

Diocese of Cleveland CYO Coach's Meetings

Giving the Very Best of Yourself!

Fall 2025

Soccer





DIOCESE OF CLEVELAND CYO SOCCER COACH'S MEETING

1. Program Planner
2. Participation Form
3. Points of Emphasis
4. Behavior/Conduct
5. Rule updates
6. Tournaments
7. Resources
8. Closing prayer



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July	16	In-person mandatory fall sports season coach's meetings, 6-9 pm Akron Children's Hospital Sports Medicine, 215 West Bowery St., Akron, 44308
	21	Fall sports season opens, practices may begin, sanction event period begins.
	28	Early registration closes; regular registration begins, 9:00 am
	29	In-person mandatory fall sports season coach's meetings, 6-9 pm Notre Dame Cathedral Latin High School, 13000 Auburn Rd, 44024
	30	In-person mandatory fall sports season coach's meetings, 6-9 pm. Magnificat High School, 20770 Hilliard Blvd, Rocky River, 44116
August	4	Fall sports season regular registration ends, 9:00am
	5	Team fee payments and fee summary due Last day to enter teams' blackouts.
	9	Coaches Development Program - St. Basil the Great (Parish Hall) 9:00 am 8700 Brecksville Rd, Brecksville, 44141
	11	Deadline to add athletes and coaches to rosters, 9:00 am
	12	Coaches Development Program - Holy Family-Stow, 6:00 pm 3179 Kent Rd., Stow, 44224
	15	Fall sports season schedules available on CYO website
	18	Coaches Development Program - St. Jude 6:00 pm 594 Poplar Street, Elyria, 44035
	23	Fall sports regular season competitions begin.
September	13-14	Parents and VIP Weekend
	21	Team Mass Sunday
	27-28	Officials Appreciation Weekend
October	10	Sanctioned Event period ends for grades 6-8.
	11	Diocese of Cleveland Soccer Tournaments Begin
	19	Diocese of Cleveland CYO Soccer Championship
	26	Fall sports season ends.

DIOCESE OF CLEVELAND CYO

SOCCKER POINTS OF EMPHASIS

EQUIPMENT & UNIFORMS

- It is mandatory for players to wear tennis shoes or rubber/plastic molded sole soccer shoes and properly fitted shin guards.
- A mouthpiece is recommended.
- Clarifies there is not a limitation on the color of tape or sock worn at or below the ankle.

COACHES - All CYO coaches must be CYO certified. CYO Credentials should always be worn around the neck and visible. If a coach has lost or forgotten their credential, they must inform the official and show proof of certification with a photo ID and either the photo of the credential or the coach's name on the certification list.

WHO'S ELIGIBLE: Grades 1-8 Boys & Girls; ****1st & 2nd grade teams may be Coed****

WHAT DO I DO WITH MY ATHLETES WHEN I DON'T HAVE ENOUGH TO FIELD MY OWN TEAM?

If you do not have enough to field your own team, you must first see if a member in YOUR section and your Zone has availability for your athletes. If members in your own section and your zone does not have any availability, contact members in YOUR section in another zone. If your entire section does not have any availability, email the Athletic Administrator for placement. Remember your athletes cannot be placed in a school member or a No Zone member,

NO-SHOW OFFICIALS - If an official does not show, each team may mutually agree to have someone officiate the contest, if both coaches agree the result of the game will count towards the standings. Both teams must notify CYO by Monday morning at 9am if the official does not show. Please e-mail:

matthew.aloisi@ccdoble.org

GUEST PLAYER RULE - Guest Players may be moved from the member's other CYO soccer team(s) to fill the positions at the start of a match when the minimum number of players plus one substitute available are listed below:

1. If a 6v6 team has less than 8 athletes at a match.
 2. If an 8v8 team has less than 10 athletes at a match.
 3. If a 9 v 9 team has less than 11 athletes at a match.
- The athlete meets the age/grade restrictions of the team they will assist.
 - The guest player is reported by means of the Guest player link: <https://forms.office.com/r/m21u3EWEwS>, on the CYO Website **before** the match in which they will be used.
 - The same individual may be moved as a guest player for no more than two (2) matches during the season.
 - The athlete complies with the number of games per day competition limits as outlined in the rules.
 - The guest player(s) must meet the minimum participation requirement.
 - Guest player must be recorded on the participation form before the competition begins by listing the guest player's name after all the original team's athletes are listed and place "GP" next to their name.
 - Guest players cannot be used for sanctioned events or CYO championship.

