



## TIMBERLANE YOUTH SOCCER LEAGUE

PO Box 3274, East Hampstead, NH 03826

Tel: 603-382-3344

Email: [nhtysl@timberlaneyouthsoccer.org](mailto:nhtysl@timberlaneyouthsoccer.org)

Website: [www.timberlaneyouthsoccer.org](http://www.timberlaneyouthsoccer.org)

## Coaches Meeting Information - Spring 2021

### Coach Registration

Every volunteer must register as a VOLUNTEER. The link to register is on the TYSL website ([timberlaneyouthsoccer.org](http://timberlaneyouthsoccer.org)), on the Register page.

Through the GotSoccer Coach account, head coaches and assistant coaches will run their background check (or verify if it needs updating). Until the background check is approved, the coach cannot be put on the roster and cannot coach.

SafeSport is a certification mandated by Federal Law for individuals working with children under the age of 18. The 90-minute SafeSport Trained course video covers the following topics in-depth: Mandatory Reporting, Sexual Misconduct Awareness Education, Emotional and Physical Misconduct

Refer to separate Contact Sheet for:

- How to register as a coach (head coach or assistant coach)
- How to verify/run background check (and voucher code, to make that free)
- SafeSport course information
- Concussion Awareness video information

### Games

Coaching manuals for each division can be found on the TYSL website ([timberlaneyouthsoccer.org](http://timberlaneyouthsoccer.org)), on the Coaches/Parents page. There are also some great training videos, and TYSL league rules.

Some highlights from the coaching manuals:

Players should arrive at least 15 minutes before their game time, to get checked in and warm up.

U4-U8 does not have a goal keeper – encourage the players to interact with the ball and to pass.

U8-U19 has referees, no coaches on the field, and player must wait at the half line to be subbed in.

U4-U8 gets repeat throw-ins, with coaching. U10 gets 1 repeat bad throw-in, then possession changes.

U12-U19 1 bad throw-in, possession changes. U10-U19 has off-sides. U15-U19 allows heading.

Start on time, so that the next game can start on time. If starting late, the referee will shorten the time.

Be sure to pick up when the game is over. Train the players by not dismissing them until everyone helps gather equipment and pick up trash.

### Game Setup/Teardown

Teams with the first games of the day are responsible for setup. Teams with the last game of the day are responsible for teardown. Check the online schedule to know who is first and last on a field.

Get parents to help! Walking over to ask usually works better than sending emails.

## Game Setup/Teardown (continued)

Refer to separate Contact Sheet for lock codes.

Setup at Ed Garvey, Sandown (U4-U8):

- Put nets on the field (make sure sizes match!). If double-lined, use the marks for the division. Put a sandbag on the back of each net.
- DO NOT put benches between fields (*too small to use during social distancing*).
- Put game totes from shed between fields (contain cones, ball pump, pinneys, first aid, etc.).
- Put the 2 trash barrels from shed on the field near the fence, with liners.
- Unlock both double gates, for accessibility and emergency exit - key is in the shed.

Teardown at Ed Garvey, Sandown (U4-U8):

- Lock nets, sandbags, and benches to the fence. Put game totes in the shed.
- Empty both trashes into dumpster (by playground) - key is in the shed. Put both barrels in shed.
- Lock both double gates - key is in the shed. Lock the shed.

Setup at Woodlock, Atkinson (U10-U19):

- Put nets on the field (wheels down to move, then up to play). If double-lined, use the marks for the division. Put 2 sandbags on the back of each net.
- Unlock the yellow job box (key in lock box hanging, key in lock on each side, turn and pull open).
- Put flags from yellow job box on each corner. If double-lined, use the marks for the division.
- Put game tote from yellow job box between fields (contain ball pump, pinneys, first aid, etc.).

Teardown at Woodlock, Atkinson (U10-U19):

- Lock nets and sandbags to the fence (on both sides).
- Put flags and game tote in the yellow job box. Lock the yellow job box (push in lock on each side, key in lock box hanging, scramble the lock code).

No one under 18 is allowed to help move a net. Read about Zach's Law on the TYSL website ([timberlaneyouthsoccer.org](http://timberlaneyouthsoccer.org)), on the Coaches/Parents page.

Return equipment at the end of the season (U10-U19).

## Referees

Be respectful of the referees, and teach the players to be respectful. Most referees start at the age of 12, and this might be their first job. We need them, and we want them to continue for many seasons. Their ruling on the field is law. At no point should a coach challenge a call. A coach may ask a referee for clarification on a rule after the game is over, but it must be non-confrontational. If there are any issues with a referee (i.e. questioning their knowledge of the rules, wishing they would blow the whistle more loudly), contact the Referee Coordinator.

## Practices

U10-U19 has a mid-week practice, scheduled through the Practice Field Coordinator. Do not reschedule a practice for any reason without checking with the Coordinator for availability.

U4-U8 practices before their game. If BOTH coaches want to start early, check with the referee.

## Rosters

Rosters are final unless the league sends an update. Do not move players around! A lot of work goes into balancing the teams.

Each team will get a unique GotSoccer login. This is different than the Coach account. From the team login, the coaches can print rosters and print medical release document (keep these on-hand at every practice and game, in case of an injury, to have medical history and emergency contacts). Coaches can also email the players on the team.

Coaches need to contact the players as soon as rosters are available. Parents are anxious for news about who is coaching, and when are practices and games. Be sure to tell the parents what color jersey the team has, to help them find the team the first day. Also be sure to tell them the team name, which will be listed on the game schedule online.

## Schedules

Schedules are available on the website ([timberlaneyouthsoccer.org](http://timberlaneyouthsoccer.org)), and everyone will be notified when they are finalized and published. This is typically done around the time of the Coaches Meeting, or very shortly after (when teams are finalized).

If the league cancels due to rain, they will update the voice mail and try to update the website. Coaches and referees for the first games will be contacted directly. Games may be cancelled in time blocks, depending on the forecast, so check the full message.

Do not cancel a game without contacting the Division Coordinator, who can contact the other team.

## Problems

Coaches should talk to their Division Coordinator. Above that, talk to a Board Member.

Parents should talk to their Coach(es), then go above to Division Coordinator and Board Member.

Any injuries during practice or game, contact league immediately. Each registration includes insurance, but claims must be filed in a timely manner. If unsure whether to report it, report it, in case the injury turns out later to be more extensive.

## League Rules

League rules are posted on the TYSL website ([timberlaneyouthsoccer.org](http://timberlaneyouthsoccer.org)), on the Coaches/Parents page, and agreed to by every family during registration. Every family also agrees to a code of conduct.

Check your players when they arrive. U8-U19, the referees should also be checking. Summary:

- ALL PLAYERS MUST have shin guards AND covered by socks, regardless of age.
- NO jewelry. Earrings must be removed. The only Exceptions are medical ID bracelets (taped).
- U4/U6: Sneakers Only. U8/U10/U12/U14/U16: Soccer cleats or sneakers only.
- NO ONE should coach or stand behind the goalie or end line (goal line).
- 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 and could result in your removal from the game.
- Also no dogs on the field (town rules, posted).