, 5 minutes between half.

BALL SIZE: Size 4

FIELD SIZE: 60 yards long x 45 yards wide

SCORING: Goals can be scored from anywhere on the field, goals may be scored directly from a kick off. Each goal will result in a standard game restart (kickoff) by the team that was just scored on. **No record of scoring may be maintained.**

FIELD MARKINGS: Distinctive lines not more than 5 inches wide. The field of play is divided into two halves by a halfway line. A circle with a radius of 8 yards is marked around it.

GOAL AREA: 6 yard center circle, 6 yard goal kick area, 12 yard penalty area

PENALTY AREA: A penalty area is defined at each end of the field as follows: two lines are drawn at right angles to the goal line, 10 yards from the inside of each goalpost. These lines extend into the field of play for a distance of 10 yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area a penalty mark is made 8 yards from the midpoint between the goalposts and equidistant to them. An arc of circle with a radius of 8 yard from each penalty mark is drawn outside the penalty area.

PENALTIES AND

MISCONDUCT: Offsides are called.

Penalty kicks are called in small-sided games. For serious infractions, (including tripping, violent play, handling the ball, and sliding), the whistle may be blown at the referee's discretion and then a brief explanation may be given to the players.

GOAL SIZE: 6' X 18'

*****Make sure each goal is secured with sandbags before each game.*****

FOULS: Fouls will result in a *Direct or Indirect* kick. Players must stand back at least 8 yards.

PENALTY KICK: Will be taken 8 yards away.

RULES U10 - 7 v 7 - CONTINUED

CORNER KICKS: Corner kick is awarded when the ball has crossed the goal line and was last touched by a defensive player. A kick is taken from the corner on the side nearest to where the ball went out. The kicker may not touch the ball again until it has touched another player. A goal kick is awarded when the ball crosses the goal line and was touched last by the opposing team. The kick is taken from the edge of the penalty box. The kicker may not play the ball again until it has touched another player first. A goal may be scored from a goal kick.

SUBSTITUTIONS: Substitutes are allowed during stoppage of play (out of bounds, goal kick, etc.) The referee must recognize that you need a substitution and call the players onto the field. Players ready to go onto the field must wait at the centerline until called.

OTHER IMPORTANT RULES:

- **HAVE FUN!!!**
- **NO** jewelry. Earrings must be removed, **NOT** covered with a band-aid.
- Soccer cleats or sneakers only. (See TYSL website under FAQ for examples of acceptable cleats.)
- Coaches will line up players before the game so referee can check equipment. Players without appropriate equipment will not be allowed to play.
- **NO** coaches are allowed on the field.
- **NO ONE** shall coach or stand behind the goalie or end line (goal line). This includes coaches and spectators.
- **NO** slide tackling.
- **ONLY** players and coaches/assistants are allowed in the bench area.
- **NO** brimmed hats.
- **NO** hooded sweatshirts
- Foul Language is **NOT** permitted on the field or bench at any time. This will result in removal from the game.

RAIN CANCELLATION POLICY

*****Rain cancellations apply to ALL divisions. Do not assume that because one division is cancelled another division will be also.** For example, U4 may be cancelled and U6, U8, U10, U12, U14+ may not be. ***

A TYSL Representative will assess the weather and field conditions for safety for each division by 6:30AM on Saturday morning that games are scheduled. A decision will be made whether to cancel the games for the day or in two hour increments.

IF GAMES ARE CANCELLED FOR THE DAY, THE FOLLOWING STEPS WILL BE TAKEN:

1. All coaches who have games scheduled before 10:00AM will be notified by their Coordinator no later than 6:30AM via telephone and e-mail.

*** All other games scheduled after 10:00 AM will be notified solely through e-mail and/or they have the option to call the voicemail and listen to see if there has been a rain cancellation for the respective division. TYSL will make every effort to update the website with rain cancellation information throughout the morning. ***

IF GAMES ARE CANCELLED IN TWO HOUR INCREMENTS, THE FOLLOWING STEPS WILL BE TAKEN:

1. All coaches who have games scheduled before 10:00AM will be notified by their Coordinator no later than 6:30AM via telephone and e-mail.
2. All coaches who have games scheduled between 10:00AM and 1:00PM should call the TYSL voicemail to check whether the games will be played. A TYSL Representative will update the voice mail no later than 9:00 AM.
3. All coaches who have games scheduled between 1:00 PM and 3:00PM should call the TYSL voicemail to check whether the games will be played. A TYSL Representative will update the voicemail no later than 11:00AM.

