



REZYSA Soccer Coach Program

1. Background

Regina East Zone Youth Soccer Association (REZYSA) is a registered non-profit organization that provides safe, fun, and affordable recreational soccer for the children of East Regina. REZYSA is a community-based organization and is affiliated to the Boothill, Arcola East, and Dewdney East community associations.

We do not compete with the competitive soccer associations in Regina, but rather provide an alternative, recreational soccer experience for those who aren't prepared to make the time commitment for competitive soccer, don't wish to make the money commitment required for competitive soccer, or who don't have the skill level to play competitive soccer. REZYSA is achievement based, not competitive league. All players play equally regardless of skill level or ability.

REZYSA operates two seasons a year for children from 4 years of age to 19 years of age. An indoor season which runs from October to March and an outdoor season that runs during May and June. Both seasons end with a wind-up tournament, in March and June, respectively.

REZYSA is a non-profit, volunteer run organization and as such only succeeds on the efforts and commitment of its volunteers.

The following are the REZYSA numbers of a typical year:

	Summer	Winter
Players	1,100	600
Teams	75	35
Games	680	240
Volunteers	180	70
Referees	45	20

All REZYSA coaches are volunteers and although some are recurrent coaches, several coaches are new with diverse backgrounds and levels of soccer coaching skills. With this in mind, REZYSA has developed the REZYSA Soccer Coach Program to assist and enhance the soccer coaching experience.

The program has been developed to meet the following objectives:

- To describe the primary responsibilities of the coach position and the essential tasks to be performed.
- Provide coach resources available through REZYSA to perform the coach position.
- Standardized coaches' performance.

REZYSA relies on volunteers to operate and coaches are the pillar to deliver its program and keep the costs down. Coaches can be anyone who wants to be part of a sport and who would like to make a difference in the kids' soccer experience.

2. Who is a soccer coach?

A soccer coach is a person that can form, teach, and inspire players to excel in soccer. The Coach motivates and encourages players to get out of the comfort zone, challenge themselves, and have fun. For REZYSA a coach has the following functions:

The Coach is a role model:

The coach needs to lead by example by showing values of respect, sportsmanship, fairness, and compassion. Players look for the coach's guidance, encouragement, and approval and more than often will mimic coach behaviour. REZYSA Coaches need to show these values in and out of the soccer field.

The Coach is the team's manager:

As a team manager the Coach is the link between REZYSA, referees, and players, including players' guardians. Coaches oversee the team's communications, uniform delivery, and in some cases, coaches will also arrange and manage practice time and team's photos (refer to information provided during the coaches' meeting). The coach also seeks the safety of the players and ensures REZYSA regulations are followed in and out of the field.

3. What are the expectations for a REZYSA Coach

The following are the expectations the coach shall meet during the soccer season. Although the list may look overwhelming, most of them are common sense which make them easy to follow.

From REZYSA

Coaches are expected to be REZYSA's link between referees, players, and parents. Coaches shall be committed to the team and go to as many games as possible. Coaches shall manage the team and ensure REZYSA's regulations are followed.

From Players

Coaches are expected to be respectful, be fair with players, and be role models. Coaches shall motivate players to do their best and encourage them to be out of their comfort zone. Coaches shall allow equal game time to all the kids, regardless of their skill level and game performance.

From Referees

Coaches are expected to respect the referee(s) all the time. Coaches are expected to follow REZYSA's procedures in case of an issue with the referee. Coaches are expected to assist the referees with disciplinary and abusive behavior with players and fans.

From Parents

Coaches are expected to be the main contact for guardians. Coaches are expected to be on time for the games, organize a couple of soccer drills practices before the game, organize the players and provide the game alignment, give equal game time to all the players, and be accessible to listen to any inquiry guardians may have either at the field or by e-mail.

4. Preseason Coach Work

In preparation for the soccer season, REZYSA requires coaches to get ready by attending the coaches' meeting followed by a series of activities to ensure the season goes as smoothly as possible.

REZYSA Coaches' Kick Off Meeting

REZYSA's soccer season starts with the REZYSA Coaches' Kick Off Meeting which is held typically 2 weeks prior to the start of the season. The meeting is held at the Glencairn Neighbourhood Recreation Centre. It is very important coaches attend this meeting in person at the time indicated. REZYSA's Board prepares this meeting with the objective to provide the following information:

- General Soccer Season Information
- Team's Uniforms Delivery
- Soccer Equipment Delivery

During this meeting coaches will likely also meet their Co-Coach(es) for the team. REZYSA makes all the efforts to have at least 2 coaches per team to assist during the game and to have a second backup coach. However, there are some cases a second coach is not available for the team. If your team does not have a second coach, it is encouraged to seek out player's guardians and invite them to be the co-coach for the team. Once a second coach is found, coaches shall inform REZYSA's Board to be added to the coach communications list and have access to all Coach material available on REZYSA's website.

