

SYSA

SPOKANE YOUTH SPORTS

ESTABLISHED 1968



A
COACH
WILL IMPACT
MORE YOUNG PEOPLE IN A YEAR
THAN THE AVERAGE
PERSON DOES IN A
LIFETIME.

BILLY GRAHAM



SYSA Soccer Virtual Coaches Meeting



SYSA Mission Statement

“To provide sports activities for all youth where everyone plays, develops skills, is taught good sportsmanship, and learns the value of being a team player.”



Spokane Youth Sports Association

- Non-profit association with a supportive & active board and continued support from our loyal sponsors
- Everyone plays regardless of their ability to pay. Financial assistance available.
- Encourage beginners at every level
- Other SYSA sports include; flag football, basketball, baseball, indoor soccer league, street hockey, softball, speed & agility, volleyball, cheerleading, track and cross country



What makes SYSA a GREAT choice?

- Financial assistant available
- Practices in your neighborhood
- National risk management checks for coaches
- Coach Training including; Safesport, Concussion, Sudden Cardiac training
- Age Based Curriculum available
- Coaches kits available (game ball, bibs, cones)
- GREAT coaches and families who return!



SYSA Soccer Support

- Sports Director / Soccer Coordinator
Deb Brock Deb@sysa.com
509-755-2159
- Website Help / Online training assistance
Renee@sysa.com
509-536-1800
- SYSA website
www.SYSA.com



Federal and State Laws

– Required trainings and RMA

- Safesport – Federal law 2017 for ALL youth coaches ALL Soccer Coaches in the United States
- Concussion training – State law
- Cardiac Arrest training – State law
- WYS Risk Management Application
- Coaches must complete training and the RMA
- Roster/Sports Connect is unavailable until Coach is approved by Washington Youth Soccer (passing the RMA).



Risk Management: additional thoughts

- Parents of young players are encouraged to stay at practice
- Be leery of adults showing up at your field to offer to train your team.
 - All SYSA Coaches have passed their RMA
- Send players to the bathroom in pairs
The porta potty code is: 1966
- Avoid transporting players (non-family members)
- Avoid team sleepovers



SYSA Soccer Leagues

- US Youth Soccer mandates that players be placed on teams by the birth year (not grade).
 - SYSA allows “play-ups” to allow players to play with their classmates.
 - Does your player have a birthday January – August? Consider coaching th birth year older to allow the September – December classmates to be on the team.
 - Example: DOB March 2017, Coach 2016s.
- Rookie Soccer 2021s
- Recreational Soccer 2021s-2012s
- Summer Soccer Camps
- Winter Soccer Academy
- Indoor Coed Soccer Soccer League



Fall 2025 Important Dates

- DICK's 20% SYSA Coupon weekend **August 22-25**
- Uniform/Coach Kit Pick-up at 125 E Mission
Sun 8/24, 9a-1p or Mon 8/25, 4p-6p
 - If you can't make it, send a parent from your team.
- Fall Soccer Season (**September 2 - October 18**)
 - 2021, 2020, 2019, 2018, practice once/week
 - 2017, 2016, 2015, 2014, 2013-2012 practice twice/week
- Soccer practice
 - Fall coaches keep their same practice location/day/time for spring
 - Contact the office if you want to change or need to sign up for practices.
- Saturday games: **9/13-10/18**
- Team Photos **September 20**
 - Dorian will email coaches a link to sign up for picture appointment at your game field



Field Sizes by Division

- Rule chart under [Coaching Resources](#)
 - 4v4, 20 x 35 yards, size 3 ball, goal 4 or 6 foot wide, no goalie.
 - 5v5, 25 x 40 yards, size 3 ball, goal 6 foot wide, goalie
 - 7v7, 35 x 55 yards, size 4 ball, goal 18-24 feet wide, goalie
 - 9v9 U12, 50 x 75 yards, size 4 ball, goal 24 feet wide, goalie
 - 9v9 U14, 50 x 75 yards, size 5 ball, goal 24 feet wide, goalie
- Practice fields
 - Goals can be made with cones or water bottles at practice.
 - Keep goals small if choosing not to use a goalkeeper “ball must be on the ground to score!”
 - Mix it up. Give them a “task” within a certain time period, ex “Team with the most left foot passes in the next 10 minutes wins!”, “Team with the most takeaways wins!”



