

COACH KICK-OFF

2024 Outdoor Season

U7 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/Terwillegar and Greater Windermere 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.



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.com0/>

MISSION – CORE VALUES



MISSION

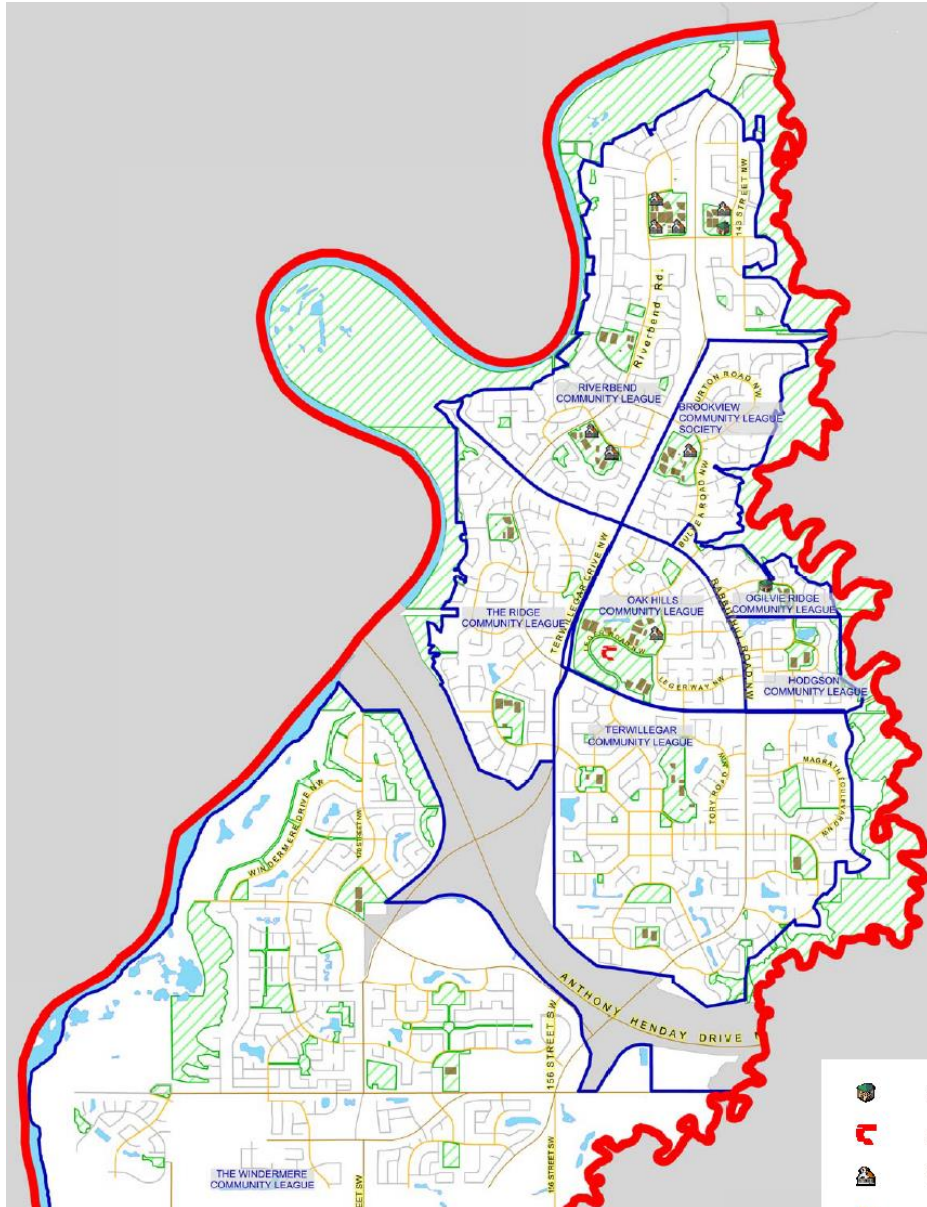
To support & develop an inclusive soccer program that enhances community and promotes an active lifestyle



