MINIS COACHES MEETING



U8 – U10 GIRLS & BOYS

Introductions – Staff

*	Chris Murphy – cmurphy@coastalfc.ca	Executive Director

*	Mark McQueen –	mmcqueen@coastalfc.ca	Technical Director
---	----------------	-----------------------	--------------------

- Nour Fathy <u>nfathy@coastalfc.ca</u>
 Assistant Technical Director Minis/U9 U12/Academy
- ♦ Steven Duffy <u>sduffy@coastalfc.ca</u>
 Senior Staff Coach U13 U18
- Andy King <u>aking@coastalfc.ca</u> Senior Staff Coach U8 U12
- Mark Baldisimo mbaldisimo@coastalfc.ca
 Senior Staff Coach U2 U7
- Shelley Chin <u>schin@coastalfc.ca</u>
 Member Services Coordinator (U9 U18)
- Kevyn Oyhenart <u>koyhenart@coastalfc.ca</u>
 Operations Manager
- Carina Steer csteer@coastalfc.ca Registrar
- ❖ Lindsay Zygarliski <u>lyzgarliski@coastalfc.ca</u>
 Member Services Coordinator (U2 U8 + Indoor Facility)
- Angela Pellerin- <u>apellerin@coastalfc.ca</u>
 Referee Manager



We are here to SUPPORT you!

Coaches Meeting Format

- New format of recorded meetings
- This presentation will be distributed to the relevant age groups. Serves two purposes:
 - 1. Meeting Minutes
 - 2. Transparency





Training Schedule

- Training begins September 6th
- Training Schedule online HERE
- Limitation on field space (turf)
 - 8-12 teams per field
- Structure to optimize fields and Technical Service Plan
- Limited flexibility with day/time
 - Option to move to gravel or earlier turf time (ie. 4:00PM-5:00PM based on availability)





Game Schedule

- All games are in house
- Schedule posted on the Coastal website under the Schedule tab listed as Minis Game Schedule
- ❖ Games are scheduled until March 4/5 (Phase 1 & Phase 2)
 - ❖ Phase 1:
 - Start Dates: September 17/18, 2022
 - End Dates: December 10/11, 2022
 - Excluding Dates: Thanksgiving (Oct 8-10) & Remembrance Day (Nov 11)
 - ❖ Phase 2:
 - Start Dates: January 7/8, 2023
 - ❖ End Dates: March 4/5, 2023
 - Excluding Dates: Family Day (Feb 18-20)



Game Format & Game Rules

<u>Age</u>	<u>Format</u> (incl GK)	<u>Duration</u>	<u>Width</u>	<u>Length</u>	<u>Goal</u>	<u>Ball</u>	<u>Referee</u>
U8	5 v 5	2 X 25	30M	50M	6' X 12'	4	No
U9	6 v 6	2 X 25	35M	55M	6' X 12'	4	No
U10	7 v 7	2 X 25	35M	55M	6' X 12'	4	No

<u>Age</u>	<u>Throwins</u>	Corners	<u>Free</u> <u>Kicks</u>	<u>Penalties</u>	<u>Offside</u>	Goal Kick
U8	Yes	Yes	Yes	No	No	1/2 - first pass is free
U9	Yes	Yes	Yes	No	No	3/4 - first pass is free
U10	Yes	Yes	Yes	No	No	3/4 – first pass is free



Game Management

- All teams to follow the same rules
- No deviation from rules unless:
 - Is designed to make the game more competitive and 'even'
- Tools to keep games competitive
 - Player movement
 - Adjust # of players on the field (add/remove)
 - Add Goalkeepers
 - Share players
 - Add conditions (ex # of passes)
- Powerplay Rules



Game Management – Powerplay Rules

- It is crucial that all coaches and staff work together to manage games appropriately.
- As per LTPD recommendations and CSA NYCL rules, results are not tracked in the Minis Age Groups.
- Powerplay Rules:
 - ❖ When a team is up 3 goals, the losing team adds 1 player
 - When a team is up 5 goals, the losing team adds an additional player (total of 2) and an additional goalkeeper
 - Adjust, add and reduce, based on result (see points above)
- Please work together to manage scores and to create a positive game day experience for all! Games at this age should never finish with a result such as 12-0. If the game is completely one sided, work together to combine and balance your teams for the second half.



