

# ***MINIS INDOOR COACHES MEETING***



## ***U5 – U7 GIRLS & BOYS***



# Introductions – Staff

- ❖ Chris Murphy – [cmurphy@coastalfc.ca](mailto:cmurphy@coastalfc.ca) Executive Director
- ❖ Mark McQueen – [mmcqueen@coastalfc.ca](mailto:mmcqueen@coastalfc.ca) Technical Director
- ❖ Nour Fathy – [nfathy@coastalfc.ca](mailto:nfathy@coastalfc.ca) Assistant Technical Director – Minis/U9 – U12/Academy
- ❖ Steven Duffy – [sduffy@coastalfc.ca](mailto:sduffy@coastalfc.ca) Senior Staff Coach – U13 – U18
- ❖ Andy King – [aking@coastalfc.ca](mailto:aking@coastalfc.ca) Senior Staff Coach – U8 – U12
- ❖ Mark Baldisimo – [mbaldisimo@coastalfc.ca](mailto:mbaldisimo@coastalfc.ca) Senior Staff Coach – U2 – U7
- ❖ Shelley Chin – [schin@coastalfc.ca](mailto:schin@coastalfc.ca) Member Services Coordinator (U9 – U18)
- ❖ Kevyn Oyhenart – [koyhenart@coastalfc.ca](mailto:koyhenart@coastalfc.ca) Operations Manager
- ❖ Carina Steer - [csteer@coastalfc.ca](mailto:csteer@coastalfc.ca) Registrar
- ❖ Lindsay Zygarliski – [lyzgarliski@coastalfc.ca](mailto:lyzgarliski@coastalfc.ca) Member Services Coordinator (U2 – U8 + Indoor Facility)
- ❖ Angela Pellerin– [apellerin@coastalfc.ca](mailto:apellerin@coastalfc.ca) 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 12<sup>th</sup>

❖ Training Schedule online [HERE](#)

❖ Boys:

- ❖ U5 Boys: Mon, Tue, Wed, Thurs - BMOCSC
- ❖ U6 Boys: Mon, Tue, Wed, Thurs - BMOCSC
- ❖ U7 Boys: Mon, Tue, Wed, Thurs – BMOCSC

