

Boise Timbers | Thorns Youth League Coach/Assistant Coach Handbook Spring 2019

Table of Contents

A.	Welcome Letter	2
B.	League Communications	3
C.	Risk Management	4
D.	Medical Release Forms.....	5
E.	BTT Coach Code of Conduct	6
F.	Disciplinary Procedures	6
G.	Important Website Links	7
H.	Schedule Overview – Spring 2019	8
I.	New Ball	10
J.	Build Out Lines (U9, U10/U11).....	11
K.	New Guidelines for Heading.....	12
L.	Concussion Protocol.....	12
M.	Head Coaches: Initial Team Contact – via phone.....	13
N.	Team Meeting Agenda	14
O.	Fast Facts – BTT Soccer Club.....	14
P.	Choosing a Practice Location	15
Q.	Choosing Practice Night(s)	15
R.	Choosing a Homegame Field	16
S.	Game Scheduling Procedures.....	17
T.	Coach Equipment	18
U.	Recruiting Additional Coaches/Asst Coaches.....	18
V.	BTT Services for Youth League Coaches and Players	19
W.	What Should We Expect At Each Age Level?	20
X.	Byte Size Coaching	21
Y.	Laws of the Game	22
Z.	Other League Rules	29
AA.	Game Day Instructions.....	29
BB.	Field Map.....	30

A. Welcome Letter

Dear BTT Youth League Coaches and Assistant Coaches,

Whether you are a returning veteran coach or a new volunteer, we welcome you as an BTT Staff Coach for the Spring 2019 season. It is important to know that you may be the first face to represent BTT and will make an indelible imprint on the hearts, minds and bodies of our Membership, from players to parents. For your players the FUN, skills and thrills of youth soccer all starts with you.

It is also important for you to know that BTT is not an "umbrella" organization providing shelter for a collection of unrelated teams. The Club works very hard to develop an esprit de corp. Know that it is not our intention to send you off into the "wilds of youth soccer" armed only with cones. Our Youth League Administrator and Professional Coaching Staff will always be available to assist you throughout the season.

It is the Club's view that, as a BTT Youth League Staff Coach, you are as important a link in player development as our competitive club team coaches. A player's technical foundation begins at the Youth League level where lifetime skills are learned.

Some key points to share with your team parents:

1. I am a volunteer. Repeat.....I am a volunteer. I am doing my very best to provide your child with a positive and fun learning environment.
2. I am following the required BTT curriculum for player development as prescribed by the Club's pro staff (training curriculum and the Byte Size Coaching resource).
3. The Club believes in: positive cheering for all players from both teams, letting the coaches coach, not engaging referees and reinforcing good passing & ball skills while de-emphasizing winning.

As a Staff Coach if you have problem parents (verbally aggressive, inappropriate behavior, coaching from the sidelines, confrontational, etc.) call the BTT Youth League Administrator immediately at 841-0441 and we will run interference for you.

Thank you for stepping up to accept the challenges of youth coaching. Your dedication is sincerely appreciated.

Jim McMillan

Youth League Administrator

youthleague@boisetimbersthorns.org

Cell: 841-0441

Geoff Poole

Juniors Program Director

geoff.poole@boisetimbersthorns.org

Cell: 340-9541

B. League Communications

Most communications between the BTT Youth League Administrator and the Coaches/Assistant Coaches will be via email. There are three basic types of communications:

1. No reply necessary ...
2. Please reply to acknowledge that you have received this email...
3. Please reply to this email with information ...

It is extremely important that you reply to all emails that request a reply in a timely fashion, because they usually involve information that is being tracked.

Examples

- **A new player gets added to your roster** – You receive an email from the league administrator with your new roster. It is extremely important that you (1) acknowledge the receipt of your new roster, and (2) that you contact the new player.
- **Coach training sessions are being setup** – You receive an email from the league administrator asking which training session you will be attending. It is extremely important that you let the administrator know which session you plan to attend, so that we can staff the session accordingly

If your email address changes during the season, please notify the league administrator.

Good Communications are the heart of a Good League! Check your email often!

C. Risk Management

Keeping our kids safe and protecting your integrity!

There are a few simple risk management rules enforced by the BTT Soccer Club. These rules are in place for two reasons:

1. To safeguard BTT Soccer Club players of all ages from physical injury, child molestation and abduction,
2. To provide risk avoidance policy for adults working with BTT's players

Physical contact can be misinterpreted. Physical contact should be limited to that necessary to teach a skill, treat an injury and/or to console or congratulate a player.

Any coach or volunteer should immediately report any suspected abuse to the local county child abuse authorities.

Physical punishment, physical intimidation or threatening a player with physical harm is unacceptable. Hitting or slapping a player and verbal abuse is prohibited.

Sexual contact or harassment of any kind between coaches, players, parents and/or volunteers is prohibited.

Coaches and volunteers must be aware that social contact can be misinterpreted. Coaches and volunteers should not spend time or socialize with players away from the soccer environment.

DO avoid one-on-one situations with players.

DO always have another adult stay with you at training even if you have an Assistant Coach.

DO always use the "buddy system" (You plus 1 other adult) when waiting for parents who are running late.

DO have another person with you in your car if you drive a player home.

DO always secure your goals, so that wind will not blow them over on players

DO always check training area for dangerous and foreign objects.

DO stop practice when lightning is in the area.

DO cancel practices and games during **RED** air quality alerts. Practices during **YELLOW** air quality alerts are at the discretion of the coach.

DO wear your BTT Youth League Staff T-shirts at all games. Parents that are not Coaches or Assistant Coaches should be on the parent's side of the field, away from the players.

D. Medical Release Forms

One of the most important elements of the club's Risk Management Program is the Medical Release Form. Every player in the BTT Youth League must complete a Medical Release Form. This form serves two (2) important purposes:

- It contains important medical and insurance information in case a child gets injured during practice or games.
- It contains a waiver that protects the club from liability.

Because of this, no child can participate in any activity (including all practices) until the coach has a signed Medical Release Form in his/her possession.

Coaches: Do not allow any child to participate in any activities until you have a signed Medical Release Form in your possession. There are no exceptions to this policy, even if it means that a child has to sit through a practice session.

Season Procedures

- Coaches will collect a completed/signed Medical Release Form from each child **before** the child participates in any practice or games.
- Coaches will bring the team's Medical Releases to all practices and games.

Notes:

- A new BTT Medical Release Form needs to be completed **each season**, even for returning players.
- If for some reason the Coach will not be able to attend a particular practice or game, it is the Coach's responsibility to make sure that the Assistant Coach has the Medical Releases in his/her possession
- The league will no longer maintain copies of Medical Releases in our files.
- For players attending other programs, such as camps, parents will be asked to complete **another** copy of the BTT Medical Release Form so the club will have a copy on file.

E. BTT Coach Code of Conduct

As a youth coach in the BTT youth league, you are a role model for your players. You devote a substantial amount of time and effort to our youth program. The players that are entrusted to your care look up to you. Your behavior will influence their athletic development and personal growth. Be sensitive to your players' needs, listen to their concerns. You are a teacher, not only of athletic skills, but also of lifetime values.

You agree that you are subject to and will abide by all the rules and regulations of BTT, IYSA and USYSA.

As a youth coach you will:

- Promote and support the goals of BTT.
- Realize that you are setting an example for each player on your team and that you must strive at all times to set a positive example.
- Foster a positive competitive environment.
- Follow and support the recruiting and transfer rules established by BTT.
- Always consider what is in the best interests of each player.