Team Building & Formation

- Process Review
- 2 times throughout the year (1 X Fall and 1 X Spring)
- Importance of player evaluation data/submissions
- Important of educating parents about

2022 Fall Staffing Structure:

- 1 Head Coach, 2 Assistant Coaches, Team Manager
 - Head Coach: Overall program oversight of technical and administrative operations
 - ❖ 1st Assistant: Provides on-field & off field support to head coach
 - 2nd Assistant: Provides on-field & off field support to head coach
 - Team Manager: Team communication, administration, on-field & off field support to head coach, Communicates any issues, concerns, incidents, between players and parents. Also ensures safe player supervision within facility with respect to bathroom breaks, locating the correct field area, accessing and locating parents, etc.





How can we support you?

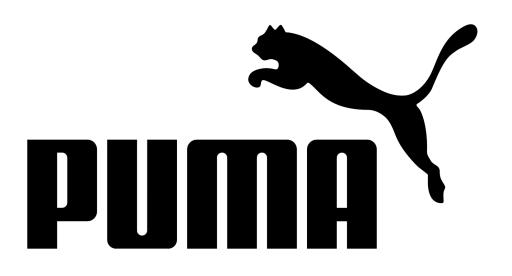
Support for coaches defined by:

- Requests
- Observations
- Newest coaches to Coastal FC
- Least experienced coaches in Coastal FC
- Teams that are lacking staff





Equipment/Apparel



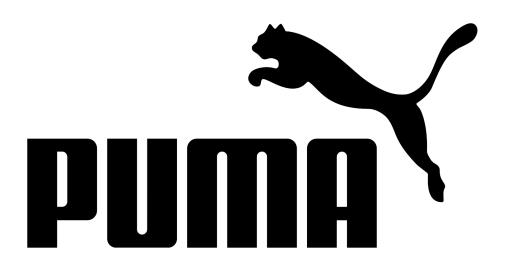
- Branding / Club Image
- Professionalism
- Coach is responsible for team equipment
- Volunteer discount program

Coastal FC
Online store





Equipment/Apparel



- Branding / Club Image
- Professionalism
- Coach is responsible for team equipment
- Volunteer discount program

Coastal FC
Online store





Respect in Sport

Respect in Sport:

- Mandatory online course for all team staff volunteers/members
- Program developed by the CSA to provide coaches to ensure the safety of their team, encourage positive and effective communication, and to enhance a child's overall enjoyment of soccer



Tracked completion – program must be completed by October 15th, 2022



Communication

- Email is the fastest way to communicate
- Direct communication to the appropriate person(s)

Communication Pathway

Parent → Coach → Staff Member → Board of Directors



Risk Management

- Risk Management
 - Criminal Record Check <u>mandatory</u> for all team staff.
 - Valid for 3 years.
- Only registered players can practice/play games
- Only assigned coaches, and managers can be on the field, bench. A <u>female</u> is required for <u>all</u> girls teams
- Shin pads and proper footwear required at all times
- Siblings should not to "join in" to practice
- ❖ Parking lot at BMO CSC is VERY BUSY. Monitor players, remind parents to come to the indoor to collect children.



Code of Conduct

- All coaches, players, parents are required to sign.
 - Completed digitally during registration
- Team staff responsible for actions of all team members (staff, parents, players)
- All Team Staff to receive registration link to Code of Conduct



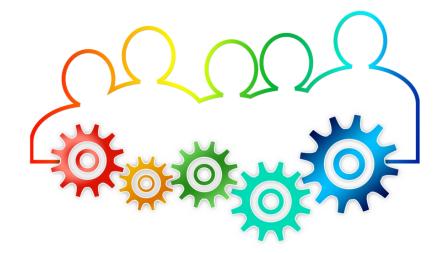
Harassment

- ❖ Zero Tolerance!
- Applies everywhere All the time
- ❖ BC Soccer policy
- All complaints will be investigated in full confidence (for all parties)



Team Administration

- Pre-season parent meeting
 - Detailing expectations for all participants
 - Have a plan
- Roles and responsibilities of team staff
 - Head Coach
 - Assistant Coach(es)
 - Manager
- Communication is the key
 - Consistency do what you say
 - One club, one message!





