



CARLSBAD GALAXY

RECREATIONAL SOCCER

Coaches' Handbook

Carlsbad Galaxy
5375 Avenida Encinas, Suite C
Carlsbad, CA 92008
Phone (760) 434-5600

Office Hours:

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

www.carlsbadgalaxy.com

2019 Division Coordinators

Age Group	Location	Name	Email Address
BU5 & 7	North & South	Jim Barnhill	jim@carlsbadgalaxy.com
BU8	North & South	Fer O'Neil	fer@carlsbadgalaxy.com
BU10	North	Bob Lundblad	bob@carlsbadgalaxy.com
BU10	South	Stephen D'Arcy	stephen@carlsbadgalaxy.com
BU12	North & South	Alex Tomlinson	alex@carlsbadgalaxy.com
BU14-19	North & South	Jose Fernandez-Stoll	jose@carlsbadgalaxy.com
GU5 & 7	North & South	Kyla Rutledge	kyla@carlsbadgalaxy.com
GU8	North & South	Reed Shafer	reed@carlsbadgalaxy.com
GU10	North	Stefan Asbock	stefan@carlsbadgalaxy.com
GU10	South	Joanna Keeping	joanna@carlsbadgalaxy.com
GU12	North & South	Rob Pizzurro	rob@carlsbadgalaxy.com
GU14-19	North & South	Curtis Marsh	curtis@carlsbadgalaxy.com

Breakdown of Age Groups:

Under 5: 2015 play 4v4
Under 7: 2014/2013 play 4v4
Under 8: 2012 play 7v7
Under 10: 2011/2010 play 7v7
Under 12: 2009/2008 play 9v9
Under 14: 2007/2006 play 11v11
Under 16: 2005/2004 play 11v11
Under 19: 2003, 2002, 2001 play 11v11

Important Contacts

Director of Recreation	Gregg Cacioppo	info@carlsbadgalaxy.com
Recreational Assistant	Adam Martin	info@carlsbadgalaxy.com
VP of Recreation	Jim Barnhill	jim@lagalaxysd.com

Formation of Teams

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

- ✓ Reciprocated Buddy Request
- ✓ By School (where possible)
- ✓ Balancing each team with a fair ratio of younger and older players
- ✓ Fair distribution ranked players

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.

Steps to take if winning by...

3 Goals: Move players around - strongest player to GK, weaker players up top, etc

4 Goals: Other team can add a player to the field

5 Goals: You must remove a player from the field and play down

6 Goals: Make adjustments, need to pass 10 times in a row before a goal, ball must touch the GK before we can move forward

Ideal roster size will be as follows:

U5 to U7 Max 12 players

U8 to U10 Max 11 players

U12 Max 13 players

U14 Max 16 players

U16 to U19 Max 20 players (Only 18 can be on roster for game day)

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 3 and Friday, September 6th.

Saturday August 3rd 9AM-12PM @ Pine Park

Friday, September 6th 6PM-8PM @ Pine Park

We encourage all coaches to attend all of the clinics, this year they will be run by coaches from LA Galaxy San Diego and MindSet.

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 3rd from 8:00 AM at Pine Park. If you are unable to attend, please contact AAA Livescan Carlsbad 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>

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!

Game Rules

Games will be played by the rules of soccer:

Division	Age Group	Birth Year	Plays	Ball Size	Length of game
7	Under 5	2015	4v4	3	4 x 10 minutes
6	Under 7	2014/2013	4v4	3	4 x 10 minutes
6	Under 8	2012	7v7	4	2 x 25 minutes
5	Under 10	2011/2010	7v7	4	2 x 25 minutes
4	Under 12	2009/2008	9v9	4	2 x 30 minutes
3	Under 14	2007/2006	11v11	5	2 x 35 minutes
2	Under 16	2005/2004	11v11	5	2 x 40 minutes
1	Under 19	2003, 2002, 2001	11v11	5	2 x 45 minutes

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.

U8-U10

Games will be played by the “general” rules of soccer with the following notes: The “Play Out Line” is used to encourage the kids to play out of the back and develop good habits. All goal kicks and everytime the GK gets the ball all players from the other team must go behind the playout line and remain there until the GK passes the ball to a teammate and they take a touch on the ball. The “Play Out Line” will be marked 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.

Opening Day

Opening Day/Picture Day will be Sunday, September 8th @ 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.

2019 Recreational Soccer Calendar of Events

•July 23rd – Coaches Meeting U8, U7, and U5 Coaches

•July 25th – Coaches Meeting U10+

•July 26th – Practice Doc goes live

•Aug 3rd – Coaches Education Day

•Aug 12-16 – First Week of Practice

•Aug 23rd – Team Parent Meeting

•September 7th – Season Starts

•September 8th – Opening Day

•October 13th – Player Recognition Day (U8 – 14)

•October 13th – Player Recognition Day (U7)

•October 25th All Star Pool Training #1

•November 1st – All Star Pool Training #2

•November 8th – 10th – Champs Weekend

•Dec 7th – Jr Galaxy All Star Day

•Dec 14 – 15th – Carlsbad All Star Tournament