

**SYVSSA**

**SPOKANE YOUTH SPORTS**

*ESTABLISHED 1960*



**A**  
**COACH**  
**WILL IMPACT**  
**MORE YOUNG PEOPLE IN A YEAR**  
**THAN THE AVERAGE**  
**PERSON DOES IN A**  
**LIFETIME.**

**BILLY GRAHAM**



# SYSA Soccer Virtual Coaches Meeting



# SYSA Mission Statement

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*“To provide sports activities for all youth where everyone plays, develops skills, is taught good sportsmanship, and learns the value of being a team player.”*



# Spokane Youth Sports Association

- Non-profit association with a supportive & active board and continued support from our loyal sponsors
- Everyone plays regardless of their ability to pay. Financial assistance available.
- Encourage beginners at every level
- Other SYSA sports include; flag football, basketball, indoor soccer, speed & agility, volleyball, cheerleading, weightlifting, track and cross country



# What makes SYSA a GREAT choice?

- Teams, teammates, volunteer coaches, practices, games, tunnels, new friends, new skills and lots of FUN!
- Financial assistant available
- Practices in your neighborhood
- National risk management checks for coaches
- Coach Training including; Safesport, Concussion, & Sudden Cardiac training
- Age Based Curriculum available
- Coaches kits available (game ball, bibs, cones, whistle)
- Beyond the Game: Nurturing the whole athlete program
- GREAT coaches and families who return!



# SYSA Soccer Support

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- Sports Director / Soccer Coordinator  
[Deb@sysa.com](mailto:Deb@sysa.com)  
509-755-2159
- Website Help / Online training assistance / RMA  
[Renee@sysa.com](mailto:Renee@sysa.com)  
509-536-1800
- Practice Field Scheduler  
[Sammi@sysa.com](mailto:Sammi@sysa.com)  
509-328-7972
- SYSA website  
[www.SYSA.com](http://www.SYSA.com)



# Federal and State Laws

## – Required trainings and RMA

- Safesport – Federal law 2017 for ALL youth coaches ALL Soccer Coaches in the United States
- Concussion training – State law
- Cardiac Arrest training – State law
- WYS Risk Management Application
- Coaches must complete training and the RMA
- Roster/Sports Connect is unavailable until Coach is approved by Washington Youth Soccer (passing the RMA).





# Risk Management: additional thoughts

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- Encourage parents of young players to stay at practice
- Be leery of adults showing up at your field to offer to train your team.
  - All SYSA Coaches have passed their RMA
- Send players to the bathroom in pairs  
The porta potty code is: 1966
- Avoid transporting players (non-family members)
- Avoid team sleepovers



# SYSA Soccer Leagues

- US Youth Soccer mandates that players be placed on teams by the birth year (not grade).
  - SYSA allows “play-ups” to allow players to play with their classmates.
  - Does your player have a birthday January – August? Consider coaching the birth year older to allow the September – December classmates to be on the team.
    - Example: DOB March 2017, Coach 2016s.
- Rookie Soccer
- Recreational Soccer
- Summer Soccer Camps
- Indoor Winter Soccer Leagues
- Winter Soccer Academy



# Fall 2024 Important Dates

- DICK's 20% SYSA Coupon weekend **August 23-25**
- Coaches pick up uniform bag from the Mission storage garage on **Aug 25, Sun, 9a-1p or Aug 26, Mon, 4p-6p.**
- Fall Soccer Season (**September 2 – October 19**)
  - 4v4 & 5v5 teams practice once/week
  - 7v7 and 9v9 teams practice twice/week
  - Sign up for soccer practice
- 6 Fall Games: Saturdays, first game **September 14**
- Team Photos **September 28**
  - Dorian will email coaches a link to sign up for picture appointment at your game field
- Spring 2024 Soccer (**April 14 – May 31**)



# Field Sizes by Division

- Rule chart under [Coaching Resources](#)
  - 4v4, 20 x 35 yards, size 3 ball, goal 4 or 6 foot wide, no goalie.
  - 5v5, 25 x 40 yards, size 3 ball, goal 6 foot wide, goalie
  - 7v7, 35 x 55 yards, size 4 ball, goal 18-24 feet wide, goalie
  - 9v9 U12, 50 x 75 yards, size 4 ball, goal 24 feet wide, goalie
  - 9v9 U14, 50 x 75 yards, size 5 ball, goal 24 feet wide, goalie
  - HS Coed, 50 x 75 yards, size 5 ball, goal 24 feet wide, goalie
- Practice fields
  - Goals can be made with cones or water bottles at practice.
  - Keep goals small if choosing not to use a goalkeeper “ball must be on the ground to score!”
  - Mix it up. Give them a “task” within a certain time period, ex “Team with the most left foot passes in the next 10 minutes wins!”, “Team with the most takeaways wins!”



