



u10 PARENT MEETINGS  
(Birth years 2014, 2015)

JULY 19, 2023  
AUGUST 10, 2023

**Welcome / Introductions / Overview**

Agenda

- I. About the Club and PA West
- II. Coaches
- III. Leagues and Team Formation
- IV. Sideline
- V. Referees and Rules (specific to u10)  
Build-out / offside chalk-talk
- VI. Misc
- VII. Q&A

**I. ABOUT HSC / PA West**

- Club communication
- Team Snap
- Website

**II. COACHES**

- A. Training requirements: Safesport, PA clearances, coaching licenses through US soccer Pledge (copy online)
- B. Practices twice per week (one team practice and one group practice with all 4 teams)  
Importance of playing/rotating through all of the positions - Play where the coach tells you to play  
Learning basic understanding of attacking, defending and transitioning
- C. Games - 8 games during the season (Saturday) – League reassesses through-out season
- D. Objective – individual development priority over team success

**III. TEAM FORMATION**

- A. Group including coaches, Age-Group Manager and Commissioner will evaluate:  
Number of players and skill levels

Available coaches and knowledge level

Coaches encouraged to re-form each season to get different experience

League competition (FC, PR, NH, Twin Boros, Highlands, Shaler etc.)

Always with Club mission in mind:

*The mission of the Hampton Soccer Club is to provide a safe environment and positive experience to players, parents, coaches, referees, and spectators, and to allow recreational and competitive players to reach their highest potential through the teaching of individual skills, physical fitness, training, teamwork, sportsmanship, and fair play.*

B. Plan for u10 as adopted by the Board of Directors:

FALL: ICL (Saturday)

Teams formed after first couple practices where coaches can evaluate and blend teams evenly by age and ability

SPRING: ICL and / or Travel

Teams will be formed to best fit competition levels; a minimum of one Travel (Sunday) team may be formed for the older age level (2012) to help begin transition to u11 in Fall; Some Saturday players may have opportunity to play on Sunday as well. Team will be by interest expressed and player skill level selections.

U12 start to break into skill based (if numbers and available coaches)

#### IV. SIDELINE ETIQUETTE (see docs)

A. General

Don't address other team's players; DO NOT enter field  
Cheer positive encouragement

B. Please help the coaches

Please don't coach...Cheer encouragement not instructions (Coaches have enough trouble coaching / comm (supposed (goal) to be quiet ... practice and on sideline)

Difficult to 'hold shape' – esp when parents yelling

'Kick it' may not be the right thing – instead coaches encourage 'carry' /control / pass

C. Please help the referees by NOT helping the referees 😊

All about angles – you are rarely in the right position

These are your neighbors' children – essential to playing the games

Get certified 😊

#### V. REFEREES & RULES

A. Levels

RIT Level I – u8

RIT Level II – u8 and Saturday u10 ICL  
USSF Certified – u8+ (mostly u10 to start)

Entry level (2yr age difference requirement)

B. Rules (see docs)

“Laws of the Game” – IAFB + N. District local rules

- a. FIELD
- b. GOALS
- c. PLAYERS – 6 field and goalie (must have goalie to play the game)
- d. OFFSIDE (Law 11) – see ‘Spotlight’ below
- e. SUBSTITUTIONS – unlimited at stoppages
- f. REFEREES – see ‘Referees’ below
- g. TIME - Two 25 minute halves
- h. FREE KICKS - Indirect and Direct
- i. PENALTY KICKS
- j. START / RESTART
- k. FREE KICKS - 10 yards (or quick kick)
- l. THROW-INS - feet on ground, ball over head
- m. EQUIPMENT – shin guards; no jewelry (medical alert), casts / braces, soccer shoes, hair / hats
- n. MISC
  - Throw-ins - feet on ground, ball over head
  - Heading - PA W N – not until 11v11 (u14)
  - Handling – natural position
  - Slide tackles

Spotlight 1 - BUILD-OUT line

Objective: To encourage the attacking team (team that possesses the ball) to build the play out

of the

back, hence “build out line”.

Line

Goal kicks and goalie possession (no punting)

2<sup>nd</sup> touch

Spotlight 2 - OFFSIDE

2 defenders between player and goal  
actively in play  
at time ball is struck

Spotlight 3 - HANDLING

Natural position

**VI. MISCELLANEOUS**

A. Please dress kids appropriately for the weather. Wear layers that can be removed. ALWAYS more ‘extreme’ at the fields (Hotter (less shade) / Cooler (windy))

B. Please send kids with enough water. Please have kids hydrate before the game when weather is hot.

C. Club communication

TeamSnap (Affinity to start the season / transition from registration)

Website

D. Volunteering

[HamptonSoccerClub.org/volunteers](http://HamptonSoccerClub.org/volunteers)

Coaches

Administrative

**VII. Q&A**

**Please contact the Club with questions, comments, concerns via website contact form or through Coach**

Thank you!