



South Jersey Soccer League

**February 2016 Mandatory
Coaches' Meeting**

Opening Remarks

(Larry Young)

- ▶ Board Introductions
- ▶ Open board positions
- ▶ Reminder –
Coaches MUST sign out!

Goal Keeper Training

(Jill Loyden)



ABOUT TKI'S DIRECTOR

DESPITE NUMEROUS PERSONAL HARDSHIPS, JILLIAN LOYDEN HAS REMAINED PERSEVERANT TO BECOME A CHAMPION. WHETHER IT WAS THROUGH PLAYING, THE KEEPER INSTITUTE, OR HER NON- PROFIT ORGANIZATION, JILLIAN HAS ALWAYS FOUND A WAY TO WIN. SHE NOW WANTS TO SHARE HER PASSION, KNOWLEDGE, AND EXPERIENCES WITH THE NEXT GENERATION OF GREAT GOALKEEPERS.

JILLIAN LOYDEN

U.S. WOMEN'S NATIONAL TEAM GOALKEEPER



ABOUT | DEFINED BY GREATNESS

Jillian has become one of the best goalkeepers in the world despite suffering personal tragedy and untimely injuries. Loyden did not follow the normal ascension through our youth national team programs. She defied the odds when at the age of

24 she joined the senior U.S. Women's National Team. She has been a member of the U.S. Women's National Team for the last 5 years and is also a current member of the NWSL Sky Blue FC.

Loyden has always seen herself as an underdog, and this mentality combined with her positive attitude, and a relentless fight, has allowed her to overcome life's adversity.

Unofficially called "The People's Keeper," Loyden approaches life with a smile, a commitment and a daily mission to helping others by infusing in them with the same mentality that she follows: ANYTHING IS POSSIBLE AND YOU ALWAYS FIND A WAY TO SURVIVE.

ACCOMPLISHMENTS | BE RELENTLESS GK

- Helped U.S. Women's National Soccer Team to a GOLD Medal in the 2012 London Olympics | Olympic Alternate Selection
- SILVER Medalist at the 2011 Women's World Cup in Germany
- Selected to the 2011 Women's Professional Soccer All-Star Team | MagicJack
- First Team NSCAA All-American
- 5th Round Draft Pick | Women's Professional Soccer | St. Louis Athletica
- First ever Goalkeeper to rise to the Senior Women's National Team without any youth team experience.
- 2010 Westfield Australian W-League Goalkeeper of the Year
- 4 Year Member of the Senior Women's National Team
- 2007 MAC Herman Trophy Watch List
- Only player ever to be named BIG EAST Goalkeeper of the Year | 3 Times
- Ranked in the NCAA Division I Top 10 for minutes played | Villanova University
- Founded and Owns THE KEEPER INSTITUTE LLC

TEAM MEMBERS

TKI UTILIZES A MULTIFACETED TEAM OF EXPERTS TO GENERATE MAXIMUM PLAYER DEVELOPMENT AND PEAKED PERFORMANCE. NOT ONLY DOES TKI HAVE A TEAM OF EXPERIENCED AND KNOWLEDGEABLE GOALKEEPERS TRAINERS, BUT EXPERT NUTRITIONISTS, LEADERSHIP DEVELOPERS, STRENGTH COACHES, AND SPORTS PSYCHOLOGISTS WHO ARE ALL AVAILABLE TO PROVIDE STUDENTS WITH THE TOOLS TO GROW, LEARN, AND PERFORM AT THEIR HIGHEST LEVEL.



NICOLE BARNHART
GK TRAINER

DESIGNS AND RUNS
GOALKEEPER
PROGRAMMING



MARIA DORRIS
GK TRAINER

DESIGNS AND RUNS
GOALKEEPER
PROGRAMMING



RYAN GILL
GK TRAINER

DESIGNS AND RUNS
GOALKEEPER
PROGRAMMING



MELANIE WITTENBERGER
PERFORMANCE COACH

SPECIALIZES IN INJURY
PREVENTION
SESSIONS, REHAB, AND
PRE-HAB

Coaches' Classes

- ▶ Dates will be forthcoming
- ▶ Watch for sign ups
- ▶ League will be sponsoring several classes and covering the costs
- ▶ If you sign up, but do not attend, your club will be billed.



Sportsmanship Awards

(Gary Rambo)

- ▶ Selection Process



- ▶ Participation Level



- ▶ Future of Award

Fall 2015 - U8's



- ▶ Cape Express Chaos Jake Tomlin
- ▶ Highland Union Dan McGinley
- ▶ Cherry Hill SC Galaxy Douglas Gush
- ▶ Washington Twp Liberty Anthony Tarsatana
- ▶ Deptford Assassins Frank DiPietro
- ▶ Barrington Tottenham Steven Hart
- ▶ Harrison Gunners Jeff Clemmenson
- ▶ Edgewater Park Avengers Amanda Kirsch
- ▶ West Deptford Union Mike Walsh