As a youth coach you will NOT:

- Use foul or abusive language in the presence of your players.
- Encourage, allow, condone or permit the use or possession of alcoholic beverages or any controlled substance while at or participating in any BTT sponsored activity by the players and coaches.
- Allow players to drive themselves to any BTT function or event outside the city limits of Boise or Meridian, Idaho.
- Make disparaging remarks about referees, other teams, coaches or players in the presence of any players.
- Use harassment, intimidation or threats of any kind at any time.

F. Disciplinary Procedures

When a Code of Conduct violation is reported to BTT Staff, all parties involved will be contacted to collect details of the Situation.

After reviewing the details, a Disciplinary Board may be convened to determine the proper course of action, which may include:

- Verbal warning
- Temporary suspension from coaching responsibilities
- Permanent removal of the individual from coaching responsibilities or affiliation with any BTT team.

G. Important Website Links

Links for players

- Player Registration:
www.bttyouth.org/btt-youth.htm
- Medical Release Form:
www.bttyouth.org/images/forms/btt-MedicalReleaseForm.doc
- Weather on Game Days:
www.bttyouth.org/btt-weather.htm
- Game Schedules:
www.bttyouth.org/btt-youth-games.htm
- Sweatshirt Pre-order Form
www.bttyouth.org/btt-sweatshirts.htm

Links for Coaches and Asst Coaches

- Coach Registration:
www.bttyouth.org/btt-youth-creg.htm
- Coach Schedule Overview:
www.bttyouth.org/btt-youth-cnews.htm
- Coaching Course Information/Pre-registration:
www.bttyouth.org/btt-ctraining.htm
- Coaching Resources (League Rules, Bytesize Coaching, etc.):
www.bttyouth.org/btt-youth-cresources.htm

Links for Coaches ONLY

Please don't use these forms until you are told to do so!

- Team Information Online Form (Team Nicknames, Practice Locations, Home Fields)
www.bttyouth.org/btt-youth-teaminfo.htm
- Schedule Request Online Form
www.bttyouth.org/btt-sched-request.htm
- Stars Report Form
www.bttyouth.org/btt-stars.htm

Links for Parent Volunteers

Please don't use these forms until you are told to do so!

- Linesperson Training Pre-registration:
www.bttyouth.org/btt-linesperson.htm
- Uniform Coordinators:
www.bttyouth.org/btt-uniform.htm

H. Schedule Overview – Spring 2019

- **Coach/Assistant Coach Administrative Meetings (attend one of the following):**
Mon, Feb 25 7:00 pm - 8:30 pm (BTT Clubhouse)
Wed, Feb 27 7:00 pm - 8:30 pm (BTT Clubhouse)
- **Coaches Contact Players and Setup Team Meeting:**
Start when you receive your roster and contact all players by **Mon, March 4th** or as soon as you receive your rosters. Communicate with YL Administrator about any problems contacting players.
- **Coach/Assistant Coach Certification Courses:**
Youth Module I: (for coaches of U5 – U7 teams):
(none scheduled for Spring 2019)
Youth Module II: (for coaches of U8 - U13 teams):
(none scheduled for Spring 2019)
E License Module:
(see www.idahoyouthsoccer.org for details)
F License Module:
(see www.idahoyouthsoccer.org for details)
- **Coach Pre-season Skills Training**
U5, U6: Mon, Mar 04 7:00 pm - 10:00 pm (BTT Complex)
U7, U8: Tue, Mar 05 7:00 pm - 10:00 pm (BTT Complex)
U9 and up: Wed, Mar 06 7:00 pm - 10:00 pm (BTT Complex)
- **Parent Orientation Meetings (please attend one)**
Mon, Mar 04 7:00 pm - 8:30 pm (Tree City Church of the Nazarene)
Thu, Mar 07 7:00 pm - 8:30 pm (Tree City Church of the Nazarene)
- **Game Schedules**
Wed, Mar 06: Schedule Request and Team Info Forms due from Coaches
Mon, Mar 11: Preliminary Schedule posted for coaches to review
Tue, Mar 12: Communicate obvious mistakes in the schedule to admin
Wed, Mar 13: Final Schedule posted for parent distribution
- **Practices may begin:**
Mon, Mar 11 (time and location of determined by coach)
Note: Teams participating in DIII or Outback leagues can start as soon as possible.
- **Uniform Bundling Party (for uniform coordinator volunteers)**
Thu, Mar 14 6:30 pm - 9:00 pm (BTT Clubhouse)
- **Uniform bundles/Staff T-shirts available for pickup by Coach:**
Fri, Mar 15 9:00 am - 1:00 pm, 2:00 pm - 9:00 pm (BTT Clubhouse)
Sat, Mar 16 9:00 am - Noon (BTT Clubhouse)
Mon, Mar 18 9:00 am - Noon, 1:00 pm - 5:00 pm (BTT Clubhouse)
- **Linesperson Training (U9, U10/U11, U12/U13, U14/U15 parent volunteers)**
Fri, Mar 29 6:00 pm - 6:45 pm (BTT Clubhouse)

- **Season begins:**
Sat, Mar 30 9:00 am (All locations)

- **Game Days:**
Sat, Mar 30 - Game 1
Sat, Apr 06 - Game 2 <== Photo Day (All locations)
Sat, Apr 13 - Game 3 <== Photo Day (All locations)
Sat, Apr 20 - Game 4
Sat, May 04 - Game 5
Sat, May 11 - Game 6
Sat, May 18 - Game 7

Note: There are no activities on the following dates:
Sat, Apr 27 - Performance Cup Tournament

- **Team and Individual Photos Day:**
Sat, Apr 06 8:00 am - 4:00 pm (All locations)
Sat, Apr 13 8:00 am - 4:00 pm (All locations)

Note: All players should arrive 1 hour before game time for team photos, even if they do not plan to order photos for their family

- **Makeup Photos:**
If a team is unable to take their photos on their scheduled Photo Day, makeup photos may be scheduled for the alternate date.
- **Regular Season Ends:**
Sat, May 18 5:10 pm (All locations)

I. New Ball

At BTT we continue to make strides for the development of our players and coaches. "NEW BALL" is a concept designed to allow players more touches on the ball. Limiting the time it takes to restart an out-of-bounds ball is a major concern at the youth levels. We often joke that "we spend more time watching kids chase the ball out-of-bounds than we do watching them play". New Ball is a great way to limit the down time and keep the fun going.

How does it work?

The coach on field refereeing the game must have 2 balls on him at all times, as he patrols the field and sees a ball roll out of bounds AT ANY POINT, he instantly announces "NEW BALL" and plays a ball on the ground to a player . Parents and assistant coaches are asked to retrieve the lost ball and get it back to the coach/ref.

When should a new ball be applied in the game?

Every time the ball rolls out of the field of play, the coach will apply the "NEW BALL". IF the ref deems a foul has occurred on the field of play he can then apply the "NEW BALL" to the player fouled.

Where should the coach play the "NEW BALL"

This is one of the most important aspects of "NEW BALL" , the coaches now have full creative control over who gets involved and who doesn't. When we have a game that is going well and all kids are getting lots of touches on the ball, the coach can announce "NEW BALL" and play it where ever they choose. What we believe will be the more general norm; a player may not be as engaged as the others, and find his/herself isolated on the field away from the play, this player is the perfect target to receive the "NEW BALL". The coach should play a ball that is easy to control at the player and let the game continue. If a coach notices the play is predominately one sided , the coach can choose to favor the opposite team on all "NEW BALLS" and serve them to the side of the field that benefits the team under the most pressure.

Is it okay to set a kid up to score a goal?