CORE VALUES

Teamwork
Relationships
Sportsmanship
Active

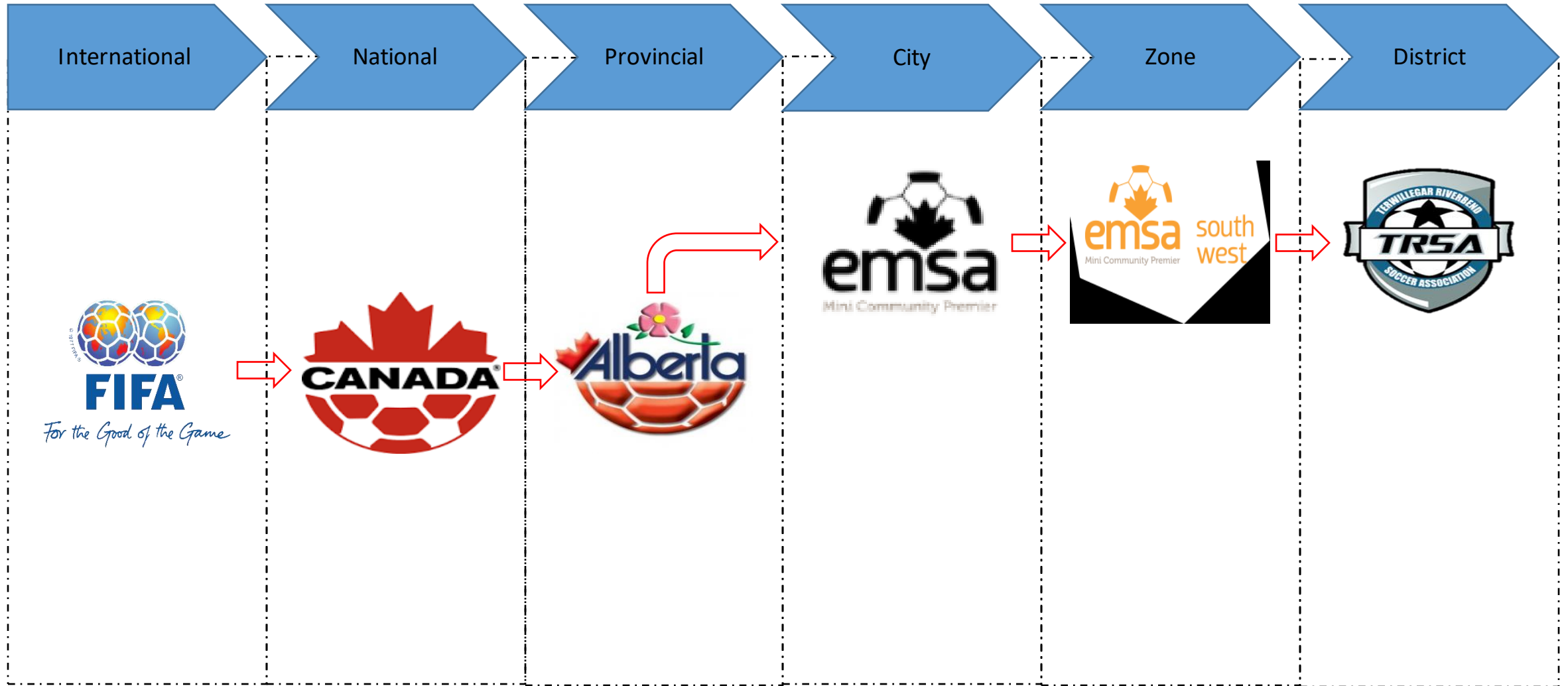
THE TRSA ADVANTAGE