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LIGHTNING & INCLEMENT WEATHER

- When thunder is heard or a lightning bolt is seen at a practice or competition, the teams must suspend play and take shelter immediately. Once play has been suspended, a period of at least 30 minutes after the last thunder heard or lightning flash is witnessed must be honored prior to resuming play/practice.
- Contest or CYO officials assume authority for competitions when they arrive on the field. When the officials recognize inclement weather, they are duty bound to suspend the game. Coaches and member athletic director are responsible for application of this policy at practice.
- Temperature, humidity, heavy precipitation, and wind chill can become dangerous to the athletes and spectators and must be monitored during all practices and competitions by coaches and competition officials.
- Announcements related to the status of competitions will be posted on the main page of the schedule website and social media as needed.
- During inclement weather, a commissioner or head official may choose to relax the uniform rule.
- Unless the head coach is contacted or notified through a phone message, website or e-mail, your team is to report to the field at the scheduled time of the game.

PARTICIPATION - Participants are required to play a minimum of 20 minutes of each match. Each member of the team must play a minimum of one (1) complete 10-minute segment during each half of the match. The first time an athlete enters the match will be counted as their 10-minute segment. Athletes may be substituted with-in/during the 10-minute segment of play as a result of the athlete being:

1. Injured or health related issues
2. Assessed with a red card/yellow card
3. The athlete removed from the match will be credited with full participation of the segment. The replacement athlete will not be marked on the participation sheet and will not receive credit for playing in that segment.

If all eligible players do not participate in their required one (1) complete 10-minute segment during each half of the game, the referee will issue an immediate forfeit.

Athletes may only be substituted within during the 10-minute segment of play as a result of the athlete being:

1. Injured or health related issues
2. Assessed with a red card/yellow card
3. The athlete removed from the match will be credited with full participation of the segment. The replacement athlete will not be marked on the participation sheet and will not receive credit for playing in that segment.

An athlete on a CYO team may participate on another non-CYO soccer team during the CYO season. However, 7th & 8th grade athletes are not permitted to participate for a middle school sponsored team and the CYO sponsored team.

SUBSTITUTIONS

1. Coaches are to have their substitutes at the mid-field line 20 seconds before the ten-minute breaks (10 minutes, 20 minutes, and 30 minutes) of each half.
2. If there are no substitutes present at the mid-field line 20 seconds before the ten-minute break points, the game may continue without a stoppage in play.
3. Substitutions will be made at a stoppage of play that occurs between 20 seconds before and 20 seconds after mark of the ten-minute break point.
4. Both teams are required to make substitutions, if any, during the same break in play.
5. If after the 20 second mark the referee has not halted play for substitutions, the coach will signal the referee to halt play for substitutions to occur.
6. The break for substitutions should occur without interrupting a play in progress.
7. Once the participation requirements have been met by a player, unlimited substitution will be permitted at any stoppage of play unlimited.

MATCH & TIME LIMITATION - Each player must play in 50% of the regular season matches to be eligible to participate in the tournament.

SCORING AND STANDINGS

Season Standings - Teams are awarded Three points for a win, 1 point for a tie zero (0) points for a loss or a forfeit.

Running up the score:

1. Scores beyond a 6-goal differential will only be published with a six-goal differential.
2. A win by a margin of 7 or 8 goals will count as only 1 point, rather than 3 points for the win.
3. A win by a margin of 9-goals or greater will result in a loss of the match by a score of 0-1.
4. Coaches who run up the score by 9 or more goals, will be given a warning, if it happens a second time the coach will be suspended for one match. Further penalties may be imposed.

