

COACH KICK-OFF

2024 Outdoor Season

U11 Program





- WELCOME & INTRODUCTIONS
- CLASSROOM SESSION
- PROGRAM & FORMAT OVERVIEW
- ON-FIELD DRILLS
- EQUIPMENT DISTRIBUTION

LETTER TO COACHES



Dear Coach,

On behalf of the Terwillegar Riverbend Soccer Association, I wish to express our sincere appreciation for supporting youth sports by volunteering to coach your child's team this season. This year's program consists of over 2,200 young athletes ranging from 4 to 19 years old. Without volunteers such as yourselves, it would be impossible to run this program. Your time and commitment is greatly appreciated.

As the coach of your team, your players will be looking to you as a leader. Remember that, more importantly than learning the game of soccer, these athletes will be learning many life lessons regarding winning/losing, dealing with adversity, sportsmanship, the value of teamwork, adaptability and leadership skills. These are skills that these children will use throughout their lives. As a coach, you are asked to be a role model for these young people and we ask that you always strive to set the best possible example.

TRSA's mission is ***"To support & develop an inclusive soccer program that enhances community & promotes an active lifestyle"***.

We are very interested in your feedback in regards to the operation of our program as it is crucial to help us improve over time. Please feel free to contact our office with any suggestions. A list of contact details can be found on our website.

Good luck and have fun in the upcoming season!

Greg Loveday
President
TRSA
president@trsa.ca

Terwillegar Riverbend Soccer Association TRSA



- TRSA provides a minor soccer program for the communities in the Riverbend and Terwillegar areas.
- Our soccer program operates at the community level and accepts all players that register following our policies and procedures.
- TRSA is a not for profit association.
- TRSA is run by a volunteer board that is supported by contract workers. At the present time we have a Program Manager, Program Assistant, Bookkeeper and Equipment Manager.
- TRSA operates outdoor and indoor programs. The outdoor program typically runs from May to June, weather dependent. We usually have approximately 160 outdoor teams.
- The indoor program runs October to February. We typically have about 50 indoor teams.
- TRSA provides a jersey for each registered player. Players must provide their own shoes, socks, shin pads and shorts. The jerseys are not returnable and stay with the players.
- TRSA holds Director Liability insurance. Insurance for registered players is through fees paid to the Alberta Soccer Association.

Terwillegar Riverbend Soccer Association TRSA



TRSA bylaws, code of conduct, and policies are posted on our website.

Policies are listed below.

Team Formation Policy
Playing Up Policy
Playing Down Policy
Player Transfer Policy
Late Registration Policy
Refund Policy

Volunteer Policy
Security Clearance Policy
Privacy Policy
Severe Weather Policy
Tournament Subsidy Policy

<https://trsa.ca/>

<https://emsasouthwest.com/>

<https://emsamain.com/>

<https://albertasoccer.com/>



MISSION

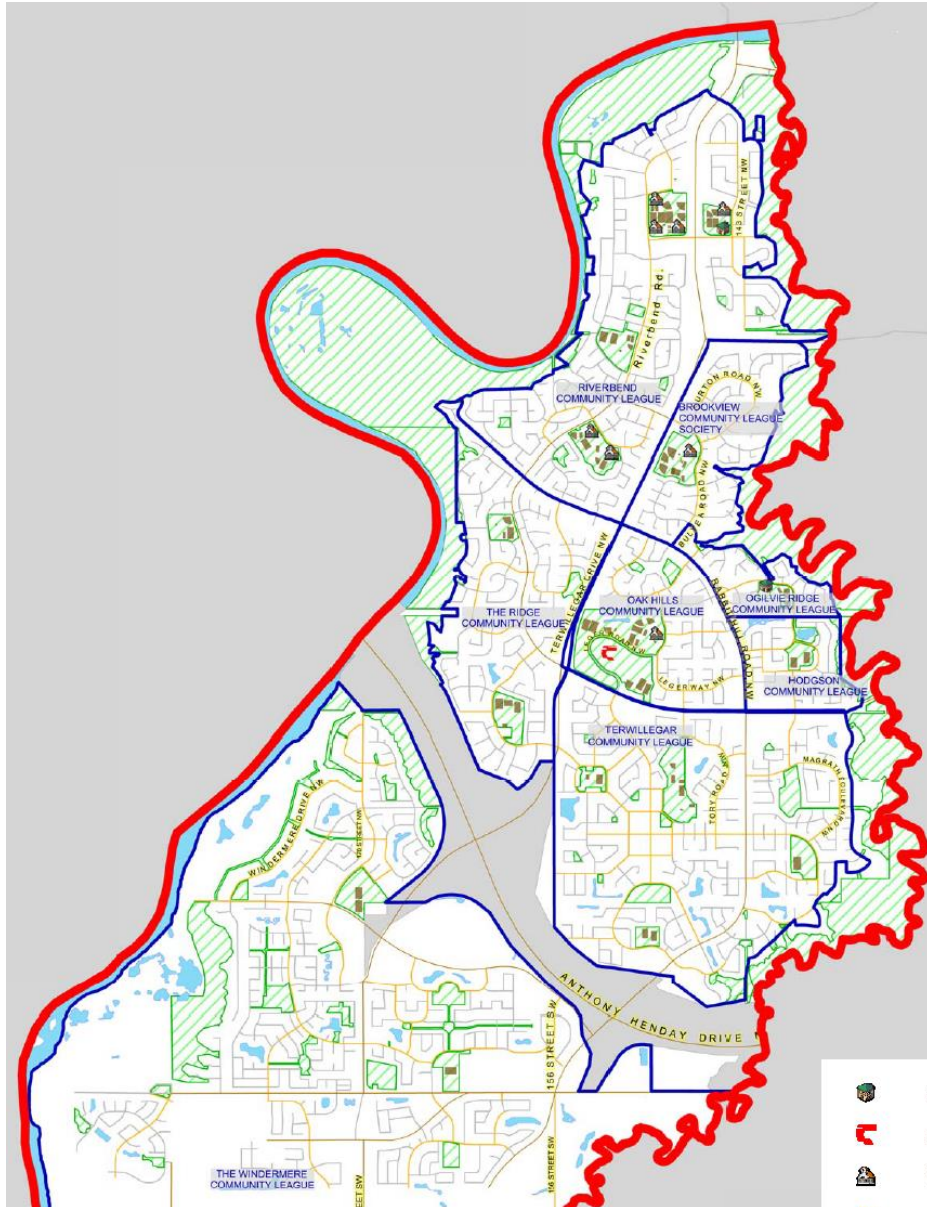
To support & develop an inclusive soccer program that enhances community and promotes an active lifestyle