Contact the team

At the Coaches' Kick Off Meeting coaches will be provided with the link and password to their team's roster. The player's roster will include the player's name and guardians' name(s), including their phone number and e-mail addresses.

REZYSA Teams Roster Link:

Website: <http://coaches.rezysa.com/>

Password: available upon request by a coach

It is the Coach's responsibility to contact the player's guardian(s) in the following days after the meeting to present him/herself and to coordinate the delivery of the team's uniforms.

Within this first e-mail, Coaches may also want to include relevant information for players and guardians such as REZYSA's uniform and equipment regulations, jewelry policy, Team's Apps, REZYSA links, and may encourage guardians to disclose any health condition players may have and to be aware at the soccer field.

It is suggested this first communication may include the following topics:

- Team's greetings
- Team's uniforms delivery arrangement (location, date, and time)
- Team's game schedule. This can be found on the website at:
http://rezysa.com/page.php?page_id=99723
- Confirmation of Team's main line of communication

An example of the e-mail is in Appendix A.

This first communication will also provide the opportunity to confirm guardians' contact information and provide a direct line of communications with the coaches. Also, it will allow players' guardians to ease their concerns as to when the soccer season will start and may allow guardians to have a means to raise inquiries and to disclose player's medical conditions to be aware of when playing soccer.

Regardless of the season (indoor or outdoor), Coaches are encouraged to drive and visit the soccer fields where the team will play to know the field's location and assess vehicle parking nearby. This initial knowledge will allow coaches to plan driving routes and foresee potential traffic problems with the goal to be on time for the games.

5. Pre-game Game Time

On game day, Coaches are expected to arrive 10-15 minutes before the scheduled game time. Upon arrival, coaches will have the opportunity to inspect the soccer field, set up the soccer field, plan the game roster, and get ready for the game.

Field Conditions

The following is the check points for either outdoor season or indoor season fields:

Outdoor Soccer Field.

- Check field conditions. Identify wet/soft spots within the field. Remove any garbage or tripping hazards. If there are muddy or unsafe areas, mark them with a practice disc or other easy view object as a warning. Talk to the referee and opponent's team coach to be aware of this situation.
- Install soccer net and perimeter flags.
- Greet the referee(s).

Indoor Soccer Field.

- Check field conditions. Identify bleachers are in place. Remove any tripping hazards. If you are in need of assistance and playing at the University of Regina, seek help at the front desk of the equipment room. If you are at a school's gym, contact the REZYSA Board.
- Install soccer net and ensure basketball nets are up.
- Greet the referee(s).

Coaches are encouraged to also designate the Team's side and the fans' side. It is REZYSA policy to have spectators to watch the game from the opposite side of the field where the players are seated. This allows coaches to walk free along the field side and reduce player distractions by having family members near-by. Please enforce this policy as much as necessary and keep the fans at one side and players at the opposite side.

Team's Roster

Once the field check is completed and nets and flags are installed, coaches will start doing the team's roster for the game. Coaches shall be aware players may not show up and/or may arrive late without notifying you. Therefore, it is recommended to start the team's roster as soon the first player shows on the field. Coaches may start doing the teams alignment with the players on the field and fill positions as they come, making the first players to arrive the first ones who start the game.

Pre-Game Practice

Teams may have a few minutes to practice prior to the game. Coaches shall have a couple of exercises/drills ready for the team to practice. The REZYSA website has several drills and workouts to practice with the team to improve soccer skills, promote team building, and assess individual player skills.

Team practices are easier to organize and complete if there are two coaches on the field. One coach can provide constructive feedback to the players, while the other is executing the exercise with the players. Sometimes, coaches can break the team in two groups, one to practice defense and a second to focus on forward drills. Coaches are encouraged to review REZYSA's website for drills, exercises, and workouts to enhance soccer players skills.

A link to several soccer drill exercises can be found in the REZYSA's Coaches Resources webpage at the following link:

[Regina East Zone Youth Soccer powered by GOALLINE.ca \(rezysa.com\)](http://Regina East Zone Youth Soccer powered by GOALLINE.ca (rezysa.com))

Equipment Check

Prior to the start of the game, the referee will call the team for equipment check. Players are aligned in front of the referee to confirm all players are wearing the REZYSA's jersey, shorts and/or pants do not have belt hoops, players have shin pads and are covered with the socks or under the pants, goalie can be identified among players, and all jewelry is removed for younger groups and/or taped properly for U15 and older groups.

Players not meeting above requirements will not be allowed to play until the problem has been fixed. Coaches are encouraged to remind guardians to make sure players show up to the field with the proper dress code and soccer equipment.

