

## St. James Elizabeth Ann Youth Soccer Club Coach Information

Thank you for volunteering to coach. This document includes information to help the coaches, especially new coaches to be prepared for the upcoming season. The SJEAYSC website also has additional information including a Frequently Asked Questions page. The website is [www.sjeaysc.org](http://www.sjeaysc.org).

### Required Training

Once you have been added as a coach for SJEAYSC, you will receive an email from Nebraska State Soccer with information regarding required training. The email will include information on setting up an account in the [NSS Risk Management](#) site if you do not already have one.

The required training includes:

- Background Check
- SafeSport Training
- Concussion Training

Please complete the risk management training as soon as possible. It will probably take about 1 1/2 - 2 hours to complete everything.

If you have issues completing the requirements, please reach out to [www.nebraskastatesoccer.org](http://www.nebraskastatesoccer.org). The guides and support contact information can be found on the under the Resources tab.

**These items must be completed by all coaches. Your name will not be listed on the official team roster until the training is complete.**

After all your requirements are completed, we will approve your team for play. You will be issued a state certified roster and player passes/digital passes. Both the roster and passes are required at check-in at all games.

\*\*All volunteers in the Omaha Diocese are required to complete Safe Environment training. Information can be found on the following website: <https://archomaha.org/safe-environment/>.

**\*\*\*Please note that all coaches must complete the Risk Management training, which includes anyone who assists with practices or sits on the sideline during games. Failure to complete the training may result in a fine to the club from Nebraska State Soccer, which will be passed along to the coach to pay.\*\*\***

### Rosters

Nebraska State Soccer and SJEAYSC have partnered with [Sports Connect](#) for team administration. Through this account you can access information about your team, print rosters, and player passes for games. Player passes are needed for 3<sup>rd</sup> grade and above. Player passes may be accessed on your phone for the games, so you are not required to have printed copies. Instructions for printing are included at the end of this document if you prefer a printed copy.

The club also has a TeamSnap subscription that can be used for team communication. The app allows you to message team members as a group or individually. You can also enter your practice and game schedules. Parents can mark availability in the app to let the coaches know if their child will miss practice or a game. The app contains team and player ID information and can be used for checking in players at games. For more information about the app and to set up account for your team, please email [president@sjeaysc.org](mailto:president@sjeaysc.org).

There may be times when you are short players on a game day. It is possible to use a club pass to share players between teams when necessary. This should be a temporary or guest player. You can club pass up or across an age group. You cannot club pass down. For more information on using the club pass please email [president@sjeaysc.org](mailto:president@sjeaysc.org) or [vicepresident@sjeaysc.org](mailto:vicepresident@sjeaysc.org).

### **Practices and Equipment**

Most teams will have one practice a week from an hour to an hour and a half. Practices can be held at any open location with grass. Many coaches will use Rambleridge Park across the street from St. Elizabeth Ann. The field at SEA may also be reserved for practice. If you would like to request a practice time, please email [fieldmaint@sjeaysc.org](mailto:fieldmaint@sjeaysc.org) and [vicepresident@sjeaysc.org](mailto:vicepresident@sjeaysc.org). In order to receive approval for practice time on the main field, **the team must send at least one representative to the field clean-up day each season.** It is usually on a Saturday morning, a week or two before the season begins. The cleanup date for the Fall 2022 season will be **8/13 at 8:00.**

Balls, cones, nets (if needed), and other necessary equipment will be provided by the club and will be available at the field cleanup. Please contact the equipment manager at [equipment@sjeaysc.org](mailto:equipment@sjeaysc.org) if you need to arrange an alternative date/time.

### **Uniforms**

Uniforms and spirit wear are provided by Evans Apparel. The uniform shop is typically open with registration, closing about three weeks before the season begins. If parents need a uniform for their child after the store closes, they can try the StJames ElizabethAnn SoccerClub or Parents of SJS facebook pages or contact [president@sjeaysc.org](mailto:president@sjeaysc.org) as occasionally uniforms get donated to the club.

### **CYSL Website and Schedules**

Every coach has a log in on the CYSL website [www.cysl.net](http://www.cysl.net). Your login will be your first initial and last name. Your password is your last name with a capital letter first.

The schedules for the games can be found on the website for CYSL. The schedules are typically released about a week before the season starts. If games are canceled by CYSL for any reason, they will post a notice on their website by 3:00. Please be sure to check the website if there are any questions about games being played. CYSL will contact the coaches from both teams with a reschedule date.

If you need to reschedule a game, email the other coach with dates that will work for you. Contact information for other CYSL coaches can be obtained on the website (login required). Once you have a few options, you will need to submit a request on the website. CYSL will notify you once the game has been rescheduled.

Starting in U9 (3<sup>rd</sup> grade) coaches will need to report game results to CYSL. After every game you need to log in to [www.cysl.net](http://www.cysl.net) and click on "electronic game card to enter the scores from the game.

## Game Rules

The rules for all CYSL's games can be found on their website. Go to [www.cysl.net](http://www.cysl.net) and click on "Rules of Play." Below is a table with a breakdown of the different age levels.

	1 <sup>st</sup> Grade (U7)	2 <sup>nd</sup> Grade (U8)	3 <sup>rd</sup> & 4 <sup>th</sup> (U9 & U10)	5 <sup>th</sup> & 6 <sup>th</sup> (U12)	7 <sup>th</sup> & 8 <sup>th</sup> (U14)
Player Passes	No	No	Yes	Yes	Yes
Referees	No	No	Yes	Yes	Yes
Number of Players	4v4 (No goalie)	5v5 (goalie)	7v7	9v9	11v11
Ball Size	3	3	4	4	5
Game Duration	10 min quarters 5 min halftime	10 min quarters 5 min halftime	25 min half 5 min halftime	30 min half 10 min halftime	35 min half 15 min halftime
Coaches on Field	Yes	Yes	No	No	No

## Additional Training Courses

Nebraska State Soccer now US Soccer Grassroots Coaching courses. These courses are free and come with training plans you can use. There are four courses, 4v4, 7v7, 9v9, and 11v11. To access the courses email [support@nebraskastatesoccer.org](mailto:support@nebraskastatesoccer.org). They will provide a promo code for the course you would like to take.

If you are looking for additional assistance with planning practices, there is a free app called MOJO Sports. The app contains soccer drills along with videos, and practice planning support. Visit <https://www.mojo.sport/> for more information.

## 3<sup>rd</sup> Grade specific changes:

- Move to size 4 balls
- Use Build out line
- Move to 7 v 7
- Goalie can't punt ball
- Offsides enforced between goal and build out line
- Keep feet down on throw-ins or will lose possession
- If captain wins then choose Ball or Goal to attack
- If referee doesn't show then each coach is referee for a half

## Additional Questions

Please feel free to contact [president@sjeaysc.org](mailto:president@sjeaysc.org) or [vicepresident@sjeaysc.org](mailto:vicepresident@sjeaysc.org) with any questions.