The winning teams must report the score to CYO within 48 hours of the match. Games that end in a tie should be reported by both teams. Send scores to: matthew.aloisi@ccdoble.org

5. POSSIBLE METHODS TO CONTROL THE SCORE

1. Switch players around to different positions
2. Establish a minimum number of touches by the team, and/or by each player.
3. Pull one or more players off the field until some parity between the teams is achieved.
4. Limit players from the winning team to the defensive half of the field.

RISK MINIMIZATION - Concussions continue to be a focus in soccer at all levels of competition. The NFHS has been at the forefront of national sports organizations in emphasizing the importance of concussion education, recognition, and proper management.

Discussion of proper concussion management at all levels of play in all sports has led to the adoption of rules changes and concussion-specific policies by multiple athletic organizations, state associations and school districts. Coaches and game officials need to become familiar with the signs and symptoms of concussed athletes so that appropriate steps can be taken to safeguard the health and safety of participants.

There continues to be concern from the NFHS Sports Medicine Advisory Committee (SMAC) about the cumulative effects of non-concussive blows to the head and body in practice and games. Research data is showing that there are significant impacts to the head when athletes are constantly "heading" the ball and in "free ball" situations where multiple players are positioning for control of the ball.

SHINGUARDS - Shin guards are one part of several required pieces of soccer equipment. Coaches need to make sure to follow the requirements for properly fitting. Verifying that the shin guards are not altered by the athlete, are worn under the sock, and are worn with the bottom edge no higher than 2 inches above the ankle. More importantly, the shin guard is required to be age- and size-appropriate. Coaches need to make sure that the required shin guard properly fits the respective player based on his/her age and size.

HEADGEAR - Though not required equipment, soft-padded headgear is allowed to be used by any soccer player. The SMAC emphasizes that there is no research or data available that shows that wearing soft-padded headgear prevents or lessens the possibility of a concussion. The determination regarding wearing soft-padded headgear is entirely up to the individual or school district. Schools, parents, and students are free to make their own assessments relative to this piece of equipment.

KICKOFF - At the kickoff, the ball shall be kicked while it is stationary on the ground in the center of the field of play. The ball is in play when it is kicked and clearly moves in any direction.

PENALTY KICK - Once the kicker starts his/her approach toward the ball, he/she may not stop his/her movement. A stutter step is permitted, however, continuous movement toward the ball is required.

LOCATION OF OFFSIDE RESTART - Indirect free kicks for offside are taken from the spot where the offending player interferes with play, interfered with an opponent, or gains advantage by being in that position.

POST-GAME

The winning coach must email the score to **CYO WITHIN 48 hours**. If the game is a tie, both coaches must email. E-mail scores to: matthew.aloisi@ccdogle.org – state boys or girls, grades, date played and final score. Both teams must notify CYO by Monday morning at 9am if the official does not show. E-mail: matthew.aloisi@ccdogle.org the date, time & location of the official.

BEHAVIOR/CONDUCT

- There will be a zero-tolerance shown towards any inappropriate or abusive behavior from any participants, coaches and/or spectators.
- Any participant, coach or spectator who feels the necessity to:
 - Persistently or willfully question or challenge the rulings of referees.
 - Berate or abuse referees.
 - Berate or abuse players & coaches
 - Berate or abuse other parents or spectators.
 - Display conduct which is inappropriate in a sporting environment
 - Breach any applicable CYO Charter/Bylaws laws
- Breach any existing CYO, codes of conduct, policies or guidelines will be asked to leave the venue immediately.

PENALTY:

- Parents or fans who are removed from an athletic event are automatically prohibited from attending any practices or games for a two-week period. They may not attend the **next two scheduled games** for that team. The individual must meet with the Member Administrator and obtain a signed letter from the Member Administrator requesting permission from CYO Administration to attend future competitions.



