



**Burke Athletic Club
Recreation Soccer Program Guide**

Introduction to Burke Athletic Club Recreation Soccer Program

At Burke Athletic Club (BAC), we are a community club and as such, rely on volunteer coaches to coach players, lead teams, and interact with parents in a positive environment. We are grateful every time a volunteer steps up to help but we also recognize that the club has a responsibility to every child to work to provide a safe and positive educational environment.

Coaching brings a great deal of satisfaction to a volunteer. Like many activities that bring great satisfaction coaching requires volunteers to take on a great measure of responsibility. The club invests in its volunteers with guidance, instruction, and a support network to ensure they are able to take on the responsibility of being a BAC community coach. We strive to set our club's execution of development and teaching the *beautiful game* above all at our club.

The following pages promulgate the Recreation Program's coaching philosophy, provide important information about our vision of youth development in the *beautiful game*, explain club administration, and give basic guidance about coaching. This document is an introduction. It is not a comprehensive answer to every administrative, strategic, or tactical question you may have. As you will see, our organization and coaching structure provides resources to every coach on and off the pitch to ensure superior child development and game knowledge and establishes the club standard for excellence.

Coaching and Development Principles

Burke Athletic Club's Recreation Program strives to teach the *beautiful game* in a manner that promotes a life-long passion for the sport. Our coaching philosophy and methodology for training and development is founded in the National Youth Soccer Foundation's Player Development Model and long-term athletic development. The development of children in the game of soccer requires Teaching to a player's physical and cognitive ability, while considering the development of their social emotional learning. Teaching in this manner requires coaches and trainers working together with a singular focus – the children's love of the game.

Development Philosophy

BAC's development model follows the small-sided games mandate and is focused on U5-U12 technical development with FUN as the biggest driver. The "Small-Sided" environment is a developmentally appropriate environment for our young soccer players. It's a FUN environment that focuses on player-centric sessions. We apply small-sided soccer from U5-U12 for the following reasons:

1. Because we want our young soccer players to touch the soccer ball more often and become more skillful with it! (Individual technical development)
2. Because we want our young soccer players to make more quality decisions during the game! (Tactical development)
3. Because we want our young soccer players to be more physically efficient in the field space in which they are playing! (Reduced field size)

4. Because we want our young soccer players to have more involved playing time in the game! (More opportunity to solve problems that only the game presents)
5. Because we want our young soccer players to have more opportunities to play on both sides of the ball! (More exposure to attacking and defending situations)
6. Because we want our young soccer players to have more opportunities to score goals and make saves! (Pure excitement)

*Per the US Youth Soccer Small-sided guide (2017) - [Small Sided Games Manual](#)

Age Group skills sessions

Age Group Training (AGT) Skills Sessions are designed to support our volunteerism Recreational program through technical, focused individual soccer training our community while ensuring a coaching standard for our BAC volunteer coaches to follow, learn and adapt towards. The AGT program is to be led by the Director of Coaching of Recreational Soccer (a.k.a. REC Director) and the cadre of hired volunteer or paid trainers to run technical sessions for U7 to U12 age groups. Parent or Volunteer coaches are advised to attend to support or learn from such AGT session per their availability and need. The DOC and trainers develop the season plan focusing on games to promote repetition in foundational skills that are age appropriate. The goal of AGT is to raise the standard for recreational soccer and promote positive, successful plays for our youth players in their appropriate ages in our club

Age-appropriate training philosophy

U4/U5/6

At this age, BAC focuses on the excitement of the game and fun. They are very egocentric. The ball represents a toy that belongs to them...they don't share well. They love to run and jump and roll around. They have wonderful imaginations! It's about PLAY! It's about FUN!

U7/8

At this age, BAC takes advantage of a player's capacity to learn skills. They begin to experience success technically and will share the ball a bit with a teammate or teammates. Numbers on the field must be small so that they can have the ball a lot. This allows them to practice their newly learned skills in an uncluttered environment. They begin to enjoy playing soccer!

U9/10

At this age, BAC starts small team combinations. They need time and the appropriate environment to continue their technical development and begin simple tactical development (simple combinations with their teammates). Fewer players on the field provide ample opportunity to make quality decisions more often, reinforcing the tactical basics, so-to-speak. They enjoy being part of a team because it's a FUN environment!

U11/12

At this age, BAC brings in more than tactics. They participate in and enjoy the game because their intellect and technical ability allows for more mature play. Midfield play is introduced at this age due to their increased intellect and improved vision of the field. Training becomes economical in nature, merging the technical, tactical, physical and psychological components of the game.

U13+

At pre-teen through U19, BAC bridges into young adult and adult soccer and BAC coaches the whole child in the transition.

1. All children are individuals and should be treated as such.
2. Their soccer environment should enhance their self-concept.
3. Our society fosters cooperation and competition. Soccer training activities can promote these behaviors.
4. The opportunity for each child to participate in challenging, meaningful and varied activities enhancing each child's perceptual motor development and total psychomotor development to his/her fullest capability.
5. Children should be able to choose their own activities as much as possible (responsible decision-making).
6. Developmental goals will be met by any of the activities that the children may choose.
7. Often times, learning involves work.
8. The children have the responsibility to participate in the program with success-orientated activities.
9. Parents and the coach must structure the child's environment to enhance the development of physical literacy.
10. The home environment plays an important role in the learning process (cultural patterns).
11. Coaching of our youngest players requires specialized skill (certification).
12. Coaches must educate/develop the whole child/player

Recreation Program Structure

Governance and Policy

The club's Rec Soccer Program is governed by the Rec Soccer Committee. The Committee consists of the following:

- Rec Soccer Commissioner/Committee Chair
- U13+ Program Director
- U9-U12 Program Director
- U7-U8 Program Director
- U5-U6 Program Director
- One assigned member or representative of the club Board of Directors

The Rec Soccer Commissioner may create additional non-voting positions which he/she feels will help the program. The club president serves as an ex-officio member, and the club executive director serves as a non-voting ex-officio member.

The Rec Committee establishes policy for the operation, communication, and resourcing of all Recreation Program activities to include, but not limited to, coaches training, development programs, practices, games, and tournaments.

The Committee chair and club administrator ensure the Rec program is in alignment with the Burke Athletic Club philosophy, budget, Fairfax County Athletic Program guidelines, and the policies of the Burke Athletic Club Board of Directors.

The club's Director of Coaching (DOC) provides the overall direction for the soccer program. The DOC develops and establishes the Burke Athletic Training Program. Recruits and Selects trainers for the Age Group Skills Program. Approves the annual and Season Development plans and oversees coach and player development. The DOC is the coach's primary point of contact for Practice, Game, technical and player development questions.

Trainers – The club maintains a cadre of trainers to support coaches in the execution of the club's coaching principles. This cadre reports directly to the DOC and works with coaches in Age Group Training sessions. The DOC is responsible for selecting the trainers. It is preferred that trainers come from within the club. The DOC will, however, look outside the club to achieve the skills and experience required to maintain the acceptable standard of trainer.

Burke AC's Age Group Program Directors ensure the club's vision and policy are implemented throughout the age groups. The age group commissioners are U5-U6, U7-U8, U9-U12, and U13+ (SFL). The SFL commissioner also works with the SFL administration to ensure BAC is well represented in the league. The U9-U12 commissioner works with the neighboring leagues (I.E. BRYC and FPYC) to ensure a better variety of competition at the U9-U12 age groups.

Players are divided by age and gender (beginning at U7). There is an Age Group Coordinator (AGC) for each age grouping: U5/6 Coed, U7/8, U9/10, U11/12, U13, U14, U16, U19.

The AGC is the primary administration contact for coaches in a given age group. Before each season, the AGC builds the various teams and addresses request from players and parents. The AGC's assist the administrator in the coordination of practice and game schedules.