CORE VALUES

Teamwork
Relationships
Sportsmanship
Active

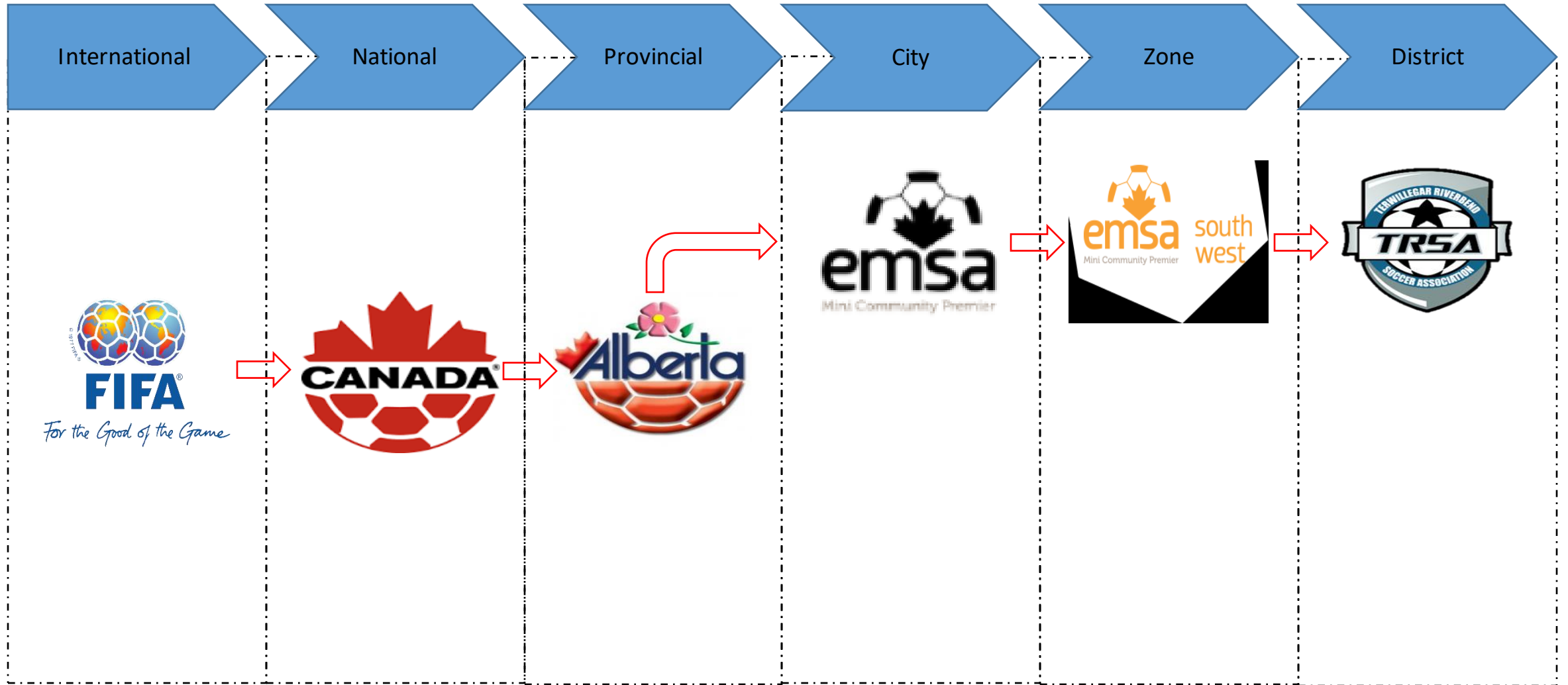
THE TRSA ADVANTAGE



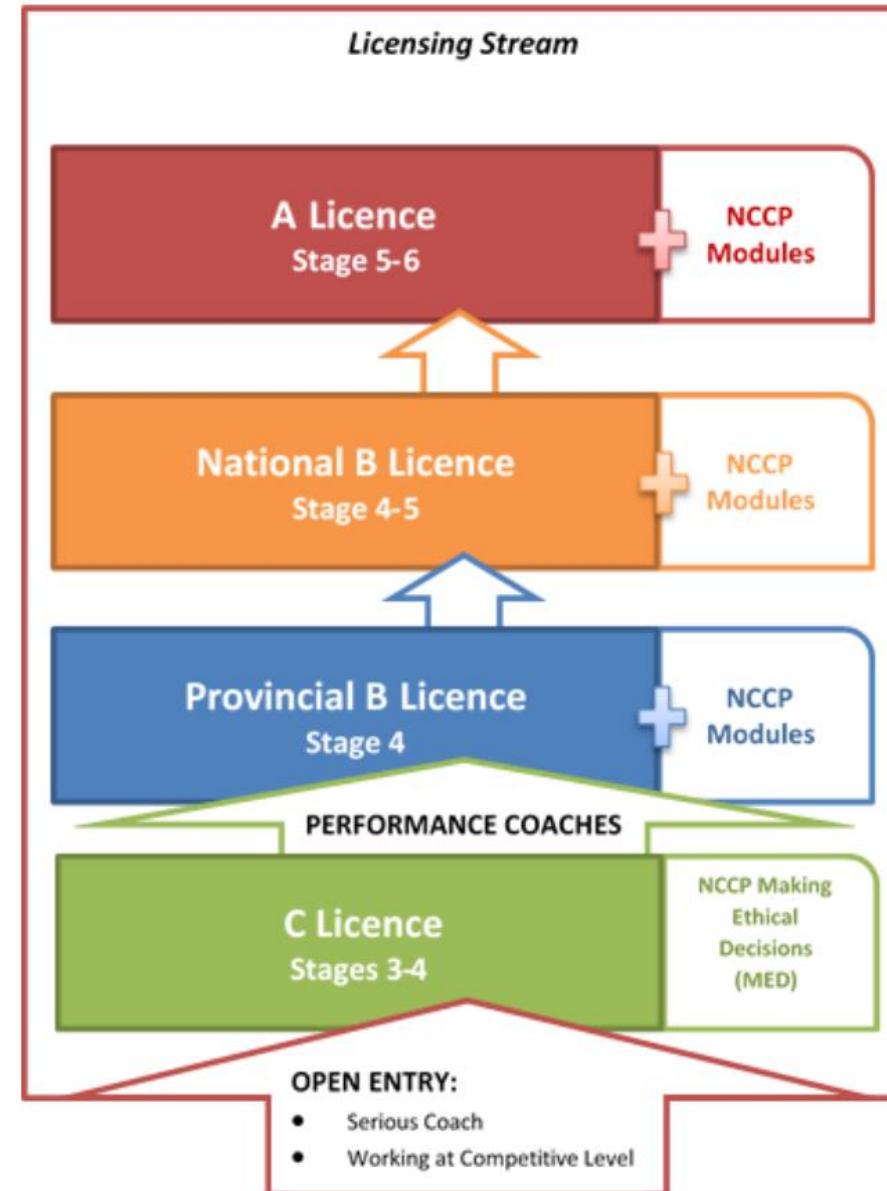
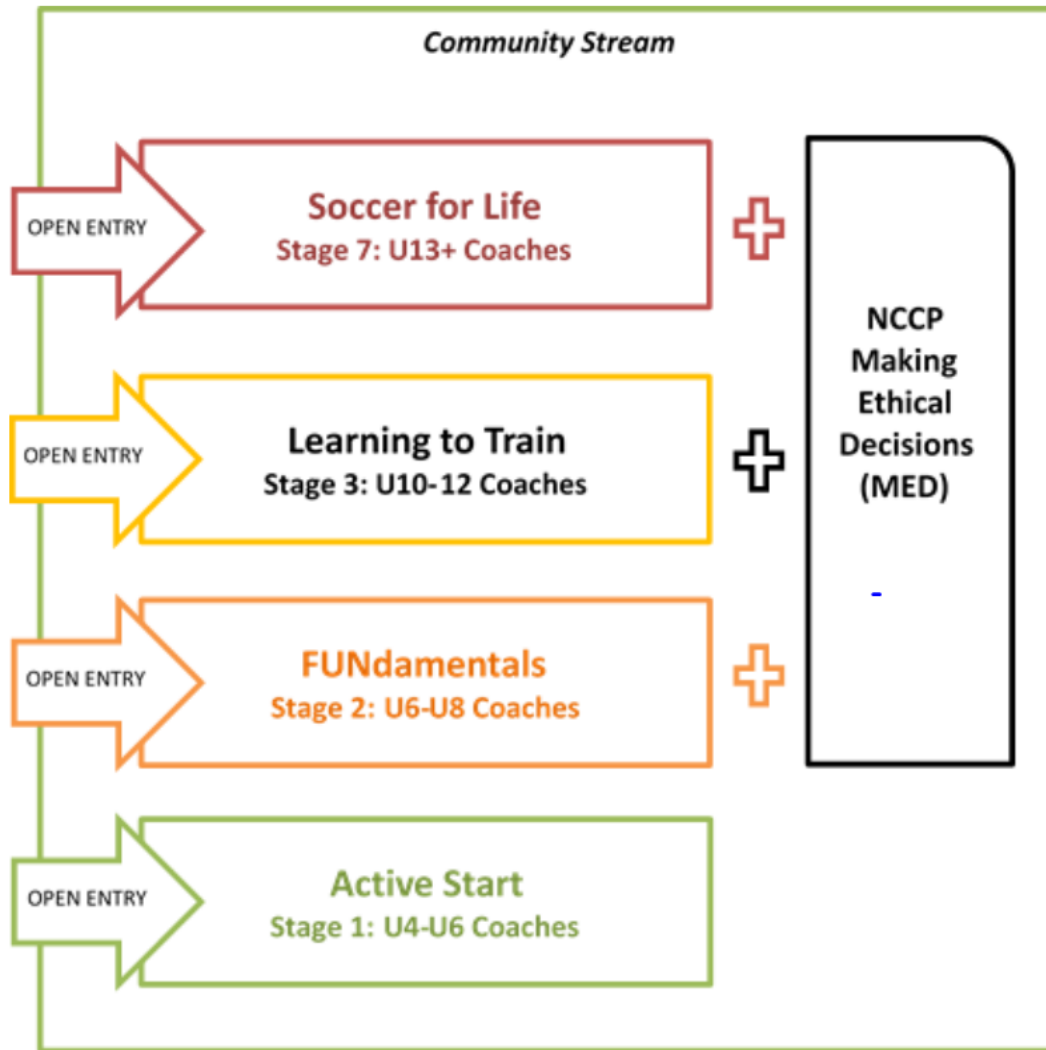
8 COMMUNITY LEAGUES

- Riverbend
- The Ridge
- Brookview
- Oak Hills
- Ogilvie Ridge
- Hodgson
- Terwillegar
- Greater Windermere

Organization



THE COACHING PATHWAY



SOURCE: <https://albertasoccer.com/coach/become-a-coach/the-coaching-pathway/>

Training

- TRSA/SWEMSA supports coach training.
- Reimbursement of cost for training listed.
- Training assists player development but also supports you as a coach with more tools.



