

COSC Coaches' Rules & Orientation

- It's important to have an assistant coach or team parent present at all practices. Two deep leadership.
- Coaches are responsible for choosing and asking a parent to be a team parent. From experience, involving parents typically makes a coaches' season easier.
- Team parent responsibilities:
 1. Make phone calls to the team when asked to do so by the coach.
 2. Be responsible for making and handing out an after game drink/treat schedule. Parents rotate bringing these to each game.
 3. Be at practices when one of the coaches can't make it-2deep leadership.
- It's at the discretion of the team to have a party at the end of the season. **COSC will be providing medals for both seasons.** Medals are usually handed out at your last game.
- When & How long should practice last? COSC requires you to hold **two practices per week** throughout the whole soccer season. Days and times are up to you and your assistant coach. Be mindful of parents' work schedules.
 - At U-6, we recommend 45 minute practices.
 - At U-8, we recommend 50 minute practices.
 - At U-10, we recommend 60 minute practices.
- Make practices fun. Every child should have a ball. Use activities where the players are constantly moving with the ball. Activities where kids are standing in line waiting for their turn are not recommended at all. Get everyone moving!!
- Avoid candy, food and/or gum during practices and games. It's just not safe.
- Please walk over your entire field before every game and look for hazards (glass, pencils, pens, garbage, pot holes, etc.)
- COSC prohibits the use of tobacco at practices and games.
- ***Use the U6, U8, and U10 Coaching Curriculum for age appropriate practice ideas.***
- U6 & U8 Coaches-bring a watch or stopwatch to time the games. A whistle is helpful, too.
- U6 games, Four 8 minute quarters with 2 minute breaks between quarters, 5 min. half
- U8 games, Four 10 minute quarters with 2 minute breaks between quarters, 5 min. half
- U10 (7 vs. 7) games, Two 25 minute halves with 5 minute break between halves
- U6 and U8 don't have referees. The coaches get to be out on the field and referee the game. Coaches need to be teaching and encouraging **both teams** as the game is played.
- For U10 games that have a referee: Let the referee be in charge and referee the game. Coaches and spectators are not to criticize or critique the referee in any way, shape or form. Coaches are responsible for your spectator's conduct. Let's practice good sportsmanship!!
- Coaches and Teams belong on one side of the field. All parents and spectators **must** sit on the other side of the field. The coach is responsible for enforcing this policy.
- Watch for and reward good sportsmanship. Bad sportsmanship and/or a child that is angry should be taken off the field immediately to calm down.
- No aggressive playing, no elbowing and pushing. Coaches, do something if bad behavior is a problem. We know from experience that parents and players often reflect the attitude of the coach. Keep your attitudes in check. Smile!!!
- DO NOT keep score. Please avoid "blowouts" (more than a 4 goal differential). The coaches need to work together and try to adjust the play for a more balanced game and overall positive experience for the kids. Examples – Winning team moves the stronger players to defense, establish limitations like number of passes without the other team touching the ball before they can score, remove a player from the game as a last resort. Losing team may add additional players to the game. It is essential that coaches communicate!

- After each game, teams should give a cheer for their opponents and line up to give "good game" high 5's or shake hands.
 - Start games on time, no late coaches. Be to the games at least 20 min. early. Encourage your parents to assist with equipment. An involved parent is typically more supportive.
 - Every player is to have EQUAL playing time and sitting time. Equal time for each child in a variety of soccer positions. Don't pigeonhole a player as a "Defender", "Forward" or "Goalie."
 - If weather is questionable, all team players are to come to the field ready to play. The coaches and referee (if any) will discuss the current weather conditions and decide the fate of the game. Games are only cancelled due to lightning in the near vicinity (within one mile). Yes, we play in the rain unless we have standing water on the field.
 - If you have an emergency and cannot make it to a game, you are NOT allowed to cancel the game. Have the assistant coach or a team parent coach the game. Work together.
 - Coaches are to call each player on their team roster and invite/encourage them to be at practices. Pick the days and times. Be consistent. Parents will appreciate you. Please stay off the Brothers Park game fields whenever possible.
 - Coaches are not allowed to add players to their team or transfer players to or from another team. The kids on your roster are the only ones you have on your team and you are responsible for them only. All players must sign up with our club in order to be put on a team. Any and ALL changes will be delivered to you from our Registrar, not a parent or another coach.
 - Players are not allowed to play up or down from a younger or older division. Again, you are only allowed to play the kids on your official roster. If they are not on your roster, you may not play them at a game or involve them at a practice.
 - If you are finding soccer balls that will not hold air (You more than likely will need to pump them up at each practice/game) then please get a replacement ball at the concession stand.
 - Don't worry about losing a ball. E-mail us if you need more. They usually turn up at the end of the season.
 - We encourage you to allow players to take a ball home for practice. Simply ask that they bring it back to every practice.
 - It is COSC/Crossfire's policy that we do not allow players to print names on their uniforms. COSC/Crossfire has always strived to keep our costs as low as possible and many of our players would not be able to afford this additional cost. It also makes it more difficult for the uniforms to be passed on to other COSC/Crossfire players.
- The COSC/Crossfire Board believes it is also important to show unity as a soccer club. By not adding player's names to uniforms we reinforce this image to our players.
- If you are having problems, let us know ASAP. Please don't assume we know about the problems you are experiencing.
 - We are always looking for new board members & volunteers to strengthen and sustain COSC. Please come join us!
 - We encourage you to practice at Brothers Park in Caldwell. However, you may practice at any of the public parks. You may also practice at all of the Vallivue and Caldwell schools with the exception of Central Canyon Elementary School and Vallivue High School. If you choose to practice at Brothers Park, please do not practice on any of the game fields so the kids have a nice field to play on for their Saturday games. You may not practice at Birch or Desert Springs unless your whole team goes to that school or lives close by.**

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## Have Fun, as it is Contagious (we promise)!!

If you have any questions or concerns, please contact: COSC at 713-5977 or check our website:  
[www.canyonoptimistsoccer.com](http://www.canyonoptimistsoccer.com)