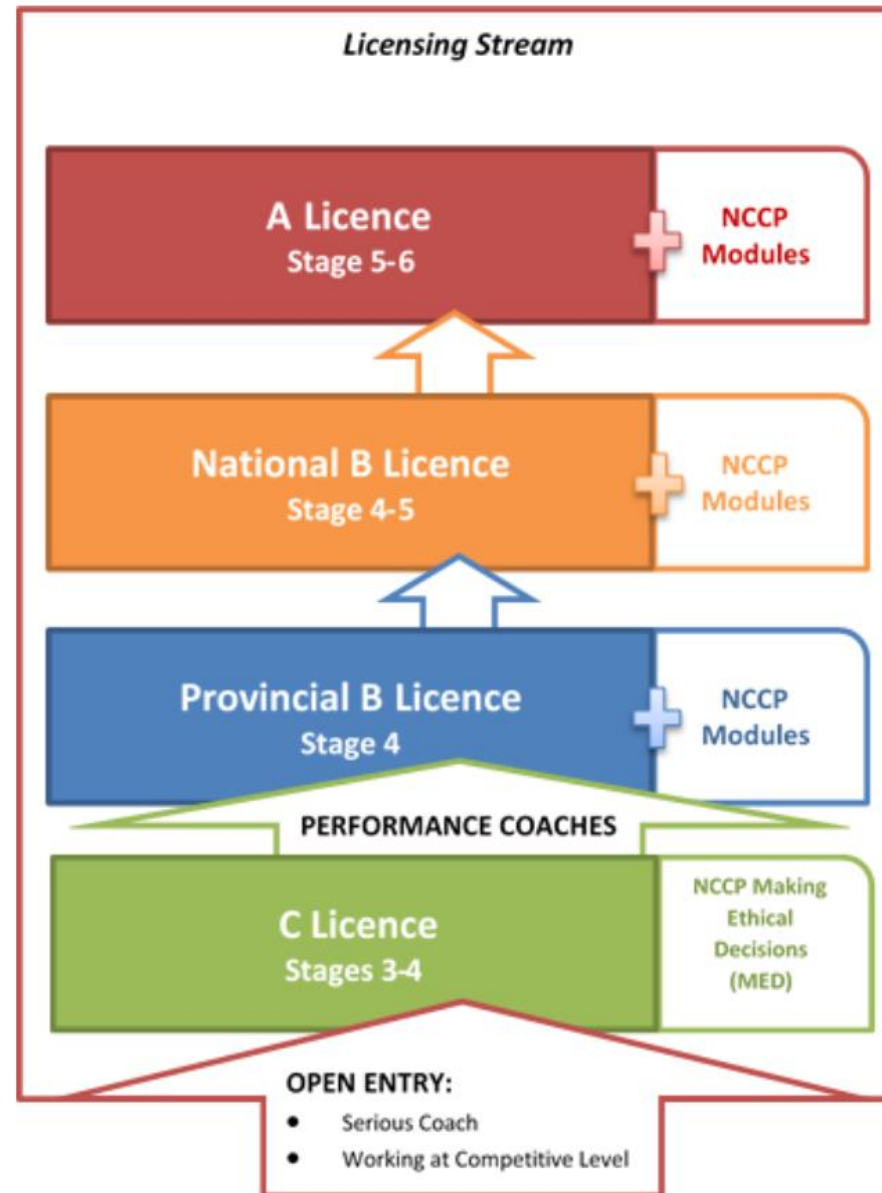
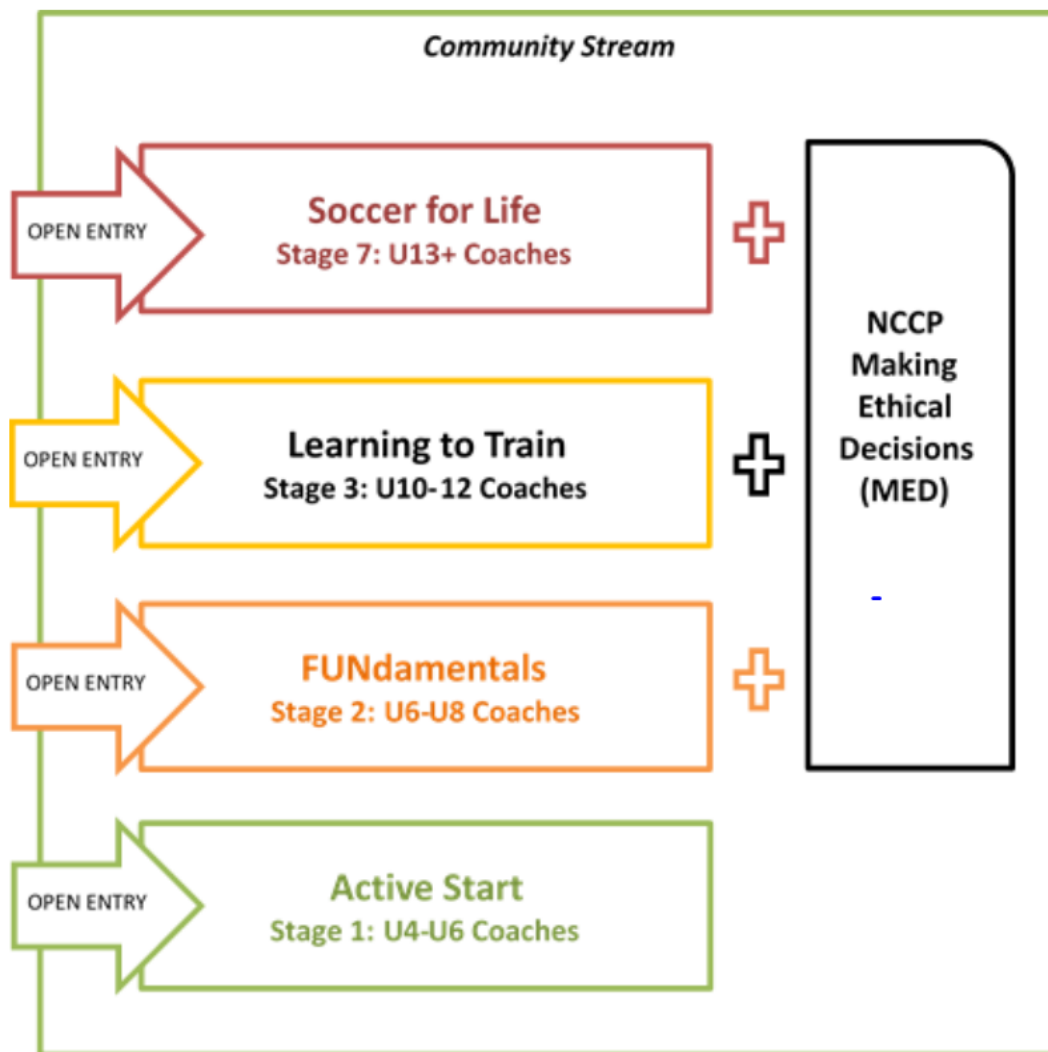
8 COMMUNITY LEAGUES