Fall 2015 - U9's

- ▶ Medford Arsenal Mike Winters
- ▶ Vineland Union Brian Davis
- ▶ Harrison Strikers Chris Thurston
- ▶ Marlton Lightning White Howard Shank
- ▶ Indian Mills Warriors Peter Rath
- ▶ Cherry Hill FC Hurricanes Dave Weinstein
- ▶ Palmyra Riverton Rockers Ryan McCamy
- ▶ Moorestown Mavericks Shawn Anstey
- ▶ Cape Express Riptides Dave Delconte
- ▶ Westmont Hawks Lisa Ireland-McKinney
- ▶ Cherry Hill SC Pride Brian McAllister
- ▶ PYAA Lightning Jennifer Perno
- ▶ Audubon SC Curtis Gilbert
- ▶ Seneca United Warriors Craig Fluharty



Fall 2015 - U10's

- ▶ Cherry Hill FC Arsenal Marc Ferdas
- ▶ Mt Laurel United 0'5 Bruce Heon
- ▶ Hammonton Heat Blue Matt Peeke
- ▶ Barrington Chelsea Joshua Scheets
- ▶ Westmont Hawks Helene Miller
- ▶ Burlington Twp Cobras Darron Brown
- ▶ Haddonfield Black Joshua Blum
- ▶ Berlin U10A Greg Campanella
- ▶ Lumberton Fury Sean Earlen
- ▶ Audubon Heat John Wallace
- ▶ Barrington Roma Steven Hart
- ▶ Penns Grove Warriors Benjamin Hankin
- ▶ Moorestown Zephyrs John Dunn
- ▶ TBAA Cosmos Rich Barkasy
- ▶ TBAA Spartans Sean Kerrigan



Fall 2015 - U11's



- ▶ Cinnaminson Chargers Beau Adams
- ▶ Cherry Hill SC Atlas Mike Wolf
- ▶ Marlton Lightning White Jason Snyder
- ▶ Washington Twp Arsenal Paul Heil
- ▶ Hamilton Elite Machine Kres Grdic
- ▶ Swedesboro-Woolwich United Brian Nugent
- ▶ PYAA Predators Bill O'Neill
- ▶ Medford Titans Ted Fog
- ▶ Highland Wolf Pack Michael Ogandoju
- ▶ Maple Shade Power John-Michael Trojan
- ▶ Edgewater Park Knights Mark Williams
- ▶ Washington Twp Titans Michael Makofka
- ▶ Seneca United Warriors Tom Xenakis
- ▶ TBAA Wolverines Bob Reed

Fall 2015 - U12's



- ▶ Mt Laurel United Adam Friedman
- ▶ Cherry Hill FC Sharkadoes Bob Atkins
- ▶ Voorhees Anarchy Brad Blumberg
- ▶ Edgewater Park Gladiators Jeff Congdon
- ▶ Haddon Hts U12 Steve Cammaroto
- ▶ Hammonton Heat Blue Geoff Gollihur
- ▶ Barrington Liverpool Dan Schuster
- ▶ Moorestown Crew Allyson Abbruzzi
- ▶ Cinnaminson Bulldogs Joe Mastrangelo
- ▶ Swedesboro-Woolwich Fury Frank Farmer
- ▶ Mantua Outlaws John Pickard
- ▶ West Deptford Dominators Anthony Monte Carlo
- ▶ Woodbury United Robert Vasquez

Fall 2015 - U13's



- ▶ Haddonfield Bulldogs Doug Schmitt
- ▶ Deptford Arsenal Fran Schmutz
- ▶ Mt Laurel United Huskies Caesar Apostol
- ▶ West Deptford Surge Leo Smith
- ▶ Hammonton Heat Chris Champa
- ▶ Mt Laurel United Hetal Shah
- ▶ Mantua Mustangs Jim Conley
- ▶ LAC Storm Chasers Rafael Asturriaga

Fall 2015 - U14's



- ▶ Hamilton Elite FC Force Shawn McCourt
- ▶ Cape Express Railhawks James Farrell
- ▶ Mainland Mustangs Christopher Connolly
- ▶ Hainesport Green Thunder Mike Dickinson
- ▶ Hammonton Heat Kami Donavon
- ▶ Woodbury HTS Lightning Mike Abate
- ▶ Monroe United Frank Quiet
- ▶ Highland Revolution Jon Bannan
- ▶ Winslow Fever Kevin Donnelly
- ▶ Highland Lightning Matt Valente

Fall 2015 - U15's & U16's



- ▶ U15'S
 - ▶ Pitman Ocelets Mike Razze
- ▶ U16'S
 - ▶ Franklin Twp Strikers Dan Antonelli

SJSL Fall Season Recap

(Mike Trojak)

- ▶ **2829 Total Games Scheduled**
- ▶ **94 games postponed**
 - 90 Rainouts (9/13 & 10/4)
 - 4 State Cup
- ▶ **12 Games not played**
 - 6 Forfeits
 - 4 rainouts not rescheduled
 - 2 TBR games not scheduled
- ▶ **Fines for multiple late score reports – 0**
- ▶ **Playoff games – 4**
 - 3 U12 games hosted @ Marlton on 12/5
 - 1 U14 game hosted @ Mantua



Rules Compliance

(Tom Olbrich)

- ▶ Poor Conduct
- ▶ Yellow/Red Cards
- ▶ Game Cards
 - Jersey numbers
 - Player Pass numbers
 - Coach pass numbers
- ▶ Referee Evaluations



Mercy Rule

- ▶ The League has adopted mandatory sportsmanship guidelines to help avoid "running up the score" and to help control games involving teams of unequal skill or competitive levels. Pursuant to these guidelines, the league will enforce a zero tolerance policy.
- ▶ This rule applies to ALL games, U8–U19.
- ▶ Under no circumstances should the final goal differential in a SJSL sanctioned game ever become 7 or more goals.