If coaches feel a field is not safe for play, they may cancel the game.

WHAT GOES ON BEHIND THE SCENES; INFORMATIONAL PURPOSES ONLY FOR THE COACH:

- a. A TYSL Representative will call the TYSL message line to update the message informing members of the game cancellation for each of the time periods, as indicated above.
- b. Coordinators will notify, by phone or email, the President, Vice President and Registrar of the game cancellations for each of the time periods, as indicated above.
- c. A TYSL Representative will place appropriate cancellation message on website Home Page (www.timberlaneyouthsoccer.org) for each of the time periods, as indicated above.
- d. A TYSL Representative will remove ALL cancellation notices prior to the next two hour interval or no later than Monday morning at 9:00AM weather dependent for each of the time periods, as indicated above.

LOCATIONS TO OBTAIN RAIN CANCELLATION INFORMATION:

WEBSITE: www.timberlaneyouthsoccer.org

PHONE: 603-382-3344

MEDICAL INFORMATION POLICY

TYSL wants to insure the wellbeing of all players/referees. During the registration process, a parent/guardian of each player/referee electronically signs a Medical Agreement Form. By the parent/guardian electronically signing this form, it provides authorization to seek medical or dental help for the player in case of an accident in the event the parent/guardian is unable to be contacted. This care may be given under whatever conditions are deemed necessary to preserve life, limb or wellbeing.

The Medical Agreement Form also attests to the fact that, to the best of the parent's/guardian's knowledge the child does not have any condition which prohibits or severely restricts his/her participation in soccer and that the parent/guardian has been advised that the child should refrain from participating in the type of activity associated with the sport of soccer.

Coaches may log onto their team account to print out a copy of the medical report for their team.

*****Coaches should have a copy of the medical agreement report with them at every practice and game.*****

PICTURE RELEASE POLICY

TYSL is interested in promoting soccer in the local area. During the online registration process, a parent/guardian will be asked to electronically sign a photo release form to give permission to TYSL to use a portrait, picture, photograph, and/or video of the player for the sake of publicity for TYSL.

***** UNDER NO CIRCUMSTANCES WILL THE PLAYER'S NAME AND ADDRESS BE POSTED OR PROVIDED. *****

SOCCER EQUIPMENT POLICY

Each season coaches for U10 and above are provided equipment to be used during the season. Equipment will consist of a soccer bag with approximately 3 balls (size appropriate for the respective division); pinnies; cones (approx. 10); air pump.

Since we are a non-profit organization it is imperative to receive the equipment back at the end of the season. TYSL will require all coaches to sign a document stating they will return all equipment at the end of the season but prior to the issuance of trophies. Each coach will be solely responsible for any costs incurred by TYSL to replace the soccer equipment in the event they do not return all equipment by the last game of the season.

COACH DEVELOPMENT

TYSL is committed to providing continuing education for new and veteran coaches.

Training is offered every season. Division coordinators will contact coaches via email with details.

Division coordinators will be providing information on a web-based training program covering the dangers of concussions and what coaches can do to keep players safe.

In addition to training, there are a number of online coaching resources. Links are provided on the TYSL website. From the TYSL Home Page, click on Coach/Parent Info; the links are listed under Coaches' Information.

REFERENCE MATERIALS

Timberlane Youth Soccer League
(Located under Coach/Parent Info)

www.timberlaneyouthsoccer.org

GotSoccer

www.gotsoccer.com

GrassRoots Coaching.com

www.grassrootscoaching.com

SoccerClub.com

www.soccerclub.com/training/drills/defaults.asp

SoccerHelp.com

www.soccerhelp.com/Soccer_Drills.html

U.S. Youth Soccer

<http://www.usyouthsoccer.org/>

INFORMATION TO PROVIDE PARENTS

The following documents are provided in the front pocket of the manual and it is strongly recommended that they be provided to the parents by the coach.