Referees

- > Head Referee: Angela Pellerin
- > Emphasis on referee development
- ZERO TOLERANCE for abuse of match officials no exceptions!
- Significant discipline (suspensions)
- Referees are learning!!
- How would you want someone to treat your child?
- Bring concerns forward after the game cool down!!





Technical



"To work within the framework of the CSA and BC Soccer long-term player development programs to provide all of our players with the top-level training environment in B.C."





Coastal Philosophy

"Player First" – Not coach, not team, not club.....PLAYER!

Player Advancement

- Based on ability, not age
- If they are good enough, they are old enough.....we don't hold back or rob individual players of developmental opportunities.

Advancement of younger players should consider:

- Among the best performers at older age?
- Average performer at older age?
- > Are they equipped physically and emotionally....safety and friends?
- What's better? Average player playing up, or impact player at own age?
- Does environment provide player with confidence, excitement, love of game, and ability to use technique.....or simply a physical and technical battle each week?

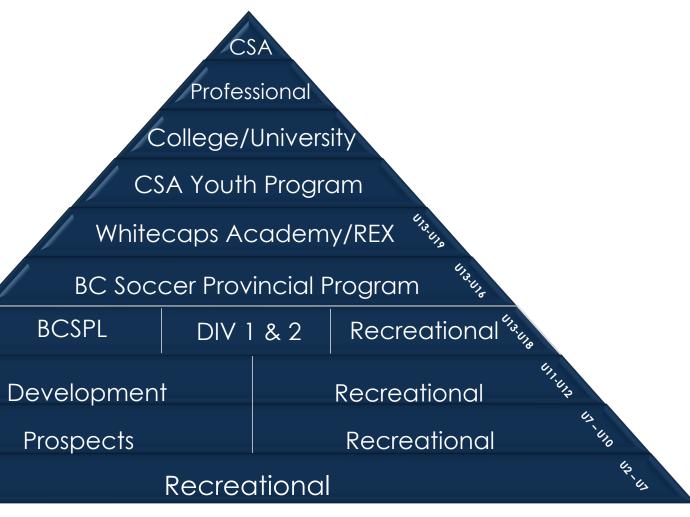


Development Pillars

- What do we need to develop?
- Technical Ability to dribble, pass, receive, be comfortable with the ball No technique, no tactic!
- Tactical Understand when, where and how to attack and defend
- Psychological Self confidence, positive attitude, concentration, behaviour in a group setting
- Physical Agility, Balance, Coordination (ABCs) through fun activities



Player Pathway





Prospects Program

What is it?

- Academy Program for identified players
- Rationale Allows players of a similar ability to be together and be suitably challenged
- Rationale Removing Prospects players creates more success for house players

The role of house team coaches

Promotion of top players

How are players identified?

- Scouting, recommendation, evaluation
- ANY PLAYER can be recommended at ANY TIME!
- Late developers are not left behind, we will catch them when they are ready....

Identification:

- 1. Recommendations can be made throughout season
- 2. Recommendations forwarded to Prospects coaches
- 3. Prospects coaches coordinate evaluations (within training sessions) with house coaches
- 4. Prospects coaches communicate the decision to invite the player in (or not)
- 5. Selected players will remain with their house team and opportunities to train/play full time or part time with Prospects will be negotiated between house and prospects coaching staff



House and Prospects Integration Process



Coastal FC Minis/Prospects Academy Integration Process

Coastal FC is committed to providing a platform for monitoring, evaluating and scouting players. Subsequently, we would like to take this opportunity to outline the process for monitoring and evaluating players for progression in the clubs development pathway, which currently includes house and the Prospects Academy at your age group. The role of team coaches in this process is critical and your cooperation and communication are essential.

Step 1 - House coaches are to monitor players within their team environment, identify players who are excelling, and make subsequent recommendations to the Prospects coaches of their specific age group using the Prospects Recommendation Form and copy the Technical Director.

 Recommendations can be made for any player at any time but must be reported a minimum of once per month if recommendations exist! House coaches should not wait on being approached by the prospects coaches for recommendations; your role is to identify players and advocate on their behalf for development opportunities if appropriate.