COACHES & REFEREES

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AND SAFETY
RESOURCES

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COACH TRAINING

COACH
TRAINING
REIMBURSEMENT

FIELD & GYM
INFORMATION

TEAM OFFICIAL CARD
INFORMATION

RULES OF THE GAME

FORMS

REFS' CORNER

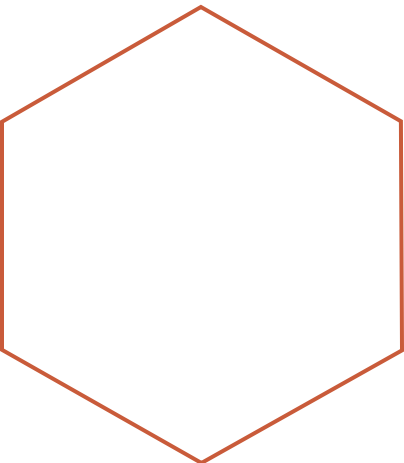
COACH TRAINING

REQUIREMENTS

1. A minimum of two coaches 18 yrs+ must be present and participating in the group. All Coaches MUST have a valid CPIC including Vulnerable Sector Search on file with their district/club.
2. It is recommended that at least one Coach per team be fully trained but we encourage all team officials to complete all their training. See below.
3. Rule of Two – Rule 13.6 is now enforced in all soccer activities.

For a summary of the training courses for each age group, click on the following links:

- [U4/U5 Coaches and Assistant Coaches](#)
- [U6-U9 Coaches and Assistant Coaches](#)
- [U11 Coaches and Assistant Coaches](#)
- [U13-U19 Coaches and Assistant Coaches](#)
- [U4-U19 Team Managers](#)



EMSA ID cards

- U9 and U11 team officials on a roster need EMSA ID card
- Apply before Friday April 22 otherwise, you won't be able to participate until you have one

EMSA I.D. cards are required for the first game. There is no grace period for missing/not processed cards. If you use a player or team official that has no EMSA I.D. card then your team will forfeit that game.

. PLAYER - EMSA I.D. Cards Required for the following groups:

Age Group	Community Teams	Tier 1	Tier 2	Tier 3
U9				
U11		✓	✓	✓
U13	✓	✓	✓	✓
U15	✓	✓	✓	✓
U17	✓	✓	✓	✓
U19	✓	✓	✓	✓

. Team Official - EMSA I.D. Cards Required for the following groups:
(coach, assistant coach & manager all need cards)

Age Group	Community Teams	Tier 1	Tier 2	Tier 3
U9	✓	✓	✓	✓
U11	✓	✓	✓	✓
U13	✓	✓	✓	✓
U15	✓	✓	✓	✓
U17	✓	✓	✓	✓
U19	✓	✓	✓	✓

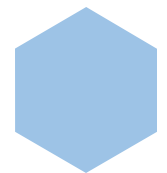
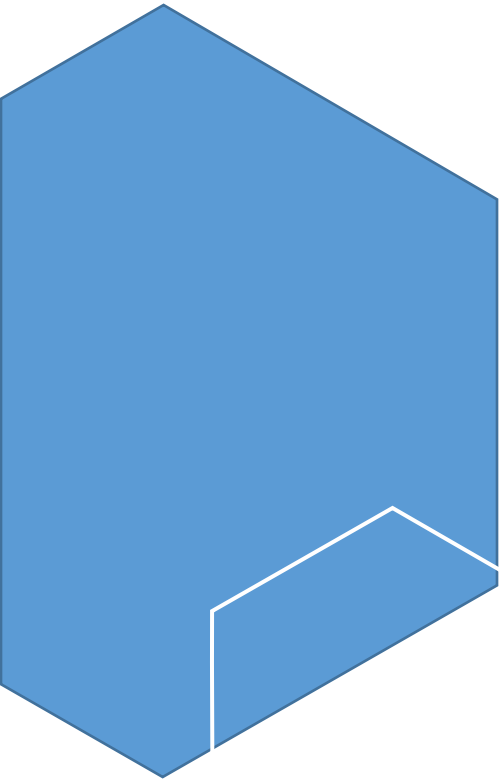
How to download team cards from portal:

Team Official Control Panel

Attention! Your team members have **waivers** that must be n
Failure to sign may prevent participation. If you are having tr
office.

Saints (Horsfield) U17: Coach

- Manage/Score Games
- View Team Roster
- Download Team Roster
- Download Team ID Cards**
- View Division Standings
- Edit Player Jerseys and IDs
- Review Unsigned Waivers



Game Sheet/Scores Procedure

U9

- No scores are entered (only email in game sheets).
- Mercy rule in affect.
- When submitting your game sheets, please note actual score in the email as this is used in re-grouping for Round 2.

U11

- Enter score into the system **AND** email in game sheets.
- Mercy rule in affect when entering score in the system.
- When submitting your game sheet, please note actual score in the email if it is not noted on the game sheets – this is used to re-tier for the next round.

Note: any delays in submitting game sheets or entering scores in the system will affect when the schedule is released for the next round.

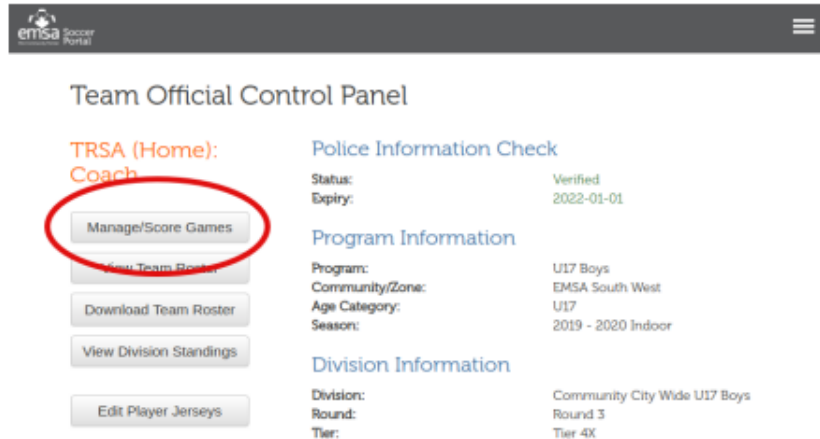
Mercy rule: no greater than 5 a point differential.



Game sheet Procedure

Both the home team and the away team are required to log into the EMSA Portal and download their own individual game sheet for each and every game.

- **Step 1:** Log into the EMSA Portal. Ensure your "role" is selected as "team official" and then click on the "Manage/Score Games" button in the Team Official Control Panel. Note: only team officials who are listed on the EMSA Portal Roster will be able to log in and see this info.



The screenshot shows the EMSA Portal interface. At the top left is the EMSA Soccer Portal logo. Below it is the title "Team Official Control Panel". On the left side, there are several buttons: "Manage/Score Games" (circled in red), "Download Team Roster", "View Division Standings", and "Edit Player Jerseys". On the right side, there are sections for "Police Information Check", "Program Information", and "Division Information".