# Team Formation

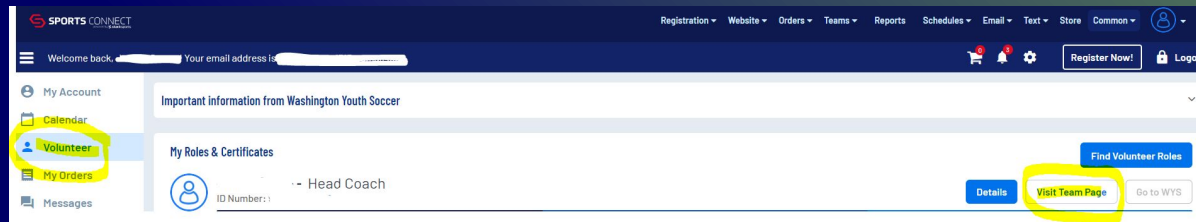
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- Registration opened in May
- Assign first by: Requested Coach / Requested Teammate
- Assign next by : Elementary school or High School
- After the deadline, assign players to teams as space is available.



# Introduce yourself via Zoom or email

- Once the teams are formed, the rosters will be posted, and your team will have a TEAM PAGE.
- Reach out to your team via zoom, email or set up a team meeting. [SAMPLE](#) intro letter available
- Set your team rules
  - Introduce yourself, include contact information, what's the best way to reach you
  - Include expectations on arrival and pick up at training.
  - Include what you expect players to bring to practice and games. Ball and water bottle.
- Team Page – communication tool, roster and coach information. Log back into your account VISIT TEAM PAGE



- Team Culture – YOU create the culture by your actions and stated expectations.
  - Acknowledge and cheer for GOOD SPORTSMANSHIP at practice and games.
  - Never yell at a sports official. Complete a ref evaluation.
  - Smile. Have fun! Compliment.



# Coaching Resources on [www.SYSA.com](http://www.SYSA.com)

- Please “no laps, lectures or lines”
  - “No laps, no lectures and no lines” (better alternatives available to warm up and teach the game)
  - Keep the players moving and playing.
  - Show and go! Less talking coach!
- Age based curriculum available online
  - Training sessions by age available SYSA Website
  - Google for ideas ex. “soccer dribbling drills for 6 year olds”
  - YouTube
  - US Youth Soccer



# Player is responsible for:

- Each player should bring a ball to every practice.

Size 3: 4v4 teams

Size 3: 5v5 teams

Size 4: 7v7 teams

Size 4: 9v9 U12 teams

Size 5: 9v9 U14 teams

- Water

- Athletic attire appropriate for the weather, shoes (athletic shoes or soccer cleats) and shin guards

- No baseball/football cleats
- No jewelry including taped earrings.
- Arm casts allowed if covered with foam





# Practice Location List

- City & School districts allocate fields.
  - Many sports organizations share these fields.
- Practice fields are scheduled through SYSA.
- Email [receptionist@sysa.com](mailto:receptionist@sysa.com) if you need to schedule or change your practice day/time.



# Start your practice with FUN

- Greet every player as they arrive. “Engagement”
- Start practices with an enjoyable activity (a fun game)
  - Some kids may not be mentally ready to practice
- Icebreaker
  - List of ideas on the Coaching Resources page.  
Example: If you could have super power?
- Training/Skills based activity or game
- 4v4 teams: 45 minutes is plenty!
- YouTube has great games by age.



# Ideas to Engage Players

- Play-Practice-Play. Start your practice with a scrimmage. Show a skill/drill. Play again!
- Kids want to play. If a player is not acting appropriately, ask to sit out for that one activity. Ask “ready to come back and play?”
- New topic/training? – run a fun but very active game first! (too tired to talk during your instruction)
- Talk less Coach! Show simply and let them learn as they play.
- Talk less Coach – it’s worth repeating.
- Players should not be punished with physical activities (running, push ups, etc.) they may end up quitting sports.