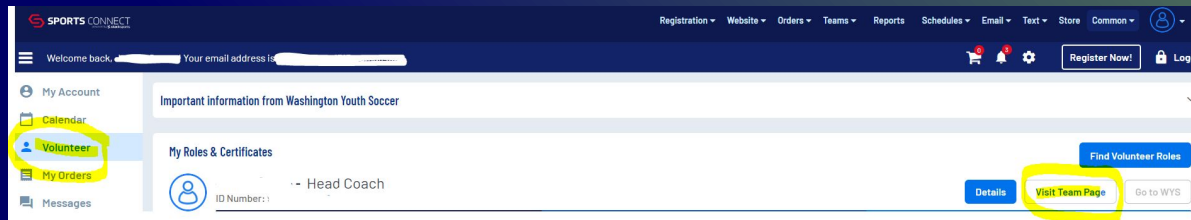
Team Formation

- Fall 2025 player registration opened in May 1, 2025
- Assign first by: Requested Coach / Requested Teammate
- Assign next by : Elementary school or High School
- After the 7/26/25 deadline, assign players to teams as space is available.
- Spring player registration opens January 2026
 - Teams returning with full rosters
 - Players not returning? - email Deb@sysa.com to remove them from the roster
 - Space on your roster? Reach out to your families and let them know that there are spots on the roster for friends.
 - Forming new teams with new coaches



Introduce yourself via Zoom or email

- Reach out to your team via zoom, email or set up a team meeting. [SAMPLE](#) intro letter available
- Set your team rules
 - Introduce yourself, include contact information, what's the best way to reach you
 - Include expectations on arrival and pick up at training.
 - Include what you expect players to bring to practice and games. Ball and water bottle.
- Team Page – communication tool, roster and coach information.
Log back into your account VISIT TEAM PAGE
You may need to log out and log back in to refresh the Team Page
when the rosters are released and when the schedule is published.



- Team Culture – YOU create the culture by your actions and stated expectations.
 - Acknowledge and cheer for GOOD SPORTSMANSHIP at practice and games.
 - Never yell at a sports official. Complete a ref evaluation.
 - Smile. Have fun! Compliment.



Coaching Resources on www.SYSA.com

- Please “no laps, lectures or lines”
 - “No laps, no lectures and no lines” (better alternatives available to warm up and teach the game)
 - Keep the players moving and playing.
 - Show and go! Less talking coach!
- Age based curriculum available online
 - Training sessions by age available SYSA Website
 - Google for ideas ex. “soccer dribbling drills for 6 year olds”
 - YouTube
 - US Youth Soccer



Player is responsible for:

- Each player should bring a ball to every practice.
 - 2021 size 3 ball
 - 2020 size 3 ball
 - 2019 size 3 ball
 - 2018 size 3 ball
 - 2017 size 4 ball
 - 2016 size 4 ball
 - 2015 size 4 ball
 - 2014 size 4 ball
 - 2013/2012 size 5 ball
- Water
- Athletic attire appropriate for the weather, shoes (athletic shoes or soccer cleats) and shin guards
 - No baseball/football cleats
 - No jewelry including taped earrings.



Practice Location List

- City & School districts allocate fields.
 - Many sports organizations share these fields.
- [List of practice fields](#) on the SYSA Coaching Resources (make sure to pick a field allocated to SYSA).
- Email SYSA staff if you need to schedule or change your practice day/time.
- SYSA releases fields back to the City that SYSA is not using.
- Porta potties lock combination: 1966



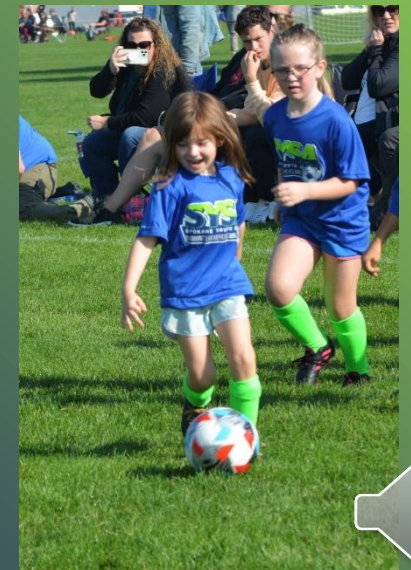
Start your practice with FUN

- Greet every player as they arrive. “Engagement”
- Start practices with an enjoyable activity (a fun game)
 - Some kids may not be mentally ready to practice
- Icebreaker
 - List of ideas on the Coaching Resources page.
Example: If you could have super power?
- Training/Skills based activity or game
- 2021-2019s 45 minutes is plenty!
- YouTube has great games by age.



Ideas to Engage Players

- Play-Practice-Play. Start your practice with a scrimmage. Show a skill/drill. Play again!
- Kids want to play. If a player is not acting appropriately, ask to sit out for that one activity. Ask “ready to come back and play?”
- New topic/training? – run a fun but very active game first! (too tired to talk during your instruction)
- Talk less Coach! Show simply and let them learn as they play.
- Talk less Coach – it’s worth repeating.
- Players should not be punished with physical activities (running, push ups, etc.) they may end up quitting sports.