TRSA (Home): Coach

Police Information Check

Status: Verified
Expiry: 2022-01-01

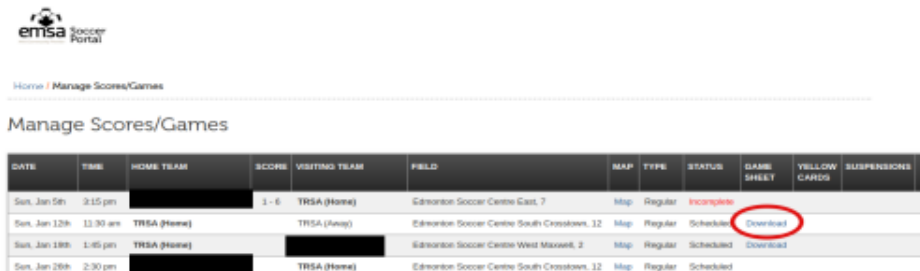
Program Information

Program: U17 Boys
Community/Zone: EMSA South West
Age Category: U17
Season: 2019 - 2020 Indoor

Division Information

Division: Community City Wide U17 Boys
Round: Round 3
Tier: Tier 4X

- **Step 2:** Find the game in the table and click the "Download" link under the "Game Sheet" column and the game sheet will automatically download.



The screenshot shows the EMSA Portal interface for "Manage Scores/Games". It features a table with columns for DATE, TIME, HOME TEAM, SCORE, VISITING TEAM, FIELD, MAP, TYPE, STATUS, GAME SHEET, YELLOW CARDS, and SUSPENSIONS. The "Download" link in the "Game Sheet" column for the first game is circled in red.

DATE	TIME	HOME TEAM	SCORE	VISITING TEAM	FIELD	MAP	TYPE	STATUS	GAME SHEET	YELLOW CARDS	SUSPENSIONS
Sun, Jan 5th	2:15 pm		1 - 6	TRSA (Home)	Edmonton Soccer Centre East, 7	Map	Regular	Incomplete	Download		
Sun, Jan 12th	11:30 am	TRSA (Home)		TRSA (Away)	Edmonton Soccer Centre South Crossdown, 12	Map	Regular	Scheduled	Download		
Sun, Jan 19th	1:45 pm	TRSA (Home)			Edmonton Soccer Centre West Maxwell, 2	Map	Regular	Scheduled	Download		
Sun, Jan 26th	2:30 pm			TRSA (Home)	Edmonton Soccer Centre South Crossdown, 12	Map	Regular	Scheduled			

Prior to the season commencing, a team official who is on the roster must log into the EMSA Portal and enter all their player's jersey numbers into the system. This only must be done once at the start of the season, not for every game. You can go back in and edit as necessary if player's jersey numbers change or if you add a new player.



Referees/Referee Payment

Referees are assigned by SWEMSA

HOME team is responsible to pay referee

- Method of payment – contact your community coordinator

Referees are paid if they show up to your game

- Exception is when the City closes the fields

Always show up to the field if the fields are open

- It is the discretion of the referee if the game is called off due to safety/weather

Referee No-Show

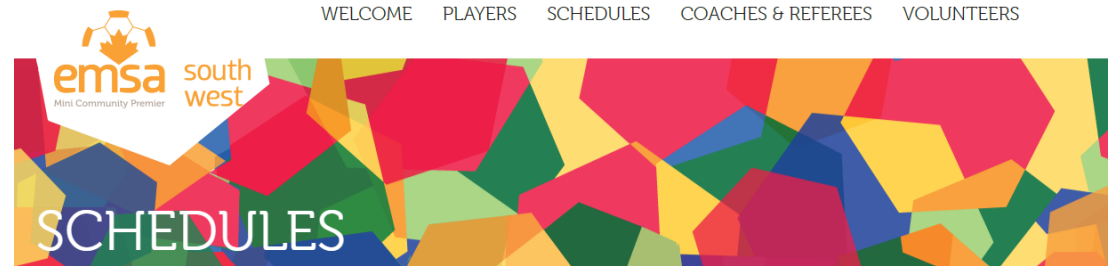
- Both teams can decide to proceed with the game and the score stands (a referee designate from each team referees a half) OR
- Teams follow reschedule procedure (no scrimmaging allowed otherwise it is considered a game and the score stands)



Schedules

- Tentative season start: May 1
- Schedules released by Friday April 26 by 5 pm
- U9 and U11 schedules posted on SWEMSA website
- **Games played Monday and Wednesdays**
- Schedules will not be entered into TeamSnap – it is the responsibility of each team to enter their own.

U9 games: 2 x 30 min halves
U11 games: 2 x 35 min halves



SCHEDULES

CURRENT SCHEDULE

SCHEDULES

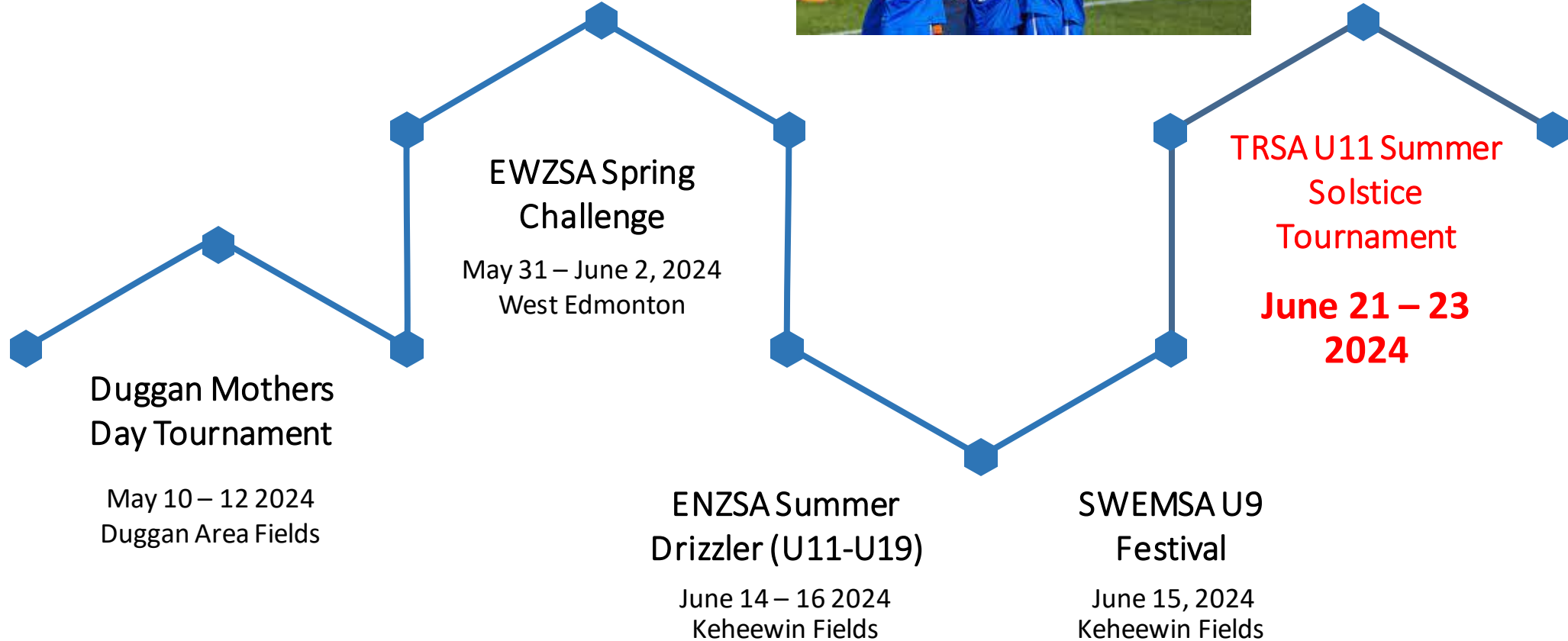
U4 – U7: schedules are created by your community or the SWEMSA Zone office. Rain-Out games will not be rescheduled.

U9 – U11: schedules are created by EMSA South West (SWEMSA).

U13 – U19: schedules are created by EMSA Main & will be available on their web site when available. (target date April 25).