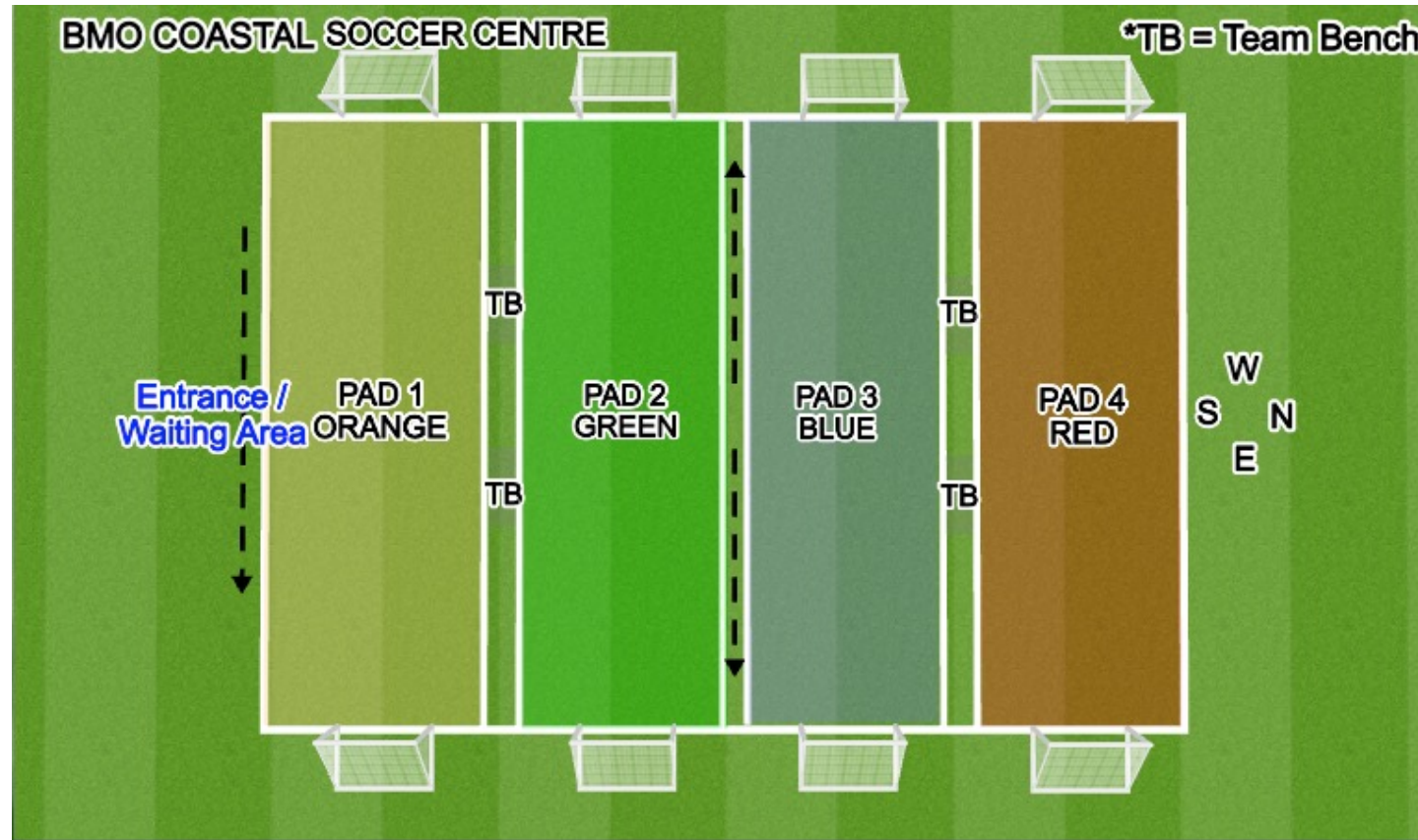
❖ Girls:

- ❖ U5 Girls: Mon, Tue, Wed, Thurs - BMOCSC
- ❖ U6 Girls: Mon, Tue, Wed, Thurs - BMOCSC
- ❖ U7 Girls: Mon, Tue, Wed, Thurs – BMOCSC



# Training Pad

Training Pads - Field Set Up:





# 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 Field Management

- ❖ U5= 4 games on BMOCSC (1 per pad)
- ❖ U6 = 4 games on BMOCSC (1 per pad)
- ❖ U7 = 4 games on BMOCSC (1 per pad)
- ❖ U5 – U7 games will be set up by staff including equipment boxes, pinnies, and balls
- ❖ For games, Home teams to warm up on odd number fields and Away teams to warm up on even number fields. Therefore as seen below:
  - ❖ Team 4 – Janda to warm up on Pad 1
  - ❖ Team 2 – Zigich to warm up on Pad 2
  - ❖ Team 1 – Hull to warm up on Pad 3
  - ❖ Team 3 – Aulik to warm up on Pad 4

Game	Time	Home Team	Away Team	Location
#003	 10:00 AM	COASTAL FC TEAM 4 - JANDA	COASTAL FC TEAM 2 - ZIGICH	BMO Coastal Indoor Centre Pad 1&2 <b>Forecast</b>
#004	 10:00 AM	COASTAL FC TEAM 1 - HULL	COASTAL FC TEAM 3 - AULIK	BMO Coastal Indoor Centre Pad 3&4 <b>Forecast</b>