Placement in an age group is primarily based on a player's date of birth. Player movements can be adjusted on a case to case basis.

While the club attempts to honor all requests, it is not always possible to fulfill every request to play with specific coaches, play with certain friends, etc.

Requirements to Become a Coach

All coaches are expected to apply the three C's of National Youth Soccer Coaching principles in every action on and off the pitch.

Care - Is interested in the well-being of the whole child.

Competence – Helps every player develop their proficiency in the *beautiful game*.

Choice – Involves players in the decision-making process.

All coaches and assistant coaches must register through the Burke AC Website:

1. Complete the volunteer registration using this link: <http://www.burkeathleticclub.org/registration-center>. Select "Trainer" as the role at the top.
2. A link then will be sent to complete the background check.
3. SafeSport - anyone 18 and older has to complete the SafeSport training. Directions will be sent out after the background check is completed.

All registrants are required to accept the Coaches Code of Conduct (see Appendix I)

All coaches and assistant coaches must pass a KidSafe background check. For more information about KidSafe background checks, please see:

LINK: <https://www.vysa.com/Default.aspx?tabid=2608123>

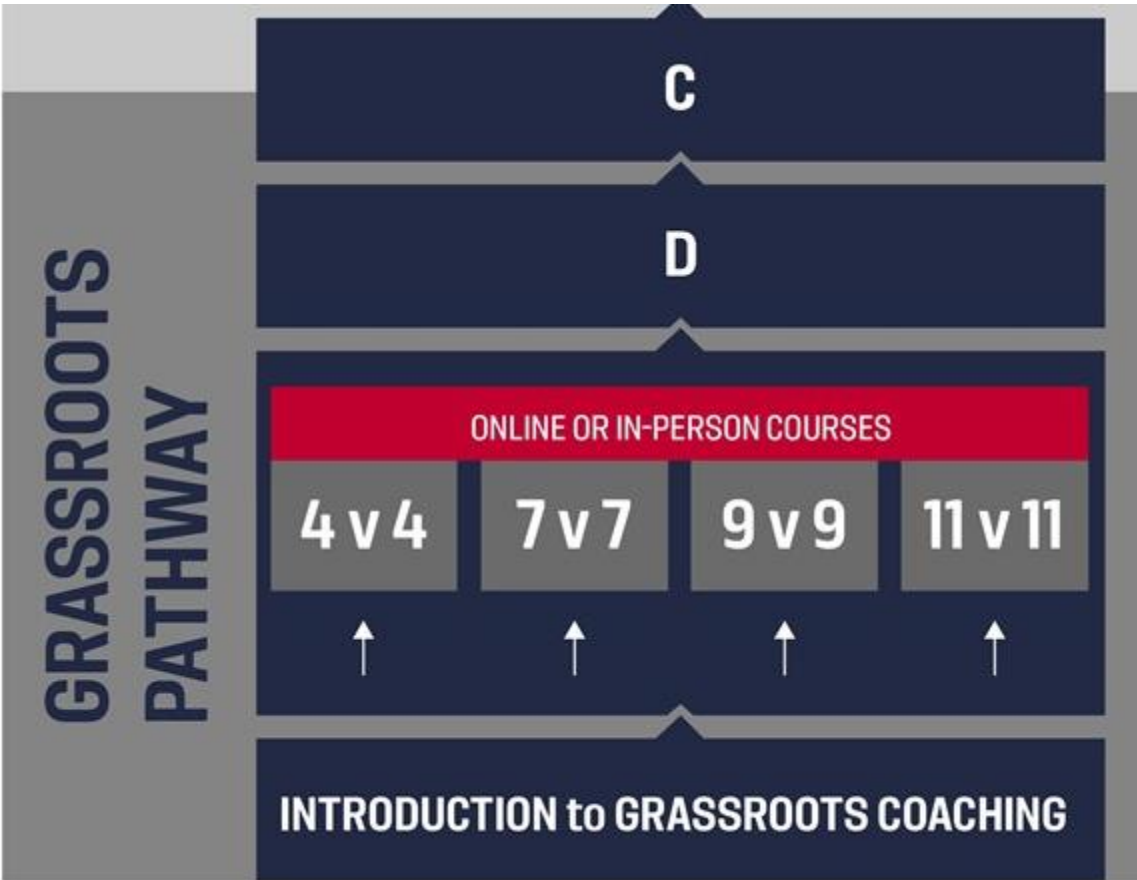
All Coaches are recommended to attend Positive Coaching Alliance training.

LINK: <https://positivecoach.org/>

All coaches are strongly encouraged to take the online, or in-person courses on Introduction to Grassroots with 4v4 (U5-U8); 7v7 (U9-U10); 9v9 (11-U12); And, 11v11 (U13-U19). Conducted entirely online, intended for all parents and coaches of youth players and encouraged by BAC. The focus of this grassroots course is to share U.S. Soccer's best practices in creating a fun, activity-centered and age-appropriate environment for 5-8 year old players.

Click on the link to view US Soccer's Learning Center and register:

<https://www.ussoccer.com/coaching>



*Copy of Licensing Pathway from US Soccer Learning Center

Information about other coaching licenses that can be obtained through the Virginia Youth Soccer Association can be found at:

<https://www.vysa.com/Default.aspx?tabid=2519872>

All coaches and assistant coaches are encouraged to attend coaching courses offered by VYSA or United States Soccer Federation. If there is high interest by our volunteer coaches, with time and planning Burke Athletic Club can host a course supported by the VYSA Coaching members.

Equipment Provided to Coaches

We recognize that you are a volunteer and we want to make things as easy for you as we can. To that end, the club will provide you with certain equipment when you start coaching. The equipment will be available at Burke Sporting Goods. This includes:

- Personalized Polo shirt for each coach
- Personalized equipment bag
- 8 large practice discs (four each of two colors)
- 24 small practice discs (12 each of two different colors)
- 16 pinnies (eight each of two different colors)

- 1 strap for discs
- 3 cold ice packs
- 1 age appropriate game ball

Equipment Each Player Will Need

Soccer Uniform – Every player must have the Burke AC soccer uniform to play in games. A uniform kit is available at Burke Sporting Goods (www.burkesports.com) and consists of a blue and a white jersey. Uniforms should have a number on them for U9 and older players. This helps the referees.

Note: U4 players only need to have a blue jersey supplied by the club.

A Soccer Ball – Each player should have an age-appropriate soccer ball and should be encouraged to bring their ball to practice.

Age Group	Ball Size
U4 – U8	3
U9 – U12	4
U13 and higher	5

Shin Guards – Each player must wear shin guards at games and practices.

Soccer Shoes – Soccer cleats are recommended for ALL age groups except the ages between U4-U6. Cleats must be rubber or molded plastic (no metals cleats).

Team Administration

Coaches Kick-off meeting

Prior to the start of each season, the club will conduct a Coaches Administrative Kickoff meeting.

- Message from Club administrators – Season training objectives
- Introduction Age Group Training skills session schedule
- Introduction of Age Group Coordinators – Team assignments
- Team Practice assignments
- Concussion Safety and Kidsafe requirements.

Prior to the spring season, the DOC will host the Coaches Education Clinic.

Parent Communication

(For Coaches)

Immediately after team assignment and before season start, coaches must reach out to parents.

Items to be communicated:

- Introduce yourself and assistants.

- Provide soccer experience (Playing (it can be any sport), Coaching (it can include any sport))
- Coaching education achieved (if any)
- State the club’s philosophy (Player Centric), and foundation in US Youth Soccer Guidance
- Discuss how you would apply the club philosophy
- Call for volunteers – Volunteers are essential to the community club. At the Team level Volunteers:
 - [Pre Season Field Setup](#)
 - Manage snack schedules
 - Maintain sideline etiquette
 - At U5-U6, keep the play moving on the micro fields
 - Referee Micro games at U7/8
- Schedules
 - Age Group Skills Practice Day of the week, location, and time
 - Team Practice Day of the week, location, and time
 - Game Fields location and where times will be posted.