With "NEW BALL" that isolated kid may be all alone with nobody between him/herself and the goal. There is nothing wrong with playing that player the ball and allowing them the chance to be successful and score a goal (as a matter of fact, it is encouraged). What that action may create is a game that looks more like soccer, kids will begin to spread out as to score goals easier, defensive players may begin to stay with the open player or (mark) him.

When is "NEW BALL" not used?

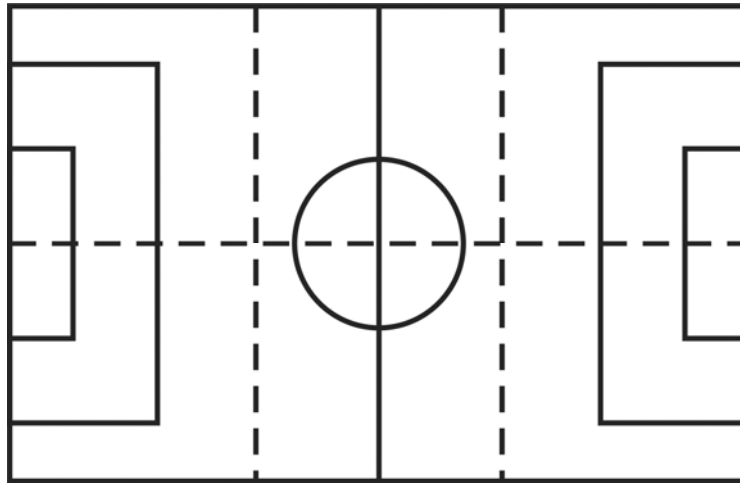
Ideally it is used for every stoppage, but we will begin the game with a "KICK OFF", and if both coaches agree, a "KICK OFF" after every goal.

RECAP of "NEW BALL"

- The coach needs to have 2 balls on him at all times
- The coach announces when a "NEW BALL" is applied
- The coach plays in a "NEW BALL" instead of throw ins, corner kicks, goal kicks, and fouls.
- Coaches can agree to use "KICK OFFS" instead of "NEW BALL" after goals but must be consistent for that entire Half.

We do this to allow the kids more touches on the ball, as a coach it is your job to facilitate the development of ALL individual players, keep the game moving, keep the game fun, and encourage all your players to get more touches every day!!!

J. Build Out Lines (U9, U10/U11)



The build out line promotes playing the ball out of the back in a less pressured setting.

- The two lines should be dashed and should separate the field into thirds.
- During a goal kick or when the goalkeeper has the ball in his or her hands during play, the opposing team must move behind the build out line until the ball is put into play.
- The goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed).
- After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal. The ball is in play when it is touched outside of the penalty area.
- If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.
- The build out line will also be used to denote where offside offenses can be called. Players cannot be penalized for an offside offense between the halfway spot and the build out line. Players can be penalized for an offside offense between the build out line and goal line.
- Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line, however, the goalkeeper can put the ball into play sooner but (s)he does so accepting the positioning of the opponents and the consequences of how play resumes.
- To support the intent of the development rule, coaches and referees should be mindful of any intentional delays being caused by opponents not retreating in a timely manner or encroaching over the build out line prior to the ball being put into play. Referees can manage the situation with misconduct if deemed appropriate. Referees should be flexible when enforcing the 6 second rule and counting the time of possession should only begin when all opponents have moved behind the build out line.
- Coaches are responsible for addressing these types of issues with their players, and should use the build-out line to teach their teams to build play. Doing so will inevitably lead to mistakes and the opponent will score because of them. Your team may even lose a game because of such a goal. Coaches/clubs should work to educate parents on the benefits of learning to build play, and focus on the development of the players for the future rather than the scores of a game. Contact the State Technical Director with any questions.

K. New Guidelines for Heading

U.S. Soccer Recommendations

1. U11 and Younger

U.S. Soccer recommends that players in U11 programs and younger shall not engage in heading, either in practice or in games. Heading during a game will be considered to be a foul, resulting in an indirect free kick for the opposing team.

2. U12 and U13

U.S. Soccer further recommends for players in U12 and U13 programs, that heading training be limited to a maximum of 30 minutes per week, with no more than 15-20 headers per player per week.

3. All coaches should be instructed to teach and emphasize the importance of proper techniques for heading the ball.

L. Concussion Protocol

All coaches and assistant coaches in BTT's Youth League must complete the Heads Up Concussion Training and Test found on the GotSoccer website. To start the test, follow these steps:

1. Using your browser, go to www.gotsport.com.
2. Click on "**User Login**" in the upper right.
3. Click on "Teams & Team Officials" → Login.
4. Under "**Individual Coach**", login using your getsoccer Username and Password.
5. On the menu bar, select "**Concussion Center**".
6. Look for the following logo:



7. On the "**Center for Disease Control (CDC)**" section, click on "Go to CoursesPage"
8. You can start the Heads Up test from this page, or view your Heads Up test completion certificate.

Note: Don't take the ImPACT Test Center test by mistake. You must complete the Heads Up Concussion Course in order to be a coach or assistant coach in the BTT Youth League.

M. Head Coaches: Initial Team Contact – via phone

Head Coaches should call your team families as soon as you receive your roster. Please contact all the players on your Initial team Roster by **Monday, March 4, 2019** or as soon as you receive your roster

Here are the items that you should discuss on the phone with each family:

1. Setup a team/parent meeting. Pick a date/time/location sometime before practices begin on **March 11, 2019**.
2. Discuss the number of practices per week and their duration:

Age Group	Max Practices per Week	Max Duration per Practice
U5	1	45 - 60 minutes
U6		
U7	1-2	60 minutes
U8		
U9	2	60 minutes
U10/U11	2	75 minutes
U12/U13		
U14/U15		

3. Discuss the proposed practice location (see section **P. Choosing a Practice Location**)
4. Query each family regarding their availability for practice nights.
(see section **Q. Choosing Practice Night(s)**)
5. Discuss Equipment needs:
 - Shin guards
 - Cleats or sports shoes that fit (NO BASEBALL OR FOOTBALL CLEATS!)
 - A soccer ball (For proper size, see section **Y. Laws of the Game – Law #2**)
 - White socks that will completely cover the Shin Guards
 - Water Bottle
6. Discuss BTT Medical Releases
7. **Important!!** Recruit more players (friends/relatives) up to team maximum:
(see section **Y. Laws of the Game – Law #3** for maximum team sizes)
8. Notification of Parent Orientation Meetings
 Mon, Mar 04 7:00 pm - 8:30 pm
 Thu, Mar 07 7:00 pm - 8:30 pm
 Parent Orientation Meetings will be held at:
Tree City Church of the
 3852 N. Eagle Road (between Ustick & McMillan)
 Boise, ID 83713-0750
9. Need for volunteers.

N. Team Meeting Agenda

All teams should have a pre-season team/parent meeting. Topics to be discussed include:

1. Collect completed BTT Medical Release Forms from parents.
2. Finalized Practice Schedule and Location.
3. Club Overview/Structure (see section **O. Fast Facts – BTT Soccer Club**).
4. Discuss/Vote on Team Nicknames (1st, 2nd, 3rd Choice).
5. Discuss/Vote on Homegame Fields (1st, 2nd Choice).
6. Discuss the coaching education courses you have taken or will be taking.
7. Discuss Byte-size coaching (see section **X. Byte Size Coaching**).
8. Discuss what will be covered in training and what to expect on game day.
9. Review league rules, including those concerning goal differential, sportsmanship, casts and jewelry.
10. Review Game Day procedures, especially parking and spectator information map.
11. Recruit Volunteers.