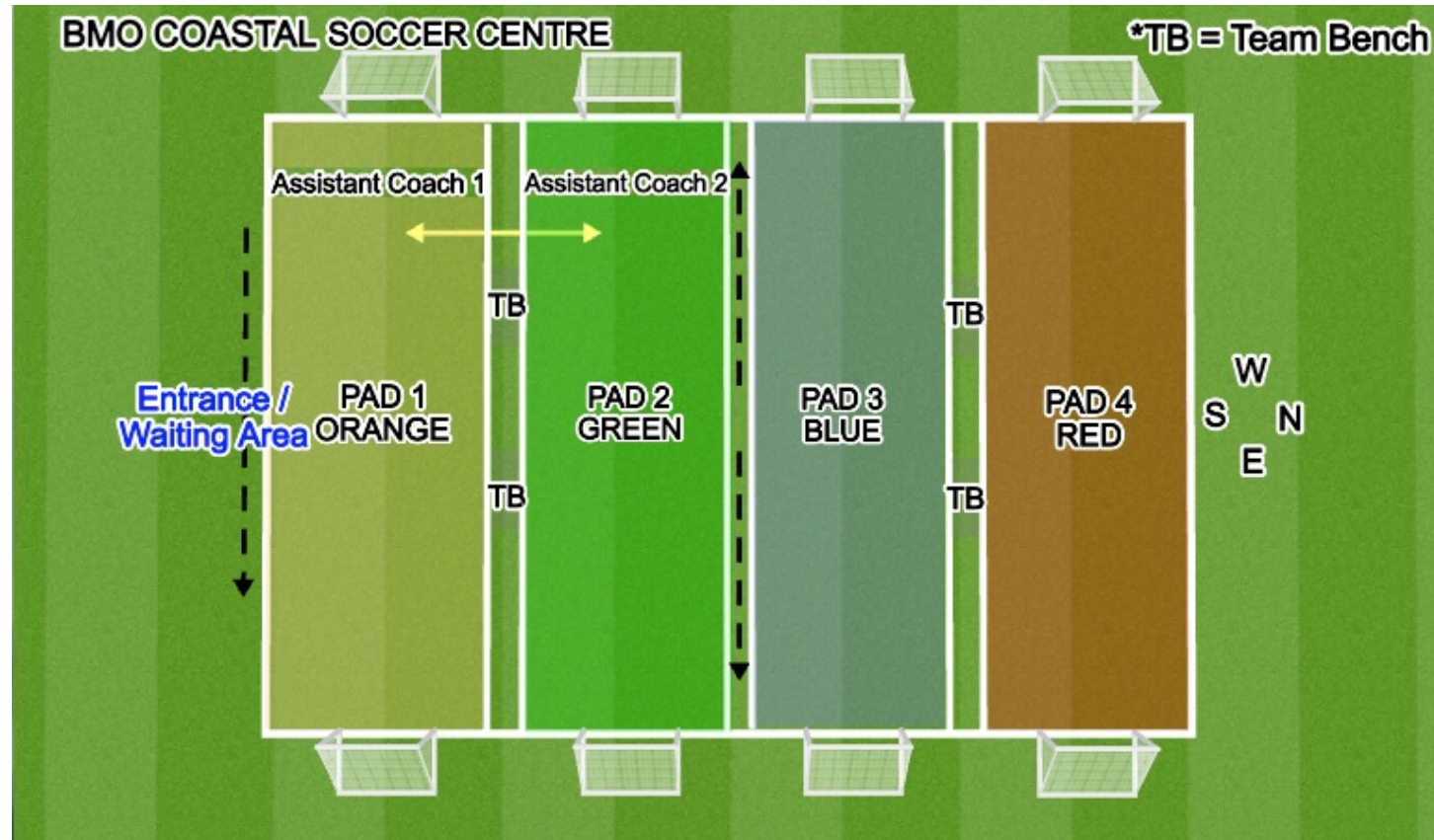
- ❖ Upon completion of the final game of the day, please return your balls and equipment box to the equipment bin.





