

## Frequently Asked Questions - Coaches:

Q. I've never coached or played soccer before. Why are you asking me?!?!

A. At the early ages soccer is more about organization and having fun especially at the recreational level. Just as long as they are getting "touches" with the ball and having fun is most important. There is a ton of helpful information online for games you can play during practice.

Q. I'm new to coaching soccer so where can I learn more about the rules for CYSL?

A. "Rules of play" for each age division is listed on the [www.CYSL.net](http://www.CYSL.net) website and additional information is housed on the [www.nebraskastatesoccer.org](http://www.nebraskastatesoccer.org) website.

Q. Do I need to be certified or pass any background checks?

A. Coaches do not need to carry any coaching certificate. Nebraska State Soccer does mandate certain safety requirements that can be found here: <http://sjeaysc.org/pages/coaches.html>. Please click on the links to complete the Kidsafe Background Check, SafeSport (Abuse) Training, and Heads Up (Concussion training). The Archdiocese of Omaha also requires all volunteers to be up-to-date on the Safe Environment training. This needs to be updated every 5 years. Check with Registrar with questions on Affinity profile or requirements.

Q. When will I receive my players' names?

A. Generally the registrar has the team information ready by March 1st for spring soccer and August 1st for fall soccer.

Q. How often should I have practices and how long?

A. At the U7-U8 level usually about 1 hour of practice per week is sufficient but you're welcome to have two practices of an hour each week if you want. The older kids can usually go a little longer for each practice and you might consider two practices a week. We discourage practice on Wednesdays out of respect for our P.R.E. kids (unless you confirm none of the players attend P.R.E classes).

Q. Where do I practice?

A. U7-U10 needs to pick any spot with grass and open space. A popular spot is Ramble Ridge Park right across from St. Elizabeth Ann Church or Escalante Hills (across Fort Street from the field). Teams who send representatives to field cleanup may be eligible to practice on the main field (subject to availability). Contact [fieldmaint@sjeaysc.org](mailto:fieldmaint@sjeaysc.org) for more information.

Q. What if I have a player that plays for another club? What do I need to do?

A. As a coach you need to sign a secondary player form and ask the parent to have the primary coach sign too. Once both coaches have signed, parent or coach should provide it to the registrar. The form can be found here: <http://sjeaysc.org/pages/coaches.html>

Q. I need to reschedule a game due to a conflict (graduation, school program, confirmation, etc.) or because many of my players will be gone. What do I do?

A. Go to CYSL and click on "login" using your first initial and last name as your login name (not case sensitive) and your last name with capital first letter for your password (case sensitive). Example for Tom Jones: login= tjones password= Jones. Type in your game number and it should bring up the other coaches information. Email the other coach with as much advance notice as possible with dates that could work for you. Upon securing 2-3 options, email the CYSL coordinator to attempt to have the game rescheduled.

Q. What do I do before the game? (U7-U8)

A. Each team needs to place flags on one sideline (two corners and midfield). Midfield flag should be about 3' outside the boundary line. There are no referees so coaches monitor game and can be on the field during the games.

Q. What do I do before the game? (U9-U14)

A. Each team needs to place flags on one sideline (two corners and midfield) and present player passes to the referee before the game. Midfield flag should be about 3' outside the boundary line. The referee will ask for your passes before the game starts to make sure you have a pass for every player/coach present. Digital passes can be obtained from your

phone by logging onto the <https://nebraskasoccer.sportsaffinity.com> webpage and selecting your team. If you have printed player passes, they need to be laminated and each player/coach that will be on the sideline is required to have one. Please contact the registrar if you think you are missing a player pass. Secondary players on your team will not be visible until the Secondary Player Form has been submitted to and approved by Nebraska State Soccer.

Q. How long are the games?

A. This depends on the age group. U7 & U8 = four 10 min quarters with 5 min halftime. U9-U10 = two 25 min halves with 10 min halftime. U12 = two 30 min halves with 10 min halftime. U14 = two 35 min halves with 10 min halftime.

Q. How many players are on the field?

A. This depends on the age group. U7 = 4 players (no goal keeper). U8 = 5 players (4 + GK). U9-U10 = 7 players (6 + GK). U12 = 9 players (8 + GK). U14 = 11 players (10 + GK).

Q. Can our players head the ball?

A. Players need to be 10 or older to head the ball during games. Headers should be discouraged in practice until U14.

Q. Can the goalie drop kick the ball to put into play?

A. Goalies need to roll or throw the ball into play in U7 to U10 divisions. Drop kicks are allowed in U12 & U14 divisions.

Q. What do I do if our jersey is the same color as the other team?

A. The team listed as the home team should have players wear pinnies over their uniforms.

Q. What is the difference between direct and indirect free kicks?

A. Indirect free kicks must be touched by another player before a goal could be scored. Goals can be scored off a direct free kick.

Q. What is off-sides and when is it a foul?

A. Off-sides is when an offensive player is past mid-field and is closer to the goal than the last defender when the ball is kicked. It will be enforced in U9-U14 divisions and result in a free kick.

Q. What is the build out line?

A. The build-out line only applies in U9 & U10 divisions and is halfway between midfield and the penalty box. All defenders need to be behind this line on goal kicks.

Q. When and where should I substitute players?

A. Coaches should try to get all players to play at least half of each game. Players should be remain at midfield flag until called onto field by referee. Players leaving the field should also exit at the midfield flag.

Q. What are club passes?

A. Players from other teams within our club are eligible to play on a second team to help fill a roster. Please work with registrar on details regarding player passes. Players whose Primary Club isn't SJEA teams are not eligible for club passes.

Q. What about inclement weather?

A. Coaches should check the CYSL message board (or call 402-216-0115) before each game to check on game status. CYSL will notify both coaches of the date/time and location of the makeup game if a game is cancelled due to weather.

Q. I just finished a game. How do I report the score and give a referee assessment?

A. After every game you need to log in to [www.cysl.net](http://www.cysl.net) and click on "electronic game card" and fill out the report for the game. This is one of your duties as a coach but is not required for U7 and U8 divisions.

Q. What about tournaments?

A. Check out the Soccer Resources page on [www.sjeaysc.org](http://www.sjeaysc.org) or go to CYSL or Nebraska State Soccer pages to search for tournaments.

### **Equipment (U6/Micro only)**

Q. Does the Club provide equipment?

A. Yes, usually a bag, 4 flags, 3-4 practice cones, 3-4 balls, and uniforms shirts will be provided the first week of each season. Coaches will exchange the equipment for trophy/medals at the end of each season.

### **Equipment (U7-U14 only)**

Q. Does the Club provide equipment?

A. Yes, usually a bag, 3 flags, a couple practice balls, practice cones, pinnies and a game ball. Either get the equipment from the prior coach or contact [equipment@sjeaysc.org](mailto:equipment@sjeaysc.org) Additional equipment can be requested if needed

Q. For my age group what size ball am I supposed to have?

A. CYSL "Rules of play" for each age division lists the specific rules surrounding ball size. Ball Size 3 (U6-U8), Size 4 (U9-U12), Size 5 (U14)

Q. At what age group will I receive a net and what are my responsibilities before a game?

A. All U9-U14 teams will be given a net to place on the goals before the games and take off after the games. Each team should do one goal at each game. The equipment manager will provide you with the net.

Q. I decided not to coach any more. What do I do with the equipment?

A. If you know who the new coach is please give it to the new coach. Otherwise, please contact [equipment@sjeaysc.org](mailto:equipment@sjeaysc.org) to return all equipment to the club.