Volunteers Needed

- **Field set-up:** Setup goals and corner flags Saturday morning, if your team has the first game of the day. And, if your team plays the last game of the day, remove goals and corner flags.
- **Linesperson (U9, U10/U11, U12/U13, U14/U15 age groups only):** Each team should have two (2) volunteers to act as linepersons during games. Each coach will need to submit the names and email addresses of the two volunteers to the Youth League Administrator. Linesperson Training will take place:

Fri, Mar 29 6:00 pm – 6:45 pm (BTT Clubhouse)

The Linesperson Training is free, but participants **must** pre-register at:

www.btt youth.org/btt-linesperson.htm

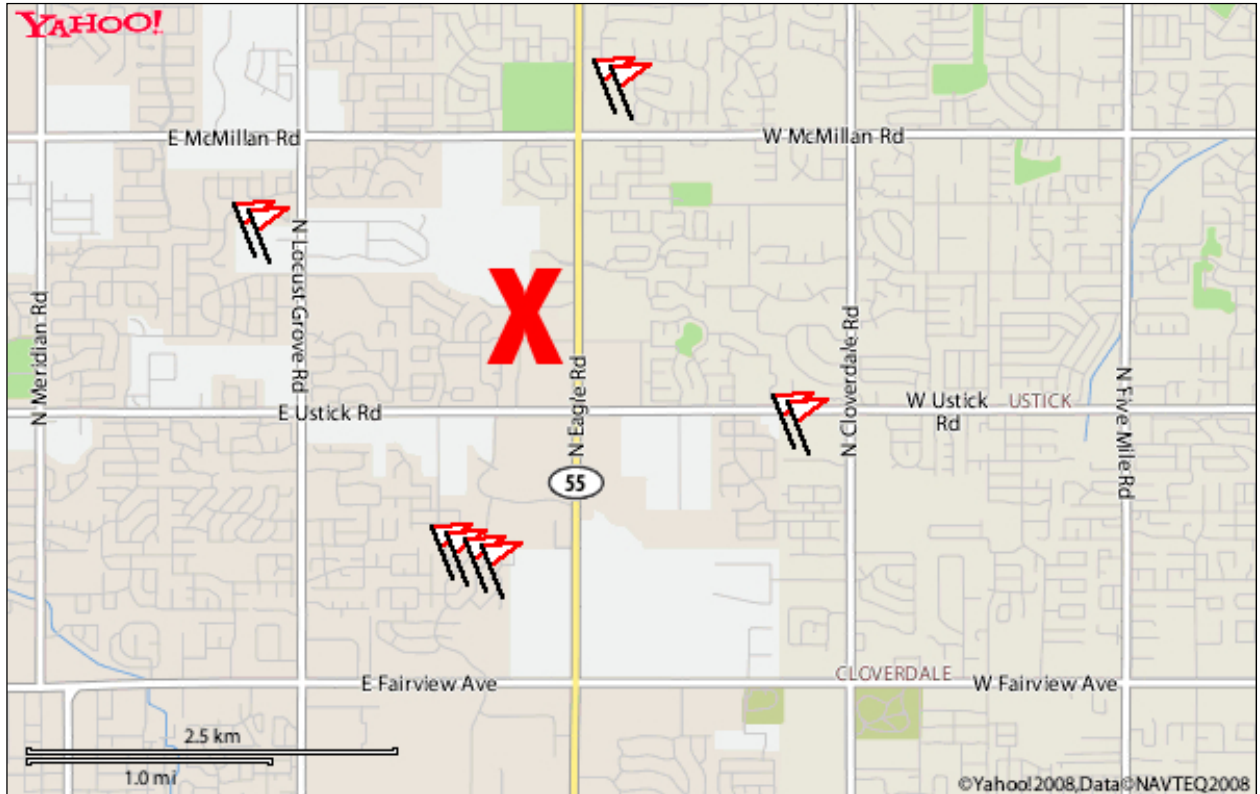
O. Fast Facts – BTT Soccer Club

- Boise Capitals Soccer Club founded in 1990.
Les Bois Sports Association founded in 1992
BCSC and LBSA merged to form FC Nova, Fall 2010
Boise Nationals and FC Nova merged in 2018.
- Largest youth soccer club in Idaho.
- #1 ranked club in Idaho by Got Soccer ranking service.
- 53 competitive teams totaling over 580 boys and girls ages 10 – 18
- Developed many state cup and major tournament championship teams.
- Club run by a volunteer Board of Directors.
- 4 Full-time coaching staff
- BTT Youth League run by the Youth League Administrator, Juniors Director and Technical Director.
- 20-acre field complex opened in 2003.
- 2,000 square foot clubhouse.

P. Choosing a Practice Location

Each player's nearest elementary school is listed on your team's official roster.

- Practices should take place at a school or park that is centrally located to the players



Note: BTT Youth League teams are not permitted to practice at the BTT Soccer Complex

Q. Choosing Practice Night(s)

When talking to each family, try to determine which nights they prefer to practice (+), which nights are okay for practice (○) and which nights they can't practice (×):

Player	Mon	Tue	Wed	Thu	Fri
John Baldwin	+	○	×	○	○
Tom Sawyer	○	×	○	+	○
Huck Finn	×	+	×	○	○
Tom Swift	○	×	○	○	×
Hans Solo	○	+	○	○	×
Indiana Jones	○	+	○	○	○

R. Choosing a Homegame Field

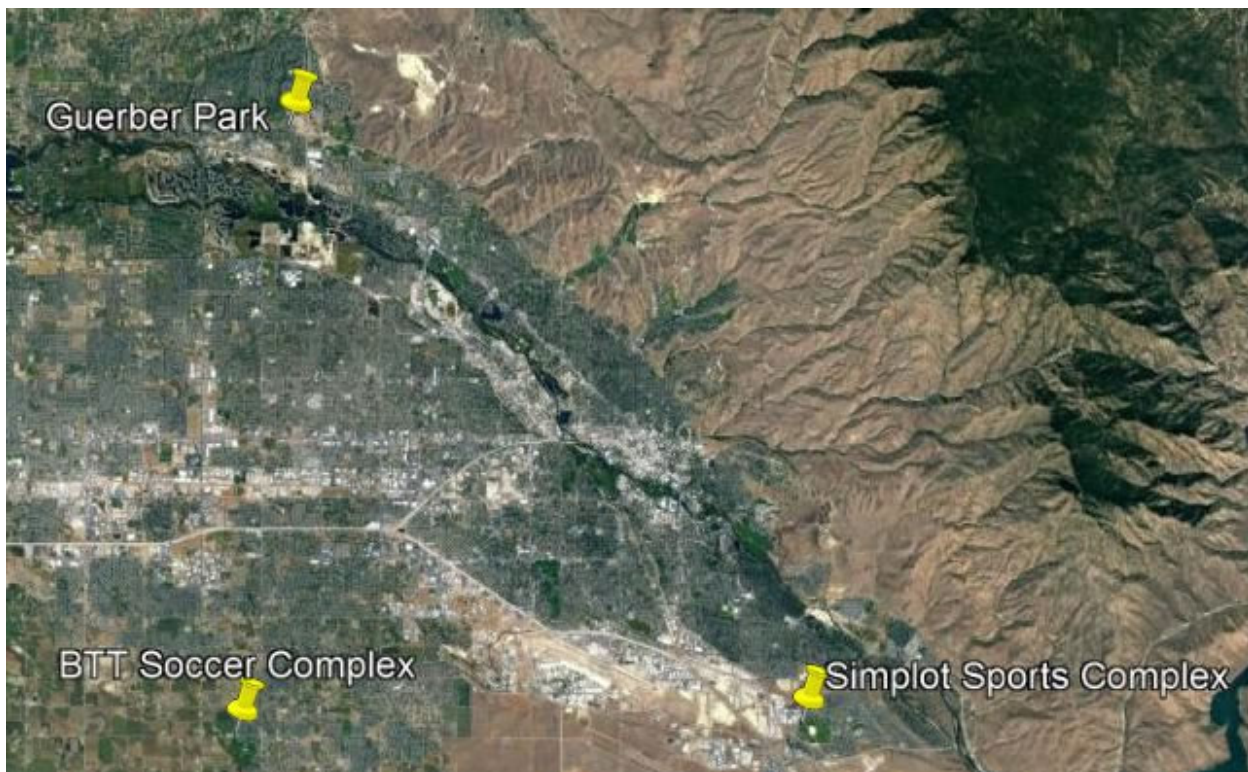
In certain age groups, we may be able to schedule some of your team's home games at a location other than the BTT Soccer Complex. Satellite locations may include:

- Guerber Park and/or Merrill Park (Eagle)
- Simplot Sports Complex

Most teams will use the BTT Soccer Complex as their home field.