Step 2 – Upon receiving a recommendation from a house coach, Prospects coaches should make contact with the house coach for any specific information that may be required, this may include: contact details for player, additional technical information, house team schedule if Prospects coach wants to do a "pre-scout" (observing player in their own training and games) prior to bringing recommended player into Prospects training

Step 3 – Upon completion of all necessary communication with house coach, Prospects Coach to invite recommended player into Prospects training sessions in order to assess their abilities for future entry to the program. This should be done using the Prospects Invite Letter.

Step 4 – Prospects coaches to evaluate recommended player in training sessions to determine their suitability for the program. Upon completion of the assessment, Prospects coach should send one of the following letters to the parent, copy the house coach, and Technical Director:

- Prospects Offer Letter If the Prospects coaches are confident that the recommended player possesses the necessary technical, tactical, physical and attitude/behaviour to participate in the Coastal FC Prospects Program.
- Prospects Feedback Letter If the Prospects coaches believe the recommended player should continue their development in the club's house system where we will continue to monitor their progress for further opportunities in the future.



Step 1 – Recommendation Form



Coastal FC Prospects Recommendation Form

Coach	Age	Gender	Team Name	Email Address

Recommendation Guidelines: Coastal FC is committed to providing a platform for monitoring, evaluating and scouting players. Therefore, the need for accurate feedback and relevant player recommendations from club coaches is essential. The following table will help prioritize your recommendations and address the necessary information for the Coastal FC Prospects Staff. Upon completion, please send to mmcqueen@coastalfc.ca

#	Name	TEC	TAC	PHY	A&B	Email Address
1		-	-	-	-	
2		-	-	-	-	
3		-	-	-	-	
4		-	140	-	-	

Key – The table above refers to the 4 pillars of development.

TEC – Technical: Able to dribble ball using various surfaces of both feet, able to receive ball using various surfaces of both feet, able to pass ball using inside, outside, and laces of both feet resulting in significant impact in training and games.

TAC – Tactical: Understands concept of attack and tries to score in oppositions goal individually or by assisting teammates with passes, understands concept of defense and tries to prevent opposition scoring individually or by assisting teammates with marking/tackling resulting in significant impact in training and games.

PHY – Physical: Possesses fundamental movement skills consisting of running, changing direction, jumping, balance, coordination, speed, agility, quickness, resulting in significant impact in training and games.

A&B – Attitude and Behaviour: Concentration/Cooperation/Application: Listens, follows instructions, and works well individually or in small groups.

Player Ratings should be assigned using the following criteria:

Score	Rating
1	Exceeding expectations in comparison to others within the house program
2	Meeting expectations in comparison to others within the house program
3	Approaching expectations in comparison to others within the house program



Step 2 – Communicate

- Upon receiving a recommendation from a house coach, Prospects coaches should make contact with the house coach
- Gather any specific information that may be required, this may include:
 - Specific contact details for player
 - Additional technical information
 - House team schedule if Prospects coach wants to do a "pre-scout" (observing player in their own training and games) prior to bringing recommended player into Prospects training.
- Coach communication is vital Training schedule now allows for this, please talk!

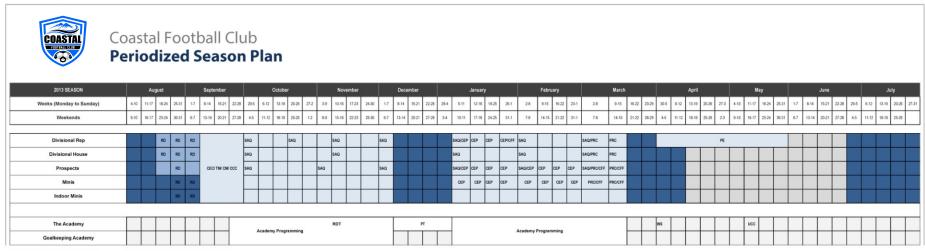


Technical Service Plan

- 20 week program
 - ❖ Phase 1 (10 weeks) Sept → Dec
 - ❖ Phase 2 (10 weeks) Jan → March
- Programs by gender, age, level of play to allow integration
- Resource Distribution
 - Periodized Technical Calendar
 - Club Curriculum (PDF and Videos)
 - Coaches Handbooks
 - Parent Meeting Power Points
 - Skills Challenge
 - Player Report Cards
- Program Support and Coach Development
 - On-Field (Curriculum demonstration, support and advise during training and games)
 - Off-Field (Observation feedback, accessible via email)
 - Annual Coach Feedback