Organize the Team

Coaches must organize the players and provide game positions prior to the start of the game. Coaches shall assign the player's position which they will be playing. For this, coaches can use a soccer field plan layout and write the players name in the position they will be playing during the game. The use of visual aids will allow kids to understand their positions in the field as well as their teammates positions. A blank soccer field printout and example are located in Appendix A.

As a coach, you become the master-mind of the team's performance. It is recommended to rotate players' positions during the first games of the season. The purpose is to assess players' skills in different positions to identify player's strengths and weaknesses so they can improve during the season. This also will allow players to be out of their comfort zone in a controlled environment. You are not required to put players at their desired position, as it is your responsibility to designate players to the position that best serves the team and their abilities and development opportunities.

Goalie can be a tough position for players. This position is unique and typically not every player wants to play it. It is encouraged all team players be the goalie position at least for one half time. The intent is to allow the players to experience the position to feel what it means to be a goalie and to understand the challenges involved. A goalie needs good reflexes, but foremost is a mindset for which strong self-confidence is required. Don't miss this opportunity to boost a player's self-confidence, possibly to be the game's hero, and maybe to find a goalie for your team. If no players want to assume the goalie position, it is your responsibility to designate players to do so (reminding them, and everyone else, that it's OK if they

let in some goals and no one will judge them since they didn't put their hand up to play the position either).

Coin Toss

The referee will call for the team's captain for the coin toss. Although it is called the coin toss, it typically equates to a rock, paper, scissors challenge. Coaches are required to designate a team's captain for the day for the coin toss. It is encouraged to allow all players to be team's captain at least for one game during the season. The winner of the rock, paper, scissors challenge will decide who has the ball first and the opponent's team captain will choose the field side. You can either tell the captain your choice if they win or leave it up to them.

Team's Cheer

Just before the players go to their field position it is encouraged to have the team's cheer. This cheer promotes teambuilding, unity and provides players a sense of belonging and dependence among them. Teams can do their own cheer or a simple 1,2,3 and the team's name will work.

After the team's cheer, coaches should take this opportunity to remind players of their positions, who goes first on the field, and the last minute directions of strategies as well as some words of encouragement.

Talking to Opponents Team Coach

There will be some instances where it is necessary to have a conversation with the opponents coach. Typically, these instances will be likely unusual situations on the field that may require mutual agreement prior or during the game.

The following is a list of unusual situations coaches and referee(s) may need to discuss and have a mutual agreement.

- **Not enough players.** Coaches may want to discuss the need to forfeit the game due to lack of players or to play with a reduced number of players or to "borrow" players among teams to provide enough players to start the game. There is no obligation to lend players to the other team, but coaches are reminded that this is a recreational league and players would likely rather play with accommodations than not play due to a forfeit.
- **Bad weather.** If bad weather is in the forecast, coaches may want to discuss which weather conditions will determine to stop and end the game due to bad weather.
- **Field conditions.** Coaches and referees may want to discuss field conditions if they are slippery, it is uneven, or it is too wet. In such cases, coaches may want to cancel the game, ban the problematic area, and/or make the field shorter if necessary.

- **Missing referee.** On the odd occasion the game's main referee does not show up, coaches should discuss how to proceed with the game. In such cases, it is recommended to contact the REZYSA Referee Coordinator to endeavour to get a replacement.

Coaches may also want to discuss the option of one coach or a qualified/knowledgeable parent to be the interim referee for this game. Again, players would likely rather play with a backup referee than not play at all, so please be creative to allow games to proceed.

Referee Coordinator contact information: 306-535-6407 or refs@rezysa.com

- **Game heating up or un-sportsmanship behavior.** The referee may gather coaches together to discuss misconduct and/or disciplinary behaviour at the field. If the game is heating up, coaches will need to discuss the best way to defuse the conflict. Coaches are reminded that it is their responsibility to manage the conduct of their team, coaches, and spectators. Please help the referee to diffuse the conflict, not just lobby on behalf of your team or players.

6. Game Time

Once the game has started, the coaches' main job has just begun. The following are the tasks coaches are expected to complete during the game:

Coaching

Once the players are on the field, the referee will do a head count to ensure teams do not exceed the allowable number of players. It is recommended coaches also do a head count, as your team may have a lesser number of players in the field without noticing it. The number of players on the field at any time is as follows:

Age Group	Number of Players - Outdoor Season	Number of Players - Indoor Season
U4	6 + goalkeeper	5 + goalkeeper
U6		
U8		
U10		
U12	10 + goalkeeper	

U15		
U18		

Coaches shall observe the game to assess players' performance, the game's development, and analyze the opponent's team's tactics. During this time, coaches may provide directions, constructive feedback, and words of encouragement to the team to motivate players to give their 110%. Coaches are encouraged to take notes to make changes during halftime and/or see strengths and weaknesses to be improved in subsequent soccer practices.