# Fifa 11+ Soccer Warm-up

- Google it!
- Dynamic warmup for injury prevention consisting of 15 exercises of running, strength, plyometrics and balance.
- Great warm up to replace stretching for the older player.

## FIFA 11+

**PART 1 RUNNING EXERCISES - 8 MINUTES**

**1 RUNNING STRAIGHT AHEAD**

The coach leads up to 10 pairs of parallel lines across 100 yards apart. The player starts at the center line and runs straight ahead. Big emphasis on foot placement. Run for 20 seconds. Repeat 4 times. 2 sets.



**2 RUNNING HIP OUT**

Head in straight, knees out and feet out about 45 degrees from the center line. Big emphasis on foot placement. Run for 20 seconds. Repeat 4 times. 2 sets.



**3 RUNNING HIP IN**

Head in straight, knees inward and feet in about 45 degrees from the center line. Big emphasis on foot placement. Run for 20 seconds. Repeat 4 times. 2 sets.



**4 RUNNING CIRCLING PARTNER**

Two players stand side by side with feet apart. One player starts with the right foot and circles the other player's feet. Repeat 4 times. 2 sets.



**5 RUNNING SHOULDER CONTACT**

Two players stand side by side with feet apart. One player starts with the right foot and circles the other player's feet. Repeat 4 times. 2 sets.



**6 RUNNING QUICK FORWARDS & BACKWARDS**

Two players stand side by side with feet apart. One player starts with the right foot and circles the other player's feet. Repeat 4 times. 2 sets.



**PART 2 STRENGTH - PLYOMETRICS - BALANCE - 10 MINUTES**

**LEVEL 1**

**1 THE BENCH STATIC**

Starting position: Lie on your back, supporting yourself on your forearms and feet. Heels should be directly under your shoulders.

Execution: Lift your hips up, supported on your forearms and feet. Hold for 10 seconds. Repeat 4 times. 2 sets.



**LEVEL 2**

**2 THE BENCH ALTERNATE LEGS**

Starting position: Lie on your back, supporting yourself on your forearms and feet. Heels should be directly under your shoulders.

Execution: Lift your hips up, supported on your forearms and feet. Alternate legs. Hold for 10 seconds. Repeat 4 times. 2 sets.



**LEVEL 3**

**3 THE BENCH ONE LEG LIFT AND HOLD**

Starting position: Lie on your back, supporting yourself on your forearms and feet. Heels should be directly under your shoulders.

Execution: Lift your hips up, supported on your forearms and feet. Alternate legs. Hold for 10 seconds. Repeat 4 times. 2 sets.



**LEVEL 1**

**4 SIDEWAYS BENCH STATIC**

Starting position: Lie on your side with the knee of your forearm on the ground. Support your weight on your forearms and feet. Heels should be directly under your shoulders.

Execution: Lift your hips up, supported on your forearms and feet. Hold for 10 seconds. Repeat 4 times. 2 sets.



**LEVEL 2**

**5 SIDEWAYS BENCH RAISE & LOWER HIP**

Starting position: Lie on your side with the knee of your forearm on the ground. Support your weight on your forearms and feet. Heels should be directly under your shoulders.

Execution: Lift your hips up, supported on your forearms and feet. Alternate legs. Hold for 10 seconds. Repeat 4 times. 2 sets.



**LEVEL 3**

**6 SIDEWAYS BENCH WITH LEG LIFT**

Starting position: Lie on your side with the knee of your forearm on the ground. Support your weight on your forearms and feet. Heels should be directly under your shoulders.

Execution: Lift your hips up, supported on your forearms and feet. Alternate legs. Hold for 10 seconds. Repeat 4 times. 2 sets.



**LEVEL 1**

**7 HAMSTRINGS BEGINNER**

Starting position: Lie on your back with your feet flat on the ground. Support your weight on your forearms and feet. Heels should be directly under your shoulders.

Execution: Lift your hips up, supported on your forearms and feet. Alternate legs. Hold for 10 seconds. Repeat 4 times. 2 sets.



**LEVEL 2**

**8 HAMSTRINGS INTERMEDIATE**

Starting position: Lie on your back with your feet flat on the ground. Support your weight on your forearms and feet. Heels should be directly under your shoulders.

Execution: Lift your hips up, supported on your forearms and feet. Alternate legs. Hold for 10 seconds. Repeat 4 times. 2 sets.