Resources - Periodized Calendar



Coastal F	C Programs Key
Rest a	and Recovery
P	reseason
Fall/M	/inter Season
Spr	ing Season

Notations Key					
CEC	Coach Education Clinics				
CCC	Coach Certification Clinics				
RD	Resource Distribution				
TM	Team Meetings				
PRC	Player Report Cars				
CFF	Coach Feedback Forms				
CEP	Coach Evaluation Period				
SAQ	Speed Agility Quickness				
CM	Coaches Meetings				
PE	Player Evaluations/Team Formation				

Recommended Tournaments	Host Club	Key
Labour Day*		LD
Remebrance Day Tournament**	CFC	RDT
Power Tournament**	Sports Town	PT
Whitecaps Showcase**	WFC	WS
Umbro Challenge Cup**	CFC	UCC
Baker Blast*	WYS	BB
Starfire*	Starfire	SF
Crossfire Challenge*	WC	CC

^{*} Prospects Team Tournamen



^{**} Prospects Academy Team Tournaments

Resources - Club Curriculum

Warm-Up (5 mins)

•Organization:

•Set up 10x10 Yard Square with cones, with a ball ready for each player

Instructions

Players to dribble the ball with various surfaces of both feet.
 Players to change speed and direction. Perfrom various tasks: toe taps, shuffle, step overs, turns, etc.

·Coaching Points:

•Players to keep eyes up when dribbling

•Keep the ball close to their feet
•Dribble using all surfaces of both feet (inside, outside, sole of the



Initial Game (15 mins)

Organization

•Use the perimeter of your training grid (1/2 a pad) to set up an initial small sided game

•Players to play age appropriate game format (4v4 = 3 players, plus a Goalkeeper)

Have extra balls ready to put into play for quick restarts
 Instructions:

·Players to play a small sided game, normal rules apply

Players to play kick ins, instead of throw ins Coaching Points:

 Teams to get in their starting diamond shape (1-2-1) including a goalkeeper or triangle shape (2-1) / (1-2) excluding the goalkeeper
 Encourage players to work on the topic for the session

Let the games flow! Try not to over coach and whenever possible coach over the top



Activity 1 - Shooting (Races) (10 mins)

•Organization:

·Set-up 2-3 grids with a goal at the end of each

 Seperate the grids with cones, to outline an area players must shoot from outside of (See shaded area on diagram)

•Ensure that each group has multiple balls at the beginning of the line
•Split the players into three groups / teams. Depending on the

numbers, set up 2-3 grids (Cones can be used if there are not enough Pugg / Mini goals available.

Have each team designate a goalkeeper and send them to play in

 Have each team designate a goalkeeper and send them to pla goal against an opposing team

Instructions:

 Upon the coaches command, players at the front of the line are to dribble up to the shooting line / area and attempt to score a goal by shooting on the Goalkeeper

 After shooting, players are to grab their ball and dribble back to their line and give the next player in line a high 5. The next player in

line will repeat the above action

•Once players get a feel for the activity and understand the order, turn the activity into a competition (Ex - "First team to score 5 goals is the winner!" Or, "whichever team scores the most goals in 3 minutes is the winner!"

•Coaching Points:

Players to keep the ball close to their feet and under control when dribbling

·Players to look at the target and face the target when shooting

·Planting foot (non kicking leg) beside the ball

Activty 2 - Shooting (Change Game) (10 mins)

Organizatio

Depending on numbers available, set up 2-3 goals on each end

Seperate the players in each team into two lines (goalkeepers and outfield players)
 Have plenty of balls ready on the side of the field to serve into the

 Have plenty of balls ready on the side of the field to serve into the field as desired / needed

•Instructions:

•Have the players in their set positions / roles and practice the rotations by calling out "switch!"