Your homegame field preferences are communicated to the Youth League Administrator using the Team Information Form.

Note: In age groups where satellite locations are used, you may have to travel to a satellite location for your away games as well.



S. Game Scheduling Procedures

Here is the process we will use this season to create and publish the game schedule for the BTT Youth League:

1. Head coaches will submit two online forms ON or BEFORE Wednesday, **March 06**:
 - Team Info Form <== choose three (3) team nicknames, home game field ASAP
 - Schedule Request Form <== use this form ONLY if necessaryThese forms can be found at the bottom of the following webpage:
www.bttyouth.org/btt-youth-cresources.htm
2. A rough draft of the Game Schedule will be placed on the website on Monday, **March 11** for head coaches and asst coaches to review. This draft schedule should NOT be distributed to parents yet, as it is still subject to change
3. Head coaches should communicate any obvious mistakes in the schedule to me by Tuesday morning, **March 12**. Again, we will use **Schedule Request Form** to request changes to the draft schedule.
4. After some MINOR changes, the FINAL version of the Game Schedule will be posted online on Wednesday, **March 13**. This is the schedule that should be distributed to parents. After this point, the schedule is frozen!

To review, here are the dates again:

Wed, Mar 06: Schedule Request and Team Info Forms due from Coaches

Mon, Mar 11: Preliminary Schedule posted for coaches to review

Tue, Mar 12: Communicate obvious mistakes in the schedule to admin

Wed, Mar 13: Final Schedule posted for parent distribution

In order for the process to work, all team head coaches **MUST** do the following:

- Submit your **Team Info Request Form** and **Schedule Request Form** (optional) by Wednesday, **March 06** AT THE LATEST, earlier if possible. (Please go check out the forms now, to see what information is required)
- Review the preliminary draft of the schedule on the evening of Monday, **March 11**. If you see an obvious mistake in the schedule, communicate them to the Youth League Administrator by the morning of Tuesday **March 12**.
- Distribute the final game schedule to parents on Wednesday, **March 13**.

Please make sure that you are checking your email DAILY between now and the time that the season starts.

T. Coach Equipment

The BTT Soccer Club provides each team with the following equipment:

- 12 practice cones
- 1 whistle

In addition to the above, you may wish to purchase:

- Practice vests (available for \$4.00 each from BTT)
- Small First Aid Kit
- Goalie Gloves (U7 and up)

U. Recruiting Additional Coaches/Asst Coaches

Our goal is to have one (1) head coach and at least two (2) asst coaches for every team by the time that the season begins. With this in mind, you may find yourself recruiting coaches or assistants from the parents on your team.

To become a coach or asst coach in our league, the parents that you recruit must do **both** of the following:

- Complete the online registration process, including the background check section
- Complete the online concussion test
- Additional paperwork is no longer required.

These steps are detailed on our website at:

www.btt youth.org/btt-youth-creg.htm

V. BTT Services for Youth League Coaches and Players

One of the advantages of being part of a large organization like the BTT Soccer Club is the tremendous amount of resources available to coaches and players.

Coach Certification Classes

Idaho Youth Soccer hosts several coach certification classes throughout the year. The following certification classes are appropriate for Youth League coaches:

- Youth Module I
- Youth Module II
- F License
- E License

Coaches are responsible for signing up for these courses on the IYSA website:

www.idahoyouthsoccer.org

BTT will reimburse YL Coaches for all successfully completed certification courses, up to an E License..

Coach Pre-season Skills Training

Age-specific training for coaches, including Pre-packaged Training sessions, Stars program and Byte Size Coaching. (For specific dates/times, see section **H. Schedule Overview – Spring 2019**)

Pre-packaged Training Sessions

BTT will provide each Youth League coach with a series of age-appropriate training sessions and activities. (These will be demonstrated during the Coach Pre-season Skills Training)

Stars Program

Youth League players can earn stars and certificates for demonstrating certain soccer moves in practices and games. We expect our Youth League coaches to teach these moves to the players on their teams, as part of the BTT curriculum. (These will be demonstrated during the Coach Pre-season Skills Training and are also available on the BTT website).

Byte Size Coaching

This is an online resource that you can use to help plan practice activities.

(see section **X. Byte Size Coaching**)

W. What Should We Expect At Each Age Level?

U5/U6:

- Emphasis is on fun, excitement, free play and improvisation.
- Free play with little-to-no adult intervention on or off the field.
- Winning and league standings not counted.
- Introduce a few very basic ball manipulation skills.
- Encourage effort not execution while these small bodies begin to exhibit more demanding motor skills.
- No pacing - always running and moving at full throttle.

U7/U8:

- Emphasis is on fun, excitement, free play and experimentation.
- Introduce soccer through fun games.
- Introduce more complicated ball manipulation skills.
- 1 v 1 tactics can be introduced.

U9/U10:

- Emphasize fun, excitement and play.
- Training begins to be more structured and objective oriented.
- Players should be comfortable with the ball.
- Emphasize technical training.
- Elements of competition introduced.
- Introduction to playing a position.

U11/U12:

- Structured skills and tactical training environment.
- More advanced small group and team defending and attacking tactics.
- Playing your position.
- Competitive level is heightened: Winning & Losing start to take on significance.
- Fitness training is introduced.

X. Byte Size Coaching

Accessing Byte Size Coaching

The Byte Size Coaching website can be accessed through the BTT Soccer Club's youth program website at:

www.bttyouth.org

From the drop-down menus, select "Youth League" and then "Coach Resources". Follow the instructions for accessing the Byte Size Coaching website.

User Name: boise

Password: offside

ALERT! The BTT Soccer Club has made, at quite an expense, a binding commitment with Byte Size Coaching. Our user name and password are not to be shared with anyone unless so approved by the BTT Youth League Administrator Jim McMillan (841-0441). You, as a head coach, assistant coach or co-coach, have privileged access to this website which is tracked for hits by Byte Size Coaching. If Byte Size Coaching logs more hits than we have contracted for we are assessed a penalty fee. We are very serious about not sharing this website with members of other clubs.

Do not, under any circumstances, share this website username or password with anyone!!

Y. Laws of the Game

The following rules apply to the BTT Youth League.

Note: These rules do **not** apply to Youth League teams participating in the District III or Outback leagues. The District III League and Outback League have their own set of rules.