The Club will provide coaches and players with a Teamsnap application. This application will be the medium to share practice/game/club schedule, team communication, club update, player/roster management, etc. The application provides excellent tools for communicating with parents. Coaches should not utilize the application and its messaging for any reason besides its intended use. Absolutely no inappropriate messaging should be made towards parents or players.

Paperwork

Medical release form (filled out as part of registration). These forms should be with the coach at every practice and game.

Code of Conduct Parent, Player, and Coaches Code: Use them to hold a parent discussion of your expectation of how you and they will act at practices and games. Parent’s signing after the discussion re-enforces the agreement to follow the club’s vision for the positive development.

Practices

In BAC recreation program practices, we apply a mastery approach to teach skills, encourage adventurous and creative play, and prepare players for the challenges they will see in games. The progression from warm up to game condition is used to achieve the mastery objectives, conditioning, creating opportunities for life lessons, and fun. US Youth Soccer has put together 11 steps to running successful practices. [Responsible Coaches Guide](#). The DOC and the Cadre of trainers assists every coach with the first step, (Preparation) by producing a full season of session plans, techniques of practice field setup, and successful transition methods. The Recreation Program urges coaches to complete the 11th and final step after every practice. (Assessment). Coaches should assess both their player performance and their own.

Age Group Skills Sessions

Age Group Skills Sessions are BAC’s primary practice session each week. The DOC and the cadre of trainers will develop a season plan for each of the age groups from U5-U12. The season plan is

posted on the BAC webpage for all coaches to review prior to each session. The session and season plans follow US Youth Soccer Development model progressions and focus on technique, agility and balance, and decision making. Coaches and/or assistant coaches are expected to attend age group skills sessions to both assist, learn from the cadre of trainers, and work with peers to raise the skill level of the whole club. Coaches are expected to, and benefit from, participation in practice preparation before each practice and the assessment after each practice.

Team Practices

Coaches are expected to work the philosophy, progressions, and objectives from the age group skills session into their team practices. Even if coaches do not use the lesson plans learned at age group practices, following these [11 steps](#) (Responsible Coaches Guide For Successful Practices) will ensure a quality practice for BAC recreation club players.

Team practice space is assigned by your AGC, which will not conflict the age group session the coach and his/her team will attend. This is often worked out at the preseason coaches' meeting.

Age groups younger than U13 will be permitted only one team practice – in addition to the age group session – per week.

Remember that you are going to be sharing the field with several other teams. It is important that coaches work together to make sure that everyone has space for their team to practice.

Be sure to check that your field is open. (You can learn more about this in the section Inclement Weather and Field Closures.)

FIFA 11+ warmup and injury prevention

Long term athletic development includes preparing the body for practices and games and establishing routines that prevent injury. The FIFA 11+ warm up routine originally designed for U14 and up has demonstrated to be beneficial for all ages. Starting as early as U9, just before the pre-teen growing stages, establish a routine that reduces risk and strengthens muscles ahead of the growth spurts. FIFA have provided demonstration videos [here](#).

Games

BAC's Game-Day Philosophy

In order to develop the love of the game, BAC promotes fluid teams and coaches working together for an exciting game day for all to enjoy. Competition is to be healthy, cheerful and competitive (friendly competition). Our teams benches line up on the same side of the field beside one another while parents are across the field, directly across the team benches. Our Parents and Coaches are to work together to create an atmosphere of respect and solidarity as we are community with a focus on all players doing well on the field. Be open to assist when or where needed. We appreciate your courteous behavior in front of our youth.

BAC applies the US Youth Soccer mandated [US Soccer Small Sided Games](#) structure. At U5, U6, and U7/8 BAC applies the fluid team concept promoted by US Youth Soccer. Fluid teams means players will have different teammates across a game while we also strive to keep teams together for their likeness of coach and parents – some teams may prove to have better gelling compared to their counterparts. Nevertheless, at these younger U5-U8 development ages, individual success is more important to the player than team success; BAC focuses on player’s general success. By restructuring the game around the players, the final game score is de-emphasized and the act of scoring, dribbling, and playing as individuals or groups is emphasized. The fluid team concept makes larger teams (pools) that practice together and on game day breaks these pools into smaller teams. Each quarter or break in the game, the players in the pool are reshuffled across teams. In effect making the next quarter a new game. In this manner BAC is inclusive, widening the circle of friends, and creating 4 micro games on Saturday, with 4 different outcomes for each player. The multiple games and multiple opponents and players, makes the end of the game commonplace. Further, the smaller numbers of players per team, and coaching focus on individual successes, increases the aspects by which players measure fun and success from the one game score to multiple goals, dribbles, and defensive successes.

U5/6 Games

At U5/U6, we have a festival structure with multiple playing grids. Over the Saturday morning hour, players will play 4 micro games instead of quarters of a single game. The coaches and the BAC trainer collaborate to shuffle and balance the teams after each micro game. These games are played without the typical restarts. While coach manages the micro game, after each goal or out of bounds a new ball is put in play in a different part of the grid. In doing so, we increase field awareness, force movement to space, keep the micro game high, and recognize the success of the goal, but do not dwell on it.

U7/8 Games

At U7/U8 (combined age group), we introduce the formal grid per US Youth Soccer Small Sided rules. BAC uses a modified Pool format by creating teams large enough to field two 4 V 4 teams. On Game day there are two 4 V 4 grids. The schedule is set with two teams competing, but having two games going at once. At the end of each quarter, the coaches collaborate to balance the play. Parent volunteers ref, and it is preferred that assistant coaches will run substitutions, while the two head coaches work together to observe and manage the balance of play on both pitches.

U9/10 Games

At U9/10, BAC continues the movement away from pool play to playing games on their respective teams. BAC follows US Small Sided rules (7V7) to include using the build out line and rules that promote possession soccer and playing out of the back. BAC has a partnership with other local clubs FPYC and BRYC and have some inter-league play games. BAC coaches are open, collaborative, and use competition to give players at this age the chance to make their own decisions on the pitch. We reach out to these other clubs in hopes to have the same collaborative coaching on game day on inter-league games as we do on BAC game days. One to two weekends a season, BAC will hold a U9/10 pool play festival format. In this festival, all BAC U9/10 teams play each other in a continuous game on Saturday morning.

This pool play format continues the concept of fluid teams, increases touches on game day, and further focuses the excitement of playing over the score at the end of the game.

U11/12 Games

At U11/12, BAC has transitioned out of pool play concepts on game day and follows the US Small Sided Rule (9V9). BAC continues the inter-league competition mixed in with BAC vs BAC games. As with U9/10, BAC strives to maintain the collaborative arrangement on the sidelines with inter-league teams that we have created and continue among BAC coaches.

U13+ Games

At U13 and up, BAC is a member in the Suburban Friendship League for the U13-U16 ages (boys and girls); Including a U16 to U19B in SFL; While the U19G play in the regional High School league with the SYC, BRYC, and VYS teams. BAC teams and coaches play and follow these league rules on game day. The SFL rules are published on their website while the situation is the same for the Girls HS Soccer League.

SFL Website Link: <https://www.sflsoccer.org/>

Girls High School Soccer League (Hosted by SYC): <https://www.sycva.com/hsgl>

Game Schedules

Once the schedule is finalized, coaches that have conflicts or who will be unable to field teams for specific games should inform the other coach and their AGC as soon as possible. Working together, the coaches and the AGC should be able to resolve the situation. [Note: The AGC is responsible for alerting the referee coordinator to schedule changes. If the club does not inform the coordinator and a referee shows up for the game, the club must pay the referee even if the game is not played.]