•Players must leave the ball where it is and change roles, as soon as they hear the switch command

•Players attempt to score on any of the opponents goal that have a GK in goal. If you have odd numbers, players can only score on a goal that has a GK in place

•Coaching Points:

•Quick transitions between roles

I ook to shoot as much as nossit

 $\textbf{-If it isnt possible to shoot on one goal to opposition, look to pass to a teammate that can shoot on a different goal \\$

Final Game (15 mins)

•Organization:

•Use the perimeter of your training grid (1/2 a pad) to set up a final small sided game

•Players to play age appropriate game format (4v4 = 3 players, plus a Goalkeeper)

•Have extra balls ready to put into play for quick restarts
•Instructions:

•Players to play a small sided game, normal rules apply •Players to play kick ins, instead of throw ins

•Coaching Points:

•Teams to get in their starting diamond shape (1-2-1) including a goalkeeper or triangle shape (2-1)/(1-2) excluding the goalkeeper •Encourage players to work on the topic for the session

•Let the games flow! Try not to over coach and whenever possible coach over the top





Resources - Coach Handbooks



Coastal FC

Minis Coaches Handbook



Resources – Player Feedback



Coastal FC Minis Player Progress Report

	Minis Player Progress	Report	
Date:	Player:		
Coach:	Team:		
3 – Almost Always Performs	2 - Often Performs	1 – Sometimes Pe	rforms
	Technical		Score
Dribbling: Able to dribble the ba	all using various surfaces	of both feet	
Receiving: Able to receive ball u	ising various surfaces of l	ooth feet	
Passing: Able to pass the ball us	ing inside, outside, and la	ces of both feet	
	Tactical		Score
Attacking: Understands the con- oppositions goal individually or l			
Defending: Understands the con-			
scoring individually or by assisti	ng teammates with marki	ng/tackling	
	Physical		
	Score		
	 		
Fundamental Movement: Runn coordination, twisting, kicking, ti		irection, balance,	
Fundamental Movement: Runn coordination, twisting, kicking, ti		irection, balance,	
coordination, twisting, kicking, to		irection, balance,	Score
coordination, twisting, kicking, to Attitut Concentration/Cooperation/Ap	hrowing de and Behaviour pplication: Listens, follow		
coordination, twisting, kicking, the Attitution of the Attitution of the Attitution of the Attitude of the Att	hrowing de and Behaviour pplication: Listens, follow		
coordination, twisting, kicking, to Attitut Concentration/Cooperation/Ap	hrowing de and Behaviour pplication: Listens, follow		



Technical Service Plan

The TSP **is about**:

- Supporting the development of all coaches and players
- Creating better technical players
- Creating a club standard the "COASTAL WAY"
- Optimizing club resources (staff & facilities)

The Technical Service Plan will evolve from season to season



Technical Service Plan

The TSP is **not about:**

- Staff coaches replacing volunteer coaches
- Creating coaching "zombies" that simply deliver a club curriculum
- If you need coaching coverage:
 - 1. Ask a parent on your team
 - 2. Ask a staff member
 - Staff are assigned on an "as available basis"



How can we support you?

- Culture we are trying to create:
 - Supportive
 - Positive
 - Togetherness
 - ❖ We are all one! Not us against you
- Any issues please come forward
 - Can't fix issues if we don't know what's broken



Standards

- Professional approach
 - Punctual, organized, communication
 - Attitude, behavior, leadership
 - Image, appearance
- Support the team and club
 - Positive communication and representation
- How do you want people to remember you?



Coaching Hints

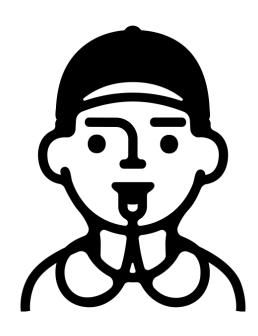
- Organization is the key
- Seasonal plans Complete and communicate in preseason meetings
- Arrive early but only enter the field at your scheduled time
- Session plans
 - Completed ahead of time
 - Communicate with coaching staff
- Outline playing area on entry to field
- Equipment and clothing safely stored at side of field (bags hung on fence or placed on benches)
- Adequate equipment and maintenance (balls, bibs, cones)