<u>TOPIC</u>	<u>PAGE #</u>
PARENT INFORMATION SHEET	19
PARENTAL SUPPORT - THE KEY TO PEAK PERFORMANCE	4-5
FIELD LOCATIONS	20-21

***** THEY WILL ALSO BE POSTED ON THE TYSL WEBSITE*****

PARENT INFORMATION

Serving the towns of Plaistow, Atkinson, Sandown, and Danville, New Hampshire, and surrounding towns. We hope your experience with T.Y.S.L. this season is an enjoyable one. Included on this page is the contact information and how to find important dates to remember.

WEBSITE: www.timberlaneyouthsoccer.org
E-MAIL: nhtysl@timberlaneyouthsoccer.org
PHONE: 603-382-3344
IMPORTANT DATES: This includes Game Dates, Player Clinics and Picture Days.
See Dates to Remember Document for Current Session or go to
www.timberlaneyouthsoccer.org and click on Calendar.

**RAIN DELAYS/
CANCELLATIONS:**

Rain cancellations apply to **ALL** divisions.
A decision will be made whether to cancel the games for the day or in two hour increments. Only games scheduled for the 8:00AM game will be notified by your coach. Please access the website at www.timberlaneyouthsoccer.org OR call 382-3344.

***** Important! Keep in mind that NOT all divisions will cancel due to the rain. Please listen for your age group. *****

REMINDERS:

1. **ALL PLAYERS MUST** wear shin guards AND they MUST be covered by socks, regardless of age. Players **CAN NOT** play a game without shin guards!
2. **NO** jewelry. Earrings must be removed, NOT covered with a band-aid. The only exceptions are medical ID bracelets ***they need to be taped down***
3. **U4 and U6:** Sneakers Only. **U8, U10, U12, U14+:** Soccer cleats or sneakers only. (See TYSL website under FAQ for examples of acceptable cleats.)
4. **NO ONE** is permitted to stand behind the goalie or end line (goal line) during the game. This includes coaches, spectators and parents.
5. **NO** slide tackling.
6. **ONLY** players and coaches/assistants are allowed in the bench area. ALL spectators are provided ample space on the opposite side of the field.
7. **NO** brimmed hats.
8. **NO** hooded sweatshirts.
9. Foul Language is **NOT** permitted on the field and will result in removal of that player from the game.
10. Players need to **arrive 15 minutes before** their game time. Players arriving late will not be able to play until the beginning of the next quarter or half (This will allow the referee adequate time to check for proper equipment).
11. Please pick up the garbage around your area and dispose of it in trash receptacles. **DO NOT** leave any refuse on the ground!!

TIMBERLANE YOUTH SOCCER LEAGUE

COACH'S MANUAL

FIELD LOCATIONS

DIVISIONS

U4, U6, U8
U10/U12
U14+

GAME FIELD

Ed Garvey Recreational Facility, Sandown, NH
Woodlock Fields – Small Field, Atkinson, NH
Woodlock Fields – Large Field, Atkinson, NH