Laws of the Game

The laws of the game for each age group may be found at the US Youth soccer website. Note that for U5 and U6, BAC promotes more touches on the ball and fluid teams by having 2V2 and 3V3 games.

[U8 and Under](#)

[U10 and Under](#)

[U12 and Under](#)

Burke AC Recreation Club Game Rules

Specific age group rules vary slightly and are designed to help facilitate the learning process for each player.

U5 and U6 Game format:

U5 2V2, U6 3V3

Field Size

Length: a minimum of 15 yds.; maximum of 20 yds.

Width: a minimum of 10 yds.; maximum of 15 yds.

Time: 10-minute quarters

Goals: 6ft X 4ft PUGG/Franklin Goals

Kickoff: From Center Field

Restarts: None. Field manager uses multiple balls, as soon as ball goes out of bounds or score, a new ball is put in play. The ball is put in play in an open part of the grid.

Referee/Field Manager: Volunteer, keeps the ball in play and manages the safety of play. Field manager does not coach.

At first arrival, the trainers and coaches divide the players into teams of 2 U5 or 3 U6 and assign them to a grid. At the end of each quarter, break for water, the trainers and coaches will make new teams of two or three and disperse across the pitches. Start the quarters at 10 minutes and shorten due the stamina of the players. One trainer will manage the central clock for the field.

Scores & Standings

Burke AC does not keep any official standings and coaches do not need to report scores at the conclusion of each game.

Playing Time

Each player playing is expected to play equal time with every other player on average 50% of every game unless there are extraordinary circumstances. i.e. the older age groups will sometimes have large team sizes.

No Slide Tackles Until U9

Slide tackling shall not be permitted until players are in the U9 or older age groups and when referees are present. Slide tackling should be monitored and managed by coaches. If player does not seem to know how to properly slide tackle and is hazardous – the player should be told to stand tackle. Coach should teach or encourage the player to understand the technique of slide tackling.

Slaughter/Mercy Rule

*Some language will be written in first person for direct action.

Burke AC is a community club with all coaches focused and working together for the development of all players with a joyous occasion in mind for game day. Competition must be healthy and fun for ALL to enjoy. Running up scores does not support either team. It does not challenge the stronger team and is emotionally draining to the weaker team. It is imperative that we make sure that all the games are fun for all the players – so that players may return and improve in the long run (without expectations to deliver early on). Nevertheless, this does not mean we are to limit the growth of players for the pursuit of Draws, Equal experience, or “tight scoreline games”, rather offering other opportunities of growth for players during such wins to focus and hone in on other skillsets.

In U5-U8 games (BAC Games) which use multiple micro fields balancing and rebalancing the teams is the best way to prevent or correct lopsided games – meaning teams should be willing to share players and encouraged to go head-to-head with their own set of stronger players. Having worked together in practices, coaches should have an understanding of all players and at a minimum should discuss players and balancing before their own respective game. Soccer is a fluid-dynamic game and as it progresses, it may be necessary to move players around to help avoid obvious inequities. Always start by fixing your own team, achieve your own team objectives. Once having achieved your team goals/objectives follow the provided plan of action depending on scenario per your team:

In U9-12 games (BAC Games) BAC does not use micro fields, so balancing play is more difficult, however should still apply the rules below to apply Mercy rule. Coaches having worked together at practices should have an understanding of each team prior to the game. If it is expected to be an imbalanced game, coaches should work out a plan for balancing the play prior to game start and communicate with their Age Group Coordinator and the coach of the opposition ahead 24-48 hours ahead of the start of match.

If one team has a +3 goal difference (3-0, 5-2, etc.), the opposing team should have the option to start taking goal kicks from the penalty box rather than the goal box.

If one team has a +5 goal difference (5-0, 7-2, etc.), coaches should consider transitioning into a “scrimmage format” and shuffling players. If both coaches desire to keep teams separated, the opposing team (losing team) has the option to add one player to the field or while the winning team takes a players off.

Scenario's to review and apply:

1. **Scenario 1:** Your team is achieving the goal set forth ahead of the match – you are up by **3 OR 4 goals**; You foresee (or the opposing partner coach does so) that your team are going to keep scoring –
 - a) Rotate player positions (expose your players to different stimuli/roles and responsibilities);
 - a. Moving players to positions they are less comfortable with or don't play as frequently;
 - b) Implement Restrictions – Team must pass 6 times before they can score (stick to it until the opposing team is 1-2 goals close as this is an opportunity to teach the team how to possess.);
 - c) Give & Take a player – switch your best player with the opposing teams not so strong player; work with the opposing coach to balance each team out; (have Pinnies at the ready in such cases).
 - d) Some other options that can be employed early on to challenge players and teams.
 - e) Asking players to take shots from outside the penalty box; (Or only shoot with the first touch.)
 - f) Asking players to use their non-dominate foot for passes and shots on goal;
 - g) Asking players with limited experience as goalie to play in goal;
 - h) Increase the leading teams consecutive passes before they can shoot; Remove an additional player.

- i) Emotions will run high in the heat of the match, and in the case of this scenario please do not avoid contact with the opposing coach that is losing. Take the first step to speak with the opposing coach - Refrain from being loud in your request (to put down the opposition) but approach in a calm manner to speak with a lowered tone. Be respectful and speak clearly. Avoid falling into despair if the opposing coach is not working with you – instead bring the DOC of REC if on field/AGT if on field. Allow yourself to cool off and try again – if no luck then stick to the plan and continue to support your players.
 - j) Speak with the referee and notify them that you are looking to move players, they will accommodate. Chaos can make matters worse for a referee’s decision making. Keep the referee informed.
2. Scenario 2: Your team is not achieving the goal set forth ahead of the match; organize your team by returning to the basics or a form of play your team may do well in. If no luck and still facing difficulty, then follow these steps:
- a. Speak with the opposing BAC coach as you recognize the “bleeding”. State that you are out of options and that the coach should now begin applying “Scenario 1”; Work with the opposing coach in a well-mannered approach.
 - b. Emotions will run high in the heat of the match, please refrain from being loud in your request but approach in a calm manner to speak with a lowered tone. Be respectful and speak clearly. Avoid falling into despair if the opposing coach is not working with you – instead bring the DOC if on field/AGT if on field. Allow yourself to cool off and try again – if no luck then stick to the plan and continue to support your players.
 - c. Speak with the referee and notify them that you are looking to move players, they will accommodate.

Ask other coaches for other suggestions they may have to balance play and make the game a skill learning situation for both teams.

If the imbalance continues or gets more pronounced, the coaches must rebalance the teams. Again, fluid teams downplay the scores importance and creates intrinsic fun in the game and successes in dribbling, tackling, and scoring.

If the other team can score and come up to less than a +4 differential, then the leading team may place their player(s) back on the field.

Notes to consider:

- a. The goal is to make it competitive even for the strong players/groups (including the coach in problem-solving/critical thinking) to learn and adapt to a new set of problems and opportunities. This is not to limit their growth and ability to express themselves. Great players are made by being exposed to difficult set of scenarios not consistent, lopsided positions – it takes a balance of both to build confidence and mature an individual.

U13+ games follow the rules of the [Suburban Friendship League](#).

Game Cancellations

When possible, the club will try to have a free weekend between the final regularly scheduled game and the end of season tournaments. This weekend can be used as a club wide make up day when needed. It may be necessary for teams to work with the AGCs and to schedule make up games during the week. When this happens, the club will work with the referee coordinator to have a referee there when appropriate. However, it may be necessary for a parent to referee the game.

Pre-Season Field Setup

Before each season it is necessary to set up all the game fields. This includes measuring and painting the lines, setting up goals, and moving equipment from our warehouse to the fields. Volunteers are an important part of setting up the fields. If you or any of the players parents have time and are willing to help, please contact Carol Coulter at her email: <mailto:burkeathletic1@gmail.com>

It's Game Day – What Do I Do?

