

Coaches' Checklist

Before the First Game

- Make Initial Contact:** Reach out to parents to confirm contact information. Introduce yourself and let parents know the best way to reach you.

***Note:** The addresses provided are what parents entered at registration. If a parent wishes to be contacted at a different email address, please ask them to also add that email address to the distribution list at <http://www.rccc.soccer/contact/> so they continue to receive important program updates.*

- Communicate Key Information:** Once you have heard back from everyone and confirmed contact information, send out a group email to the team providing Key Information. Feel free to reference the “**What to Communicate**” attachment as a guideline.

- ~~**Create Snack Schedule:** If your team will be doing snacks, we recommend creating a rotational snack schedule and assigning parents in advance so that every family takes turns bringing something and the kids all get the same thing. Let parents know they can trade snack days in the event of a conflict and suggest that snacks be healthy and allergy-free.~~

COVID NOTE: Shared snack is cancelled due to COVID (kids may bring individually wrapped snacks for personal consumption, if desired).

- Coordinate Support:**
 - **6PM** division: Our younger teams require an adult on the sidelines when the Coach provides guidance on the field. If you do not have a co-coach, we recommend setting up a parent rotation for your team blanket. ~~It might be helpful to coordinate this so that it is the same parent who is assigned to bring snacks for the game.~~ You can also enlist that parent to help you set up cones/nets before the game.
 - **7:15PM** division: At this age, coaches are no longer on the field; however, you may still wish to enlist parents to help set up nets. You can also ask the referees for assistance with this.
- Familiarize yourself with Division Rules:**
 - See <http://www.rccc.soccer/coachresources/>

At the First Game

- ❑ **Introduce yourself to the kids!**
- ❑ **Hand out jerseys:** There may be a mixture of sizes. Please wait until all players have arrived to ensure the bigger kids get the bigger sizes and smaller kids get the smaller sizes.
- ❑ **Provide soccer ball instructions:** Balls for the **7:15PM** division should remain with the coach; however, the TIMBITS gets balls from Tim Hortons to keep. We recommend bringing a permanent marker to the first game so parents can write their child's name on the ball. Instruct parents/kids to bring their ball to every game.
- ❑ **Help parents understand where to sit:** No one can be behind the nets. Players should sit with their team (bring a blanket) when they are not on the field. Parents must be on the *opposite* side of the field from players. If a child is anxious or requires support, the parent may sit with the team.

COVID NOTE: Spectators must maintain social distancing and adhere to prevailing health orders, including gathering limits.

At Every Game

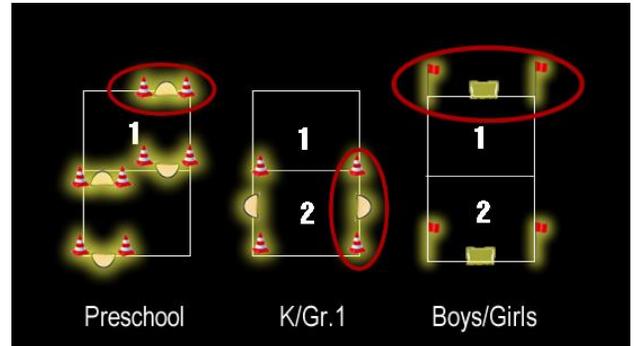
- ❑ **Equipment Pick Up and Return (Dressing Room 6):**
 - **6PM** division: Coaches need ONE mini net and TWO pylons each. The mini nets and pylons are used daily (by U6/7 on Mon/Wed and U4/5 on Tues/Thurs) so equipment must be returned to Dressing Room 6 after each game.
 - **7:15PM** division: Coaches will be assigned ONE net and ONE bag of balls to keep on hand for the season. These must be returned to Dressing Room 6 after the last game of the season.

COVID NOTE: Coaches will have access to the RRCC facility but must adhere to prevailing occupancy limits and maintain social distancing when picking up nets and flags/pylons. Floors will be marked. Coaches are to enter the main doors and exit using the side doors. Please do not enter the facility prior to 15 minutes before your game.

- ❑ **Check in with the Refs (7:15 ONLY):** Please ensure parents and players maintain a respectful attitude towards the refs. Our refs are kids, too! If a referee does not show up for a game, please reach out to referee coordinator Josh (field 1). If needed, Josh can pull a ref from another field OR the game can be played with opposing coaches refereeing.
- ❑ **Player Guidance:** No rough play! We want to ensure kids are always safe.
 - **6PM** division: As soon as the ball goes out of bounds, we need coaches to stop the play, retrieve the ball and throw it back in. Do not allow play to continue out of bounds. We want to avoid collisions between kids, spectators, and other games going on at the same time.
Please refer to: <http://www.rrcc.soccer/wp-content/uploads/2021/04/Micro-Rules-2021.pdf>
 - **7:15PM** division is where we introduce goalies. Please ensure players stay out of the crease. Only the goalie is permitted to touch the ball once it enters the crease. For GOAL KICKS, instruct players to move back to half line to give goalie space (see Referee Reference sheet).
Please refer to: <http://www.rrcc.soccer/wp-content/uploads/2021/04/Red-River-Referee-Responsibilities-2021.pdf>