# Game Field Set Up

Game Pads – Rotation of Teams during Games:





# Game Format & Game Rules

<u>Age</u>	<u>Format (incl GK)</u>	<u>Duration</u>	<u>Width</u>	<u>Length</u>	<u>Goal</u>	<u>Ball</u>	<u>Referee</u>
U5/6	4 v 4	3 X 15	25M	35M	5' X 10'	3	No
U7	5 v 5	2 X 25	25M	35M	5' X 10'	3	No

<u>Age</u>	<u>Dribble ins</u>	<u>Corners</u>	<u>Free Kicks</u>	<u>Penalties</u>	<u>Offside</u>	<u>Goal Kick</u>
U5/6	Yes	No	No	No	No	1/2 - first pass is free
U7	Yes	No	No	No	No	1/2 – first pass is free



# Game Day Timeline:

## U5/U6 Age Group

- Teams to take field:
  - 11:00AM
- Teams to start match:
  - 11:05AM
- Teams to end first period:
  - 11:20AM
- Teams to start second period:
  - 11:22AM
- Teams to end second period:
  - 11:37AM
- Teams to begin third period:
  - 11:39AM
- Teams to end third period:
  - 11:54AM
- Teams to leave facility:
  - 11:57AM

## U7/U8 Age Group

- Teams to take field:
  - 1:00PM
- Teams to start match:
  - 1:03PM
- Teams to end first half:
  - 1:28PM
- Teams to start second half:
  - 1:30PM
- Teams to end second half:
  - 1:55PM
- Teams to leave facility:
  - 1:57PM



# 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

- ❖ Fall outdoors posed issues with number of teams and lack of coaches/number of players able to play

## 2022 Fall Staffing Structure:

- ❖ 1 Head Coach, 2/3 Assistant Coaches, 1/2 Managers
- ❖ 5 Staff Per Team – No limit
  - ❖ *"Double team concept"*
  - ❖ *Creates a more balanced staff among all teams*
  - ❖ *Builds coaching capacity*
  - ❖ *Allows for more flexibility with regards to schedules and relief of missing matches/training sessions*
  - ❖ *Allows for more field space – 1 full training pad*
  - ❖ *Allows for positive numbers during training sessions & games and can split groups*
  - ❖ *Coaches can deliver different stations for different structure during the training sessions.*



# 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*





# How can I divide my team?

- ❖ Balancing teams and soft tiering – directed by staff
- ❖ Month of September – randomized to familiar yourself with the players!

Possible Format for Age Groups:

U5/U6:

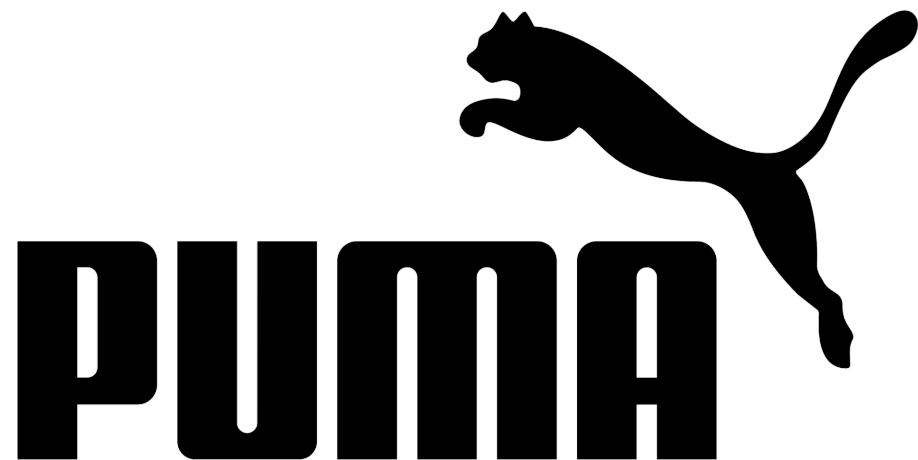
- ❖ All teams to be balanced throughout the season

U7:

- ❖ Balances 75% of the month (3 of 4 games)
- ❖ Soft tier 25% of the month (1 of 4 games)



# 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 15<sup>th</sup>, 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 **mandatory** 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 **female** is required for **all** 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)

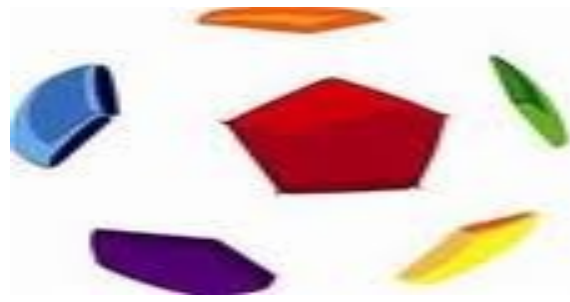


# Team Administration

- ❖ 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!*



# Technical



**L-T-P-D**  
long term player development

“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.”