Game days are a lot of fun. But they also require some organization and help from each coach.

Home teams wear the Blue uniform.

Away teams wear the White uniform.

The teams scheduled to play the first game of the day should arrive early and set up the field. (Early is defined as 30 minutes before the warm-up) This includes repainting the field lines and, depending on the age group, setting up the goals and corner flags. This is a great topic to bring up with parents in your introduction.

The teams that are scheduled to play the final game of the day are responsible for policing the field and putting equipment away. This includes putting away and securing any goals and corner flags, gathering and throwing away any water bottles left behind, etc.

Snacks

The US Soccer Guidance is moving away from the “Snack” as a distinct social event at the end of the game. Snacks and water should be addressed as a means to fuel up for the game or to enjoy the social event at the end of their respective games. If you desire to have a team snack, BAC desires it to be a healthy snack (peanut free).

Sportsmanship and Game Etiquette

Winning and losing: The outcome of the game will not be a life-or-death matter for your players unless adults teach them that it is. The children come to play; it is only adults who come to keep score. If you

don't believe that, ask some players coming off the field what the score is. They often don't know (and don't really care that much) who is ahead. If your team is typical, you will have players at the end of games asking "Did we win?" even if the game was completely one-sided, and, by the time of the next team practice, many of your players will not remember who won, much less remember the score. It is, after all, only a game. What is important is that the players have fun, give a good effort, and accept the result in a sportsmanlike manner. Finally, remember that, as coach, you are responsible for the behavior of your spectators (parents and others) as well as your own and that of your team. Spectators must be educated about the proper place to stand to watch the game. All spectators should remain between the two 18-yard lines (marking the penalty area) and 2 yards behind the touchline. This provides a clear line of sight for the assistant referee (even if you don't use assistant referees at your level of play, it is a good idea to get the spectators into the habit of watching from well off the touchline). No one should ever be closer to the goal than 18 yards, and never directly behind the goal area.

A Note on Spectators

Coaches are held responsible for the actions of the spectators. Coaches are encouraged to remind all spectators to be respectful of the players on both teams and the referee.

Coaches are strongly encouraged to remind parents not to coach from end lines or behind the goals.

Coaches should be aware of parents becoming overly "instructive" or vocal towards the kids. Even if this is "positive" it can become a distraction and contribute to the noise that surrounds the game.

All spectators are encouraged to provide encouragement and cheer for both teams throughout the game.

Picture Day

The club contracts with an outside vendor to have pictures taken for each team. This includes both individual player pictures as well as team pictures.

Once teams are finalized, a picture schedule will be created and posted on the web site. Coaches that need to change the schedule should follow the directions posted on the site.

A few things to keep in mind about pictures:

- Ask your team to wear the same color uniform. Most teams ask their players to wear the color they will be wearing at their game that day.
- Arrive early to allow time to take care of any problems or other issues that may arise.
- Bring a team roster with phone numbers so you can contact parents if necessary.

End of Season Tournaments

U8 and older players are eligible to play in an end of the season tournaments. BAC is growing its relationship with VYSA and is a strong supporter of the VYSA Recreation tournament. Unfortunately, VYSA is not consistent in its ability to hold the tournament. When the VYSA recreation club tournament is being held, it is our goal to be represented with multiple teams and make it a club weekend at the Virginia Training Center. Teams may also participate each fall in the Herndon All Star Cup (www.herndonyouthsoccer.org) and each spring in the FPYC Father’s Day All Star Tournament (www.fpycsoccer.org). Other tournaments will be considered per the case of past experiences with our current list or other opportunities that may suit the direction of our Recreational program per the Recreational DOC and the Technical Director of the Club.

BAC’s vision is to achieve a development-focused environment that is engaging to all levels of play. BAC recognizes the challenges that “Select” or “All Star” tournaments can pose for youth player development. BAC is particularly mindful of the potential unproductive and negative effects of a “selection” process, especially at the younger age levels.

This Policy aims to develop a system for creating teams and selecting coaches that enables BAC’s participation in youth Rec soccer “select” tournaments to fit into BAC’s overall vision for a soccer program that is community-based and combines elite development with the long-term athletic development model.

The BAC Rec Soccer program of practices and games between BAC teams played through the regular spring and fall seasons is based entirely upon equal access and opportunity for all players regardless of any actual or perceived measure of skill or aptitude. There is no value placed during the regular season on how one team or one player performs against another. Similarly, the many training and fun-oriented programs offered by BAC during the regular seasons are open equally to all BAC players with no emphasis on score-based performance.

With respect to participation in “Select” tournaments, however, BAC recognizes that based upon extensive experience, an approach based upon equal opportunity and participation for all players at these tournaments can result in a negative and unproductive experience, including a poor showing against other leagues. Scoring and standings are inevitable and undeniable components of these tournaments.

Therefore, BAC’s goal is to develop a process that supports appropriate selection for those focused on results while still availing the tournament experience to a broad range of players eager for it.

Formation of “Select” Tournament Teams

Number: The number of select teams formed per age group shall depend on the number of teams overall in the group as follows:

Number of teams overall in age group	Number of select teams
< 3	1
4 or 5	Up to 2
> 6	Up to 3

Types: In order to accommodate both the desire for competition and the goal of providing the tournament experience to as many BAC players as possible, the BAC select team approach will consist of “**select competitive**” and “**select experience**” teams.

Select competitive team

A select-competitive team is formed to provide a competitive experience on a more results-oriented basis. Players on this team should be selected from across the age group and do not have to be drawn equally from each team. The selection process should result in the most capable team on a competitive and results-oriented basis.

Select experience team

A select-experience team is formed to provide the tournament experience to a broad level of capable players able to handle the ups and downs of 3 or 4 tournament games in a weekend. Players should be selected from across the age group and teams should be equally represented as best as practicable.

Selection of Select Tournament Team Coaches

Coaches of BAC select teams are “ambassadors” for the club in these multi-league events. BAC requires that they coach and teach players and present themselves at tournament games with the club’s vision. Our coaches have current positive coaching alliance certification. BAC prefers that tournament coaches be US Youth Soccer-certified, and have regularly participated in age group practices, or otherwise demonstrated an understanding of the youth soccer development model and an ability to manage players and parents of the applicable type of team (competitive or experience). Select team coaches are chosen by conference of the coaches led by the AGC.

Select Team Process

Midway into each season, the AGC will lead the coaches in the age group to decide on the number and types of team based on the table of teams above and their observations of the players. Although parents’ requests and interests should be addressed in the process, BAC’s first priority is the players well being and development.

For the younger ages (U10 and below), if there are 3 or fewer teams, the club prefers that the select team be a **select experience** team. Circumstances may be presented that warrant an exception to the stated preference for consideration by the Age Group Program Director. Once the number and type of teams is determined, the AGC and coaches will select the coaches. By the first week of October the AGC will recommend to the Age Group Program Director the teams and coaches for the end of season tournaments and any special situations to be considered (other tournaments such as VYSA rec tournament). By October 15, the Rec Soccer Committee will publish the end of season tournament slate. (See below for example).

Age Group	Type	Coach
U9GB	Experience	Ms. Rapino M.
U10G	Competitive	Mr. Messi L.
U10G	Experience	Mr. Kroos T.

The club prefers instead that coaches make notes of players' skills, aptitude and attitude during games and practices and confer throughout the season. Observations over multiple sessions without the stigma of "tryouts" are a better indicator of a player's abilities. If the Age group has decided to field a **Select Competitive** team, the Age group practices the week before Columbus Day and the first week of May will be used to perform preliminary assessments of players. The trainers will work with coaches to perform round robin scrimmages for at least half of the session. Trainers will discuss with coaches skills, mental, and emotional qualities to observe. From this round robin, a pool larger than needed to field a team will be selected and observed for the next two weeks. If over the course of the two weeks others are identified, they will be added to the observation pool. By the Age Group Skills session of the last week of October and May, the coaches will have agreed on the select team and players will be identified and invited to play on the select teams.