- 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/>

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

BENEFITS TO SMALL-SIDED GAMES?



- ⚽ Allows for a higher level of technical development because young players touch the ball more often
- ⚽ Allows young players to develop tactically as they make more frequent, and less complicated, decisions during the game
- ⚽ Young players tend to be more physically efficient in a reduced field space
- ⚽ More teaching time for coaches and players with fewer players on the field
- ⚽ More playing time leads to more engagement
- ⚽ More opportunities to score goals!

U7 60 MINUTE SESSION FORMAT



U7 players:

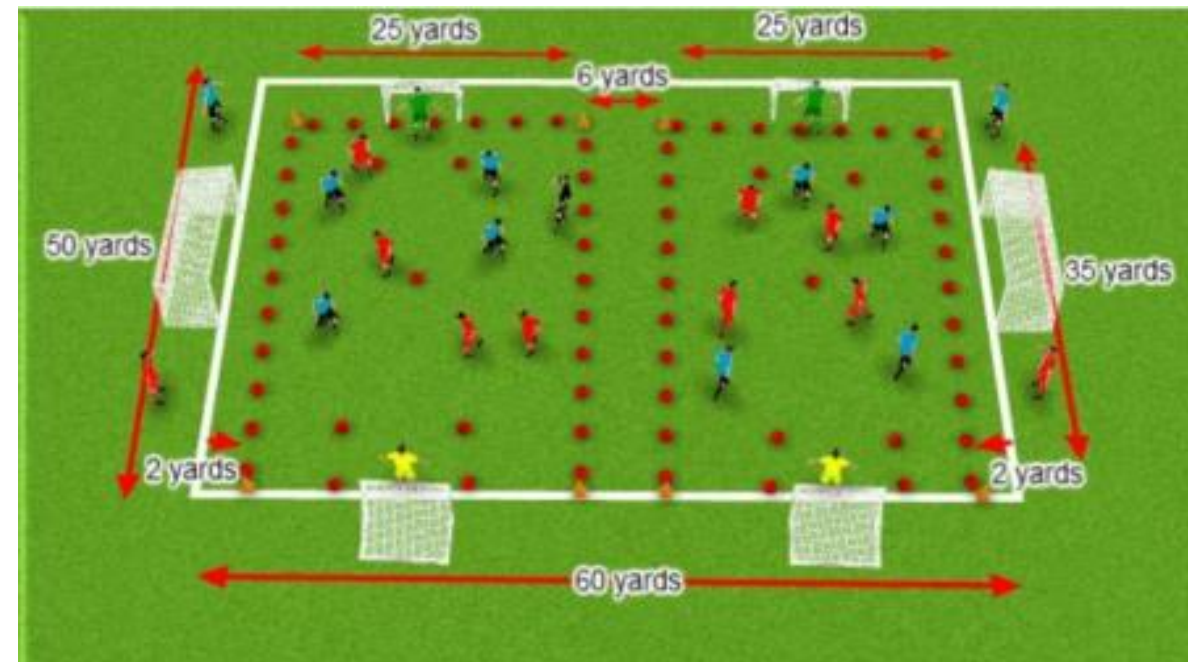
- ⚽ are impatient and have short attention spans
- ⚽ are just beginning to understand teamwork
- ⚽ enjoy repeating familiar activities
- ⚽ aim to please and be praised
- ⚽ are sensitive to criticism

The U7 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.