# 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

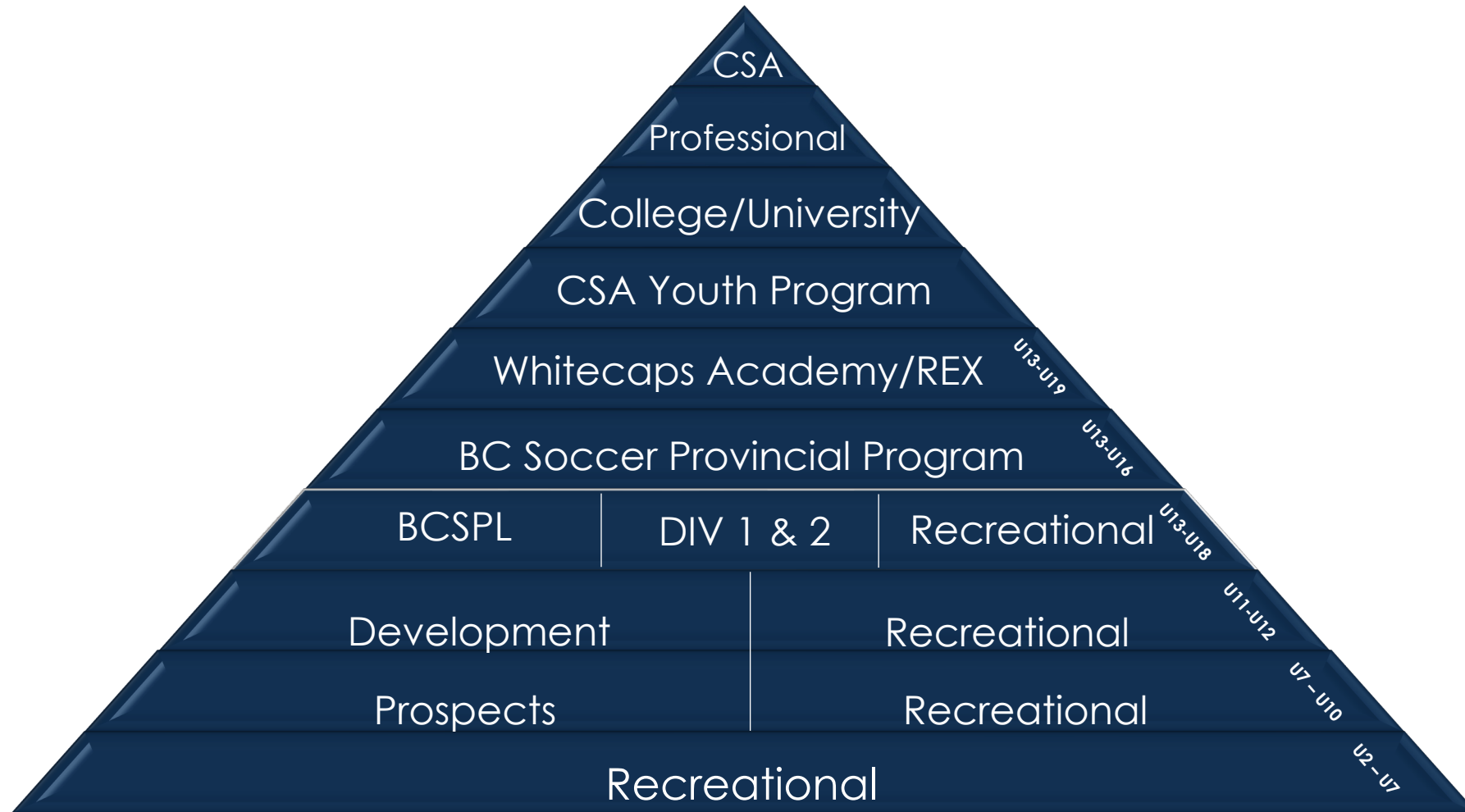


# Technical Service Plan

- ❖ 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*
  - ❖ *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*



