

DAKOTA ALLIANCE SOCCER CLUB



www.dakotaalliancesoccer.com

U9/U10 Spring 2026 Coach Meeting

Welcome

- Thank you for volunteering!
- Zach Morris–Recreational Director Email: 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**

1. 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 – erini@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. *Must be for school event -requests must be dates prior to original date/time.*
- **City parks for practice** – City Parks are first come – first serve. You may NOT use any game fields for training.
- **Snack Schedule > YES (still requested by players at this age!)**

2. Game fields

- U9/U10: Yankton Trail Park AND Tomar Park (100 W Twin Oaks Rd)
- Field Size: 40 x 65
- “North” & “South” – directional – not labeled.
- Parking issues @ Tomar – Construction MN ave.
- Trash – please clean your bench area after each game
- Please do not warm up in the goal mouth

3. Coaches Conduct

- Please be respectful to all parents, players and coaches.
- Be a good role model
- In one-sided games > limit goal scoring > NO double-digit deficits
- Limit (2) Coach per team, on team sideline
- Eligibility falls on you

4. Online Platforms

- The Coaching Manual - <https://www.thecoachingmanual.com/>

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

5. The Game

- Games are played 7v7 – WITH Goalkeepers (6 field players + GK)
- Size 4 Soccer Ball
- Players NEED shin guards AND socks that cover the shin guards – NO toe cleats
- No GK Punting > No Heading > No Jewelry
- Start of Play or After a Goal is Scored = At the Center - The ball must be played by the team in possession BEFORE it can be touched by an opponent
- The ENTIRETY of the ball must be across the line to be considered OUT or a GOAL
- Build-out Line = Any time there is a goal kick OR a goalkeeper save, players from the opposing team must retreat to the center line
- Formation – Rotate Players

6. Referees

- There will be one Referee assigned to the game
- 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 reschedule
- OFFSIDES WILL be called
- PENALTY KICKS are awarded at U9/U10
- Free Kicks – All free kicks will be indirect free kicks; the ball must touch another player before a goal can be scored
- Discourage your players from SLIDE TACKLING
- Substitutions are allowed at any stoppage @ the discretion of the referee – players stand at dividing line
- US Soccer RAP Policy <https://www.ussoccer.com/rap> > make parents aware

7. Things to Remember on Game Day

- Arrive 15-20 minutes prior to kick off so players can get a feel for the atmosphere and warm-up
- We want to form and enforce a spectator sideline and a team sideline > Teach parents
- It is a good idea to appoint an assistant coach to handle substitutions so you can stay focused on the game
- Clarify rules with referee prior to the start of the game
- Survey the field & nets
- Are there any safety issues? Look for rocks, holes and glass on the field
- Rotate positions of players; do not lock in a player into one spot!
- Encourage group movement on field / everyone attacks and everyone defends > still developing into confidence as a player
- Consistently reinforce practice topics (“We worked on this at our last practice”)
- **Players NEED continuous/consistent POSITIVE encouragement!!!!**

8. Coach Equipment

- A basic first-aid kit
- Be aware of allergies/medical conditions
- Age-appropriate balls (Size 4)

- Cones
- Well thought-out plan for each practice
 - Including a game day player rotation
- Stopwatch
- \$25 Coach Kits (12 discs, 4 cones, pinnies) *Optional *non-refundable
- \$50 PUGG Goal Rental Fee – **refunded upon return *Optional

9. Practice (once per week)

- Foot skills introduced – demonstrate the different surfaces of the foot and what can be accomplished using those surfaces
- Focus on passing, receiving, dribbling and shooting with consistent instruction on technical aspects ---- Demonstrate the skill – Break the skill down – Demonstrate the skill – very VISUAL at this age!!!
- Individual attacking – emphasize change of direction and change of speed
- Individual defending (footwork, tackling)
- Introducing touch restrictions (3 touch play, 2 touch play)
- Throw-ins (both feet in contact with the ground, 2-hand throw, overhand)
- Small group activities! Small-sided games; 1v1 – 2v2
- Movement OFF the ball – stretch the field – Don't BALL chase
- Every session should have homework – a skill for players to work on

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 16th 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

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