Fifa 11+ Soccer Warm-up

- Google it!
- Dynamic warmup for injury prevention consisting of 15 exercises of running, strength, plyometrics and balance.
- Great warm up to replace stretching for the older player.

FIFA 11+

PART 1 RUNNING EXERCISES - 8 MINUTES

1 RUNNING STRAIGHT AHEAD

The coach is made up of 6 or 10 pairs of parallel cones, spaced 10 metres apart. Two players start at the centre line, facing the first pair of cones. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

2 RUNNING HIP OUT

Head to shoulder, instead of feet and knees to the 45 degree line and knees out. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

3 RUNNING HIP IN

Head to shoulder, instead of feet and knees to the 45 degree line and knees in. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

4 RUNNING CIRCLING PARTNER

Two players start at the first pair of cones. One player runs clockwise and the other counter-clockwise. They meet at the second pair of cones. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

5 RUNNING SHOULDER CONTACT

Two players start at the first pair of cones. One player runs clockwise and the other counter-clockwise. They meet at the second pair of cones. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

6 RUNNING QUICK FORWARDS & BACKWARDS

Two players start at the first pair of cones. One player runs clockwise and the other counter-clockwise. They meet at the second pair of cones. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

PART 2 STRENGTH · PLYOMETRICS · BALANCE · 10 MINUTES

LEVEL 1

1 THE BENCH STATIC

Starting position: Lie on your back, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

LEVEL 2

2 THE BENCH ALTERNATE LEGS

Starting position: Lie on your back, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

LEVEL 3

3 THE BENCH ONE LEG LIFT AND HOLD

Starting position: Lie on your back, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

4 SIDEWAYS BENCH STATIC

Starting position: Lie on your side with your head on your forearm and feet. Your elbows should be directly under your shoulders. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

5 SIDEWAYS BENCH RAISE & LOWER HIP

Starting position: Lie on your side with your head on your forearm and feet. Your elbows should be directly under your shoulders. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

6 SIDEWAYS BENCH WITH LEG LIFT

Starting position: Lie on your side with your head on your forearm and feet. Your elbows should be directly under your shoulders. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

7 HAMSTRINGS BEGINNER

Starting position: Lie on your back, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

8 HAMSTRINGS INTERMEDIATE

Starting position: Lie on your back, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

9 HAMSTRINGS ADVANCED

Starting position: Lie on your back, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

10 SINGLE-LEG STANCE HOLD THE BALL

Starting position: Stand on one leg. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

11 SINGLE-LEG STANCE THROWING BALL WITH PARTNER

Starting position: Stand on one leg. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

12 SINGLE-LEG STANCE TEST YOUR PARTNER

Starting position: Stand on one leg. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

13 SQUATS WITH TOE RAISE

Starting position: Stand with your feet hip-width apart. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

14 SQUATS WALKING LUNGES

Starting position: Stand with your feet hip-width apart. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

15 SQUATS ONE-LEG SQUATS

Starting position: Stand on one leg. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

16 JUMPING VERTICAL JUMPS

Starting position: Stand with your feet hip-width apart. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

17 JUMPING LATERAL JUMPS

Starting position: Stand with your feet hip-width apart. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

18 JUMPING BOX JUMPS

Starting position: Stand with your feet hip-width apart. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

PART 3 RUNNING EXERCISES - 2 MINUTES

19 RUNNING ACROSS THE PITCH

Two players start at the first pair of cones. One player runs clockwise and the other counter-clockwise. They meet at the second pair of cones. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

20 RUNNING BOUNDING

Two players start at the first pair of cones. One player runs clockwise and the other counter-clockwise. They meet at the second pair of cones. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

21 RUNNING PLANT & CUT

Two players start at the first pair of cones. One player runs clockwise and the other counter-clockwise. They meet at the second pair of cones. **Key message:** all feet to the front and all knees to the back. The coach calls out 'forward' and the players run straight ahead for 20 metres. Repeat for 2 sets.

Handling Blood Borne Pathogens

- Rights of Participation
 - Individuals with infectious diseases have the right to participate in youth soccer programs.
- Communicable Disease Prevention
 - Treat every person on the field, as in any area of society, with the assumption they are HIV positive.
 - Carry latex gloves at all times in your bag. Carry empty plastic bags for disposal.



WYS Medical Release Forms

All families will be asked to bring their coach a Medical Release Form to the first practice.

Emergency contact information is available on these forms for easy access.

Keep these forms with your coach's kit and bring to all practices and games.

Weather Policy

- Poor air quality
(follow Spokane Public School standards – AQI 150)
 - SYSA email at 3:00 pm if your practice should be cancelled
 - After 3:00, coach makes the call
 - YES! We practice and play in the rain.
 - Light rain vs squalls. Would you want to be out there!? Cancel practice in heavy rain if your own player/yourself are hesitant. Or shorten the practice.
- Thunder/Lightning
 - 30/30. Flash to bang. Less than count of 30, sit out for 30 minutes.
- Extreme temperatures. Heat Index
 - Encourage players to dress appropriately for the weather
 - Do you or your player want to practice? Shorten practice time?