Player's substitution

One of REZYSA's main goals is to provide equal game time to all players regardless of their skills and performance on the field. Coaches shall substitute players on a regular basis to meet this goal and to allow players to have a break during the game. Coaches shall determine the player's game time by counting how many players are on the field and how many substitutes are available.

Typically, making changes every 5 minutes will keep players on the bench engaged and keep the rhythm of the game with minimum disruptions. The player change intervals may vary as the coach feels necessary. Coaches may use their watch or a stopwatch to track the time. If the team has two coaches, one coach can track the player changes, while the second coach observes the game and provides direction to the players on the field. Coaches must provide at least one break to all the players during any given game period.

Player changes during the game slightly vary among indoor and outdoor seasons. Indoor soccer changes are done "on the fly" without the referee's approval. Outdoor soccer requires stoppage of the ball and the referee's approval prior to allowing players to go onto the field. For both seasons, a stoppage in play is required to substitute the goalkeeper. When substituting, current players must leave the field before new players can enter.

It has been observed that during key games and playoffs, some coaches rest their best players rarely, and sometimes not at all. This behaviour violates REZYA's values and is not permitted. If this behavior is brought to REZYA's attention it will be addressed with the coach immediately.

Half Time

Half time consists of a 5 minute break to allow players a water break and some rest. The referee determines when the game has reached halftime, so wait for the whistle. During the halftime break, it is recommended coaches talk to the players

and provide performance positive and constructive feedback. Coaches may comment on performance strengths and deficiencies and suggest winning strategies that can improve the outcome of the game. Coaches can make adjustments and switch players positions any time.

Typically, the main referee will approach coaches at halftime to ask if there are any comments or questions regarding the game. Coaches may take this opportunity to inquire the reasons for a specific call or the explanation of a specific rule. Please be courteous and respectful when talking to the referees as players are watching you and may mimic your behavior.

Halftime is also a convenient time to talk to the opponent team's coach if necessary due to any reason, such as those explained above.

Second Half and Game Over

The referee will whistle typically one minute before the start of the second half. This "pre-start whistle" is to let the coaches know it is almost time to start the second half and to send the players to the field. This "pre-start whistle" ensures the game's second half starts on time. Like the first half, coaches will follow a similar routine as the one completed during the first half. Ensure you are making regular changes to provide equal game time to all players.

The referee will whistle three times at the end of the game. Coaches shall gather the team together to cheer for the other team and shake hands with the opponent team. Show sportsmanship and always encourage respect for the opponent team regardless of the game's score. Ensure the team shows the same respect and shake hands to the referee(s) and thank them for their effort and hard work.

Once the handshake is completed, teams will pick up their equipment and can leave the field. Coaches shall retrieve all the REZYSA equipment provided as it will be needed for the next game. Coaches are responsible for all soccer equipment provided at the beginning of the season and it is expected to be returned at the end of the season. Please maintain and return all soccer equipment in good condition as it helps to keep REZYSA's fees down.

Coaches shall have a last look at the players' and spectators' areas to confirm nothing has been left behind. Typical items left by players and spectators may include clothing, water bottles, chairs, and garbage. Please encourage players and guardians to keep the fields tidy and free of objects. Also, this requirement is part of REZYSA's field use contracts which may be cancelled if this becomes an issue. If something is left, please retrieve the object(s), and ask if they belong to one of your player's. If not, let REZYSA know about it for the lost and found box.

7. Game's Score

REZYSA is a non-competitive, recreational soccer league and thus game scores are not tracked beyond the game. Referees will track the game's score as it is part of their job but the final game's score will not be tracked by REZYSA. The only time when scores are tracked is during the tournament, as it is required to determine which teams move to the subsequent tournament phase.

Coaches are encouraged to follow this principle by not focusing on the game's score and rather to promote teamwork, soccer skills, and sportsmanship. Sometimes the opponent team may not be as resourceful and/or skillful and as a result teams may overrun the game's score. If this is the case, coaches are encouraged to make the team's tactics and/or lineup adjustments to avoid scoring additional goals. Coaches should take this opportunity to promote skills practice such as passing the ball and team collaboration. Coaches also may consider switching the forwards to play defense and the defense to play forward. You may be surprised how much the game's dynamic changes when you switch the lines. As well, individual players should be discouraged from scoring an excessive number of goals. Once a player has scored three goals, encourage passing, change their position, or use other creative coaching methods.

Coaches shall always promote respect for the opponent team regardless of the score and stop immediately any signs of unsportsmanlike behavior within the team.