Once the coaches are set and players identified, the coaches are required to work with the club administrator to ensure the proper administration is complete for team participation.

End of the Season

What happens after the last game? Many teams hold a team party. Typically, a team parent coordinates this event and collects money from each family to cover the costs. These parties take many different forms. Some teams provide snacks at the field after the game. Other teams have more elaborate events at a parent's house or restaurant.

The DOC conducts an end of season wrap up and lessons learned with trainers. All coaches are invited to provide input to the lessons learned as BAC consciously strives to improve.

Referees

At U5, coaches are often on the field facilitating each game and helping players move on and off the field, go the right direction, etc. At U6, coaches are asked to remain on the sidelines and give the players more freedom.

At U7 and U8, parents and older siblings are asked to volunteer and serve as a "ref" on each field. These referees are encouraged to help facilitate the game by getting the ball set up for kick offs, helping set up corner kicks, and intervening when play becomes unsafe. However, these referees should not coach from the field or tell players what to do.

Beginning at U9, trained referees are provided for each game. At the younger age groups, the referees are often soccer players that want to make some extra money, learn more about the game, and continue their conditioning. They are typically middle school or high school students.

While they are trained, have a referee uniform on, and come with a whistle etc, they should not become targets of abuse. Coaches, players and parents should never yell at the referees, stand on the sideline and question their calls, or take any other action that creates an uninviting or intimidating environment.

Refs are human. They will miss calls. They will make mistakes. Many are young and are learning to be a ref just like the players are learning to play soccer. They have to start somewhere – and our fields are where they start.

Ask yourself if you would like your son or daughter to be treated the way you, the players or the parents are treating the ref. If it is a question you have to think about, you have probably gone too far.

If you have compliments or concerns about a refs behavior on the field, you should email your comments to your AGC, the REC DOC, and the club administrator. The referee coordinator is not part of the club but is an outside person that coordinates referees for several hundred games every weekend on behalf of all the local clubs. Your feedback (both positive and negative) is very important to the ongoing development of the program, but language should be filtered when speaking outside of the club to maintain the solidarity and respect of the club in our surrounding communities. We need referees to have soccer games.

Cards

Any red card issued by a referee (whether it is to a player or a coach) must be reported to the AGC, Rec Commissioner, and chairperson of the Conduct Committee within 72 hours of the end of the game. **The club reserves to the right to give additional sanctions beyond what may be done by VYSA or other sanctioning body.**

Coaches Training

Burke AC strongly supports the ongoing education of all of our coaches. This includes programs through Virginia Youth Soccer Association (www.vysa.com), US Soccer Federation (<https://learning.ussoccer.com>), United Soccer Coaches <https://unitedsoccercoaches.org>, Positive Coaching Alliance (www.positivecoach.org), and programs sponsored by the club.

In most cases, the club can reimburse coaches for the fee to get their D, E or F license from VYSA. Coaches will be reimbursed when they submit a request and give a copy of their license to the club. Other training may be reimbursed in full, in part or not at all. Coaches must obtain pre-approval to be reimbursed for any of the other licenses or training.

Field Permits

Each season the club submits field requests to the County. Based on these requests, the County issues permits to the club which give Burke AC teams access to fields for practices and games. (Note: We don't get everything we request.) The club gives each AGC copies of the relevant permits and the AGCs will give copies to each coach.

It is very important that each coach have copies of these permits with them whenever they are on a field (for practice or a game). The County has staff who visit fields requesting to see copies of the various permits. If a team is practicing without a permit it is possible that the County staff person will insist that they leave. This has happened before and will likely happen again.

The permits are also the affirmative protection for you from walk on teams and "squatter" games. If there are people on the field when you need to practice, you should politely ask them to leave. If they refuse, you can call the county at 703-609- 8870 and inform them of the difficulty you are having. They should send someone to the field to assist you. If this occurs, you should ask the County to have a staff person there the next time you are scheduled to practice in case you run into the same problem. You should also be sure to inform your AGC of the problems you are having so the club can help you solve them.

Inclement Weather Policy and Field Closure Procedures

For the policy that is on the BAC website [Click Here](#)

Weather Related Safety Precautions

Safety during all soccer activities is the primary concern for any individual participating in youth soccer. To aid in participant safety, the following guidelines and references are presented.

Hot weather

Playing sports in hot weather produces the opportunity for players to experience heat exhaustion or heat stroke. This is one of the most preventable sports injuries. Players should always be hydrated before, during and after every match. During hot weather, the hydration process should begin about two days before the match. During the match the game officials should provide extra breaks in the play for players to re-hydrate. Coaches shall be aware of the symptoms of heat stress among the players and provide shade for the players when they are not on the pitch.

The risk of heat related illness from vigorous sports activity increases with the temperature. The body generates heat which cannot be dissipated readily when the ambient temperature

exceeds 85 degrees F depending upon the humidity. Hot weather is considered at any point where the temperature index reaches or exceeds 90. Precautions to take include providing shade for players when off the field, hydration and rest breaks. Club coaches and officials are instructed to take control of game situations and invoke mandatory breaks in play when a Heat Index (HI) of 90 or greater is present. Breaks shall be implemented by the game officials at least once during each half of play when the HI exceeds 90, and twice per half of play when the HI exceeds 105 and the game is 60 minutes or longer in length. Where scheduling problems occur due to set game starts, periods of play shall be shortened evenly to accommodate the stoppage of play.

Preventative measures:

- Wear light colored, light weight and loose-fitting uniforms
- Hydrate well in advance of game day.
- Players should drink at least eight (8) glasses of water per day for at least 2 days before games.
- Bring fluids to the game. Diluted sports drinks just before and during the game. Full strength sports drinks after the game to replenish muscles.
- Have wet towels in a cooler for neck wraps
- Use shade or a shade tent whenever not on the pitch
- Wear sunscreen

Awareness: Coaches and game officials need to be aware of the symptoms of heat exhaustion or heat stroke caused by physical activity in hot weather. Players showing signs should be substituted out, re-hydrated and allowed to cool off in the shade before returning to the game. Eat less and drink more. Food creates energy and body energy creates heat.

Heat Exhaustion is a form of shock. The symptoms include: pale, cool, moist skin; heavy sweating; feeling faint, dizzy, fatigued; headache, weakness, nausea; and muscle cramps and spasms. **Actions to take:** move player to shade – because the body core temperature has risen; give rest – allowing the body to cool; give fluids – cools the body temp plus replaces lost fluids which caused illness; gently stretch and massage cramped muscles; and get emergency help if unconscious or vomiting

Heat Stroke is a heat related illness, which may be life threatening. The symptoms include: rising of body core temperature has risen; flushed color, hot and dry skin; feeling chilly; abnormal mental status (dizzy, confused, delirious); and hyperventilating. **Actions to take:** Get medical help immediately; cool body temperature quickly if possible; and keep patient awake.

Cold weather

Players are more susceptible to injuries during cold weather, particularly pulled or torn muscles. Players should be encouraged to wear appropriate clothing to aid body heat retention yet afford adequate movement without creating a safety hazard. Shortened games to reduce exposure time may be important.

There seems to be much less information available about soccer in cold weather than in the heat. At what temperature to begin wearing added garments depends upon the wind and length of the game. A temperature of 30 degrees with a 50 MPH wind has a wind chill of about -15 degrees. 20 degrees and a 25 MPH wind also have a -15-degree wind chill. Both are capable of causing mild frost bite and hypothermia.