Mercy Rule

Maximum
Goal
Differential!

- ▶ If the goal differential becomes 7 or more at some point during the first half of play, for example, 7–0, 8–1, 9–2, etc., the game will be allowed to continue.
- ▶ If the second half starts with the goal differential being 7 or more goals, or if at any time during the second half the goal differential reaches 7 goals, the referee will immediately signal the end of the game and leave the field.
- ▶ The “winning” team will be sanctioned.



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Bonzi Admin

(Joe Arone)

- ▶ Schedule Information
 - Field locations
 - Coach contact info
- ▶ Rosters
 - Managing
 - Printing game cards
- ▶ Score Reporting
- ▶ Referee Evaluations
- ▶ Reminder – NO PASS, NO PLAY, NO EXCEPTION!
(You must have the physical card in hand)



Ratings

(Bob Cooper)

- (1) This is not a perfect process.
- (2) Generally the top 1–2 teams in a flight from the previous season move up 1–2 flights.
- (3) Generally the bottom 1–2 teams in a flight from the previous season move down 1–2 flights.
- (4) Flights are usually comprised of 6 teams.
Depending on registration numbers, sometimes we have to make some odd sized flights.
- (5) Not everyone can (or should) be in Flight 1. Just because you were in Flight 1 (or any particular flight) before, does not mean that you will remain there.



Ratings

(cont'd)



- (6) There are no ratings within a flight. The teams are simply listed in alphabetical order.
- (7) The flight number from the fall rarely corresponds to the flight number for the spring.
- (8) If you did not submit any comments, you cannot complain.
- (9) Comments were only considered if they came from the head coach of the team or the club rep.
- (10) Most importantly, please remember that we usually have information or feedback on other teams that you do not.

Spring Games

(Helmut Lackermayer)

U8-14 Game Information & Guidelines Spring 2016

Spring Games Commissioner:
Helmut Lackermayer
Contact by Email only:
springcommish@comcast.net



Spring Games

Important!

- ▶ ALL games will be played on the days, times and fields as scheduled.
- ▶ Coaches CANNOT change or move games unilaterally, even if both coaches agree.
- ▶ Games can only be moved with the Games Commissioner's permission.

General Game Policies

1. All game results must be reported by the HOME team online by noon of the following day.
2. BOTH teams must complete the online referee evaluation by noon of the following day.
3. There are no playoffs during the spring season. Any teams tied for first place in a flight will be declared co-champions (even if there are more than two teams tied). Reminder – teams that have forfeited a game during season are not eligible to win their division or flight.

Spring Games

- ▶ Rescheduled Game Policy
- ▶ Inclement Weather Procedures
 - Club
 - League
- ▶ Lightning/Thunder Policy



Concussion Protocol

(Larry Young)

IF IN
DOUBT,
SIT
THEM
OUT.

- ▶ USYS Protocol posted on website
- ▶ Step 1: Did a concussion occur?
- ▶ Step 2: Is emergency treatment needed?
- ▶ Step 3: If a possible concussion occurred, but no emergency treatment is needed, what should be done now?
- ▶ Step 4: A player diagnosed with a possible concussion may only return to play with a release from a medical doctor.

Fall 2016

(Bob Cooper)





Implementation of US Soccer Player Development Initiatives

- ▶ **Changes for the Fall 2016 Season include:**
 - ▶ **Registration by Calendar Birth Year**
 - ▶ How to Calculate Age Levels
 - ▶ Number of Players on the Field
 - ▶ Goal Keeper Restrictions
 - ▶ Playing Up Rules
 - ▶ Majority Rules
 - ▶ Roster Sizes
 - ▶ Field Sizes
 - ▶ Goal Sizes
 - ▶ Build Out Lines

Effective Date:



- ▶ **SJSL has adopted a Standards Chart that will be effective beginning with the Fall 2016 Season.**
- ▶ **The guidelines and standards for the upcoming Spring 2016 season remain the same!**

Which Rules Apply?

