



Coaching: Do's & Don'ts Recreational Program

DO's:

1. Complete an OSA Registration Form (All Coaches, Assistant Coaches & Managers).
2. Complete and file a Volunteer Screening Form at a Peel Police facility.
3. Conduct a pre-season Team Meeting:
 - set expectations for players and parents
 - distribute the Club's Code of Conduct
 - recruit a team manager to deal with unruly parents & spectators
 - arrange for parents to bring refreshments
 - explain the 24-hour Rule and the Fair Play Policy
 - establish communication protocols and ensure that you have the correct e-mails & cell numbers for each parent
 - explain the OSA's Lightning Policy
 - distribute team uniforms and explain the home and away jerseys (U8-U14 players only)
 - organize a practice schedule
 - explain that a parent complaint form can be found at the Front Desk
4. Ensure all players play a minimum of half of a game (Fair Play Policy).
5. Promote player development in terms of technical skills, tactical knowledge, physical fitness and social development.
6. Encourage players to attend Centralized Recreational Training or Divisional Training wearing their team uniform.
7. Comply with the Coach's Code of Conduct. Set an example and be a role model for the players and parents.
8. Ensure the safety of the players at all times.
 - Inspect the game & practice fields before use
 - Abide by the Club's Non-Smoking Policy
 - Encourage proper hydration before all games or practices
 - Abide by the Club's Healthy Snack Policy (No Nuts)
 - Be aware of any health issues and establish a treatment protocol with the player's parents
 - Complete and file an injury report form if anyone is injured during a game or practice

9. Respect a player's privacy, use e-mail wisely. Follow the Club's Privacy Policy.
10. Be aware of potential harassment, bullying, social media abuse - pay attention to players who are visibly upset, withdrawn or whose behaviour has changed - Abide by the Club's Harassment Policy and Social Media Policy. Report any Issues to a Club Director or the Discipline Chair.
11. Review the Club's Rules & Regulations and the OSA's Published Rules. As a Coach, you are deemed to know the Rules.
12. Review and be familiar with the Coaches Manual on the Club's Website.
13. Only the Club, the City of Mississauga, or the Match Official have the authority to cancel a game. Ensure that everyone attends all scheduled league games unless you have received written notification that the game is cancelled.
14. If a Match Official is not at the field at least 10 minutes before the game, Call the Club Head Referee Joe Cacciacarro at (416-886-7405) and let him know. Either the Coaches (1/2 a game) or a parent can officiate the match.

DON'TS:

1. Never be alone with a Player, ensure another team official or adult is present (this protects the player and the coach).
2. Don't smoke, use drugs or alcohol in the presence of your Players- before, during or after a game or practice.
3. Don't text, talk on the phone or use digital devices during any games or practices for leisure activities. Focus on the players and their needs at all times.
4. Don't focus exclusively on game results, play all of your players fairly, encourage fun, fitness and fair play.
5. Don't forget that collectively, as coaches, players, parents, staff and administrators, we are the Club. The environment that our kids play in is created by us. Ensure that it's a safe, happy, healthy and positive environment for all of the players.
6. Don't use foul or abusive language in any communication with players, parents, match officials, club representatives or spectators.
7. Don't unfairly criticize a player. Understand that guided discovery learning is best suited for players to understand the game. If it's necessary to point out deficiencies, enquire what options the player had and guide them to select the best option. In these instances, always emphasize positive aspects of the player's performance or participation.

Game Day Expectations

1. Shake hands & introduce yourself to the Match Official(s) before the game. Respect the Official's calls, even if you don't agree with them.
2. Don't yell & scream at Players or Match Officials during the game. - Set an example for the players - if you yell and show dissent, they will too - this only ends up hurting the Player and the Team
3. Don't play a Suspended or Unregistered Player (check e-mails for suspension notices & ensure all players are on the official team roster)
4. Don't dispute a Caution issued by a Match Official (you can request a Hearing in writing within 72 hours of the game with the required hearing fee)
5. Never approach a Match Official, Player, Team Official, Parent or Spectator in an aggressive manner (by words or actions)
6. Don't use foul, abusive, racist or sexist language directed at anyone (especially a Match Official or Player)
7. If you require clarification of a Match Official Decision, be polite, calm and respectful. They don't need to explain their calls, but if you're respectful they will likely react in kind
8. Remember the 24-Hour Rule and remind parents when necessary
9. Ensure that the parents are not in the Technical Area and are sitting on the opposite side of the field at all times. Ensure that the Team Manager deals with any unacceptable spectator conduct.
10. File a written report to the Club Director for your age group regarding any issues pertaining to the Game. Report any misconduct by anyone in writing to the Club's Discipline Chair.

FORMAT OF PLAY

U8-U10

7 v. 7 Format of Play - Mini Fields

Maximum - 12 player roster - Minimum - 5 players per team

Pass ins - when ball is out of bounds.

No offside

Game Leader acts as Match Official

Duration of Game:	U8	2 x 25 min. with size 3 or 4 ball
	U9-10	2 x 25 min. with ball size 4

U11-U12 9 v. 9 Format of Play - Minor Fields
 Maximum - 16 player roster - Minimum - 6 players per team
 Throw ins - when ball is out of bounds.
 Offside Rule Applies
 Single Match Official
 Duration of Game: U11-U12 2 x 35 minutes with size 4 ball

U13-U18 11 v. 11 Format of Play - Major Fields
 Maximum - 18 players - Minimum - 7 players on the field
 Summer Rules (Players must be equalized at start of game)
 Offside Rule Applies
 Duration of Game: U 13: 2 x 35 min. (size 5 ball)
 U14-18: 2 x 40 min. (size 5 ball)

Referees: GU13-15 - Single Match Official
 BU13-14 - Single Match Official
 Assistant Match Officials will be assigned to GU16-18 and BU15-18 games

U8-U12 Home & Away Jerseys:

- This year, all U8-U12 Players will be provided with a white home jersey and a green away jersey.
- Teams will continue to be identified by a team color and the Coach will receive a colored coach's shirt
- Players should bring both jerseys to all league games
- If a player doesn't have the correct colored jersey, they should be given a white, green or team colored pennies to wear during the game.