Prevention measures

Players will heat up rapidly so dress in layers and warm up properly before the game, taking off excess clothing before play begins. Uniform jersey colors must be the exposed fabric and the pants should be the same color as the shorts. Wearing of long underwear or protective clothing is allowed so long as it is tight fitting and does not create a dangerous condition for other players in the opinion of the game officials. Hats are most effective at retaining body heat, but are looked at skeptically by game officials. A fabric cap is more acceptable than a hat with a brim which is considered to be dangerous equipment. An ear warmer style head band or a head protection like a “Full 90” might be a good alternative.

Allowable Additional Clothing: 1. Layered beneath uniform (for example) - long sleeves - long Pants - additional socks; 2. Gloves or mittens; 3. Stocking caps without straps; 4. Jackets may be worn under the uniform so that referees get the player's number in the event of a card being issued.

Clothing NOT Allowed: 1. Sweatshirts hoods (they don't turn when player turns his/her head and the strings are a possible hazard; 2. Ear muffs (plastic or metal part crossing top of head presents potential hazard; and 3. Scarves.

Don't wear cotton as cotton retains moisture which turns cold against the skin and draws heat away from the body and chills to the bone. Wear poly, Lycra, or other hi-tech and tight-fitting fabric which will wick moisture away from the body. Gloves of hi-tech fabric are light weight, tight fitting and very helpful. These fabrics are not dangerous attire, but as always, the decision of the referee determines acceptability.

When off the field, put on a wind breaker immediately. Retain the body heat that was generated on the field and warm up again to loosen muscles before returning to play. Cold

muscles strain easily. Dress warmly when off the field. Take extra time to warm up and keep muscles flexible during play.

Take breaks as needed to warm up by wearing extra clothing when the cold and wind reduce the body temperature.

Drink fluids as always because players sweat from the exercise, even in the cold. Staying hydrated helps maintain the quantity of blood needed to warm exposed body parts and extremities.

No one should sit or lie directly on ground. The heat is lost faster to ground than to air. Blankets and chairs are recommended.

Keep an eye on field conditions (wet, icy, etc.). Cold wet conditions can quickly change field from safe footing to slippery.

Keep an eye on the goalie—usually the player who gets coldest first, as not running or moving like a field player.

Referees and coaches should discuss weather and fields-related conditions before the game.

Safety and health of the players come first!

Lightning

Games should be called whenever lightening is in the vicinity. Follow the US Youth Soccer guidelines for lightning. http://www.usyouthsoccer.org/news/lightning_safety_outdoors/

Fluid Intake

Hydration is important. See US Soccer's recommendations regarding hydration. [US Soccer Hydration](#)

Coach Liability and Player Safety

Derived from the VYSA Coaches Handbook (www.vysa.com/docs/home/vysacoacheshandbook.pdf)

As a volunteer coach you will have the care, custody, and control of someone else's children for 30-50 hours this season. In this capacity you have the potential both to create and to prevent accidents and injuries.

You should be aware of your responsibilities as a coach. Attention to these aspects will help minimize your personal risk, and prevent sports-related injuries. Your responsibilities include:

Providing adequate supervision (general and specific to the game) - The health and safety of your team members are entrusted to your care. You must provide adequate supervision to avoid foreseeable accidents and injuries. NEVER leave players unattended! NEVER leave after a game or practice until parents or guardians have arrived!

Sound planning - Carefully plan your practices and exercises so players progress and learn new skills. Construct written practice plans and keep them on record for the duration of the season.

Warning players of inherent risks - Players and parents must know, understand, and appreciate the risks they are likely to encounter in soccer. Inform them at the parent orientation meeting.

Providing a safe playing environment - Be certain that practice and playing fields are free of hazards (e.g. holes, rocks, broken glass or other debris) and that equipment (e.g. goal posts) is in proper condition. Warn your players NEVER to hang from the goal cross bar!

Evaluating players and determining any limitation required participation - Be sure players are physically capable of performing the required skills, this includes mental and physical. Evaluate old injuries as carefully as you can before letting players return to action.

Providing proper first aid - It is strongly recommended that coaches have a first aid kit available along with a plan, which outlines emergency procedures. Know where to find emergency help and a telephone (have a cellular phone on hand). Don't attempt to provide aid beyond your qualifications. ALWAYS have your players' medical release forms with you - they should provide emergency phone numbers as well as permission for you to obtain emergency medical aid in the event a parent/guardian cannot be reached. Do not transport injured players, CALL 911.

Respect the civil rights of your players on and off the field. Consider the factors of the game as it relates to officials and spectators. Keep good records of an event especially in the case of an injury.

It is to your advantage to have a 2nd adult in attendance at practices. This reduces the risk that you could unjustly be accused of inappropriate behavior. Coaches who successfully perform the above duties not only reduce their personal risk, but also demonstrate to parents and other coaches, his/her desire and willingness to act responsibly.

Care and Prevention of Injuries

“An ounce of prevention is better than a pound of cure.”

Prevention of Injuries

The first line of defense in the treatment of athletic injuries is to prevent them. A well-planned program accomplishes this: competition among equal ability groups, proper warm-up, and adherence to the Laws of the Game. Other factors that can lead to the prevention of injuries are as follows:

- Proper use of equipment (shin guards, no jewelry, uniforms designed for climate).
- Upkeep and monitoring of playing surfaces.
- Proper fitting shoes/boots.
- Ample water supply and sufficient number and length of rest periods.
- Avoid scheduling practice during the hottest periods of the day and when there is intense humidity.
- Full rehabilitation of an injury prior to return to play, determined by a physician.
- Recommendation of a physical exam by qualified personnel prior to participation.

The coach or assistant coach should be responsible for assisting with injuries. More importantly coaches should recognize limitations and call for help when an injury is beyond their knowledge and skills to address.

It is recommended that the coach follow-up a player's injury with a conversation with the player's parent.

Each coach should have and know how to use a First Aid Kit that includes, but is not limited to: Team Safety and Information Card, plastic bags, and ties for ice, ice, tape, band aids, antiseptic, sterile pads, towelettes, gauze pads, elastic wrap, antibiotic cream and rubber gloves (care should be given to avoid contact with blood and body fluids and to use proper disposal of items soaked with such fluids).

Care

The care of the injured athlete should begin the moment an injury occurs. Immediate care will reduce the severity of the injury and possibility of long-term disability. The coach, upon seeing an injured player on the field should:

- Stay composed.
- Make sure that the airway is clear.
- Determine if the player is conscious.
- Determine how the injury occurred.
- Question the player to determine the location and severity of the injury.
- If the player is unable to continue, assist him/her to the sideline unless it is a head injury, then do not move and call for emergency help.
- After determining that the injury IS NOT life threatening, the nature of the injury can be further determined.
- Note the position of the injured part.
- Look for swelling and deformity.
- Compare it with the opposite side.
- Do not move the injured body part.

Treatment for minor injuries such as sprains, strains, and contusions are referred to as R.I.C.E. (Rest, Ice, Compression, Elevation). R.I.C.E. treatments should occur immediately after the injury and a general rule is to ice for 20 minutes on and 20 minutes off – three consecutive times. The treatment helps in three different ways:

- Applying **Ice** to the injured area causes the blood vessels to constrict, limiting circulation to the injured area.
- Applying **Compression** with an elastic bandage inhibits the accumulation of blood and fluids in the area; thereby, minimizing pain and swelling.
- **Resting & Elevating** the injured area decreases fluid accumulation, and helps to reduce muscle spasms.

Some Familiar terms coaches should know:

- Sprain – ligaments are bands of tissue that attach bone to bone and stabilize joints. A sprain is an injury to one or more ligaments.
- Strain – a tearing injury to a muscle or a tendon (tendons attach muscle to bone).
- Contusion – a blow to a muscle or tendon caused by an outside force, which causes hemorrhaging to surrounding tissue.
- Abrasion – a loss of surface area of skin. The area should be cleaned with an antiseptic to prevent infection. An antibiotic ointment should be applied to keep the wound moist and destroy any bacteria present.