- ▶ US Soccer passed a series of Player Development Initiatives in Aug. 2015.
 - ▶ NJYS adopted and modified some of those guidelines in Oct/Dec. 2015.
 - ▶ SJS adopted and modified some of those guidelines on December 3, 2015.
-
- ▶ **The SJS Standards Chart governs play in SJS!**

Summary of Rules in Effect for Fall 2016-Spring 2017



Registration date for determining player age for carding

- ▶ **Old Rule – August 1st**
- ▶ **New Rule – January 1st**
- ▶ **SJSL is following the birth year format.**



**(Subtract the birth year from the spring
year to determine age level for teams)**

Example of age appropriate player for U10 for Fall 2016

- ▶ **Old Rule – Born between Aug. 1, 2006 and July 31, 2007.**
- ▶ **New Rule – Born between Jan. 1, 2007 and Dec. 31, 2007.**
- ▶ **Required by US Soccer. Effective for the Fall 2016 Season.**

For the Fall 2016 Season:

U8 – born in 2009

U9 – born in 2008

U10 – born in 2007

U11 – born in 2006

U12 – born in 2005

U13 – born in 2004

U14 – born in 2003

U15 – born in 2002

Season	2016-2017	2017-2018	2018-2019
Birth Year			
2020			
2019			
2018			
2017			
2016			
2015			
2014			
2013			U6
2012		U6	U7
2011	U6	U7	U8
2010	U7	U8	U9
2009	U8	U9	U10
2008	U9	U10	U11
2007	U10	U11	U12
2006	U11	U12	U13
2005	U12	U13	U14
2004	U13	U14	U15
2003	U14	U15	U16
2002	U15	U16	U17
2001	U16	U17	U18
2000	U17	U18	U19
1999	U18	U19	

So What Does This Mean for My Current Team?

- ▶ **Current U9 team – DOB between 8/1/2006 and 7/31/2007:**
 - The 8/1/2006 to 12/31/2006 players will be age appropriate for U11 for the Fall 2016 season.
 - The 1/1/2007 to 7/31/2007 players will be age appropriate for U10 for the Fall 2016 season.
- ▶ **If this team stays together as is:**

They will play at the U11 age level

(as will ALL other teams with these birth dates)

- ▶ If you have any U8 players playing up – DOB between 8/1/2007 and 7/31/2008:
 - The 8/1/2007 to 12/31/2007 players will be age appropriate for U10 for the Fall 2016 season
 - The 1/1/2008 to 7/31/2008 players will be age appropriate for U9 for the Fall 2016 season.
- ▶ But you can still keep your team together!



▶ Just remember:

- ▶ Your U11 team for the Fall 2016 season could have 9 and 10 yr olds
- ▶ AND if you have players playing up, there could be some 8 yr olds (DOB 1/1/2008 to 7/31/2008)
- ▶ Some U11 teams could have 11 yr olds on the team when the Spring season starts (DOB 1/1/2006 to 3/1/2006)



Plan Ahead

- ▶ Consider that younger players could be playing against players 2–3 years older
- ▶ Remember older players, not previously available, could now be age appropriate
- ▶ Consider what makes sense for your players, and not just your team



January

A large, stylized word "January" in purple. It is surrounded by a cluster of blue and white water bubbles at the top and bottom, suggesting a winter theme.

to

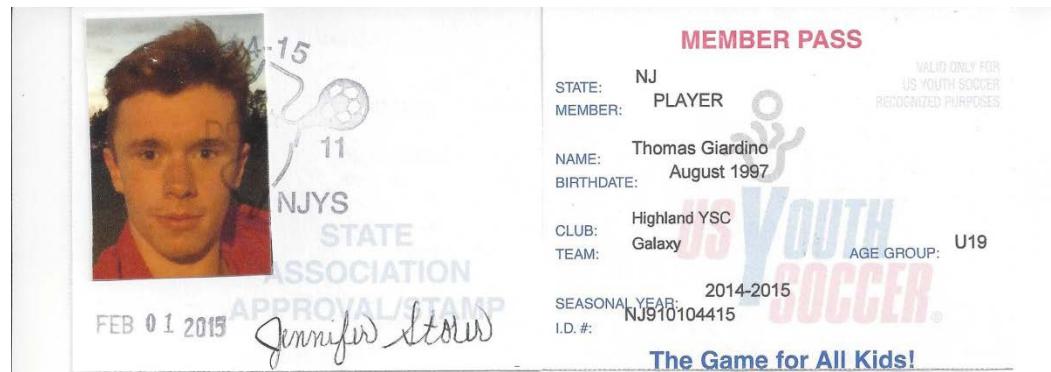


July

A large, stylized word "July" in red and blue. It is surrounded by a cluster of red and blue stars, suggesting a summer or patriotic theme.

Card Validation Dates

- ▶ Old Rule – Aug. 1st to July 31st.
- ▶ New Rule – Aug. 1st to July 31st.
- ▶ No change!