Tournaments



Team Snap



- Make sure to create a Team Snap account either on their website or through your respective app store.
- Main source of communication between you and your team players, parents, and guardians.
- Schedules will not be entered into TeamSnap – responsibility of each team to do so themselves.
- You and your team will be invited to your team’s room once teams are created and have been released.

www.teamsnap.com



Post-season Play at City Finals

- July 1-7, 2024
- Post-season commitment form due May 24, 2024
zone.administrator@swemsa.org



- COACHES & REFEREES
- INFORMATION
- COACHES' CORNER
 - INJURY, CONCUSSION, AND SAFETY RESOURCES
 - COACHES' KIT
 - COACH TRAINING
 - FIELD & GYM INFORMATION
 - TEAM OFFICIAL CARD INFORMATION
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- REFS' CORNER

COACHES' KIT

GENERAL INFORMATION

Forms, Instructions & Policies

- [U9 Game sheet instructions](#)
- [U11 Game sheet instructions](#)
- [U9 and U11 Referee no show procedure](#)
- [U9 and U11 Reschedule procedure](#)
- [U11 Post season play commitment form – Due May 24, 2024](#)
- [How to download game sheets from the portal](#)
 - [How_To_Enter_Jersey_#_Print_Game_Sheets](#)
- [How To Score Games In The EMSA Portal](#)
- [Electronic Game Sheets](#)
- [Blank game sheets](#) (print and keep a few in your kit in case there are issues printing the electronic version)
- [EMSA ID Cards information](#)
- [How to download EMSA ID cards](#)

Concussion & Injury Protocols/Forms can be found on our [Injuries and Concussion](#) page.

Weather and Air Quality Guidelines can be found under Safety Resources on our [Safety Resources](#) page.



2023 Outdoor Post Season Play Commitment For: All U11 Community Teams

Community Name:	Click or tap here to enter text.
Age Group, Gender, Tier:	Click or tap here to enter text.
Head Coach Name:	Click or tap here to enter text.

SWEMSA teams are required to make a commitment that if they qualify for a post-season play spot they will fulfill their obligation by attending the post season competition they have qualified for. Teams who commit (via this letter) and qualify for a post season competition spot who then withdraw from it, will be assessed an administration fee by EMSA (fees can range from \$500.00 upwards of \$2,000.00 – pending on withdraw date). In addition, that particular team will not be permitted to advance to any post season play for the next two seasons (one indoor season and one outdoor season and the coach suspended for the same period of time).

This form must be submitted to the SWEMSA office by no later than **May 26, 2023.**

CITY FINALS COMMITMENT (July 3-9, 2023)

Check off one box:-

- YES – Our team declares that we will attend City Finals if we qualify
- NO – Our team has chosen NOT to advance to City Finals if we qualify

Head Coach or Manager E Signature: [Click or tap here to enter text.](#)


Send forms via email to Zone.Administrator@swemsa.org

Policies

Rule of 2 - Keeps both team officials and players safe. Coaches are never to be alone with a player.

RULE OF TWO

The goal of the **Rule of Two** is to ensure all interactions and communications are open, observable and justifiable. Its purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring more than one adult is present. There may be exceptions for emergency situations.



GOOD RULE OF TWO IMPLEMENTATION PRACTICES

- The coach is never alone and out of sight with a participant without another screened coach or screened adult (parent or volunteer) present.
- Allow training environment to be open to observation.
- Ensure a participant rides in a coach's vehicle with another adult present.
- Consider the gender of the participant(s) when selecting the screened coaches and volunteers who are present.
- Eliminate one-to-one electronic messaging. Ensure that all communications are sent to the group and/or include parents.

Learn more: coach.ca/responsiblecoaching



Coaches Code of Conduct

EMSA South West's Code of Conduct is to establish a clear set of guidelines for coaches, players and parents/guardians. The primary goal is to help ensure that soccer is a fun, positive and enjoyable experience.

Our Code of Conduct is based on the concept of fair play, defined by four basic principles:

1. Respect for the rules
2. Respect for the referees and their decisions
3. Respect for all participants, including team-mates, coaches and opponents
4. Maintaining self-control at all times

It is important that all participants understand and follow this Code of Conduct when participating in league activity. Please keep this Code of Conduct handy. It is to be followed at all times, by all.

Coach/Assistant Coach/Manager Code of Conduct

- 1) At all times I will show respect for my players, the coaching team, referees, parents, and opposing players/coaches.
- 2) I will work in cooperation with referees for the benefit of the game.
- 3) I will remember that players play to have fun and must be encouraged to have confidence in themselves.
- 4) I will remember that participants need a coach they can respect. I will use positive reinforcement and set a good example.
- 5) I will ensure that all players receive equal instruction and support.
- 6) **Players on recreational teams should receive equal playing time.**
- 7) I will be on time and prepared for games and practices.
- 8) I will teach my players to play fairly and to respect the rules, referees and our opponents.
- 9) I will be selective in the amount of instructions I give players during the game.
- 10) I will make sure that equipment and facilities are safe and match the players' ages and abilities.
- 11) I will be reasonable when re-scheduling games and practices, remembering that the players and their families have other obligations.
- 12) I will inform parents/guardians of any injuries their son/daughter may have suffered.

Injury Report Forms

- ANY injuries that remove a player from playing needs to fill out a form and notify the SWEMSA office.
- Email Injury Report form to Zone.Administrator@swemsa.org.



WELCOME PLAYERS SCHEDULES COACHES & REFEREES VOLUNTEERS

COACHES & REFEREES

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FORMS AND RESOURCES

[EMSA Transfer/Release Form](#)

[EMSA Trialist Form](#)

[ASA Misconduct Report Form](#)

[SWEMSA Injury Report Form](#)

[SWEMSA_Complaint_Form](#)

[Vita Oxide Information](#)

[NuGenTec NuRinse Information](#)

emsa south west Mini Community Premier **Injury Incident Report**

Player's Name & No: _____ DOB: (d)____/(m)____/(y)____
 Team Name: _____ Age Group & Gender: _____
 Coach's Name: _____ Person monitoring child at scene: _____
 Referee(s): _____ Opposing Team: _____
Date of Incident: ____ (d) ____ (m) ____ (yr) Time: _____ / **Circle:** Indoor/Outdoor; Blow to head / If Body where _____
Describe Injury: _____ / **Circle:** Game/ Practice/ Other _____
Describe how it happened: _____

At the scene of the incident

Step 1: Determine if this is a medical emergency

a) Follow basic first aid: • Danger • Response • Airway • Breathing • Circulation

b) **CALL 911 if the child shows any of these Red Flag Symptoms at any time.**

RED FLAG SYMPTOMS		
You see: ___ Repeated vomiting ___ Seizure or convulsion ___ Deteriorating or loss of consciousness	The child complains of: ___ Neck pain ___ Double vision ___ Weakness or tingling/burning in the arms or legs ___ Severe or increasing headache	The child is showing: ___ Unusual behavior ___ Increasing confusion or irritability

c) **If there is serious injury OR any of the Red Flags:**

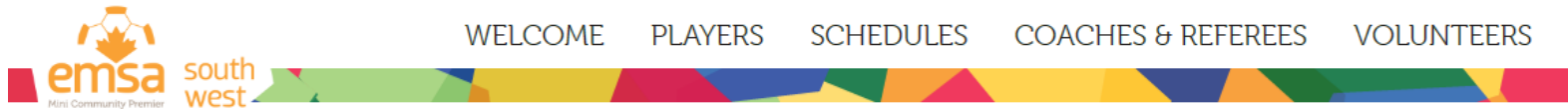
- Call 911
- Do not move the child
- Stay with the injured child and monitor them until Emergency Services arrives

Step 2: Remove the child from play or activity
 If the injury is NOT an emergency, remove the child from play and do not let them return to play that day. The child needs to be seen by a doctor as soon as possible. While the child is waiting to be taken to a doctor follow instructions in Step 3.



How to Report Concerns to Discipline Committee

- Fill out the complaint form.
- Email to Zone.Administrator@swemsa.org.
- Complaint will be brought to discipline committee if needed.



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[SWEMSA_Complaint_Form](#)

[Vita Oxide Information](#)

[NuGenTec NuRinse Information](#)



WHY DO WE COACH & HOW DO WE BENEFIT?