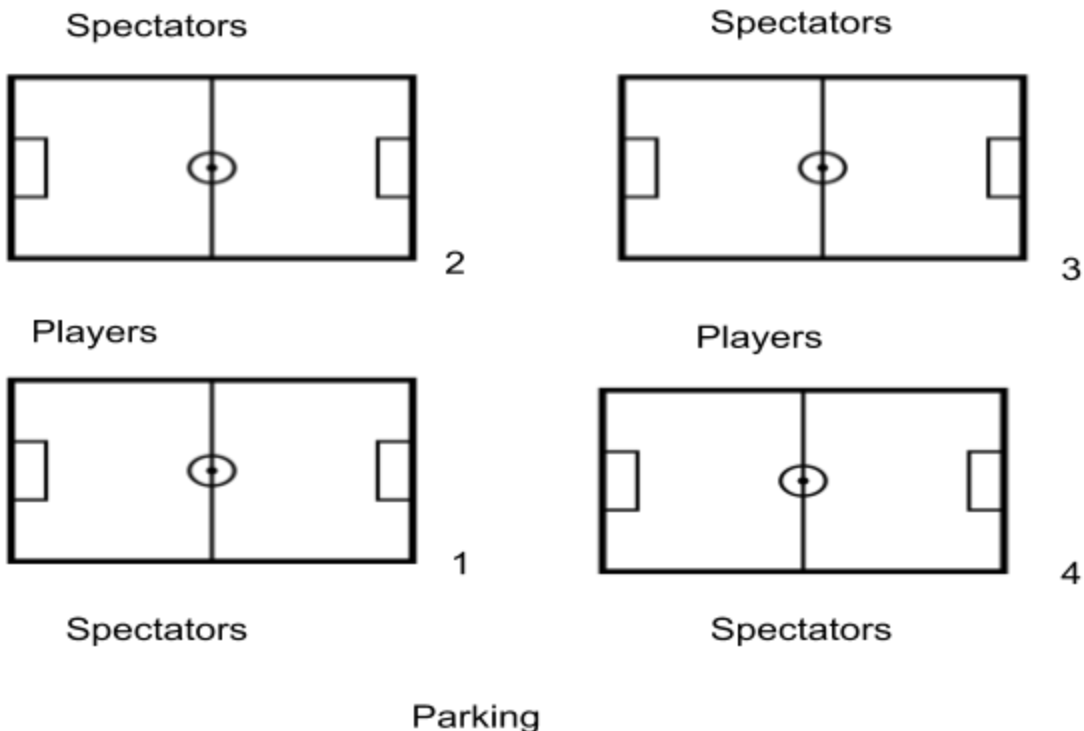
DIRECTIONS TO SANDOWN FIELDS

Edward Garvey Recreational Facility & Fields
25 Pheasant Run Drive
Sandown, NH 03873

From the intersection of Rt 111 and 121A (Hannaford's)
Take Rt 121A towards Sandown/Chester
Follow for 5 miles.
Go through the center of Sandown (past school/library/fire station/town hall)
Take left onto Pheasant Run Dr.
Stay straight.
Recreation building/fields are on the right.

Pheasant Run Dr is 2 miles north of Sandown Town Hall off Rt 121A.

***** Handicap access is available. *****



FIELD LOCATIONS - CONTINUED

DIRECTIONS TO WOODLOCK FIELDS

FROM THE WEST:

- Travel Route 111 East
- Right onto Island Pond Road (after Freshwater Farms)
- Right onto West Side Drive
- Left onto Pope Road

FROM THE EAST:

- Travel Route 111 West
- Left onto Route 121 (Main Street) (at lights)
- Right onto Island Pond Road (after Village Pizza)
- Left onto West Side Drive
- Left onto Pope Road

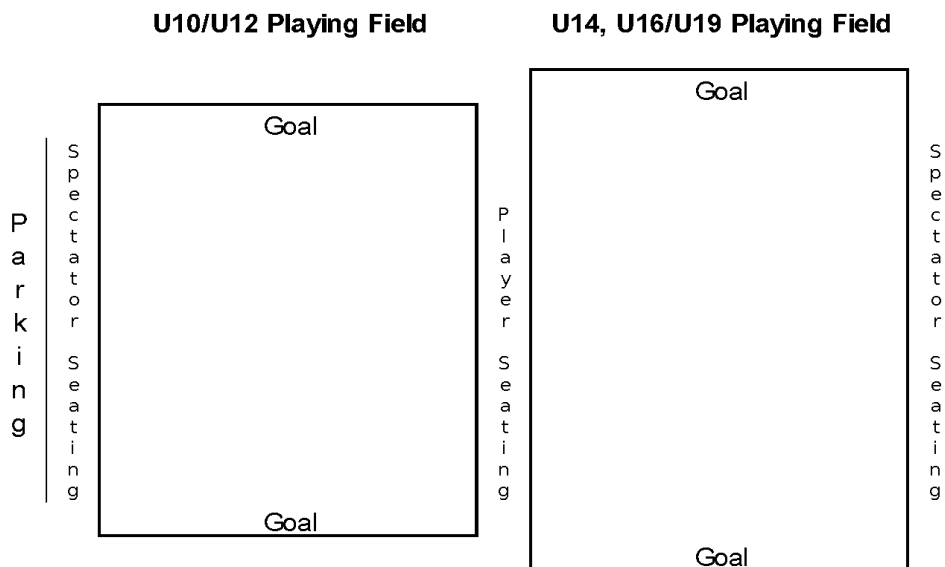
FROM THE NORTH:

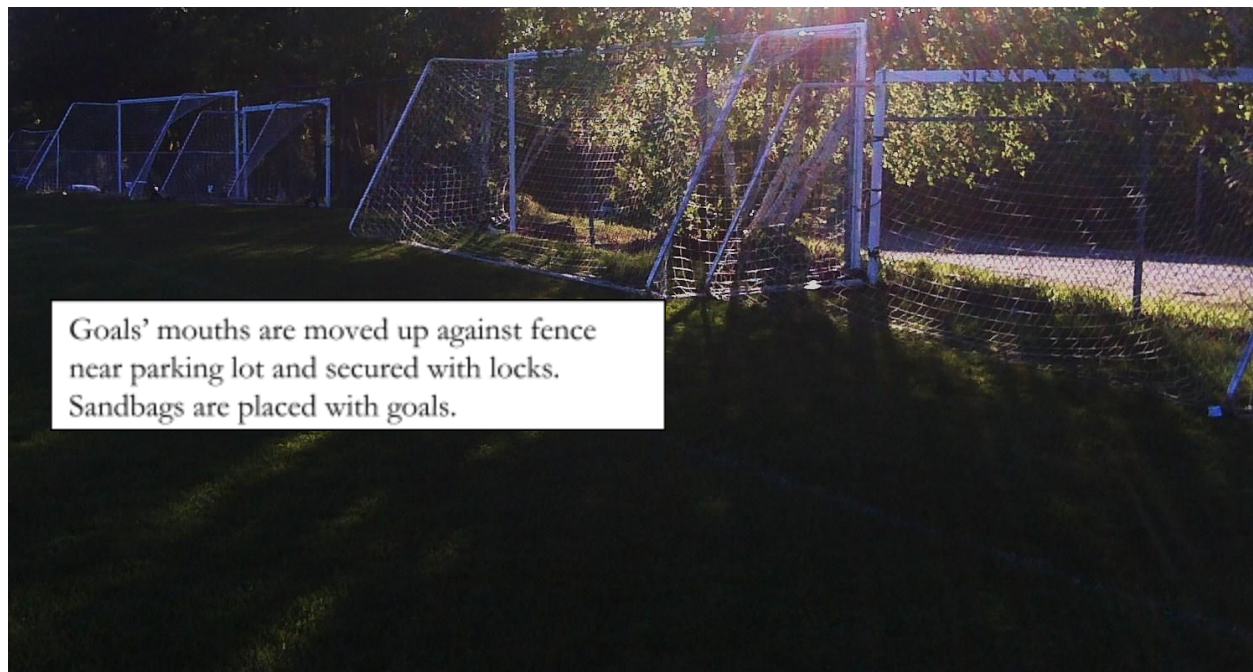
- Travel Route 121 South from Route 111
- Right onto Island Pond Road (after Village Pizza)
- Left onto West Side Drive
- Left onto Pope Road

FROM THE SOUTH:

- Travel Route 121 North from Route 125, Interstate 495
- Left onto Island Pond Road (past Kenney's Garage on right)
- Left onto West Side Drive
- Left onto Pope Road