Number of Players on the Field

Level	Old Rule	New Rule	Comment
U8-U10	8v8	7v7	US Soccer
U11-U12	8v8	9v9	US Soccer
U13 and up	11v11	11v11	No change

Use of Goal Keepers

- ▶ **U8 and above:**

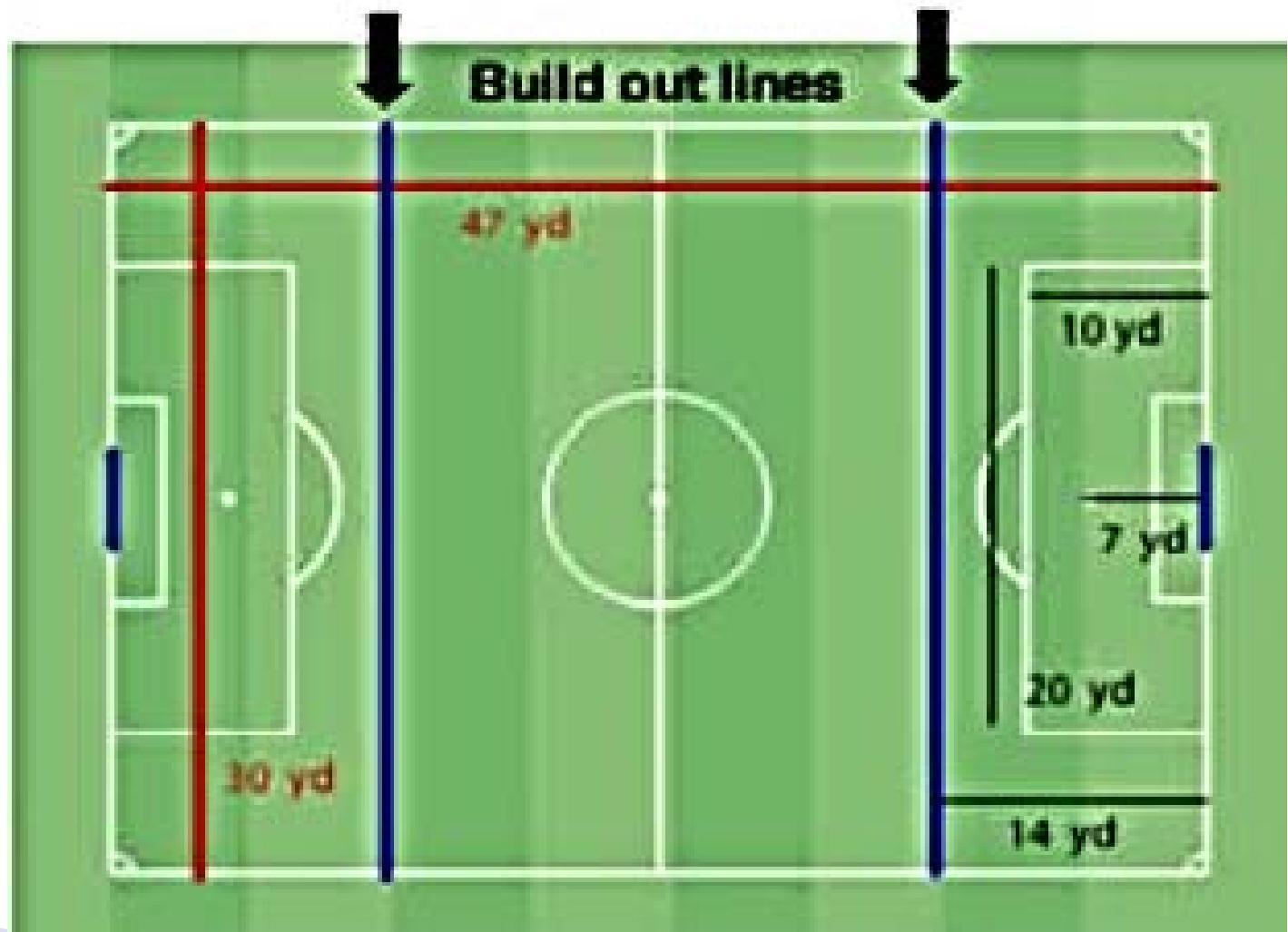
- **Old Rule – Yes**
- **New Rule – Yes**
- **No change!**



Goal Keeper Punting

Level	Old Rule	New Rule	Comment
U8-U10	Yes, except in air from penalty area to penalty area	No, use of 14 yard build out lines	US Soccer
U11-U12	Yes, except in air from penalty area to penalty area	Yes, except in air from penalty area to penalty area	SJSL No change
U13 and up	Yes	Yes	No change

U8-U10 Field Build Out Lines



Development Rules for 7v7



- The build out line is used to promote playing the ball out of the back in an unpressured setting
- When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the build out line

Development Rules for 7v7



- Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball to a teammate (no punting)
- After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal

Playing Up

Level	Old Rule	New Rule	Comment
U7 Player	1 yr, on U8 team subject to majority rule	Not permitted	SJSL
U8 Player	2 yrs, on U9 or U10 team	2 years on U9 or U10 team	No change
U9 Player	1 yr, on U10 team	2 years on U10 or U11 team	NJYS SJSL

U8 Team for Fall 2016:

- ▶ For SJSL, must be age appropriate!
- ▶ No U7 players playing up
- ▶ All players must have been born in 2009



Playing Up

Level	Old Rule	New Rule	Comment
U10 Player	1 yr, on U11 team	2 years on U11 or U12 team	NJYS SJSL
U11 Player	1 yr, on U12 team	2 years on U12 or U13 team	NJYS SJSL
U12 Player	1 yr, on U13 team	2 years on U13 or U14 team	SJSL