- ⚽ Love coaching
- ⚽ Spend more time with your child
- ⚽ Instill a passion for sports
- ⚽ Learn new skills
- ⚽ Exercise
- ⚽ Pride & accomplishment
- ⚽ Expand your social network
- ⚽ Have fun

WHY ARE THE KIDS HERE?



WHY DO CHILDREN PLAY SPORT?

 TO RELEASE STRESS	 TO MAKE FRIENDS	 FOR CHALLENGE
 TO DEVELOP SKILLS	 TO LEARN NEW SKILLS	 FOR ACHIEVEMENT
 TO HAVE FUN	 TO EXERCISE	 TEAM SPIRIT



I Like Being on a Team
I Want to be with Friends
I Like the Team Spirit
I Want to Improve My Skills
Kondric, 2013

Fun
Enjoyment
Whitehead & Biddle, 2008

Fun and Challenge
Excitement of Competing
Opportunities to Test Their Skills
Murcia et al., 2010

Sense of Belonging
Social Bonds
Make Friends
Allen, 2003

WHY DO KIDS STOP COMING?



WHY DO CHILDREN QUIT SPORT?

- IT'S NOT FUN ANYMORE
- THEY DON'T PLAY ENOUGH
- PRESSURE TO PERFORM
- THEY HAVE LOST OWNERSHIP OF THE EXPERIENCE
- IT'S TOO COMPETITIVE
- TOO MUCH EMPHASIS ON WINNING
- NO LONGER INTERESTED IN THE SPORT

WHY DO CHILDREN QUIT SPORT?

 It's not fun anymore

 Pressure to perform

 Not enough playing time

 It's too competitive

 Too much emphasis on winning

 Afraid to make mistakes

 Not interested in the sport

 Perceived lack of competence

9 REASONS WHY KIDS QUIT SPORT

@BelievePHQ



It's not fun anymore



Pressure to Perform



They are afraid to make mistakes



It's too competitive



Too much emphasis on winning



Not enough playing time



No longer interested in the sport



They have lost ownership of the experience

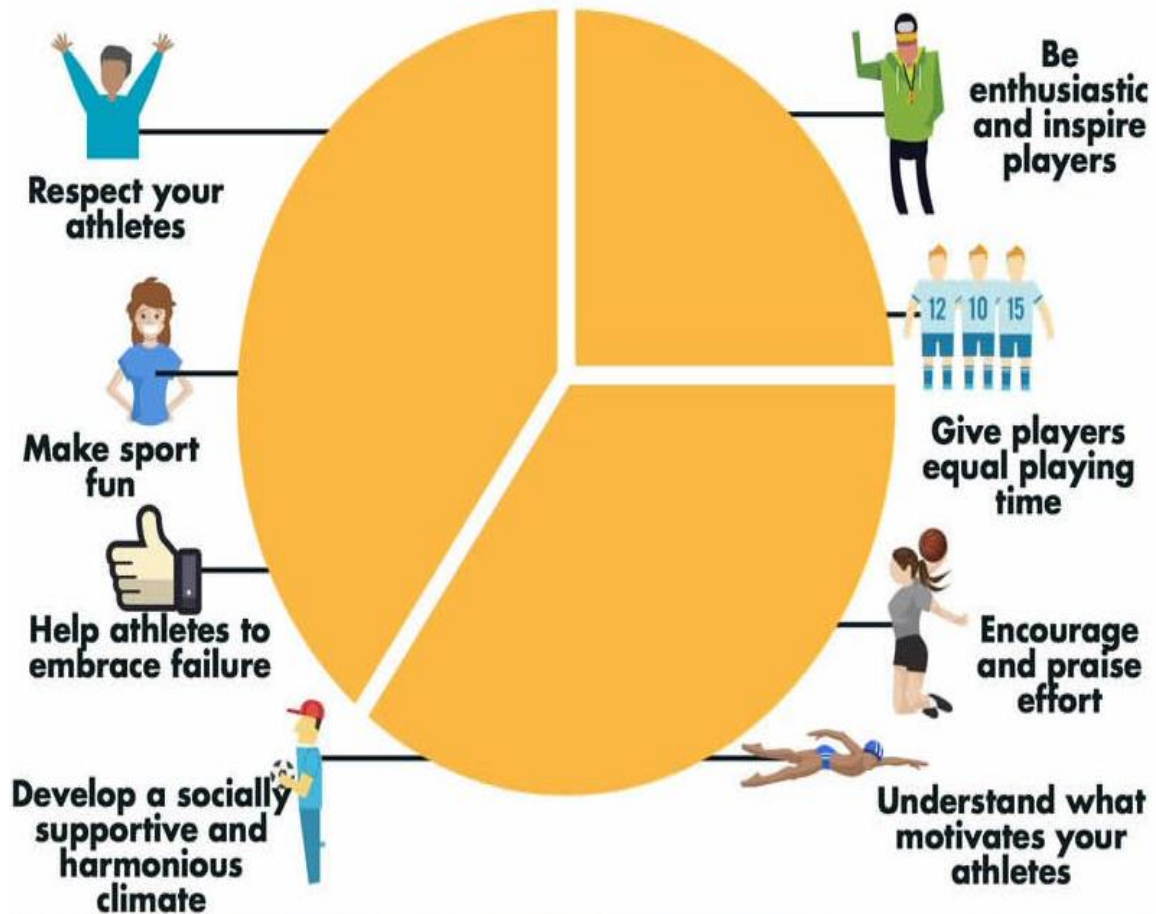


Pressure from parents and coach

WHAT CAN WE DO?



HOW TO PREVENT DROPOUT IN YOUTH SPORT



40 THINGS CHILDREN WANT TO HEAR FROM THEIR COACHES

@BELIEVEPHQ

- | | | | | |
|---------------------|------------------------------------|----------------------------|-------------------------|-----------------------|
| I'M PROUD OF YOU | GREAT JOB | GOOD WORK | DON'T GIVE UP | FANTASTIC |
| I BELIEVE IN YOU | KEEP IT UP | YOU IMPRESSED ME | YOU CAN DO IT | TRY YOUR BEST |
| EXCELLENT | EXCEPTIONAL | INSPIRE YOUR TEAM | YOU SHOULD BE PROUD | SUPPORT EACH OTHER |
| THAT WAS INCREDIBLE | THAT WAS INSPIRING | YOU WORKED SO HARD TODAY | YOU MADE THE TEAM PROUD | DO YOUR BEST |
| THANK YOU | GREAT IDEA | WELL DONE | BELIEVE IN YOURSELF | BE CREATIVE |
| TAKE RISKS | DON'T WORRY ABOUT MAKING A MISTAKE | YOU WILL MAKE A DIFFERENCE | BRILLIANT | EMBRACE CHALLENGE |
| GREAT THINKING | BE UNIQUE | I WILL HELP YOU | HELP EACH OTHER | YOU WERE OUTSTANDING |
| BE YOURSELF | KEEP GROWING | I LIKE HOW YOU DID THAT | THAT WAS GREAT TO WATCH | KEEP UP THE GOOD WORK |

EXPECTATIONS OF A TRSA COACH



⚽ MAKE THE GAME FUN!

⚽ BE A ROLE MODEL. ENCOURAGE FAIR PLAY AND SPORTSMANSHIP

⚽ DELEGATE RESPONSIBILITIES TO PARENTS!

- TEAM MANAGER
- REFEREE LIAISON
- EQUIPMENT MANAGER (S)
- COMMUNICATIONS MANAGER
- PHOTOGRAPHER
- TIMEKEEPER

⚽ BE ORGANIZED & PLAN YOUR SESSIONS IN ADVANCE

⚽ COMMUNICATE FREQUENTLY

⚽ HAVE FUN



Number of Players

- Minimum 6 to start a game
- Substitutions may be made at any stoppage, with the referee's permission

Equipment

- Size 4 ball, jersey, shorts (*weather exception*), socks, shin guards, footwear
- Jewellery is not permitted and cannot be taped; medic alert exception
- Hair apparel must be of soft fabric, no plastic or metal
- Referees have final say on safety of equipment

Game Duration

- Two equal periods of 35 minutes
- Half time interval of 5 to 10 minutes
- https://www.trsa.ca/_files/ugd/e44481_e6d1b81dcb57497497fb61ff51627c76.pdf

Note about the Rules

EMSA U9 and U11 rules are modified Alberta U9 and U11 rules

Most notable is the Retreat Line

- EMSA rules state 1/3 (one-third).