U7 FIELD CONFIGURATION

Typical Weekly 60-min Session:

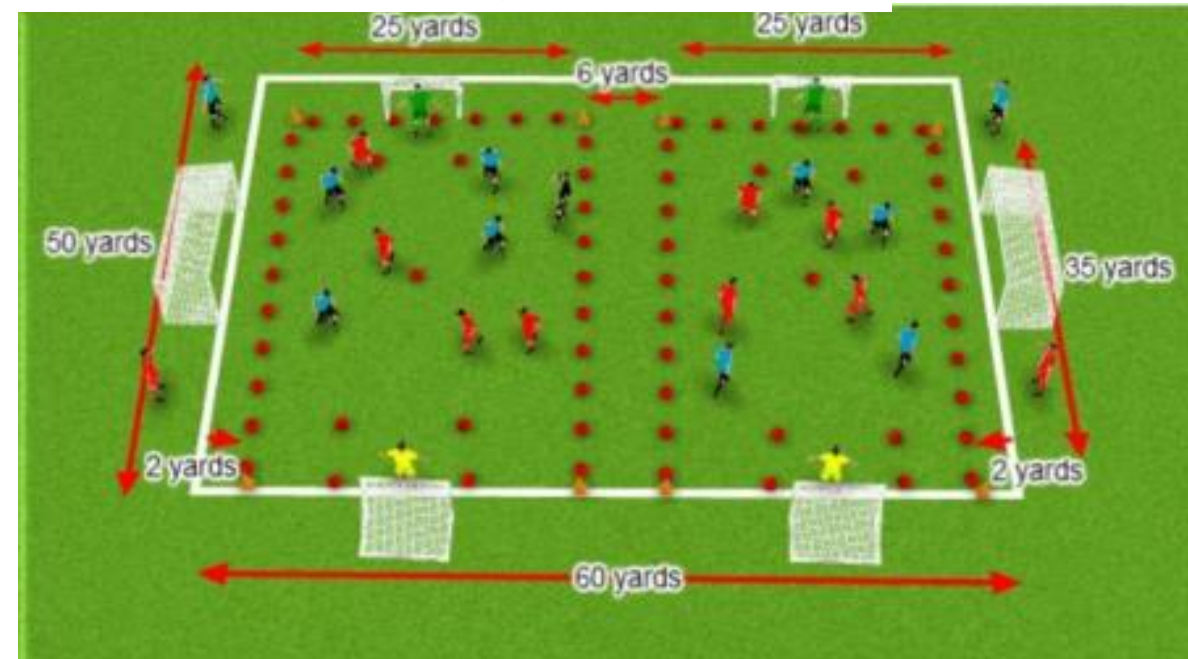
- ⚽ 0-10 min – BALL MANIPULATION – Focus on developing comfort with the ball
- ⚽ 10-20 min – ABCs – Ability, Balance, Coordination. Focus on physical literacy and fundamental movement.
- ⚽ 20-30 min – FUN DRILL – Small games that create a fun environment where success can be achieved
- ⚽ 30-60 min – GAME TIME – Split-Squad game against the neighbouring team
- ⚽ Snack Time!



LAW I – THE FIELD:

A. DIMENSIONS:

- THE FIELD OF PLAY SHALL BE RECTANGULAR.
- THE PLAYING AREA SHOULD BE 30 METERS BY 36 METERS
- (OR IF THERE ARE MINI FIELDS, USE WHAT YOU HAVE, THE DIMENSIONS WILL BE CLOSE. ALSO, MANY GAMES WILL BE PLAYED WITHIN OR ACROSS STANDARD FIELDS)





LAW I – THE FIELD:

B. MARKINGS:

1. DISTINCTIVE LINES ARE NECESSARY, SIDELINES AND END-LINES.
2. A HALFWAY LINE CAN BE MARKED OUT ACROSS THE FIELD OR OTHERWISE INDICATED.
3. MARKS THAT SHOULD APPEAR ON THE FIELD OF PLAY:
 - a. A CENTER CIRCLE
 - b. A GOAL HALF CIRCLE OR RECTANGLE FOR THE GOAL CREASE.
 - c. A HALF WAY MARKER.



LAW I – THE FIELD:

C. GOALS:

1. GOAL SIZE SHOULD BE 5 FEET TALL BY 8 TO 10 FEET WIDE. OR CONES, FLAGS OR POSTS
2. GOAL MOUTH SHOULD BE 15 FEET FROM THE CENTER OF THE GOAL, AND MADE INTO A HALF CIRCLE SURROUNDING THE NET. (OR ACTUAL FIELD DIMENSIONS WHEREVER POSSIBLE). ALSO A RECTANGLE MAY BE USED. 15 FEET OUT AND 10 FEET FROM EACH GOAL POST.
3. THE NET CAN BE MADE OF CONES, FLAGS OR PORTABLE NETS. AS LONG AS THEY ARE THE SAME FOR BOTH SIDES.
4. THE CENTER LINE SHOULD HAVE A CIRCLE 15 FT IN DIAMETER.