Playing Up

Level	Old Rule	New Rule	Comment
U13 Player	1 yr, on U14 team	2 years on U14 or U15 team	SJSL
U14 Player	1 yr, on U15 team	2 years on U15 or U16 team	SJSL
U15 and up	Subject to club approval	Subject to club approval	No change

Majority Rule

- ▶ **Old Rule – Applies at U8 and U13 team levels only**
- ▶ **New Rule – No majority rule, except required to be 100% age appropriate at U8**
- ▶ **Adopted by SJSL**

Roster Size (Game Day/Roster/Max)

Level	Old Rule	New Rule	Comment
U8-U10	14/14/20	14/14/20	No change
U11-U12	14/14/20	16/18/24	NJYS
U13 and up	18/22/28	18/22/28	No change

It is the coach's responsibility to be aware of State Cup, tournament and National Championship roster requirements.

Adding Players

	Old Rule	New Rule	Comment
Adding Transfer Players	3 over a seasonal year	3 over a seasonal year	No change
Deadline to add transfer players	Feb. 1st	Feb. 1st	No change
Deadline to add new players	Round 7	Round 7	No change
Sitdown Rule	3 games	3 games	No change
Secondary Carding	Not permitted	Not permitted	No change

Playing Time

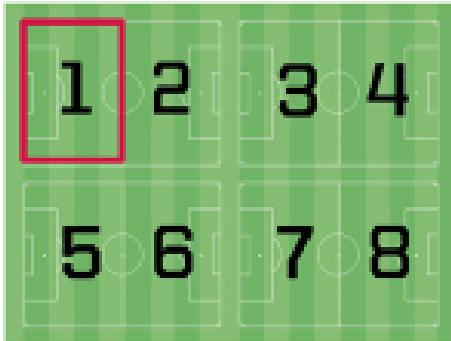
	Old Rule	New Rule	Comment
U8-U12	2x30 min	2x30 min	No change
U13-U14	2x35 min	2x35 min	No change
U15-U16	2x40 min (2x35 min fall)	2x40 min (2x35 min fall)	No change
U17-U19	2x45 min	2x45 min	No change
Break time between halves	5 min	5 min	No change

Field and Goal Size

	Old Rule	New Rule	Comment
U8-U10	70-80x40-55	47x30	US Soccer
U11-U12	70-80x40-55	75x47	US Soccer
U13 and up	100-120x50-75	112x75	US Soccer
Goal Size U8-U12	7x21	7x21 6.5x18.5	No change
Goal Size U13 and up	8x24	8x24	No change

