

# DAKOTA ALLIANCE SOCCER CLUB

[www.dakotaalliancesoccer.com](http://www.dakotaalliancesoccer.com)

## U12/U14/U19 Spring 2026 Coach Meeting



### 1. WELCOME!!

- Thank you for volunteering!
- Zach Morris–Recreational Director Email: [outreach@dakotaalliancesoccer.com](mailto:outreach@dakotaalliancesoccer.com)
  - Cell: 605-809-6908 Office phone number – (605)332-5911
- Download the Sports Engine App –
- Follow DASC on Facebook
- WeatherBug App
- **Weather Delays v. Weather Cancellations**

### 2. Coaches Packet

- **Rosters** – grouped by attending school as best as possible
- **Player Safety** – All SafeSport & Risk Management certificates need to be IN, BEFORE you can practice. Questions & send certs to – [erinl@dakotaalliancesoccer.com](mailto:erinl@dakotaalliancesoccer.com)
- **T-shirts** - View roster list by size and distribute accordingly – must be worn for games
- **Games will start on Thursday, April 9th**
- **Rule books** – Emailed & online - please read through so you know the specific rules of your age group
- **Schedules** – Posted online and on the app.
- **Reschedules** – **Coach Contact List** – online If you see irregularities, please let me know ASAP. **2-Week Period starts NOW to get any reschedules IN!!!** Communicate with opposing coach. Come up with (3) possible dates – cc each other on your email to me. I will approve or deny your request. Players not available for school function - requests must be dates prior to original date.
- **City parks for practice** – City Parks are first come – first serve. You may NOT use any game fields for training.
- **Snack > team-by-team decision**

### 3. Game fields

- U12: Yankton Trail Park
- U14/U19: Sanford Crossing & Yankton Trail Park
- Trash – please clean your bench area after each game.
- Please do not warm up in the goal mouth.
- Parent / Team sides > teach parents > leave room for the AR's

### 4. Online Platforms

- The Coaching Manual - <https://www.thecoachingmanual.com/>
- SoccerParenting-<https://soccerparentresourcecenter.com/register/club-membership/dakotaalliancesoccer/> **The Sideline Project**

## 5. Coach Conduct

- Please be respectful to all parents, players and coaches
- Be a quality role model for your parents and players
- Contact Emails/Phones > Parents ONLY
- Social Media – Just say NO!
- Eligibility falls on you

## 6. Referees

- There will be at least one referee assigned to each game. Full crews
- If the referee does not show up, notify me – if a solution cannot be found, you may play the game and officiate the game yourselves or request a reschedule.
- TAKE A PAUSE 24-hour Rule
- Only the head coach can directly address the referee
- US Soccer RAP Policy <https://www.ussoccer.com/rap> > make parents aware

## 7. Game Day

- Arrive 15-30 minutes before game time so players can get a feel for the atmosphere and warm-up.
- Clarify rules with the referee prior to the start of the game.
- Survey the field. Lines!
- Are there any safety issues? Look for holes, rocks, and foreign objects on the fields.
- Rotate position of players if requested; players start to find their role!
- Encourage group movement on the field / everyone attacks & everyone defends.
- Consistently reinforce practice topics (“We worked on this at our last training.”)
- NO JEWELRY

## 8. The Game

- **The Ball** ~ U12: Size 4 \_ U14/U19: Size 5
- **Number of Players** ~ U12 games are played 9v9 (this includes the goalie). Each team shall have no more than nine players on the field and must have at least six players to play the match. U14 games are played 11v11 (this includes the goalie). Each team shall have no more than 11 players on the field and must have at least 7 players to play the match
- **Player`s Equipment** ~ No toe Cleats. Need shin guards & socks that cover the shin guards
- **Duration of the Match** ~ [U12 = 30-minute halves] [U14/U19G= 35-minute halves] [U19B= 40-minute halves]
- **Ball In & Out of Play** ~ The ball must completely cross the end line or touchline
- **Free Kicks** ~ All free kicks will be awarded by the referee.
- **Substitutions** ~ Substitutions are allowed at any stoppage at the discretion of the referee. The referee must signal the player on to the field. Players stand at divider

## 9. Coach Equipment

- A basic first aid kit
- Be aware of allergies/medical conditions
- Parent contact information (phone/email)
- Age-appropriate balls (U12=Size 4 / U14 & U19=Size 5)
- Well thought-out plan for each practice
- Player rotation for games
- Cones

## Coach Equipment cont`d

- Stopwatch
- \$25 Coach Kits (12 discs, 4 cones, pinnies) \*Optional \*non-refundable
- \$50 PUGG Goal Rental Fee – \*\*refunded upon return \*Optional

## 10. Practices (once/twice per week)

- Utilize The Coaching Manual!!!
- A ball should be included in all activities

### **1. Ball mastery (activity that promotes foot skills)**

### **2. Fundamentals (dribbling and shooting)**

- Young players need frequent touches (one ball per player) Footskills!
- Demonstrate if possible
- Introduce partner activities along with individual activities
- Players need continuous, consistent positive encouragement
- End with small-sided games: either 3 vs. 3 or 4 vs. 4, with two goals and no goalkeepers or a scrimmage.

## HIGH Priority

- All training sessions should challenge the player in some form of competition.
- Understanding role within a team framework.
  - a. Support – moving w/o ball
  - b. Team shape – triangles/diamond
- Individual Attacking – Change of direction / change of speed “Skills”
- Individual and small group play – Two out of three sessions should include 1v1 / 2v2
- Individual Defense – 5D’s – Delay/Deny/Direct/Destroy/Develop

## **SOCCER SHOULD REMAIN FUN!!!**

## **10. Save the Date(s)!**

- April 11th – “The Rufferee” The Rescue Network will be putting Rufferees on our games, in hopes of finding them a soccer family home!
- May 16<sup>th</sup> Soccer @ the Zoo 9AM-1PM



Encouraging Dakota Alliance Soccer Teams to get out in the community as a team!

Promotes Team Bonding and Togetherness! Be sure to wear your DASC gear to show your DASC pride!

1. Select an ACTION that will make our Sioux Falls Community better!
2. Document your experience with photos
3. Share your experience with DASC by emailing [outreach@dakotaalliancesoccer.com](mailto:outreach@dakotaalliancesoccer.com)

One Team will receive the ALLIANCE IN ACTION TEAM OF THE SEASON AWARD!