8. Referees

REZYSA has a referee program where kids and teenagers are trained to be referees. Typically, REZYSA's players become referees making this program unique and self-sustainable. Referees' candidates are provided with a referee handbook and need to attend a referee clinic to become a REZYSA referee. They also receive mentorship and on-field supervision. Although the referee handbook and referee clinic provide strong fundamentals and understanding of how to be a referee, REZYSA's referees gain their experience at the games. Typically, experienced referees are scheduled for the oldest age groups, while new referees are for the youngest groups.

The referees are an integral part of our sport and must be treated with respect at all times. Abuse of the referees by coaches, players, parents, or spectators will not be tolerated. Any participant found to have engaged in referee abuse will be banned from attendance at any REZYSA activity.

Referee Coordinator contact information: 306-535-6407 or refs@rezysa.com

Perceived Bad Calls

Coaches shall keep in mind that referees (who are sometimes not much older than the players) are doing their best during the game, but mistakes and perceived bad calls may happen. In case of a perceived bad call, coaches shall always show respect and behave accordingly towards the referee(s). If necessary, coaches can discuss calls with the referee at half-time or after the game, or report a referee's performance to REZYSA's referee coordinator.

Coaches are requested to avoid challenging a referee's decision on the field. Referees are young and in training and a direct confrontation may diminish a referee's self-confidence to continue doing their job. REZYSA also requests that this same respect is provided by players and spectators.

If you see fans, players, and/or coaches being disrespectful towards the referee(s), please stop this immediately. Verbal aggression is not allowed in the field, and it has been identified as one of the main causes of referees not coming back in subsequent years. It is difficult to recruit enough referees for the league, so please be part of the solution by actively supporting them versus part of the problem by overtly criticizing them.

Referee no show

In the unlikely event the main referee does not show up to the field on time, Coaches shall phone REZYSA's Referee Coordinator to seek instructions and proceed as explained previously.

Referee Coordinator contact information: 306-535-6407 or refs@rezysa.com

9. Weather

Saskatchewan weather is unpredictable and sometimes may be extreme. Coaches shall be aware of the weather conditions by looking at the weather forecast and observing the skies. Coaches shall stop the game if weather deteriorates to ensure the safety of players, referees, spectators, and coaches themselves.

Lightning, hail, strong winds, and heavy rain may be severe hazards and should be viewed seriously. Playing under these types of weather conditions represent a safety hazard and games and/or soccer practices shall be stopped immediately. Coaches are expected to talk to the referee and agree to postpone or terminate the game immediately under any of these types of weather conditions.

If a sudden storm reaches the field, players, referees, and spectators shall seek shelter either inside of a building or a car. Avoid being the highest point in an open field or being in the proximity of the highest point. Avoid being near trees or metal objects including fences, poles, or similar objects.

If no shelter is available, assume the lightning safe position (crouch on the ground, weight on the balls of your feet, feet together, head lowered, and ears covered). Do not lie flat on the ground.

All individuals have the right to leave the athletic field in order to seek a safe structure if the person feels in danger of impending lightning activity, without fear of repercussions of penalty from anyone.

10. Lightning Policy – “When thunder roars, go indoors!”

If you hear thunder the game is immediately suspended, and everyone should get to safety.

- REZYSA games which are suspended will not resume.
- However, the second game of the night may still be on.

11. Soccer Field Conditions

REZYSA’s outdoor games are usually played at City of Regina’s fields and parks, except for Interzone games. Coaches shall check the City of Regina website (link provided below) to ensure fields are open for sports and recreation. The City may close the parks for several reasons including flooding or too wet and soft to be able to play on them. If the field is closed, the game is cancelled and there is no reschedule for the lost game.

In the case the field's lines are non-visible, coaches can mark the corners of the field with the flags and the corners of the crests with the training discs provided.

City of Regina Athletic Fields Status Website

Link: [City of Regina | Athletic Fields & Ball Diamonds](#)

Website: <https://www.regina.ca/parks-recreation-culture/recreation-facilities/athletic-fields-ball-diamonds/>

REZYSA indoor games are typically played at school’s gyms or at the University of Regina. Coaches should do a quick visual inspection of the gyms and look for items out of place, tripping hazards, water spills near by the benches and bleachers, and basketball nets raised up. Please seek assistance from the facility’s maintenance person at the time to resolve the problem or if not available and if possible, please proceed to address the issue.

12. Difficult players & game start to heat up

Soccer is a competitive game that can raise the bar for players and fans beyond sportsmanship and respect. As a result, there may be some discipline situations

referees and coaches will need to be aware of and, more importantly, will need to diffuse them before it escalates.