Some Referees were trained to the Alberta Soccer Rules

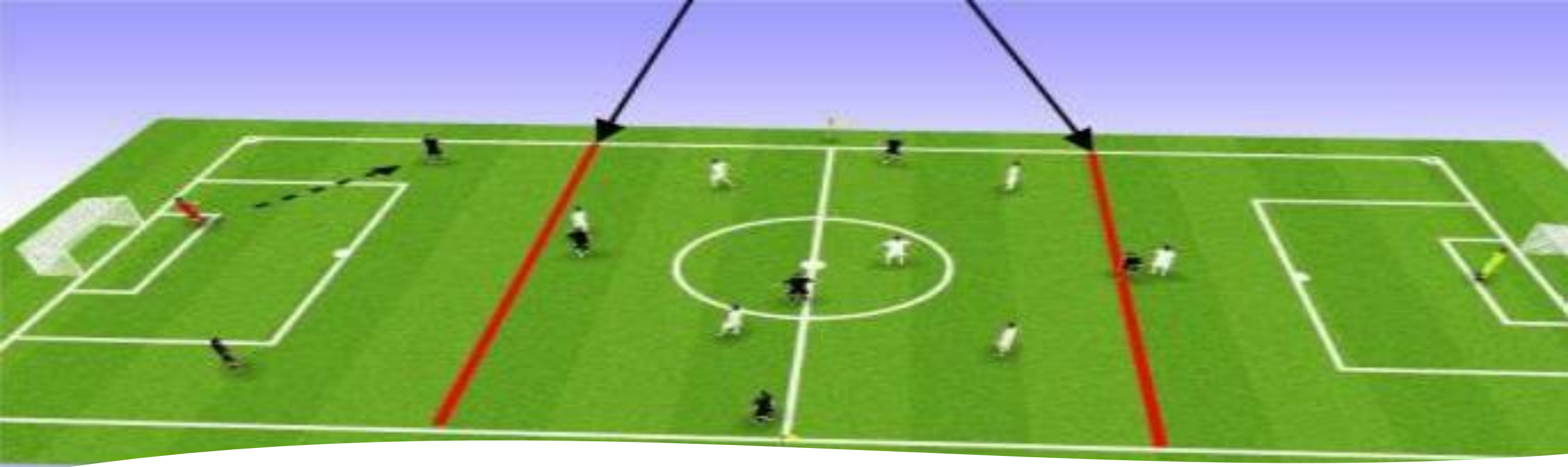
- Retreat line at the half.
- Please talk with the referee before starting to game to ensure they are aware of this change.
- Coaches need to be familiar with the rules.

EMSA rules state 2 equal periods of 35 minutes with 5 or 10 minutes halftime

Respect the Referees

Most are Young Adults Trying Their Best





EMSA Retreat Line

The Retreat Line will come into effect in the following 3 situations:

- a goal kick
- a free kick to the defending team within their own penalty area
- the goalkeeper makes a save and has possession of the ball in their hands



Offside

- Modified offside rule---Retreat line 1/3 of the field instead of center field

Throw Ins

- Use both hands and deliver the ball from behind and over the head
- Feet remain touching the ground

Corner kicks—Goal can be scored

Penalty Kicks--Goal can be scored

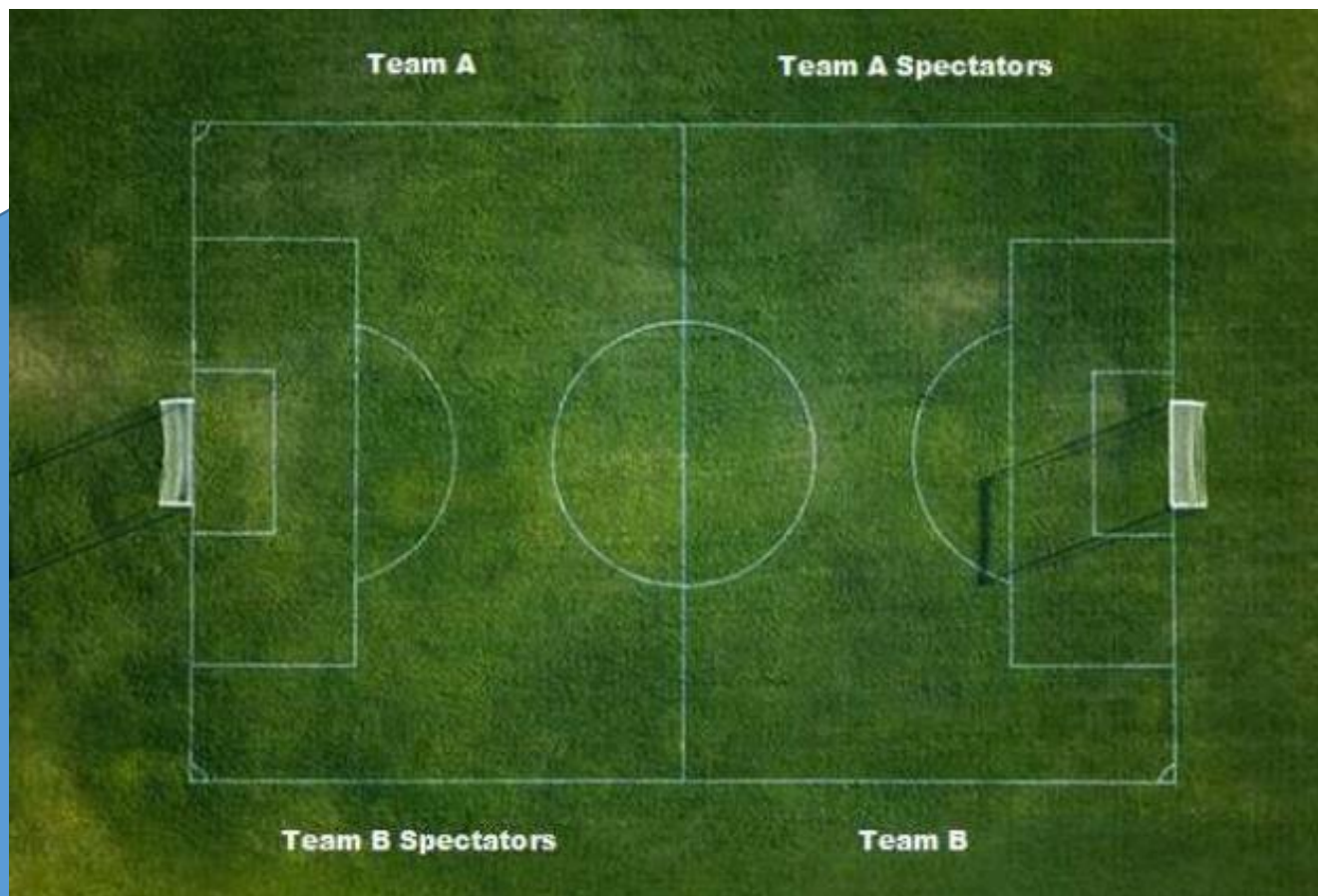
Direct kicks--Goal can be scored

Indirect Kicks—Goal can not be scored

SIDELINE PLACEMENTS FOR TEAMS AND SPECTATORS



U11 Field



Home team decides the side **their team and parents will be on**

Visiting team must go to other side

Players/officials on one side of centre, parents/spectators opposite

Try to mark off (with cones) a technical area on either side of the center flag

Coaches are not permitted to run along the sideline

Place center flag 3 feet off the sideline

AGE SPECIFIC DO'S & DON'TS



DO:

- ⚽ Ensure equal playing time during games!
- ⚽ Hold one practice per week
- ⚽ Assign positions, (incl. rotating goalies from game to game)
- ⚽ Reach out to the board should you have any questions or have any suggestions

DON'T:

- ⚽ Harass referees, (we have referees at this level to expose kids to on-field officials and to develop younger referees), inappropriate behavior at this age will not be tolerated.

U11 PROGRAM FORMAT



Most U11 players have played soccer previously. They will enjoy to demonstrate physical strength and their improved coordination. They seek approval from adults and peers and are equally sensitive to criticism or embarrassment from each of these. They will also begin to demonstrate the capability to problem solve during play.