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SPECIAL RULES BY DIVISION

	<u>1st - 4th Grade</u>	<u>6th Grade</u>	<u>8th Grade</u>
Field of Play	45-60 yards by 35-45 yards	70-80 yards by 45-55 yards	90 -120 yards by 50-65 yards
Maximum Goal Size	6' high x 18' wide	7' high x 21' wide	8' high x 24' wide
Ball Size	Regulation #4	Regulation #4	Regulation #5
Game Length	2 x 25 minute halves 10 minute half-time	2 x 30 minute halves 10 minute half-time	2 x 35 minute halves 10 minute half-time
Regular Season Overtime	NONE	NONE	NONE
Tournament Overtime	One ten-minute overtime, then followed by penalty kicks	One ten-minute overtime, then if a tie still exists, penalty kicks	One ten-minute overtime, then followed by penalty kicks
Regulation number of players on field	6 per team (includes the goalkeeper)	8 per team (includes the goalkeeper)	9 per team (includes the goalkeeper)
Minimum number of players to start a match	4 (opponent plays with 5)	6 (opponent plays with 7)	7 (opponent plays with 8)
Minimum Number to Add a Guest Player	8	10	11
Heading Permitted	No	No	Yes
Referees	Assigned by CYO	Assigned by CYO	Assigned by CYO
Offside	No	NFHS Rule	NFHS Rule
Linesman	Each Team Provides (1)	Each Team Provides (1)	Each Team Provides (1)
Sliding/Slide Tackle	No	NFHS Rule	NFHS Rule
Penalty Kick Line	8 (eight) yards	10 (ten) yards	12 (twelve) yards
Kick offs, Free Kicks, Corner kicks, Restart	Opponents ten (10) yards from the ball	Opponents ten (10) yards from the ball	Opponents ten (10) yards from the ball
Goalie punts	Goalies may not send the ball directly into the opponent's penalty area. It must be touched by another player before entering the penalty area or the opponent is awarded an indirect free kick at the top of their area	NFHS Rule	NFHS Rule

Participants are required to play a minimum of 20 minutes of each match. Each member of the team must play a minimum of one (1) complete ten-minute segment during each half of the match. The first time an athlete enters the match will be counted as their ten-minute segment.

Athletes may be substituted with-in/during the 10-minute segment of play as a result of the athlete being: injured or health related issues, assessed with a red or yellow card. The athlete removed from the match will be credited with full participation of the segment. The replacement athlete will not be marked on the participation sheet and will not receive credit for playing in that segment.

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Game Management of the Participation Requirement

Coaches are to have their substitutes at the mid-field line by 20 seconds before the ten-minute breaks (10 minutes, 20 minutes, and 30 minutes) of each half. If there are no substitutes present at the mid-field line by 20 seconds before the ten-minute break points, the game may continue without a stoppage in play. Substitutions will be made at a stoppage of play that occurs between 20 seconds before and 20 seconds after the mark of the 10-minute break point. Both teams are required to make substitutions, if any, during the same break in play. If after the 20 second mark the referee has not play for substitutions, the coaches will signal to the referee to halt play for substitutions to occur. The break for substitutions should occur without interrupting a play in progress. If all eligible players do not participate in their one (1) complete 10-minute segment during each half of the game, the referee will issue an immediate forfeit.

TOURNAMENT

6th-8th Grade Soccer – all teams will advance to the tournament, with the option to not register. This will be a single elimination tournament.



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RESOURCES

[HTTPS://WWW.ERTHEO.COM/BLOG/EN/TOP-20-SOCCER-DRILLS-RAISE-GAME-TODAY/](https://www.erttheo.com/blog/en/top-20-soccer-drills-raise-game-today/)

[HTTPS://ABCDELEARNING.COM/SOCCER-DRILLS-FOR-BEGINNERS/](https://abcdelearning.com/soccer-drills-for-beginners/)

[HTTPS://WWW.USYOUTHSOCCER.ORG/LESSON-PLANS/](https://www.usyouthsoccer.org/lesson-plans/)

[HTTPS://WWW.SPORTSMOMSSURVIVALGUIDE.COM/SOCCER-9-12-YEARS-OLD/](https://www.sportsmomssurvivalguide.com/soccer-9-12-years-old/)