Frequently Asked Questions:

May a minor be the head coach of a Burke AC soccer team?

No. The club does not allow minors to be the head coach of any team. However, a minor can be an assistant coach and help train the players. Note: The head coach or other recognized club recognized adult must be at any session where the minor is working with the team.

May I allow kids from the neighborhood who are not registered BAC players play in the game or participate in practice?

No. The club's insurance only covers those players that are officially registered as Burke AC players.

Does the club keep standings or provide trophies?

No, the club does not keep standings or provide teams with trophies. We believe that keeping standings for grade school children would increase pressure on the players and would open the door to overly competitive situations.

What does it mean to be the "Home" team or the "Away" team?

The primary impact is on the color of jersey for that game. Home teams wear Blue and Away teams wear White.

I don't understand the U5, U10, U15 thing. What does it mean?

U6 means Under 6 years of age. The best source of information on age bracketing is the. [US Soccer Birth Year Page](#)

Appendix I: Coach Code of Conduct

As a leader and coach in the Burke Athletic Club (BAC), I understand the importance of the role I play in the lives of my players, and will ensure that my conduct sets the proper example for other coaches, team members and spectators. I accept the great responsibility this places on me and I accept the following code of conduct:

- I will promote growth and development in a positive and supportive manner. I will nurture good sportsmanship and fair play by teaching and personally demonstrating my commitment to these virtues.
- I will not verbally, physically, or psychologically abuse any player, referee, coach, parent, spectator, or BAC official, even in jest.
- I will not use alcohol, drugs, or tobacco products during any game or practice or at any facility where such use is prohibited by statute, or by regulations of the facility owner.
- I will not use profanity at any youth, parent, coach, referee, or BAC official.
- I will teach and demonstrate respect for the *Laws of the Game* (located at: www.fifa.com). I will insist on the highest respect for soccer officials by players, parents, and fans. I will refrain from questioning official decisions, especially in a disrespectful or abusive manner. I understand that dissent and negative commentary is contrary to the *Laws of the Game* and that criticism of officials could destroy the game.
- I will follow field/facility rules and regulations, respecting at all times the property of others. I will abide by BAC's rules and procedures.
- I understand I am responsible for the behavior of my teams' other coaches, players, parents and fans at games and practices. I will ensure that team spectators conduct themselves with sportsmanship and maturity while in attendance at game and practice site and assist the game officials in maintaining control of spectators.
- I will respect the players on my team and on other teams. I understand that soccer is merely a game and those players and coaches on other teams are my opponents, not my enemies. I will teach my team to appreciate how the variety and diversity of players in our League makes our experience richer and more rewarding. I will demonstrate appropriate gestures of sportsmanship at the conclusion of a game. Be humble and generous in victory and proud and courteous in defeat.
- I understand that if I violate this Code of Conduct, club or league policies or procedures, or Federal, State or local laws, ordinances or rules, I may be subject to probation, suspension, dismissal or denial of all club related and coaching privileges with BAC or other disciplinary action deemed appropriate by the Board of Directors, their designees, or other appropriate governing body within the organization. I also accept responsibility for any fines or sanctions that may be imposed by any government authority for violation of its laws, ordinances or rules, which are a result of my failure to honor this Code of Conduct.

Signature (Coach)

Date

Printed Name of Person Signing Above

Appendix II: Player Code of Conduct

It is a privilege to be a player in the Burke Athletic Club (BAC). I understand I must follow the rules written below to remain a player in good standing in the League.

- I will respect the game of soccer and the *Laws of the Game* (located at www.fifa.com). I will learn these laws and try to follow them. I will play the game fairly.
- I will show respect for the authority of the referee, even though I will sometimes disagree with his calls.
- I will not verbally, physically, or psychologically abuse any player, referee, coach, parent, spectator, or BAC official, even in jest.
- I will not use alcohol, drugs, or tobacco products during any game or practice or at any facility where such use is prohibited by statute, or by regulations of the facility owner.
- I will not use profanity at any youth, parent, coach, referee, or BAC official.
- I will show good sportsmanship before, during and after games. I understand that soccer is a game and that the players on the other team are my opponents, not my enemies.
- I will help parents and fans understand the Laws of the Games so that they can watch and enjoy the game better. I will be sure they understand that dissent or negative commentary is not permitted in the BAC.

Signature (Player)

Date

Printed Name of Person Signing Above

Appendix III: Parent Code of Conduct

It is a privilege to have my/our child as a player in the Burke Athletic Club (BAC). I/we will set a good example to my/our child in his soccer development by adhering at all times to the following:

- I/We will ensure that my/our conduct shall reflect courtesy, sportsmanship, good citizenship, and a positive example for the players.
- I/We will respect the game of soccer and its Laws.
- I/We will show respect for the authority of the referee, and the coaches even though I/we will sometimes disagree with their calls. I/We will refrain from questioning decisions of the referee.
- I will not verbally, physically, or psychologically abuse any player, referee, coach, parent, spectator, or BAC official, even in jest.
- I will not use alcohol, drugs, or tobacco products during any game or practice or at any facility where such use is prohibited by statute, or by regulations of the facility owner.
- I/We will not use profanity at any youth, parent, coach, referee, or BAC official.
- I/We will promote growth and development in a positive and supportive manner. I/We will demonstrate my/our commitment to these virtues by not using hostile, negative, foul or abusive language towards the referee, the opposing team, my/our own players or coaches.
- I/We will show good sportsmanship before, during and after games. I/We understand that soccer is a game, and that the players/parents on the other team are my/our opponents, not my/our enemies.
- I/We will not encourage our team or individual members of the team to intentionally injure or physically abuse a member of another team.
- I/We will remain in the Marked Spectator Area, i.e., between the 18-yard line and at least 3 yards behind the touchline.
- I/We will not use horns, wooden clappers, sirens, power megaphones and other noisemakers.
- I/We will follow field/facility rules and regulations, respecting at all times the property of others.
- I will abide by BAC rules and regulations.
- I/We will help my/our guests understand the *Laws of the Games* (www.fifa.com) so that they can watch and enjoy the game better. I/We will be sure they understand that dissent is not permitted in the BAC.
- I/We shall leave the coaching to the coach during the match. I/We shall do our best not to give our child instructions during the match.
- I/We understand that improper behavior at a match may result in the coach receiving a yellow card caution or even a red card ejection. Consequently, a parent may be asked to leave the field by the referee, a club official, or the coach.
- I/We understand that if I/we violate this Code of Conduct, club or league policies or procedures, or Federal, State or local laws, upon review, the BAC can, and will if necessary, suspend our individual privilege to watch our child play should I/we behave in a manner that is rude or otherwise offensive.

Signature (Parent or Guardian)

Date

Printed Name of Person Signing Above

Appendix IV: Emergency Medical Authorization

A player cannot practice or play without submitting completed form to his/her Coach, unless the parent/guardian is present at all practices and games. Coaches are responsible for maintaining this consent form. Please carry with you to practices and to games.

I, _____(parent or guardian), hereby authorize any physician and/or any member of the Medical Staff of any emergency medical facility requested by the physician, to medical treatment, which in his/her judgment may be deemed necessary in the care of _____
(name of player).

Child's Allergies (if any) _____

Child's Dr. _____ Telephone No.(____) _____

Family Dr. _____ Telephone No.() _____

Child's Dentist _____ Telephone No.() _____

Medicines Child is Taking _____

Last Tetanus Shot _____

Outstanding Medical History (ex. Diabetes, Heart Disease, etc.) _____

INSURANCE INFORMATION

Insurance Company _____

Identification/Policy No. _____

Subscriber's Name _____

Subscriber's Place of Employment _____

Subscriber's Telephone No (.) _____

Signature (Parent or Guardian)

Date

Printed Name of Person Signing Above