Coaches shall look at the development of the game and the players' attitude. Although most of the players may be cool and will have fun during the game, there may be a few players that their competitiveness will spark beyond the fun and may put in danger their safety and the safety of players around. Coaches shall look for those individuals that challenge the ball too aggressively and who are using their body to gain the ball. Although ball challenges may be within the game's boundaries, opponent players may feel the excessive and/or unnecessary physical contact is too much to handle to the point to feel they need to retaliate.

If coaches see a player continuously sliding, recklessly hitting or tripping opponents, raising their elbows, pushing with or without the ball or pushing from behind, and/or acting visibly upset, you must talk to the player and try to calm them down and explain to keep the physical contact to a minimum. If it is not your team's player, please ask for a time-out to talk to the referee and/or the opponent's team's coach and bring the player's behaviour to their attention. Coaches are reminded this is a recreational league so their job is to help the referee diffuse conflict, not just lobby on behalf of their team or players.

Coaches must avoid player confrontation on the pitch. Do not encourage your players to retaliate aggression with similar kinds of hostility, as this will only escalate the problem. Coaches have multiple options to defuse the player's anger and calm them down. Coaches must talk to the player and have them at the bench for five minutes for a break. Also changing the player's position may help to separate two players in constant physical contact. Coaches may consider moving the problematic player to the goalie position to somewhat limit the player's interaction with other players. The main objective is to manage the anger in such a manner to maintain the safety of all the players. As a last resort, the coach should bench the player for the remainder of the game and seek guidance from REZYSA on proceeding, including discussing with the parent's guardian.

13. Difficult Parents

Probably the most difficult challenge for a coach is to deal with competitive and demanding guardians and fans. While fans may be well intended to encourage the team including specific players' performance, there will be some occasions the intended encouragement, and even overt criticism, will cross the line and will start harming the players' performance and may undermine your job as a coach. Coaches shall be aware of this type of fans' behaviour and if necessary, coaches will need to talk to them. Definitely this is not an easy conversation, but sometimes it is needed for the benefit of the team and the players.

Coaches shall be aware and attentive to fans who constantly shout and give directions to specific players. You will be able to identify them either because you can listen to their shouts, or the player is not following directions. Under these circumstances, players will feel confused and stressed out as two persons are giving different directions. If you see this behaviour at the field, it is time to talk to the fan and/or guardian as they are undermining your ability to coach.

Once you have identified the “loud fan” you should approach this person and ask them to have a five minute chat. Please try to have this chat away from the players and preferably before the game starts. Keep it simple and to the point. Explain that it is ok to cheer for the team but should refrain from directing players what to do on the field and/or criticizing players from the stands. Explain that their directions are creating confusion among players, and it is diminishing your job as a coach. Encourage them to continue providing positive and motivational cheering, but to stop providing directions or criticisms. Finish the conversation on a positive note by thanking them for this small chat, their team’s support, and that you are looking forward to listening only to their positive cheering in the following games.

Avoid any confrontation with the fan. When talking, please be calm, polite but be firm, keep the conversation respectful all the time. Typically, guardians behave as expected after a small conversation. Most of the time they are not aware of the harm of their behaviour until you bring this to their attention. As an insight, the guardian had the opportunity to be the team’s coach, but they had denied this opportunity. If this does not solve the problem, or if you are not comfortable having this conversation, please contact REZYSA for assistance.

14. Soccer Coaching Aids

REZYSA provides access to soccer training material and a Coach Clinic in preparation for the soccer season. It is encouraged new and recurrent coaches take advantage of this opportunity to learn and/or refresh coaching skills and soccer drills to practice with their teams.

Coaches Clinic

REZYSA has a coaches clinic provided by professional soccer coaches. Typically, this clinic lasts 1.5-2 hours and it is held after the Coaches Kick-Off Meeting. The clinic is a “hands-on” type of clinic where coaches actively learn and participate doing soccer exercises and team drills. If you are planning to attend this clinic, please wear comfortable clothing and running shoes.

Coaching Material

REZYSA will provide a link to access printed material to enhance your coaching skills including ball control, training aids, game strategies, sport injuries, goalie

training, defensive and attacking strategies, and “ready-made” soccer sessions among others.

REZYSA has also created 2 page handouts to summarize the soccer game rules and “must to know” highlights accordingly with the specific age group. These handouts are a quick summary of the age group season including games’ location, equipment requirements, jewelry policy (if applicable), field set-up, referee policy, sportsmanship, game rules, and highlights of specific deviations of the official soccer rules.

Above information is available at your fingertips and can be reviewed online any time. Coaches are encouraged to look for this information to understand the specific rules of their age group and to diversify the teams practice sessions.

Coaching material link.