Inclusion Policy

- A player may register with the gender team with which the player identifies
 - government-issued documentation or documentation
 - prepared by a health care provider, counselor, or other qualified professional not related to the player



Goal Safety

Never allow players to climb on goals.



Game Locations

- Andrew Rypien Fields ARF (4v4, 5v5, 7v7, 9v9)
- Arcadia Elementary (4v4, 5v5)
- Dwight Merkel Sports Complex DMC (4v4, 5v5, 7v7)
- Evergreen Elementary (4v4, 5v5)
- Franklin Park (9v9)
- Riverbend Elementary School (4v4 5v5)
- Southeast Sports Complex SEC (4v4, 5v5, 7v7, 9v9)

Please be good guests to the City fields. Ask your families to clean up your field after every game and practice.

No dogs at soccer matches.

Practice in neighborhoods. Teams will travel for games.

Games scheduled at ARF when teams are from Mead and South to make it more convenient for the families.



Game Day

- Modified rules found on the SYSA website
- Tell your team what TIME you want them at the field to warm up.
- 4v4/5v5 Soccer Matches
 - Officiated by the coach or a parent
 - Players/Team and their parents share the same sideline.
- 7v7 Soccer Matches
 - We can no longer expect that the referee association will provide officials for the 7v7 games due to the shortage of officials
 - Both teams share the same sideline and are separated by the half line.
 - Parents and spectators share the opposite sideline across from their team bench.
- 9v9 Soccer Matches
 - Officials requested from Inland Empire Ref Association.
 - No official? Coaches must agree on a volunteer ref or share officiating.
 - Complete a [REFEREE PAYMENT Request Form](#) to be paid for officiating (SYSA parent resources)
 - Both teams share the same sideline and are separated by the half line.
 - Parents and spectators share the opposite sideline across from their team bench.
- No dogs at soccer matches.
- ALWAYS end the day with a TEAM CHEER and PLAYER hand shake line. Youngest teams enjoy the TUNNEL.



PLEASE REMEMBER

- 1. THESE ARE KIDS**
- 2. THIS IS A GAME**
- 3. THE COACHES ARE VOLUNTEERS**
- 4. THE REFEREES ARE HUMAN**
- 5. THIS IS NOT THE WORLD CUP**



Referee Shortage

- There is a referee shortage across the United States including Spokane.
- SYSA requests referees to officiate the 7v7 and 9v9 matches from the Inland Empire Soccer Referee Association.
- Find a parent volunteer who will be ready to officiate if your game does not have an official. Volunteer Referee completes payment request. [SYSA Website link](#)
- SYSA recreational games are self assigned by officials. Officials CHOOSE to work the matches. SYSA matches are competing with adult, college, high school and competitive youth matches for coverage.
- Verbal abuse by coaches and parents is the number one reason officials quit.
- A brand new youth soccer official is appropriately assigned to work the SYSA recreational matches.
- Coaches are responsible for the behavior of their spectators. Address gameday expectations in your team meeting.
- Don't say anything! There is an online referee evaluation that is monitored by their assignor. Go to www.spokaneref.org.
- What you can say; "Thanks for officiating our game!", "We appreciate you working our match today.", "Hope to see you next week!"



Want to become a Soccer Official?

Go to the WA State referee association website.

www.wareferees.org

Instruction. Clinic & Events.

Choose *ENTRY - never been an official*.

Find a field clinic that works into your schedule.

ANYONE can take the online portion of the clinic at any time.

Instruction. Clinic & Events. Choose Player/Player Coach Events.

Current Laws of the Game can be found at [IFAB](http://IFAB.org)

Incident Report

Witness an unusual event or incident during an SYSA event?

Please complete an online Incident Report.

Go to the www.SYSA.com website.

Choose Resources

Forms and Policies

[SYSA Incident Report form](#)

“I love to watch you play!”

The 6 things parents can say to
kids playing sports:

Have fun, play
hard, I love you.

Did you have
fun? I am proud
of you, I love
you.

som^{ee}cards
user card



Thank you to our Sponsors

- Kalispel – Major Donor
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- Avista
- BSN
- Dorian Studios
- Garco Construction
- Jubilant HollisterStier
- Mackin & Little
- WA 529
- Washington Trust Bank
- Zak Designs



Follow us – share pictures!
#Play4SYSA



<https://www.instagram.com/spokaneyouthsports/>



<https://www.facebook.com/Spokane.Youth.Sports.Association>



*Can you be the BEST
part of a child's day?*



Thank you again for coaching.



These smiles are the WHY we need to get youth players on the field with their friends.

Have FUN!