MODIFIED EMSA LAWS FOR (U7)



Law II- The Ball:

Size 3 ball should be used in practice and games

LAW III- NUMBER OF PLAYERS:

- A.** NUMBER OF PLAYERS ON THE FIELD AT ANY TIME WILL BE 10. EACH TEAM WITH 4 PLAYERS AND 1 GOAL KEEPER.
- B.** MAX ROSTER SIZE IS 10 PLAYERS.
- C.** SUBSTITUTIONS: DURING ANY STOPPAGE OF PLAY AND AS MANY PLAYERS AS THE COACHES WANT.
- D.** PLAYING TIME: EACH PLAYER SHALL PLAY AN EQUAL AMOUNT OF THE TOTAL PLAYING TIME (WHENEVER POSSIBLE).
- E.** TEAMS AND GAMES MAY BE CO-ED (GIRLS CAN PLAY ON A BOYS TEAM)
- F.** GOALKEEPERS MUST WEAR COLOURS WHICH ARE DISTINGUISHABLE FROM THOSE OF OTHER PLAYERS. THE GOAL KEEPER MAY WEAR GLOVES AND TRACKSUIT TYPE PANTS IF DESIRED.
- G.** A PLAYER MUST NOT WEAR ANYTHING THAT IS DANGEROUS INCLUDING ANY KIND OF JEWELLERY.

MODIFIED EMSA LAWS FOR (U7)



LAW IV – PLAYERS EQUIPMENT:

- A.** FOOTWEAR: TENNIS SHOES OR SOFT-CLEATED SOCCER SHOES (USE COMMON SENSE).
- B.** SHIN-GUARDS- MANDATORY
- C.** JERSEY- SUPPLIED BY ORGANIZATION. TRY TO HAVE EVERYONE IN THE SAME UNIFORM INCLUDING SOCKS, AND SHORTS WHENEVER POSSIBLE
- D.** IN THE CASE WHERE BOTH TEAMS HAVE THE SAME JERSEYS, THE HOME TEAM WILL NEED TO CHANGE OR WEAR PINNIES.
- E.** RELIGIOUS APPAREL IS ALLOWED AS LONG AS IT DOES NOT POSE A DANGER TO THE PLAYER OR OTHERS AROUND THEM. (PLEASE USE COMMON SENSE AND CONTACT THE OFFICE IF YOU HAVE CONCERNS)
- F.** IN THE CASE OF POOR WEATHER PLAYERS MAY WEAR ATTIRE TO KEEP THEM FROM THE ELEMENTS AS LONG AS IT DOES NOT POSE A HARM TO THEM OR TO OTHER PLAYERS (SWEATS, LONG SWEATSHIRT)



LAW V- REFEREE

1 COACH FROM EACH TEAM WILL REFEREE/COACH THE TEAM FOR THE DURATION OF THE GAME.

LAW VI – LINESMEN: NO LINESMEN AT THIS LEVEL

LAW VII- DURATION OF GAME:

- A.** THE GAME WILL CONSIST OF TWO 30 MINUTE HALVES.
- B.** THERE SHALL BE A FIVE-MINUTE BREAK IN BETWEEN HALVES.



LAW VIII – THE START OF PLAY/SIDE OF FIELD:

- A.** PLAYERS AND PARENTS WILL BE ON THE SAME SIDE OF THE FIELD. THE OTHER TEAMS PARENTS AND PLAYERS WILL BE ON THE OPPOSITE SIDE OF THE FIELD. THE HOME TEAM WILL PICK WHICH SIDE THEY DESIRE.
- B.** THE START OF PLAY WILL BEGIN WITH THE AWAY TEAM TO FIRST KICK OFF. THE SECOND HALF WILL BEGIN WITH THE HOME TEAM KICKING OFF.
- C.** THE DEFENDING TEAM SHALL BE 15 FEET AWAY; OUTSIDE THE CENTER CIRCLE ON THEIR HALF.
- D.** THE BALL CAN BE PLAYED FORWARD OR BACK AND CAN ONLY BE TOUCHED ONCE BY THE PLAYER PUTTING IT INTO PLAY. ONCE ANOTHER PLAYER TOUCHES THE BALL THEN IT IS FAIR GAME. IF THE SAME PLAYER TOUCHES IT TWICE FROM THE KICKOFF THE KICKOFF IS RETAKEN.



LAW IX – BALL IN AND OUT OF PLAY:

- ANY BALL PLAYED OUT OF BOUNDS, SHALL BE AWARDED TO THE OPPOSITE TEAM THAT TOUCHED THE BALL LAST. A THROW IN WILL BE AWARDED.

LAW X – METHOD OF SCORING:

- A.** GOALS WILL BE AWARDED WHEN THE WHOLE OF THE BALL HAS CROSSED THE GOAL LINE BETWEEN THE GOAL POSTS (PYLONS, FLAGS, NO HIGHER THAN 6 FEET IF NO FULL NETS ARE USED).
- B.** GOALS CAN BE SCORED WITHIN THE PENALTY AREA
- C.** GOALS MAY NOT BE SCORED DIRECTLY OFF OF RESTARTS OR FREE KICKS

LAW XI – OFF-SIDE: THERE WILL BE NO OFF-SIDES.