Law #1 – Field Dimensions

The dimensions of the field are modified for our league, according to the following table:

Age	Field Size	Goal Size	Penalty Box Size	Goal Box Size
U5	20 yds x 30 yds	4' x 6'	(none)	(none)
U6	20 yds x 30 yds	4' x 6'	(none)	(none)
U7	30 yds x 45 yds	6' x 12'	24 yds x 10 yds	12 yds x 4 yds
U8	30 yds x 45 yds	6' x 12'	24 yds x 10 yds	12 yds x 4 yds
U9	40 yds x 70 yds	6' x 18'	34 yds x 14 yds	18 yds x 6 yds
U10/U11	40 yds x 70 yds	6' x 18'	34 yds x 14 yds	18 yds x 6 yds
U12/U13	70 yds x 110 yds	8' x 24'	44 yds x 18 yds	20 yds x 6 yds
U14/U15	70 yds x 110 yds	8' x 24'	44 yds x 18 yds	20 yds x 6 yds

Law #2 – Ball Size

The size of the soccer ball is modified for our league, according to the following table:

Age	Ball Size
U5	Size #3
U6	Size #3
U7	Size #3
U8	Size #3
U9	Size #4
U10/U11	Size #4
U12/U13	Size #5
U14/U15	Size #5

During games, the HOME team provides the game ball.

Law #3 – Number of Players

The number of players is modified for our league, according to the following table:

Age	Number of Players	Maximum Team Size
U5	4 v 4 (no goalie)	8 max
U6	4 v 4 (no goalie)	8 max
U7	5 v 5 (inc. goalie)	10 max
U8	5 v 5 (inc. goalie)	10 max
U9	6 v 6 (inc. goalie)* (see below) 7 v 7 (inc. goalie)	12 max
U10/U11	7 v 7 (inc. goalie)* (see below) 8 v 8 (inc. goalie)	14 max
U12/U13	11 v 11 (inc. goalie)	16 max
U14/U15	11 v 11 (inc. goalie)	16 max

* Both coaches may agree to play 7 v 7

Law #4 - Player's equipment

The BTT Youth League provides a uniform for each player. This uniform consists of a pair of black shorts, a white jersey and a red jersey. In addition, the player is to provide white socks, shin guards, and appropriate shoes (tennis shoes or soccer cleats).

- Shin guards are MANDATORY.
- Socks must be pulled up over shin guards.
- BTT Youth League-issued uniform must be worn.
- Cleats may not be made of metal.
- No baseball cleats because the front cleat stick out.
- No jewelry may be worn. No earrings may be worn, even if they are taped.

Coaches: Please advise players that soccer season is NOT a good time to get your ears pierced.

Note: During games, the **Home Team** wears White jerseys, **Away Team** wears Red jerseys

Law #5 – Referees

The referee's main concern is the safety of the players. The referee enforces all the rules of the game. The referee rules are modified for our league, according to the following table:

Age	Referee Notes
U5	Both head coaches, if desired, can be on the field during games to act as co-referees and to provide guidance on the field.
U6	Both head coaches, if desired, can be on the field during games to act as co-referees and to provide guidance on the field.
U7	Home Team head coach or asst coach referees 1 st half of game Away Team head coach or asst coach referees 2 nd half of game
U8	Home Team head coach or asst coach referees 1 st half of game Away Team head coach or asst coach referees 2 nd half of game
U9	The league provides center referees
U10/U11	The league provides center referees
U12/U13	The league provides center referees
U14/U15	The league provides center referees

The referees that the youth league provides are usually referees-in-training.

Note: Verbal/Physical abuse of referees is not permitted.

Law #6 – Assistant Referees

The assistant referee rules are modified for our league, according to the following table:

Age	Assistant Referee Notes
U5	Not used
U6	Not used
U7	Not used
U8	Not used
U9	Each team is to supply one assistant referee for the entire game.
U10/U11	Each team is to supply one assistant referee for the entire game.
U12/U13	Each team is to supply one assistant referee for the entire game.
U14/U15	Each team is to supply one assistant referee for the entire game.

Each team should secure two volunteers to act as assistant referees. Assistant referees should attend the league's Linesperson Training.

Note: Assistant Referees do not change sides at halftime. Assistant referees should not cheer or talk while performing their duties. The same assistant referees should be used for both halves of a game.

Law #7 - Duration of the Game

The duration of the game is modified for our league, according to the following table:

Age	Game Duration
U5	2 x 15 min halves (optionally, coaches can agree to play 20 min halves)
U6	2 x 20 min halves
U7	2 x 20 min halves
U8	2 x 20 min halves
U9	2 x 25 min halves
U10/U11	2 x 25 min halves
U12/U13	2 x 30 min halves
U14/U15	2 x 30 min halves

Law #8 - Start of play

The start of play rules are modified for our youth league:

- The two halves will start with a kick-off from the center circle. Home Team (white) kicks off 1st half, Away Team (Red) kicks off 2nd half.
- The kick-off is taken at the center spot.
- The game will be re-started from the center circle after every score.
- The ball has to move forward at kick-off to start the ball in play.
- Each player must be in his or her half of the field.
- Each player on the non-kicking team must be outside the center circle.
- If a referee has to do a drop ball, the play resumes when the ball hits the ground.

In addition to the rules listed above, our league also has age-specific rules for start of play:

Age	Kick-off Rule
U5	Kick-offs will be indirect kicks. This means that you can NOT score directly from a kick-off without someone else touching the ball first.
U6	Kick-offs will be indirect kicks. This means that you can NOT score directly from a kick-off without someone else touching the ball first.
U7	Kick-offs will be indirect kicks. This means that you can NOT score directly from a kick-off without someone else touching the ball first.
U8	Kick-offs will be indirect kicks. This means that you can NOT score directly from a kick-off without someone else touching the ball first.
U9	A goal may be scored directly from the kick-off.
U10/U11	A goal may be scored directly from the kick-off.
U12/U13	A goal may be scored directly from the kick-off.
U14/U15	A goal may be scored directly from the kick-off.

Law #9 – Ball In And Out Of Play

The ball is out of play when it COMPLETELY goes over the goal line or touch-line. It doesn't matter whether it's in the air or on the ground.

Law #10 - Method of scoring

The ball must COMPLETELY go across the line into the goal.

Law #11 – Offside

One of the most complicated laws of the game. The basic concept is that a player must have at least one defender (not including the goalkeeper) between him and the goal WHEN the ball is played to him. Also, to be offside, the player must be in the opponent's side of the field and looking to gain an advantage.

In our league, the offside rule is modified depending on the age group:

Age	Offside Rule
U5	Offside will not be called.
U6	Offside will not be called.
U7	Discourage "cherry picking"
U8	Discourage "cherry picking"
U9	(See section J. Build Out Lines)
U10/U11	(See section J. Build Out Lines)
U12/U13	The center referee will enforce FIFA Offside rules
U14/U15	The center referee will enforce FIFA Offside rules

Law #12 – Fouls and Misconduct

At the youth level most fouls are due to pushing, holding or tripping, and result in a free kick. Other ones to watch out for are handballs and charging.

- Handball only called if player purposefully uses his/her hand and not when he/she is defending him/herself.

Law #13 – Freekicks

There are two types of freekicks, direct and indirect. At the youth level most free kicks are classified as indirect. This means a goal may not be scored until the ball has been played or touched by a second player on either team.