**LEVEL 3**

**9 HAMSTRINGS ADVANCED**

Starting position: Lie on your back with your feet flat on the ground. Support your weight on your forearms and feet. Heels should be directly under your shoulders.

Execution: Lift your hips up, supported on your forearms and feet. Alternate legs. Hold for 10 seconds. Repeat 4 times. 2 sets.



**LEVEL 1**

**10 SINGLE-LEG STANCE HOLD THE BALL**

Starting position: Stand on one leg. Support your weight on your forearms and feet. Heels should be directly under your shoulders.

Execution: Lift your hips up, supported on your forearms and feet. Alternate legs. Hold for 10 seconds. Repeat 4 times. 2 sets.



**LEVEL 2**

**11 SINGLE-LEG STANCE THROWING BALL WITH PARTNER**

Starting position: Stand on one leg. Support your weight on your forearms and feet. Heels should be directly under your shoulders.

Execution: Lift your hips up, supported on your forearms and feet. Alternate legs. Hold for 10 seconds. Repeat 4 times. 2 sets.



**LEVEL 3**

**12 SINGLE-LEG STANCE TEST YOUR PARTNER**

Starting position: Stand on one leg. Support your weight on your forearms and feet. Heels should be directly under your shoulders.

Execution: Lift your hips up, supported on your forearms and feet. Alternate legs. Hold for 10 seconds. Repeat 4 times. 2 sets.



**LEVEL 1**

**13 SQUATS WITH TOE RAISE**

Starting position: Stand on one leg. Support your weight on your forearms and feet. Heels should be directly under your shoulders.

Execution: Lift your hips up, supported on your forearms and feet. Alternate legs. Hold for 10 seconds. Repeat 4 times. 2 sets.



**LEVEL 2**

**14 SQUATS WALKING LUNGES**

Starting position: Stand on one leg. Support your weight on your forearms and feet. Heels should be directly under your shoulders.

Execution: Lift your hips up, supported on your forearms and feet. Alternate legs. Hold for 10 seconds. Repeat 4 times. 2 sets.



**LEVEL 3**

**15 SQUATS ONE-LEG SQUATS**

Starting position: Stand on one leg. Support your weight on your forearms and feet. Heels should be directly under your shoulders.

Execution: Lift your hips up, supported on your forearms and feet. Alternate legs. Hold for 10 seconds. Repeat 4 times. 2 sets.



**LEVEL 1**

**16 JUMPING VERTICAL JUMPS**

Starting position: Stand on one leg. Support your weight on your forearms and feet. Heels should be directly under your shoulders.

Execution: Lift your hips up, supported on your forearms and feet. Alternate legs. Hold for 10 seconds. Repeat 4 times. 2 sets.



**LEVEL 2**

**17 JUMPING LATERAL JUMPS**

Starting position: Stand on one leg. Support your weight on your forearms and feet. Heels should be directly under your shoulders.

Execution: Lift your hips up, supported on your forearms and feet. Alternate legs. Hold for 10 seconds. Repeat 4 times. 2 sets.



**LEVEL 3**

**18 JUMPING BOX JUMPS**

Starting position: Stand on one leg. Support your weight on your forearms and feet. Heels should be directly under your shoulders.

Execution: Lift your hips up, supported on your forearms and feet. Alternate legs. Hold for 10 seconds. Repeat 4 times. 2 sets.



**PART 3 RUNNING EXERCISES - 2 MINUTES**

**13 RUNNING ACROSS THE PITCH**

Run across the pitch, forwards and back, at 75-80% maximum pace. 2 sets.



**14 RUNNING BOUNDING**

Run with high bounding, knee up to high knee (90 degrees) on the ball of your foot. Run at maximum pace and repeat for 20 seconds. Repeat 4 times. 2 sets.



**15 RUNNING PLANT & CUT**

Run at 75-80% maximum pace with a plant and cut. Repeat 4 times. 2 sets.





# Handling Blood Borne Pathogens

- Rights of Participation
  - Individuals with infectious diseases have the right to participate in youth soccer programs.
- Communicable Disease Prevention
  - Treat every person on the field, as in any area of society, with the assumption they are HIV positive.
  - Carry latex gloves at all times in your bag. Carry empty plastic bags for disposal.