Law XI – Off-Side:

There shall be no off-sides.

LAW XII – FOULS AND MISCONDUCT:

- KICKS OR ATTEMPTS TO KICK AN OPPONENT
- TRIPS OR ATTEMPTS TO TRIP AN OPPONENT
- CHARGES AN OPPONENT
- STRIKES OR ATTEMPTS TO STRIKE AN OPPONENT
- HOLDS AN OPPONENT
- PUSHES AN OPPONENT
- HANDLES THE BALL DELIBERATELY
- TACKLES AN OPPONENT BY MAKING CONTACT WITH THE OPPONENT

MODIFIED EMSA LAWS FOR (U7)



- A.** ALL FOULS WILL RESULT IN AN INDIRECT FREE KICK WITH THE OPPONENTS 18 FEET AWAY. WHEN THE INFRACTION IS COMMITTED BY THE DEFENDING TEAM INSIDE THEIR PENALTY AREA; FREE KICKS OR FOULS WITHIN THE PENALTY AREA SHALL BE AN INDIRECT FREE KICK TAKEN FROM A SPOT ON THE OUTSIDE OF THE PENALTY AREA DIRECTLY FROM THE MIDDLE OF THE NET, BY THE NON-OFFENDING TEAM
- B.** THE COACHES SHALL EXPLAIN ALL INFRACTIONS.
- C.** PLAYERS CONTINUALLY BEING AGGRESSIVE WILL BE SUBSTITUTED FOR ANOTHER PLAYER IN ORDER FOR THE COACH TO EXPLAIN THE CALL AND TO GIVE THE PLAYER TIME TO CALM DOWN OR THINK. THE PLAYER MAY RETURN AFTER THE CONVERSATION BUT IT IS RECOMMENDED THAT THEY HAVE A 5 MINUTE “TIME OUT”.



LAW XIII – FREE KICK:

- A.** SHALL BE CLASSIFIED UNDER - **INDIRECT**
- B.** INDIRECT MEANS THAT THE BALL MUST TOUCH A SECOND PERSON PRIOR TO IT ENTERING THE NET AND COUNTING AS A GOAL. IN OTHER WORDS IF A FREE KICK IS AWARDED AND THE PLAYER KICKS THE BALL DIRECTLY INTO THE NET AND IT DOES NOT TOUCH A SECOND PERSON ON EITHER TEAM THEN THE GOAL DOES NOT COUNT AND WILL RESULT IN A GOAL KICK.
- C.** IF A FREE KICK IS AWARDED IN THE DEFENDING ZONE TO THE DEFENDING TEAM THE RETREAT LINE RULE COMES INTO EFFECT AND ALL PLAYERS MUST RETREAT TO THEIR HALF.



LAW XIV – PENALTY KICKS:

- No PENALTY KICKS AWARDED. WHEN THE INFRACTION IS COMMITTED BY THE DEFENDING TEAM INSIDE THEIR PENALTY AREA. FREE KICKS OR FOULS WITHIN THE PENALTY AREA SHALL BE AN INDIRECT FREE KICK TAKEN FROM A SPOT ON THE OUTSIDE OF THE PENALTY AREA DIRECTLY FROM THE MIDDLE OF THE NET, BY THE NON-OFFENDING TEAM



LAW XV – THROW-IN:

- A.** THROW-INS WILL OCCUR WHEN THE BALL IS FULLY PUT OUTSIDE OF THE PLAYING AREA (SIDE-LINES).
- B.** THE BALL WILL BE PUT INTO PLAY, BY THE PLAYER, WITH BOTH HANDS ON THE BALL. THE BALL WILL BE PUT BEHIND THE HEAD THEN PROPELLED INTO THE FIELD OF PLAY. FOR SOME PLAYERS THIS WILL BE THEIR FIRST TIME THROWING THE BALL IN THIS MANNER, COACHES/ REFEREES ARE ASKED TO BE LENIENT, AND HELP OUT THE PLAYERS SO THAT THEY MAY DEVELOP PROPER TECHNIQUES.
- C.** THE SAME PLAYER CANNOT TOUCH THE BALL TWICE IN A ROW IF HE/SHE IS PUTTING IT INTO PLAY. IF THIS OCCURS THEN AN INDIRECT KICK WILL BE AWARDED TO THE NON-OFFENDING TEAM WHERE THE INFRACTION OCCURRED.
- D.** NO GOAL CAN BE SCORED ON A THROW-IN.