Age	Freekicks
U5	All freekicks are indirect, which means a goal may not be scored until the ball has been played or touched by a second player of either team. Players should be 4 yards away from the kicker.
U6	All freekicks are indirect, which means a goal may not be scored until the ball has been played or touched by a second player of either team. Players should be 4 yards away from the kicker.
U7	All freekicks are indirect, which means a goal may not be scored until the ball has been played or touched by a second player of either team. Players should be 4 yards away from the kicker.
U8	All freekicks are indirect, which means a goal may not be scored until the ball has been played or touched by a second player of either team. Players should be 4 yards away from the kicker.
U9	The center referee will determine if a freekick is direct or indirect, according to FIFA rules. Players should be 8 yards away from the kicker.
U10/U11	The center referee will determine if a freekick is direct or indirect, according to FIFA rules. Players should be 8 yards away from the kicker.
U12/U13	The center referee will determine if a freekick is direct or indirect, according to FIFA rules. Players should be 8 yards away from the kicker.
U14/U15	The center referee will determine if a freekick is direct or indirect, according to FIFA rules. Players should be 10 yards away from the kicker.

Law #14 - Penalty Kick

If a player commits a foul in their own penalty area, a Penalty kick will be awarded. The penalty kick rules for our league depend on age group:

Age	Penalty Kicks
U5	There will be no penalty kicks.
U6	There will be no penalty kicks.
U7	Penalty kicks will be taken from the top center of the penalty box.
U8	Penalty kicks will be taken from the top center of the penalty box.
U9	Penalty kicks will be taken from the spot indicated by the center referee, 10 yards from the goal.
U10/U11	Penalty kicks will be taken from the spot indicated by the center referee, 10 yards from the goal.
U12/U13	Penalty kicks will be taken from the spot indicated by the center referee, 12 yards from the goal.
U14/U15	Penalty kicks will be taken from the spot indicated by the center referee, 12 yards from the goal.

All players shall remain outside the penalty box, with the exception of the defending goalie and kicker, until the ball is kicked. The kicker may not kick the ball again until it is touched by another player on either team.

Law #15 - Throw In

The Throw In rule has been modified for different age groups in our league. Balls over the sidelines will be restarted by the other team as follows:

Age	Throw In Rule
U5	New Ball. When the ball goes out of bounds, the coach/referee will throw a new ball into play. (See Section I. New Ball)
U6	New Ball. When the ball goes out of bounds, the coach/referee will throw a new ball into play. (See Section I. New Ball)
U7	Kick in. Ball is placed on the line where it went out of bounds. Other players stand at least 3-4 coach steps away from the ball. Player kicks the ball back into play, and cannot touch the ball again until someone else touches it. Goals may not be scored on kick in until touched by another player.
U8 U9 U10/U11 U12/U13 U14/U15	Throw In. Goals may not be scored on throw in until touched by another player.

The thing to teach your players is both feet have to be on the ground, must have two hands on the ball, and the throw must come from behind the players head. The penalty for a bad throw in is that the opposing team gets the ball.

Law #16 - Goal Kick

A goal kick is granted when the attacking team kicks the ball over the goal line. The kicker may not touch the ball again until it has left the penalty area and has been touched by another player on either team.

Age	Goal Kick Location
U5	New Ball. When the ball goes out of bounds, the coach/referee will throw a new ball into play. (See section I. New Ball)
U6	New Ball. When the ball goes out of bounds, the coach/referee will throw a new ball into play. (See section I. New Ball)
U7	The ball is placed on one of the corners of the goal box (the smaller of the two boxes in front of the goal). Defending players should remain outside the Penalty Box and not touch the ball until it is out of the Penalty Box.
U8 U9 U10/U11	The ball is placed on one of the corners of the goal box (the smaller of the two boxes in front of the goal). (See section J. Build Out Lines for instructions regarding opponent positioning.)
U12/U13 U14/U15	The ball is placed on one of the corners of the goal box (the smaller of the two boxes in front of the goal). Defending players should remain outside the Penalty Box and not touch the ball until it is out of the Penalty Box.

Law #17 - Corner Kick

A corner kick is awarded when the defending team kicks the ball over their own goal line. A goal may be scored directly from a corner kick. Corner kicks are taken from the corner flag.

U5s and U6s will NOT use corner kicks. New Ball will be used instead (See Section **I. New Ball**).

Substitutions

Substitutions may occur at the following times:

Age	Substitution Rule
U5	Substitutions may occur at any time (on the fly)
U6	Substitutions may occur at any time (on the fly)
U7	At any stoppage (prior to a kick off, throw-in, goal kick or after an injury)
U8	At any stoppage (prior to a kick off, throw-in, goal kick or after an injury)
U9 U10/U11 U12/U13 U14/U15	<ul style="list-style-type: none">• After a goal• Before a goal kicks• Before throw-ins on your possession• Before throw-ins on opposing possession if the team in possession is subbing• at the referee's discretion ie: in the event of injury• at halftime No substitutions before a corner kick. Observe proper substitution protocol.

Protocol: When substituting players prior to a throw in with a league-supplied referee, players should not enter the field until the center referee signals them to do so, and not until other players have left the field.

Z. Other League Rules

Playing Time:

Every attempt should be made to give each player on your team **equal** playing time. At the minimum, each player should play at least 50% of each game, unless the player does not want to play or is sick/injured.

Note 1: Weaker players need more playing time than stronger players, not less.

Note 2: Do not use playing time during games as a punishment.

Sportsmanship:

- Opposing coaches are to shake hands prior to kick-off.
- Players are to shake hands after the game.
- Teams should not exceed a 6 point goal differential. **No Exceptions!**

Coach/Asst Coach T-shirts

During games, coaches and asst coaches will wear red staff T-shirts. T-shirts may be worn under an open jacket, as long as the shirt is visible. Coaches/Assistant Coaches that are NOT wearing their red staff T-shirts should sit on the spectator side of the field.

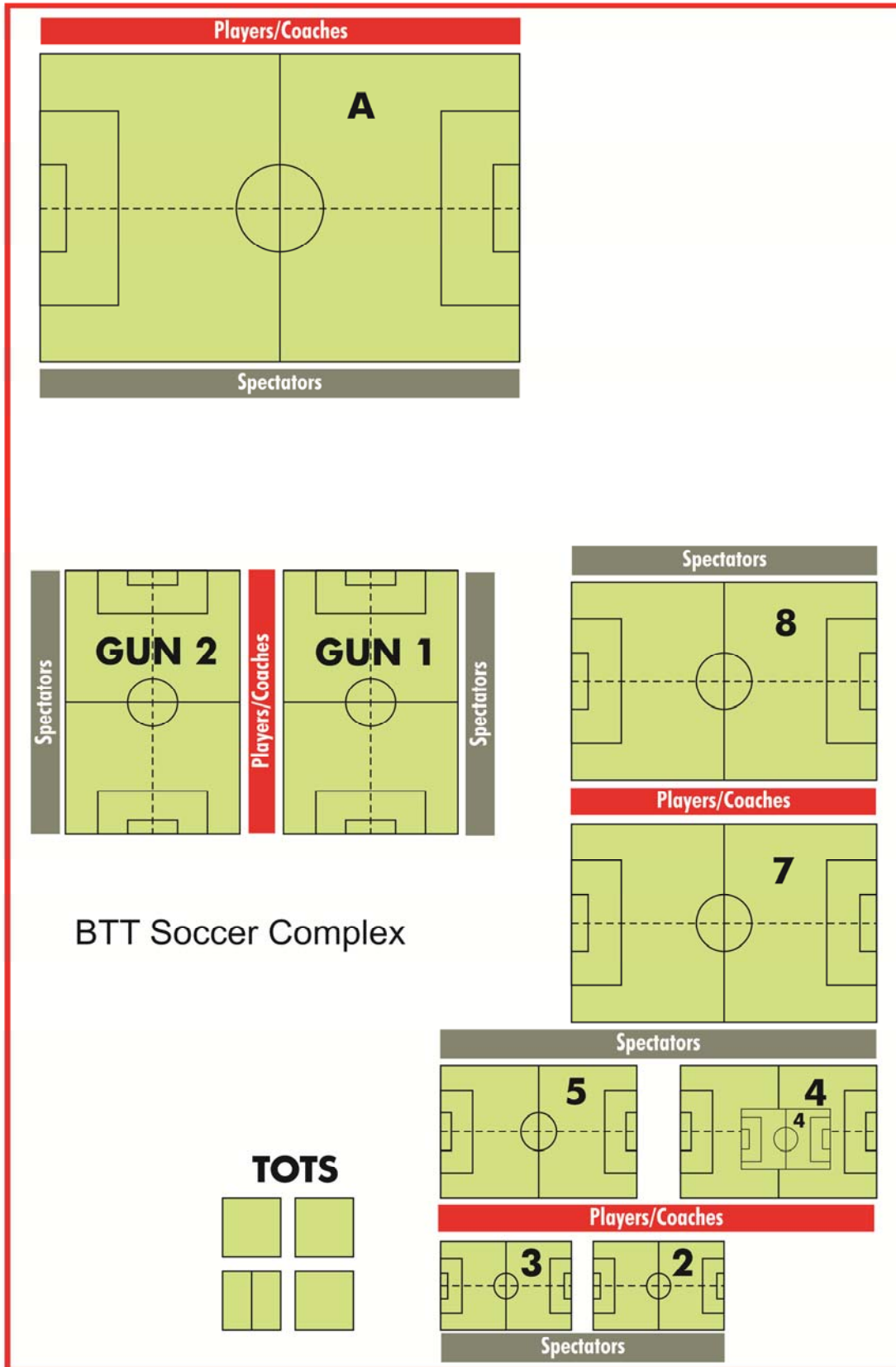
NO CASTS OR SPLINTS, PADDED OR OTHERWISE, WITH OR WITHOUT A DOCTOR'S NOTE, AT ANY TIME!!! THIS ISSUE IS NOT NEGOTIABLE.