[HTTPS://WWW.SOCCERXPERT.COM/DRILLS/FUN-SOCCER-DRILLS](https://www.soccerxpert.com/drills/fun-soccer-drills)

[HTTPS://WWW.SOCCERDRIVE.COM](https://www.soccerdrive.com)

[HTTPS://WWW.SOCCER-COACHES.COM](https://www.soccer-coaches.com)

[HTTPS://WWW.CCDOCLE.ORG/SERVICE-AREAS/CYO-ATHLETICS/COACHES/VIDEO-LIBRARY](https://www.ccdocle.org/service-areas/cyo-athletics/coaches/video-library)

PASSWORD: CYOVIDEOS2011 (ALL LOWER CASE)



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5 Easy Drills for Goalkeepers

Goalkeeping is one of the toughest positions on the soccer field, so those who want to play the position will have to put a lot of work in to master it. The good news is that there are some basic drills that you can go through to prepare for what you will face in game situations.

Below you will find five basic drills that will help you with your goalkeeping technique. Some of these drills are done with two people, but more “shooters” can be added to make them a little bit tougher. These drills should help goalkeepers become more composed players between the sticks.

Goalkeeper Drill #1 – Basic Footwork Drill

Easily the most underrated part of goalkeeping is footwork. The best goalkeepers in the world can move instinctively all over their box to always be in position for different shots and passes that come their way.

This drill requires the goalkeeper and a partner.

1. Place four cones in either in a box or rectangle pattern. You should be in the middle of the cones and your partner will stand outside of them.
2. Have your partner call out a cone number when he or she wants you to go.
3. Run to the cone, touch it, and get back to your starting position.
4. Repeat this drill 10 or more times. You can move the cones around in different shapes to create more of a challenge.

Goalkeeper Drill #2 – Diving Drill

Diving saves are some of the best-looking plays in soccer and, more importantly, can give your team the momentum it needs to win the game. This drill is excellent both for diving practice and for developing your agility. It’s also a quite simple drill, so anyone who wants to practice being a goalkeeper can do it.

The diving drill requires the goalkeeper and a partner.

1. Stand in the ready position about five yards away from your partner.
2. Your partner should throw the ball underhand to either your left or right.
3. Dive to catch the ball, cradle it in, and then throw it back to your partner.
4. Quickly bounce back up and get ready for the next throw.
5. This drill should be done about 20 times. As you get used to the drill, your partner can speed it up, so he is throwing it just as soon as he receives the ball.

Goalkeeper Drill #3 – Sliding Save Drill

The key to this drill is getting down to the ground to grab and protect the ball. There are many in-game situations where the best option is to slide down and hold on to the ball, so this is a simple yet excellent drill to get used to prepare for those situations.

This drill can be done with a partner rolling the ball, but this version is a solo drill.

1. Put the ball about a foot outside of one of the goal posts and stand in the middle of your goal.
2. Once you are in position, quickly shuffle a few steps and dart towards the ball.
3. Once you are a few feet away, slide down, cradle the ball, and pull it into your body.
4. Repeat this drill 10 or more times on both sides of the goal. You can also practice it with the ball closer or further away from you.

You can use smaller soccer balls in this drill to make it a bit tougher.

Goalkeeper Drill #4 – Seated Save Drill

Similar to the Sliding Save drill, the Seated Save drill will teach goalies to have quick reactions from a seated position. Every goalkeeper will find themselves in these situations in real games, so this drill will help them to stay composed when those times come.

This drill requires the goalkeeper and a partner.

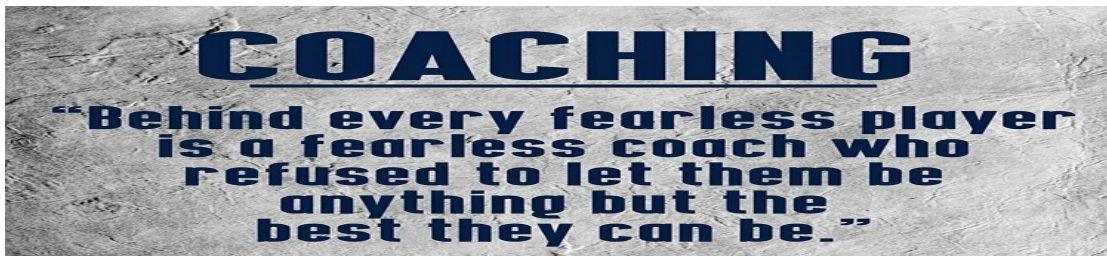
1. Get in a seated position in front of the goal.
2. Have your partner roll, throw, or kick the ball on each side of you so you can catch it and cradle into your body.
3. Repeat this drill 20 or more times.