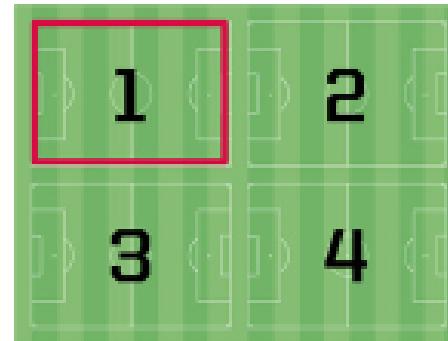


Field Types and Progression



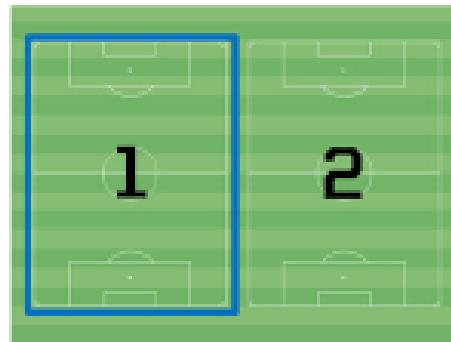
MINI FIELD

1. 30x20 yards
2. 4v4
3. U6, U7 and U8
4. Red lines
5. Eight fields



DEVELOPMENT FIELD

1. 47x30 yards
2. 7v7
3. U9 and U10
4. Red lines
5. Four fields



SMALL SIDED FIELD

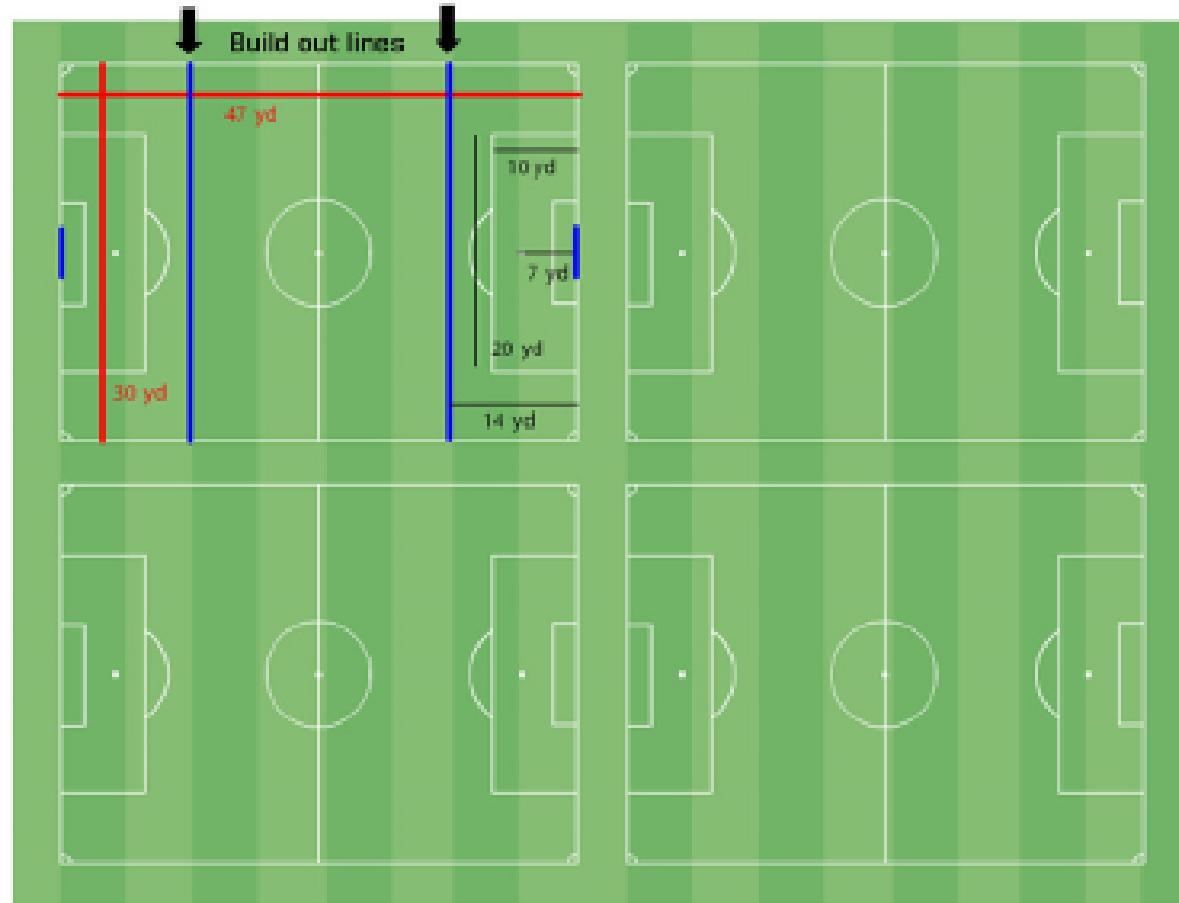
1. 75x47 yards
2. 9v9
3. U11 and U12
4. Blue lines
5. Two fields