AA. Game Day Instructions

- **Home team wears WHITE. Away team wears RED**
- **Home team** provides the game ball.
- **Home team** selects which goal they will defend 1st half. Teams change sides at halftime.
- **Home team** kicks off 1st half, **Away team** kicks off 2nd half.
- **Goal Differential:** Under no circumstances shall a team defeat another team by more than 6 goals.
- **IMPORTANT !!!** Teams scheduled for the first time slot are responsible for moving goals and corner flags onto the field. Teams scheduled for the final time slot are responsible for moving goals completely off the field onto the gravel parking lot. Corner Flags should be placed in the trash can by the concession stand.
- All Players and Coaches sit on one side of the field.
Parents/Spectators sit on the other side of the field.

(see field map on next page of this document)

BB. Field Map



BOISE TIMBERS|THORNS - MEDICAL RELEASE FORM

Player Information:

Name: _____ Home Phone: _____
Address: _____ City/Zip: _____

Parent/Guardian 1 Information:

Name: _____ Relationship: _____
Home Phone: _____ Work Phone: _____
Home Address: _____ City/Zip: _____

Parent/Guardian 2 Information:

Name: _____ Relationship: _____
Home Phone: _____ Work Phone: _____
Home Address: _____ City/Zip: _____

Emergency Information:

Person to Notify In Case of Emergency: _____
Home Phone: _____ Work Phone: _____
Doctor to Notify in Emergency: _____ Phone: _____
Hospital Preference, if any: _____ City: _____

List Any Medical Problems or Conditions Player Has (include allergies and medications currently taking):

Family Insurance Carrier Information:

Insurance Company: _____ Child's Birth Date: _____
Address: _____ City/State/Zip: _____
Subscriber Name: _____ Do You Have a Dental Program? _____
Subscriber Number: _____ Group Number: _____
Subscriber Address: _____ City/Zip: _____
Subscriber Prescription Drug Number: _____

LIABILITY WAIVER -- I, as parent or legal guardian of the above-named Participant/Player, hereby accept and assume all risk and responsibility for any accidents, illness, injury, and/or other damages which may result from the Participant/Player participating in any of the events, activities and/or programs associated in any way with BTT. This shall include without limitation transportation of my child related to participation in tournaments, games, practices, meals and other team activities associated with BTT. I further hereby waive, release and discharge BTT, its officers, directors, employees, agents, volunteers or anyone associated with BTT from any and all liability associated therewith.

MEDICAL CONSENT -- As the parent/legal guardian of the above-named Participant/Player, I hereby give consent that in my absence the above-named Participant/Player be admitted to any hospital or medical facility for diagnosis and/or treatment. I request and authorize physicians, dentists, and staff, duly licensed as Doctors of Medicine or Doctors of Dentistry or other such licensed nurses or technicians, to perform any diagnostic procedures, treatment procedures, operative procedures and x-ray treatment of the above minor. I have not been given guarantee as to the results of examination or treatment. This care may be given under whatever conditions are necessary to preserve life, limb, or well-being of my dependent.

I have read the above paragraphs including the Liability Waiver and Medical Consent and fully understand the terms contained herein. I understand that I am agreeing to assume certain responsibilities and commitments to release BTT from certain possible future liabilities. I sign this voluntarily and with full knowledge of the significance of its effect.

Signed: _____

Date: _____

The GAME FOR ALL KIDS..... A SOCCER-PARENT'S PROMISE LIST

(Please make two copies of this document, one to give to your coach and one to keep in your files)

DON'T

- I WILL NOT PRESSURE MY CHILD TO PARTICIPATE IN SOCCER.
- I WILL NEVER QUESTION THE OFFICIAL'S JUDGEMENT OR HONESTY IN PUBLIC.
- I WILL NEVER RIDICULE OR YELL AT MY CHILD FOR MAKING A MISTAKE OR LOSING A COMPETITION.

DO

- I WILL REMEMBER THAT CHILDREN LEARN BEST BY EXAMPLE. I WILL APPLAUD GOOD PLAYERS' PERFORMANCES BY BOTH MY CHILD'S TEAM AND THEIR OPPONENTS.
- I WILL TEACH MY CHILD THAT DOING ONE'S BEST IS AS IMPORTANT AS WINNING, SO THAT MY CHILD WILL NEVER FEEL DEFEATED BY THE OUTCOME OF A GAME/EVENT.
- I WILL MAKE MY CHILD FEEL LIKE A WINNER EVERY TIME BY OFFERING PRAISE FOR COMPETING FAIRLY AND FOR HONEST EFFORT.
- I WILL ENCOURAGE MY CHILD TO PLAY IN THE SPIRIT OF THE RULES AND TO RESOLVE CONFLICTS WITHOUT RESORTING TO HOSTILITY OR VIOLENCE.
- I WILL REMEMBER THAT MY CHILD PLAYS SOCCER FOR HIS OR HER ENJOYMENT, NOT FOR MINE.
- I WILL SUPPORT ALL EFFORTS TO REMOVE VERBAL AND PHYSICAL ABUSE FROM YOUTH ACTIVITIES.
- I WILL RESPECT AND SHOW APPRECIATION FOR THE TRAINED VOLUNTEER COACHES WHO GIVE THEIR TIME TO PROVIDE SPORT ACTIVITIES FOR MY CHILD, UNDERSTANDING THAT I HAVE A RESPONSIBILITY TO BE A PART OF MY CHILD'S DEVELOPMENT.
- I WILL RESPECT AND SHOW APPRECIATION FOR THE OTHER PARENTS WHO SHARE THESE BELIEFS.

I AGREE TO HONOR THE GAME: _____