Goalkeeper Drill #5 – Turn-and-Save Drill

This is a basic handling drill for goalkeepers. It will teach you to have quick reactions and skillful hands in game situations. Having confidence in catching the ball (or cushioning is down) will help you to stay focused as the attack is coming toward you.

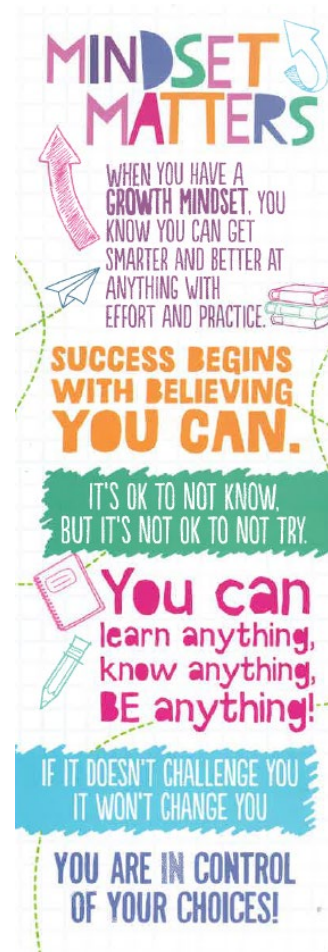
This drill requires the goalkeeper and a partner.

1. Stand facing your goal in the ready position and have your partner stand between 10 and 15 yards away from you.
2. Your partner should yell “go” when he is about to throw the ball toward the goal. He should throw it close to you, but at different heights.
3. Quickly turn around to see where the ball is going and catch it.
4. Repeat this drill 20 or more times.



A transformational coach views winning as an outcome, not a priority, and puts the focus on helping athletes grow and reach their full potential, beyond just sports. On the opposite side, a transactional coach is someone who makes winning the goal and is less concerned about the overall experience.

CHANGE YOUR WORDS, CHANGE YOUR MINDSET	
INSTEAD OF SAYING THAT	SAY THIS!
IT'S TOO HARD.	I'LL KEEP TRYING.
I CAN'T DO THAT.	HOW CAN I GET BETTER AT THAT?
I GIVE UP.	I WILL KEEP WORKING!
I'M AFRAID I'LL MAKE A MISTAKE.	MISTAKES ARE HOW WE LEARN BEST.
THEY'RE SMARTER THAN ME.	WHAT CAN I LEARN FROM THEM?
THIS IS HARD.	THIS MAY TAKE SOME TIME AND EFFORT.
I'M A FAILURE.	I CAN LEARN FROM MY MISTAKES.
I DON'T GET IT.	WHAT AM I MISSING?
I HATE TO BE WRONG.	IS THIS REALLY MY BEST WORK?
I DON'T LIKE OTHERS TO DO BETTER THAN ME.	I'M GOING TO FIGURE OUT WHAT THEY DO AND TRY IT!



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CYO GRATITUDE

Coach completes the following sentence: *One thing that I am grateful for receiving this evening is...*

Closing Prayer

Christ Has No Body, St. Teresa of Avila (1515–1582)

Leader: In the name of the Father, and of the Son, and of the Holy Spirit.

All: AMEN

Christ has no body but yours,
No hands, no feet on earth but yours,
Yours are the eyes with which he looks
Compassion on this world,
Yours are the feet with which he walks to do good,
Yours are the hands, with which he blesses all the world.
Christ has no body now but yours!

Amen!



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