Coaching Hints

- Create a positive, exciting, and enthusiastic environment
- ❖ Less talk, more action.....if in doubt PLAY
- Make them eager to come, and leave them thirsty for more
- ❖ Be demanding.... "you can do better"......BUT, understand their level, and their ability
- Reward and acknowledge good play





Concussion Awareness Tools

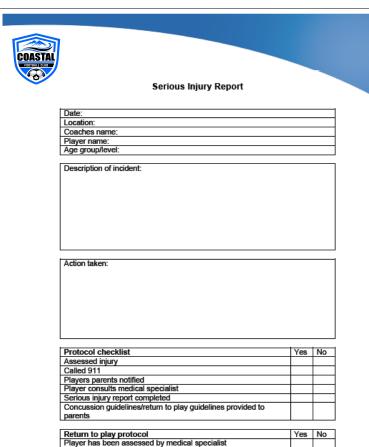
- Serious Injury Report
 - Includes six steps to return to play communication tool
- Concussion Awareness Training Tool
 - www.cattonline.com
 - Resources or parents, players and coaches
 - Receive a certificate upon completion



- Concussion webinar
 - Hosted by Allied Physiotherapy Health Group
 - September 24: 5:00PM via Zoom



Serious Injury Report and Return to Play Tool



Return to Play Communication Tool Return to Learn should be completed before Return to Play.

STAGE 1: No sporting activity Symptom-limited physical and cognitive rest	STAGE 2: Light aerobic exercise Walking, swimming, stationary cycling. No resistance training. Heart rate <70% Increase heart rate	STAGE 3: Sport-specific exercise Skating drills (lice hockey), running drills (soccer). No head-impact activities Add movement	STAGE 4: Non-contact drills Progress to complex training drills (e.g., passing drills), May start resistance training Exercise, coordination, cognitive load	STAGE 5: Full-contact practice Following medical clearance participate in normal training activities Restore confidence; assess functional skills	STAGE 6: BACK IN THE GAME Normal game play
Symptom-free for	Symptom-free for	Symptom-free for	Symptom-free for	Symptom-free for	
24 hours?	24 hours?	24 hours?	24 hours?	24 hours?	
Yes: Begin Stage 2	Yes: Move to Stage 3	Yes: Move to Stage 4	Yes: Move to Stage 5	Yes: Return to play	
No. Continue resting	No. Return to 3tage 1	No. Return to Stage 2	No. Return to Stage 3	No. Return to 3tage 4	
Time & date completed:	Time & date complieted:	Time & date completed:	Time & date completed:	Time & date completed:	

If symptoms reappear at any stage, go back to the previous stage until symptom-free for 24 hours. You may need to move back a stage more than once during the recovery process. Medical clearance required before moving to Stage 5





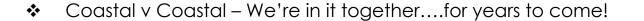
Player has provided doctors note confirming they are fit to play Concussions – Six step return to play guidelines implemented

Differences of Opinion

- Understand that opinions/perceptions vary
 - Elbows do we recognize the difference?
 - Slide tackles do we recognize the difference?
- Think it through Injuries are inevitable in sport, but what was it?
 - Deliberate and aggressive attempt to injure
 - Overly excited/enthusiastic 4-7 year old
 - Uncoordinated/unbalanced/uneducated 4-7 year old

How to manage?

- Avoid making assumptions/accusations "the coach did absolutely nothing" or "the coach was openly encouraging his players to..." How do we know this?
- Referee determines of rules are broken
- Player Education Talk to players who may cause intentional/unintentional harm
- Cooler heads prevail wait for break in play and discuss in a calm and non-threatening/non-accusatory manner – What's your approach?
 - * "Excuse me, my players are a bit concerned/worried/scared, is there any chance you can....?"
 - "What the hell are you playing at, you've been at it all game!"





Coach Education & Certification



- Internal Club Coaching Clinics:
 - Club Curriculum (U5-U7) September 14th
 - Club Curriculum (U8-U10) September 13th
 - Game Day Clinic (All Ages) September 14th
- Referee Clinics:
 - Small Sided (U9-U12 Games) TBD
 - Entry Level (U13 + Games) TBD
 - Referee Refresher (All Ages) TBD
- Coach Certification paid for by the club for volunteer coaches
- Weekly Internal coach evaluation and feedback
- Coach Evaluations by professional staff





Questions?

