



u10 PARENT MEETINGS  
AUGUST 13, 2025

**I. WELCOME / INTRODUCTIONS / OVERVIEW (/docs)**

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

**II. ABOUT HSC**

FIFA / CONCACAF / USSF / PA West / HSC

Board

Key volunteers

Volunteers

Club communication

Team Snap

Website

Calendar (website)

Mon Aug 11-15

Summer Camp – Everton

Wed Aug 13

6:30pm to 7:15pm New to HSC orientation – Main field

7:15pm to 8:00pm- new to u10 Parent orientation – Main field

Equipment Swap available (lightly used soccer cleats, shin guards, etc)

6:30pm+ - Main field

[bring a blanket and / or a chair to meeting(s)]

Sat. Aug 23

Field Day

Thur Aug 28

Coach meeting – 7pm – mandatory

Tues Sept 2

Travel Coach mtg – Zoom – details TBA

Sat Sept 6/7

Season starts

TBD

Team / individual pics (tentative 9/20)

Sat Sept 27

HSC @ Riverhounds – get your tickets now! -

<https://www.hamptonsoccerclub.org/riverhounds.html>

Fri	Oct 3	HHS Homecoming Tailgate
Sat	Oct 11	Moonlight Madness (at Fox Chapel)
Sat	Oct 25	u6 u8 games to be moved to different time due to HT event - details TBA
Sat	Nov 8	HSC's Battle in the Bubble at PISA - <a href="https://www.hamptonsooccerclub.org/bubble.html">https://www.hamptonsooccerclub.org/bubble.html</a>
TBD		Field Day - Fall clean-up / Winter prep

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Fri	Aug 1	Club Admin: Team declarations
Sat.	Aug 2	Club Admin: PA West Annual meeting
Fri	Aug 15	Club Admin: Rosters / Activation
Mon	Aug 18	Club Admin: League Building - Deer Lakes(?)
Wed	Aug 20	Club Admin: League Scheduling - Harmar(?)
TBD		Club Admin: Referee Assignor meeting - Hampton(?)

### 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.*

### IV. 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

## V. 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 😊

## VI. REFEREES & RULES

### A. Levels

RIT Level I – u8

RIT Level II – u8 and Saturday u10 ICL

USSF Certified – u8+ (mostly u10 to start)

Sat. ICL vs Sunday Travel

Optimal 3 refs per game: 1 center and 2 ars

Other options: 1 center with 1 AR and 1 Club; 1 center with 2 Club; 1 center; 2-man system;

Entry level (2yr age difference requirement)

### B. Rules (see docs)

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

#### a. FIELD

small, 'full-size' config with build-out line

35 / 45 x 55 / 65 (yards)

build-out line

technical area opposite from spectators

#### b. GOALS / BALL

6.5' x 18.5' / Size 4

#### c. PLAYERS

6 field and goalie (must have goalie to play the game)

#### d. OFFSIDE (Law 11) – see chalk-talk

#### e. SUBSTITUTIONS

unlimited at stoppages

#### f. REFEREES

ICL v USSF

- g. TIME
  - Two 25 minute halves
- h. FREE KICKS
  - Indirect and Direct
  - Whistle; arm-up
- i. PENALTY KICKS
  - clear of box
- j. START / RESTART
  
- k. FREE KICKS
  - 10 yards (or quick kick)
- l. THROW-INS
  - feet on ground, ball over head
  - bad throw goes to other team
- m. EQUIPMENT
  - shin guards; no jewelry (medical alert), casts / braces, soccer shoes, hair / hats; we recommend 'rec specs'
- n. MISC
  - heading - PA W N – not until 11v11 (u14)
  - handling – natural position
  - slide tackles
  - injuries – stopping game; concussions
  - cards: red / yellow (ref > coach > spectators)

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”
- 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

**VII. 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

Coaches  
Administrative  
Concession – Mngrs / Weekly

**VIII. Q&A**

**Please contact the Club with questions or comments via website contact form or through Coach - Thank you!**