[Regina East Zone Youth Soccer powered by GOALLINE.ca \(rezysa.com\)](http://reginaeastzoneyouthsoccer.com)

Templates

REZYSA has also elaborated different types of templates in pdf files to be used by coaches. Templates include game sheets, soccer field templates, and team roster templates. Coaches are encouraged to use these templates as necessary or to create your own template(s) to better suit your needs. See appendix A.

15. REZYSA Contacts

If coaches need to reach REZYSA’s Board, the following are the emails to reach:

- For general enquiries or to contact the executive board email:
contact@rezysa.com
- For issues related to discipline please email the discipline committee at:
discipline@rezysa.com
- The referee coordinators can be reached at: refs@rezysa.com
- All other enquiries should go to the webmaster at: webmaster@rezysa.com

Alternately REZYSA Board can be reached via our voice mailbox at 306-525-6407.

We can also be reached via regular mail at:

REZYSA
P.O. Box 30005,
Regina, SK, S4N 7K9

Appendix A

First Team's Email

Hi,

If you received this e-mail, it is because your son/daughter has been registered with REZYSA U14 – Barcelona Team.

We are Coaches Name(s) and we will be the Barcelona's coaches for this outdoor soccer season.

Barcelona's Uniform. – We would like to meet the team prior to our first game at _____ park to distribute the uniforms. Please bring shorts or sweatpants, shin guards, and running shoes as we will have a 45 minute practice to meet the team and have some fun.

Barcelona's games schedule - Attached is Barcelona's games schedule.

Medical Condition – If your kid has any medical condition such as asthma, blood pressure, cardiac problems, anxiety attacks, and/or food allergies or some other please let us know. Your kid's safety is paramount and we would like to know about them to be aware and take precautionary measurements if needed.

We will use the e-mail as our main line of communication and thus the need to confirm that everyone receives this e-mail. Please reply to this e-mail to confirm we have your e-mail correct. If we don't hear from you, we will contact you by phone, as we will assume we have a wrong e-mail.

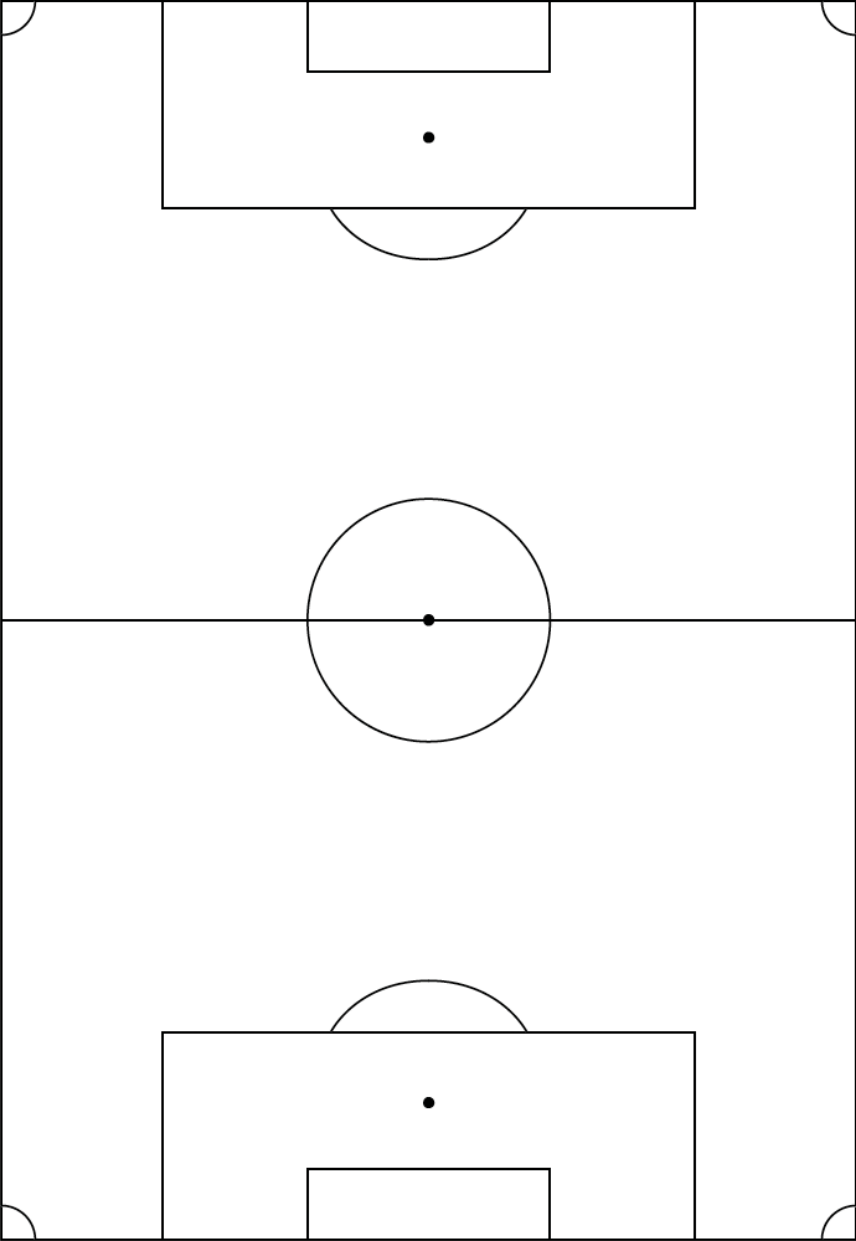
We are looking forward to meeting the team.