The U9 format is designed to overcome and/or exploit some of these traits to create a positive fun environment where each child can experience their own success.

Typical Weekly 60-min Practice:

- ⚽ 15 min – BALL MANIPULATION – Focus on developing comfort with the ball
- ⚽ 10 min – ABCs – Ability, Balance, Coordination. Focus on physical literacy and fundamental movement.
- ⚽ 20 min – FUN DRILL – Small games that create a fun environment where success can be achieved
- ⚽ 15 min – GAME TIME – Intrasquad game to work through game situations

U9 FIELD CONFIGURATION



ON-FIELD DRILLS



BALL MANIPULATION (0-15 minutes)



1. Minutes 0-15 Ball Manipulation ~ *Developing comfort with a ball*

A great way to activate the players at the start of a session. Provides the opportunity for each player to work one on one with a ball, developing their comfort, confidence and technique. Arrange all players in a 20*20 yard grid, each with their own ball. Activities will include using all the different surfaces of the feet on the ball, kicking and catching the ball, dropping and kicking the ball, bouncing and kicking the ball etc. More about ball manipulation on page 4.



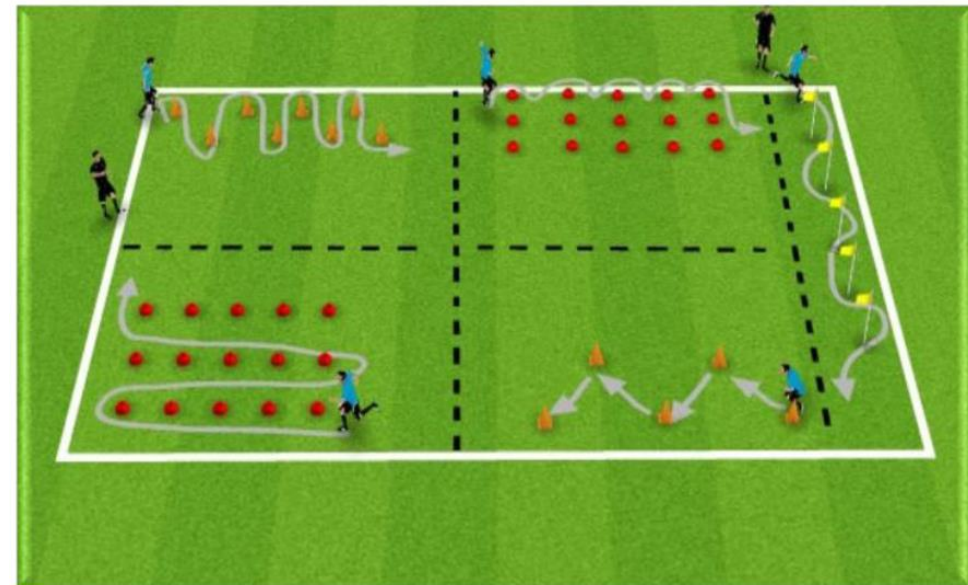
- ⚽ Tapping the ball with the soles of the feet
- ⚽ Jumping over the ball
- ⚽ Running with the ball
- ⚽ Dribble with the laces: slow down and push the ball lightly-left, right and alternate
- ⚽ Kick, bounce, kick
- ⚽ Sole drag backs: hopping between feet, move backwards, dragging the ball back, alternating between the sole of the shoes
- ⚽ Changing direction with the ball.
- ⚽ Change the tempo- slow to fast and fast to slow.
- ⚽ Bouncing the ball
- ⚽ Throwing the ball and catching it
- ⚽ Dropping the ball to your feet
- ⚽ Dropping the ball to your thighs
- ⚽ Push the ball from side to side, right to left and back again
- ⚽ Toe taps: hopping from one foot to the other, tapping the ball with the opposite foot each time
- ⚽ Sole push: pushing the ball forward with the sole of the shoes
- ⚽

2. Minutes 15-25 ABC's ~ *Developing fundamental movement skills*



The second portion of your session should be spent working to develop agility, balance and coordination as well as the fundamental movement skills needed to excel in the game of soccer. This includes activities focused on running, jumping, twisting, turning, dodging, hopping etc. It will be done forwards, backwards, sideways and back again! Activities can include working with a ball or without. Additional information as well as activities to try, see page 5.

- ⚽ Running forward in a figure 8
- ⚽ Hop through on both feet
- ⚽ Side step in figure 8
- ⚽ Crab crawl
- ⚽ Monkey walk
- ⚽ Running backward in a figure 8
- ⚽ Hop through on right foot only, left foot only
- ⚽ Jump side to side
- ⚽ Jump directly over



3. Minutes 25-45 FUN GAME ~ *Creating a positive environment where success can be achieved!*

The fun games in this guide will provide the players an opportunity to develop comfort with the ball and their fundamental movement skills, in a fun, positive environment! Gives you the opportunity run along side and have fun with your team! Learning comes with play. Let the game be the teacher! See pages 6-21.

Remember! *The games outlined in this guide are suggestions. You know your players. If they need a little more time developing a particular skill, don't be afraid to come back and try a fun game again, at a different session! Most important is you and your team are having FUN!*



Techniques to be developed:

- Dribbling
- Passing
- Receiving
- Shooting
- Goalkeeping

Tactics to be developed:

- Transition
- Splitting
- Spatial Awareness
- Risk Taking/ No Fear of Failure
- Directional Possession
- Team Shape/Connection

GAME TIMES (45-60 minutes)



4. Minutes 45-60 GAME TIME~ *Apply the theme of your session in the game! Use the “coaching over” technique rather than the stopping the game.*

Divide your team and have them play against each other. This is an opportunity for you to see what they have taken from the practice and help coax them to utilize it. Don't stop the game to provide direction, just coach the theme of your practice. A good time to educate on rules of the game. *See page 19 for more information on game time.

Throw-ins: Balls played out of bounds will be awarded to the opposite team for a throw in.

😊 *Both feet behind the sideline. Part of each foot must be touching the ground as the ball is thrown. Players must make a distinctive throwing motion, delivering the ball from behind their head. Do not be overly concerned with players following proper technique.*



Corner Kick: Balls played out past the end line, by the defending team, will be awarded to the opposite team for a corner kick.

Goal kick: Balls played out past the end line, by the attacking team, go to the goal keeper for a goal kick.

😊 *A Goal keeper may kick the ball from anywhere in the goal area. Players should all retreat to center line.*

FIRST STEPS



- ⚽ Contact your assistant coach immediately.
- ⚽ If assigned a team manager contact immediately as well.
- ⚽ Contact parents via email as soon as you have your team lists. They will be anxious to hear about their child's season. Ask for a reply- Any that do not respond should be contacted by phone to ensure the email is correct in the TRSA database.
- ⚽ Be sure to BCC all parents until you have agreed consent on sharing.

INITIAL TEAM MEETING



- ⚽ Prior to the start of the season, even just before the first game.
- ⚽ Deliver team jerseys.
- ⚽ Discuss your goals and expectations for the season.
- ⚽ Discuss/delegate important roles parents can take on during the season.
 - Someone to help set up equipment.
 - Time keepers for games.
 - Parents can each sign up for a snack day/you or your team manager can assign each family a designated day.
- ⚽ Introduce teammates! Choose your team name! Run a few fun games.



Practices

- ⚽ It is recommended you have 1 practice each week along with your 2 scheduled game days.
- ⚽ You schedule your own practices. Pick a day that works best for your team.
- ⚽ You may use any field not in use by another team.
- ⚽ It is not necessary to book fields for practices.

POLICE INFORMATION CHECK



- ⚽ All new coaches, assistant coaches and managers new to our program, and then every second year thereafter, **MUST fill in a Police Information Check form.**
- ⚽ If you filled in a form in the last year, it will still be valid.

RAINOUT/FIELD CLOSURES



- ⚽ Games are ON unless fields are closed by the City of Edmonton.
- ⚽ Field closure information is found:
 - Online @ <http://coewebapps.edmonton.ca/facilitynotifications/default.aspx?args=2>
 - By phoning 780-496-4999
- ⚽ Information updated @ 4pm.
- ⚽ Please use your judgment, if you arrive there is lightning or fields are unsafe games should be canceled.