# Weather Policy

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- Poor air quality  
(follow Spokane Public School standards – AQI 150)
  - SYSA email at 3:00 pm if your practice should be cancelled
  - After 3:00, coach makes the call
  - YES! We practice and play in the rain.
  - Light rain vs squalls. Would you want to be out there!? Cancel practice in heavy rain if your own player/yourself are hesitant. Or shorten the practice.
- Thunder/Lightning
  - 30/30. Flash to bang. Less than count of 30, sit out for 30 minutes.
- Extreme temperatures. Heat Index
  - Encourage players to dress appropriately for the weather
  - Do you or your player want to practice? Shorten practice time?



# Inclusion Policy

- A player may register with the gender team with which the player identifies
  - government-issued documentation
  - or documentation prepared by a health care provider, counselor, or other qualified professional not related to the player



# Goal Safety

Never allow players to climb on goals.





# Game Locations

- Andrew Rypien Fields ARF (4v4, 5v5, 7v7, 9v9)
- Deer Park (4v4, 5v5)
- Dwight Merkel Sports Complex DMC (4v4, 5v5, 7v7)
- Evergreen Elementary (4v4, 5v5)
- Franklin Elementary (9v9)
- Southeast Sports Complex SEC (4v4, 5v5, 7v7, 9v9)
- Summit School (4v4, 5v5)

Please be good guests at the soccer fields. Ask your families to clean up your field after every game and practice.

No dogs at soccer matches.

Teams may travel locally within Spokane for games (but certainly not to Tri-cities or Seattle! :)

Games scheduled at ARF when teams are from Mead and South to make it more convenient for the families.



# Game Day

- Modified rules found on the SYSA website
- Tell your team what TIME you want them at the field to warm up.
- 4v4/5v5 Soccer Matches
  - Officiated by the coach or a parent
  - Players and their parents share the same sideline.
- 7v7/9v9 Soccer Matches
  - Officials requested from Inland Empire Ref Association.
  - No official? Coaches must agree on a volunteer ref or share officiating.
    - [Referee Payment form](#)
  - Both teams share the same sideline and are separated by the half line.
    - Coach and players remain in their half of the sideline
  - Parents and spectators share the opposite sideline across from their team bench.
- No dogs at soccer matches.
- ALWAYS end the day with a TEAM CHEER and PLAYER hand shake line. Youngest teams enjoy the TUNNEL.



# PLEASE REMEMBER

1. THESE ARE KIDS
2. THIS IS A GAME
3. THE COACHES ARE VOLUNTEERS
4. THE REFEREES ARE HUMAN
5. THIS IS NOT THE WORLD CUP



# Referee Shortage

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- There is a referee shortage across the United States including Spokane.
- SYSA requests referees to officiate the 7v7 and 9v9 matches from the Inland Empire Soccer Referee Association.
- Find a parent volunteer who will be ready to officiate if your game does not have an official.
- SYSA recreational games are self assigned by officials. Officials CHOOSE to work the matches. SYSA youth matches are competing with adult, college, high school and competitive youth matches for coverage.
- Verbal abuse by coaches and parents is the number one reason officials quit.
- A brand new youth soccer official is appropriately assigned to work the rec matches.
- Coaches are responsible for the behavior of their spectators. Address in your team meeting.
- Don't say anything! There is an online referee evaluation that is monitored by the local referee association. Go to [www.spokaneref.org](http://www.spokaneref.org).
- What you can say; "Thanks for officiating our game!", "We appreciate you working our match today.", "Hope to see you next week!"



“I love to watch you play!”

The 6 things parents can say to  
kids playing sports:

Have fun, play  
hard, I love you.

Did you have  
fun? I am proud  
of you, I love  
you.

som<sup>ee</sup>cards  
user card



# Thank you to our Sponsors

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If you or your work would like to sponsor the soccer program, please contact our office.



Follow us – share pictures!  
#Play4SYSA

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<https://www.instagram.com/spokaneyouthsports/>



<https://www.facebook.com/Spokane.Youth.Sports.Association>





"ALL KIDS NEED  
IS A LITTLE HELP,  
A LITTLE HOPE,  
AND SOMEBODY WHO  
BELIEVES IN THEM."

- Magic Johnson

*Can you be the BEST  
part of a child's day?*



**COACHES**  
TRAINING ROOM.com





Thank you again for coaching.



These smiles are the WHY we need to get youth players on the field with their friends.

Have FUN!