Have a great week

 Coach's name

Game report

Date:		Home <input type="radio"/> Away <input type="radio"/>	Opponent:
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No.	Name
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	

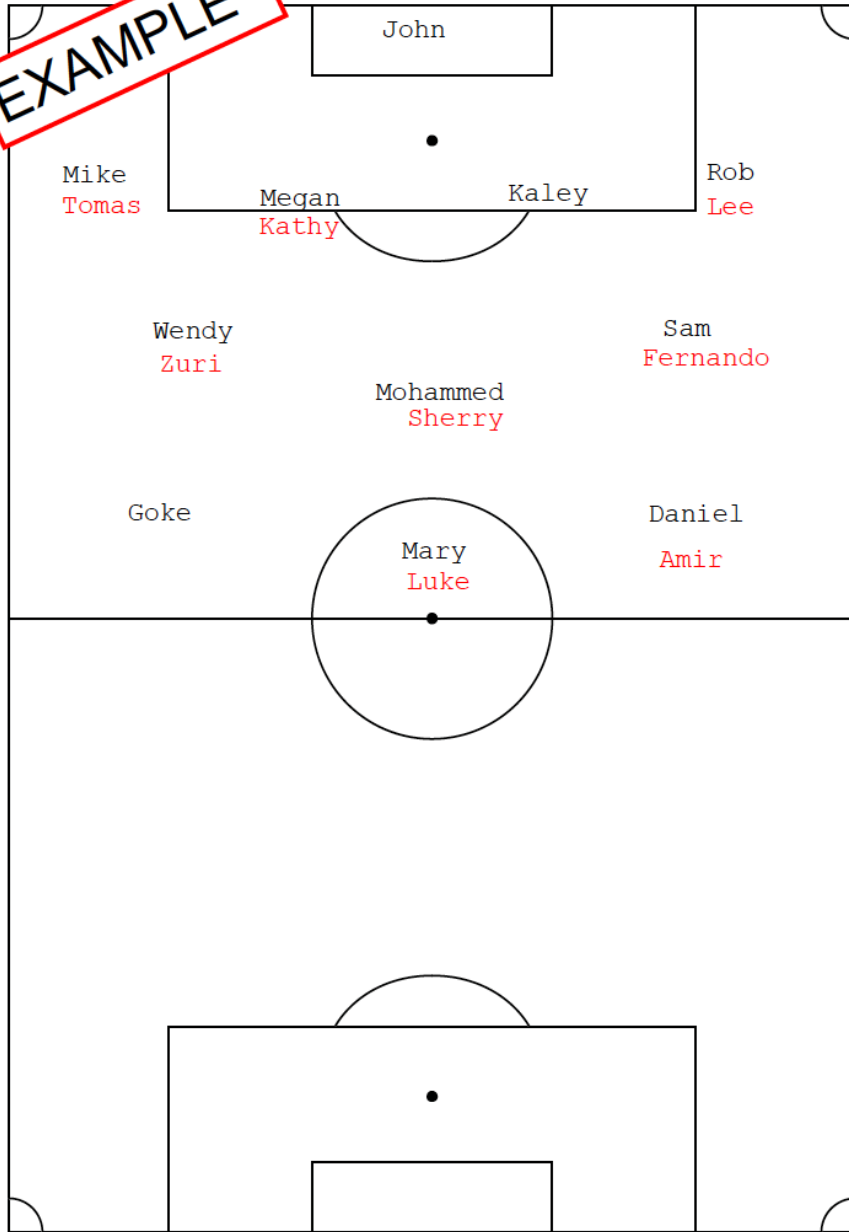
Team changes:

Notes::

Game report

Date:		Home	0	Away	0	Opponent:	
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EXAMPLE



No.	Name
1	John
2	Mike
3	Megan
4	Keily
5	Rob
6	Wendy
7	Mohammed
8	Sam
9	Tefi
10	Mary
11	Daniel
12	Tomas
13	Kathy
14	Amir
15	Lee
16	Zuri
17	Sherry
18	Fernando
19	Luke

Team changes:

Notes::
Game's Captain - Megan