PLAYING FIELD LAYOUT - WOODLOCK FIELDS - U10, U12 & U14+





Goal Mouth Against Fence

Goal Safety

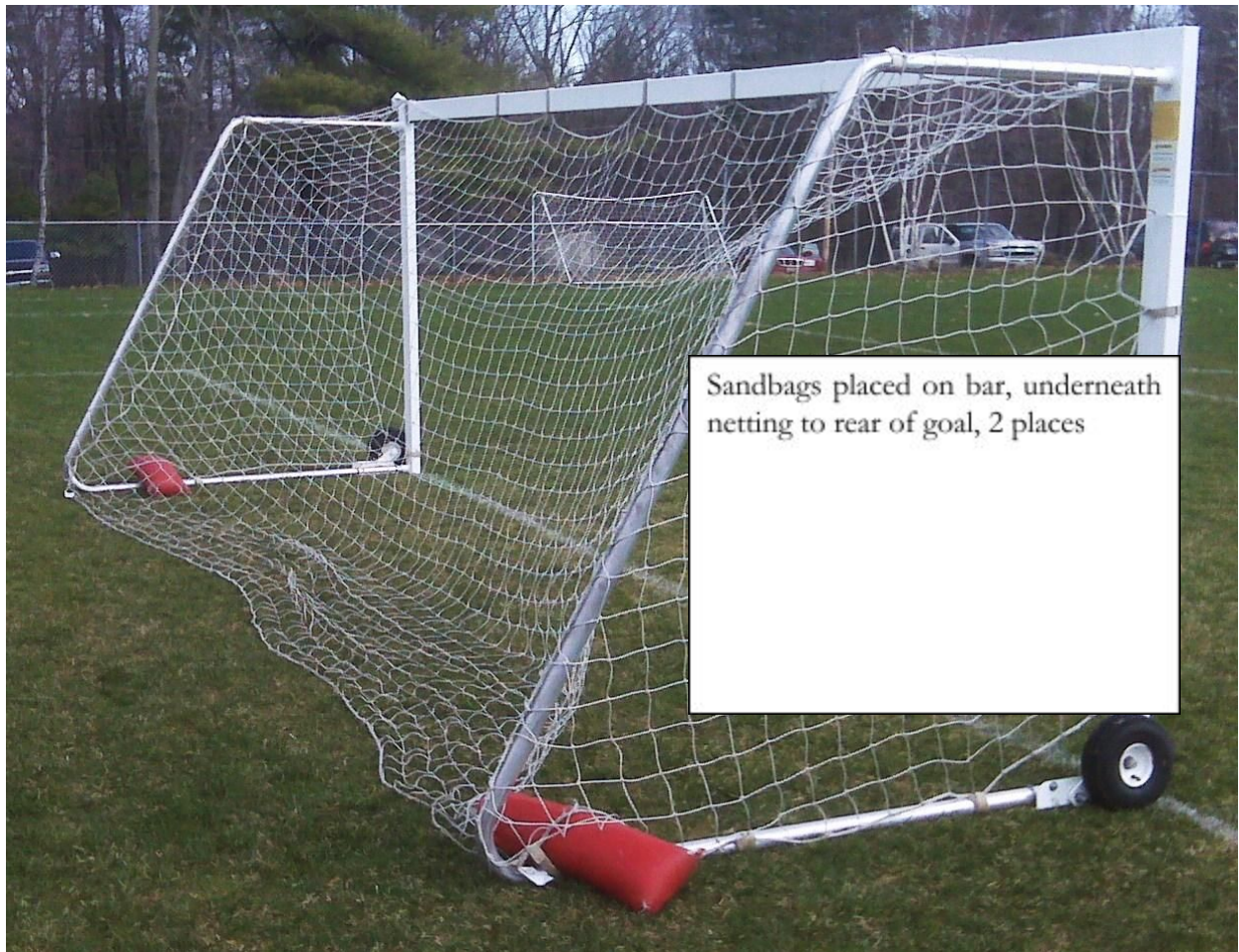
- Goals are to be handled by an **Adult ONLY** – no exceptions.
- Goals are to be properly secured with sandbags whenever they are removed from the fence.
- Goals are to be checked prior to the start of each game for proper sandbag placement.
- Goals are to be stored at the fence by the parking lot at the end of TYSL games – however if a TSC team is taking the field the goals may be left on the field. Sandbags are kept with goals and secured with locks.
- The combination for the goals will be given to you by your coordinator.

Coaches' Responsibility

- Coaches with the first game and last game of the day are responsible for taking out and putting away the goals. Parents may be utilized and are encouraged to assist with goal setup and take down.
- Coaches are responsible to ensure the goals are set up in a timely manner prior to the start of the first game in the morning.
- Coaches will ensure that two (2) locks are secured on each net and the combination not left keyed into the lock.
- Corner flags and TYSL game ball box are to be stored in orange game box behind pump house.
- Coaches are responsible for making sure no trash is left on the fields.



Goals Secured With Sandbags



Goals Secured With Sandbags