□ **Field Set Up:**

- **6PM** Each coach sets up pylons beside their respective net (see diagram for set up based on age group). Return pylons and nets to Dressing Room 6 after each game.
- **7:15PM** Each coach sets up the net. Flags are set up on each corner on the field. Nets are to be returned at the end of the season.



□ **Session Format:**

- **6PM** Division:

COVID NOTE: For contact-tracing purposes, coaches must take attendance at the start of each game. Each team will be provided with a bottle of hand sanitizer spray/disinfectant wipes. Hands should be sprayed and coaches must sanitize the game ball prior to game play.

- **Combined Developmental Sessions/Games**
 - 6:00-6:20 pm: 20-minute Practice
 - 6:20-6:30 pm: 10-minute break
 - 6:30-6:55 pm: 25-minute Game

COVID NOTE: No hand shakes. We suggest a group cheer for the other team at the end of the game to promote good sportsmanship. A 20-minute buffer has been implemented between games. We ask that teams leave promptly after the game.

- **7:15PM** Division:

COVID NOTE: For contact-tracing purposes, coaches must take attendance at the start of each game. Each team will be provided with a bottle of hand sanitizer spray/disinfectant wipes. Hands should be sprayed and coaches/referees must sanitize the game ball prior to game play at each half.

- Mondays: **Developmental Sessions**
 - 7:15-7:25 pm: 10-minute warm-up (while refs set up station)
 - 7:25-7:40 pm: Practice led by Coach (BOYS); Session led by Refs (GIRLS)
 - 7:40-7:55 pm: Practice led by Coach (GIRLS); Session led by Refs (BOYS)
 - 7:55-8:15 pm: Scrimmage
- Wednesdays: **Games**
 - 7:15-7:30 pm: 15-minute warm-up
 - 7:30-7:50 pm: First half
 - 7:50-7:55 pm: 5-minute halftime break
 - 7:55-8:15 pm: Second half.

*Note: Coaches are permitted to take earlier possession of the field at 7:00 any day of the week if they wish to schedule a longer practice. **CANCELLED DUE TO COVID***

COVID NOTE: No hand shakes. We suggest a group cheer for the other team at the end of the game to promote good sportsmanship.

What to Communicate

- Your Name** (and the name of your co-coach, if applicable)
- Your Team Name/Team Colour** (refer to email)
- Season Start Date:** Soccer starts the first week of May (start day is always Wednesday or Thursday, depending on the Age Division), provided the snow has melted and our fields are dry. Ace Marking needs to be able to line our fields before we can start.
- Sports Attire:** All soccer players must wear shin guards, shorts and runners. Actual cleats are not mandatory for mini soccer but can be helpful as wet grass can be slippery. In rainy or cooler weather, splash pants (over shorts) and a light jacket (under jerseys) are acceptable. Soccer jerseys will be provided.

IMPORTANT: Tim Hortons has announced that they will be rotating jersey replacements starting this year.
****In 2021, PRESCHOOL jerseys need to be returned at the end of the season.**
- Games Schedules:** Schedules are posted at <http://www.rccc.soccer/schedules/>. Choose **SCHEDULES** from the menu and select the appropriate division. You may filter further, by clicking on the team name.
- ~~**Snack Schedule:** Create and include in email, if applicable~~ ***CANCELLED DUE TO COVID**
- Parent Assistant Rotation Schedule:** Create and include in email, if applicable
- Location of Games:** All RRCC mini soccer games are home games. Our fields are located on Ridgecrest (RRCC) or Park Manor (Ecole Riviere Rouge). View our field maps here: <http://www.rccc.soccer/fields/> to see where your scheduled game field is located.
- Game Cancellations:** Cancellation typically only occurs in the event of extreme weather (lighting) or hazardous field conditions (soaked fields). Lightning must be present, not forecast. The [RRCC.Soccer website](#) and twitter page will announce cancellations by 5 p.m. If no cancellation is indicated by 5pm, players should proceed to the field and cancellation will be determined on location, jointly by coaches/refs.
- COVID Amendments:**
 - Prior to each game, parents must review the [Province of Manitoba's pre-screening tool](#). If COVID-19 symptoms are present, do not proceed to the game.
 - All participants/spectators must adhere to [prevailing health orders](#)
 - For more details, see: <http://www.rccc.soccer/covid-19/>