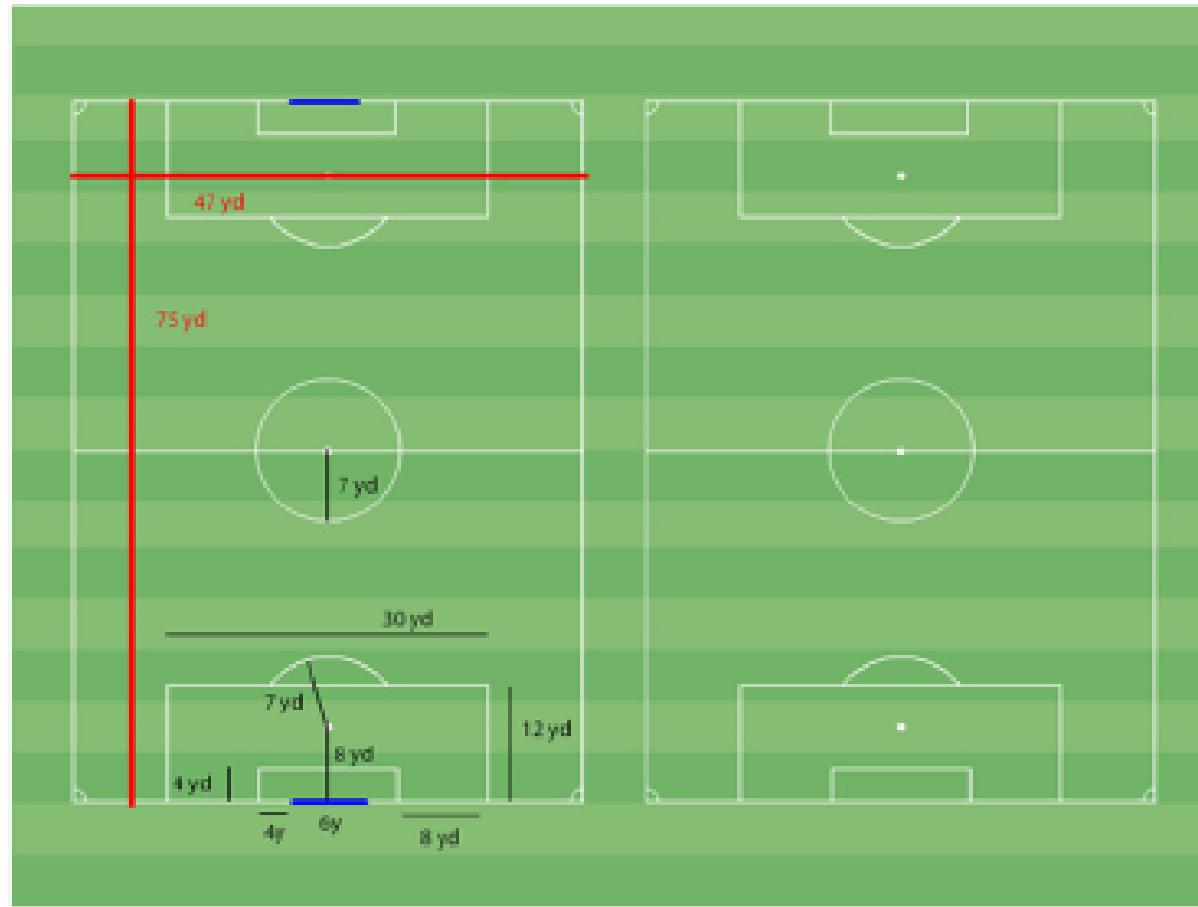
FULL SIZE FIELD

1. 112x75 yards
2. 11v11
3. U13 onwards
4. White lines
5. One field

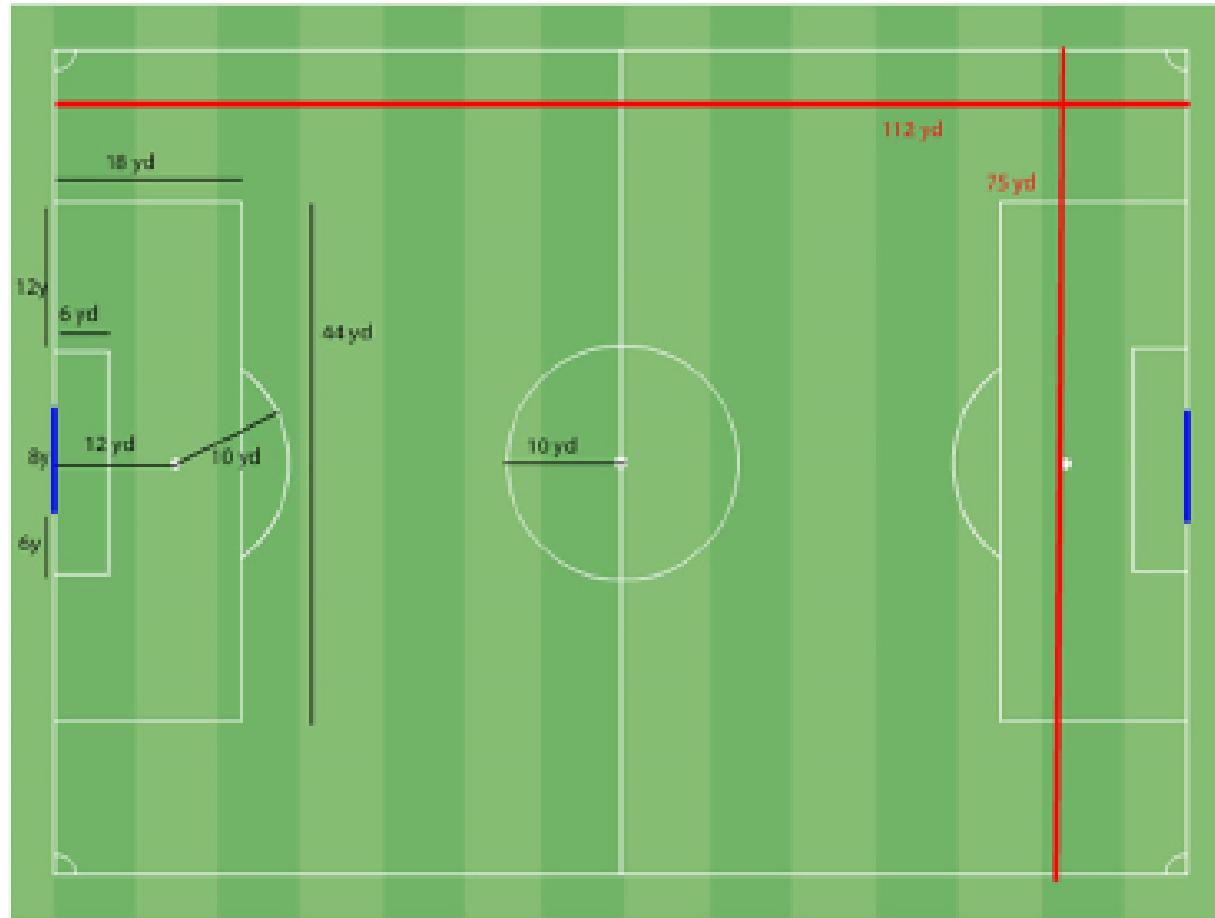
Development Field - 7v7 - U9 and U10



Small Sided Field - 9v9 - U11 and U12



Full Size Field - 11v11 - U13



Any questions?