# Player Pathway





[illegible]

# 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. Perform 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 foot)



## 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
- Separate 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

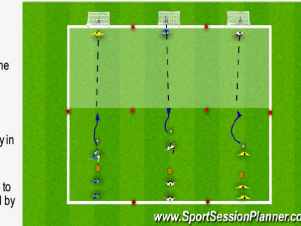
- Split the players into three groups / teams. Depending on the numbers, set up 2-3 grids (Cones can be used if there are not enough Pugg / Mini goals available).
- Have each team designate a goalkeeper and send them to play in goal against an opposing team

### •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



## Activity 2 - Shooting (Change Game) (10 mins)

### •Organization:

- Depending on numbers available, set up 2-3 goals on each end line
- Separate 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 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
- Look to shoot as much as possible
- If it isn't 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

Date:	Player:
Coach:	Team:

3 – Almost Always Performs	2 – Often Performs	1 – Sometimes Performs
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Technical	Score
<b>Dribbling:</b> Able to dribble the ball using various surfaces of both feet	
<b>Receiving:</b> Able to receive ball using various surfaces of both feet	
<b>Passing:</b> Able to pass the ball using inside, outside, and laces of both feet	

Tactical	Score
<b>Attacking:</b> Understands the concept of attacking and tries to score in the oppositions goal individually or by assisting teammates with passes	
<b>Defending:</b> Understands the concept of defence and tries to stop opposition scoring individually or by assisting teammates with marking/tackling	

Physical	Score
<b>Fundamental Movement:</b> Running, jumping, changing direction, balance, coordination, twisting, kicking, throwing	

Attitude and Behaviour	Score
<b>Concentration/Cooperation/Application:</b> Listens, follows instructions, and works well individually or in small groups	

Overall Comments



# 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?



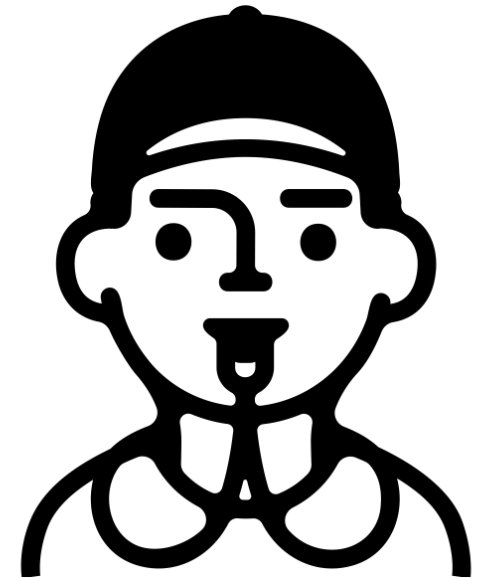
# Coaching Hints

- ❖ 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 for 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



## Serious Injury Report

Date:
Location:
Coaches name:
Player name:
Age group/level:

Description of incident:
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Action taken:
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Protocol checklist	Yes	No
Assessed injury		
Called 911		
Players parents notified		
Player consults medical specialist		
Serious injury report completed		
Concussion guidelines/return to play guidelines provided to parents		

Return to play protocol	Yes	No
Player has been assessed by medical specialist		
Player has provided doctors note confirming they are fit to play		
Concussions – Six step return to play guidelines implemented		

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## Return to Play Communication Tool

Return to Learn should be completed before Return to Play.

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



BC INJURY research prevent!



# 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 if 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!”*
- ❖ Coastal v Coastal – We're in it together....for years to come!





# Coach Education & Certification



- ❖ Internal Club Coaching Clinics:
  - ❖ *Club Curriculum (U5-U7) - September 14<sup>th</sup>*
  - ❖ *Club Curriculum (U8-U10) - September 13<sup>th</sup>*
  - ❖ *Game Day Clinic (All Ages) - September 14<sup>th</sup>*
- ❖ 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?