MODIFIED EMSA LAWS FOR (U7)



LAW XVI - GOAL KICKS:

- GOAL KICKS: OCCUR WHEN THE ATTACKING TEAM PUTS THE BALL FULLY ACROSS THE DEFENDING TEAM'S (END) LINE. THIS WILL RESULT IN THE GOALKEEPER OR ANY OTHER PLAYER KICKING THE BALL FROM **ANYWHERE** IN THE GOAL AREA.
- ON THE GOAL KICK THE OPPOSING TEAM IS REQUIRED TO MOVE BEYOND THE RETREAT LINE. THE PLAYER TAKING THE KICK CAN THEN PASS THE BALL TO ONE OF HIS/HER TEAMMATES WITHOUT THE PRESSURE OF AN OPPOSING PLAYER NEARBY. WHEN THE BALL IS TOUCHED BY A 2ND PLAYER, THE PLAY WILL RESUME AS NORMAL AND THE "OPPOSING" TEAM CAN MOVE INSIDE THE RETREAT LINE. IF THE BALL CROSSES THE RETREAT LINE THE BALL IS IN PLAY AND CAN BE CHALLENGED.
- THE PLAYER TAKING THE GOAL KICK MUST NOT PLAY OR TOUCH THE BALL A SECOND TIME BEFORE IT HAS BEEN PLAYED OR TOUCHED BY ANOTHER PLAYER.
- IF THE BALL IS TOUCHED A SECOND TIME BY THE KICKER, OR ANOTHER PLAYER TOUCHES THE BALL BEFORE IT HAS LEFT THE GOAL AREA, THEN THE TEAM WILL RE-TAKE THE GOAL KICK. IF THE ATTACKING PLAYERS CHALLENGE THE GOAL KICK WITHIN THE DEFENDING TEAMS HALF THEN THE GOAL KICK IS RE-TAKEN.



LAW XVII- CORNER KICK:

- A CORNER KICK WILL BE AWARDED WHEN THE DEFENDING TEAM PUTS THE BALL FULLY ACROSS THEIR END LINE. THIS WILL RESULT IN A KICK BEING TAKEN AT THE CORNER CLOSEST TO WHERE THE BALL EXITED THE PLAYING AREA.
- THE PLAYER TAKING THE CORNER KICK MUST NOT PLAY OR TOUCH THE BALL A SECOND TIME BEFORE IT HAS BEEN TOUCHED BY ANOTHER PLAYER. IF THIS OCCURS THEN AN INDIRECT KICK TO THE NON-OFFENDING TEAM WILL BE AWARDED AT THE LOCATION OF THE INFRACTION.
- NO GOALS CAN BE SCORED DIRECTLY FROM A CORNER KICK. IT MUST TOUCH ANOTHER PLAYER BEFORE IT ENTERS THE NET.



LAW XVIII - THE GOALKEEPER:

- THE GOALKEEPER IS ABLE TO USE HIS/HER HAND WITHIN THE GOAL AREA . A GOALIE CANNOT PICK UP A BALL THAT IS DELIBERATELY PASSED TO THEM BY A TEAMMATE. A GOALKEEPER **CAN** PICK UP THE BALL IF IT IS PASSED TO THEM BY A TEAMMATE BY HEADING, SHIN, THIGH, OR CHEST.
- THE GOALKEEPER WILL HAVE **5** SECONDS TO RELEASE THE BALL, AND WILL NOT BE ABLE TO PICK THE BALL UP AGAIN UNLESS IT IS TOUCHED BY AN Oponent.
- IF THE GOALKEEPER INFRINGES ON THE ABOVE RULES THEN AN INDIRECT KICK WILL BE TAKEN FROM A SPOT ON THE OUTSIDE OF THE PENALTY AREA DIRECTLY FROM THE MIDDLE OF THE NET. DEFENDING PLAYERS MUST BE **18** FEET AWAY OR UNTIL THE GOAL LINE (THIS IS IF THE INFRACTION OCCURS **5** FEET FROM THE NET. THAT WAY THEY CAN ALL STAND ON THE GOAL LINE).



RETREAT LINE- HALFWAY LINE

- THE RETREAT LINE WILL COME INTO EFFECT IN TWO SITUATIONS DURING THE GAME:
 - GOAL KICK
 - FREE KICK TO THE DEFENDING TEAM WITHIN ITS OWN GOAL AREA

AT THESE TWO RESTARTS, THE OPPOSING TEAM IS REQUIRED TO MOVE BEYOND THE RETREAT LINE. THE PLAYER TAKING THE KICK CAN THEN PASS THE BALL TO ONE OF HIS/HER TEAM-MATES WITHOUT THE PRESSURE OF AN OPPOSING PLAYER NEARBY. When the ball has left the goal area, the play will resume as normal and the “opposing” team can move inside the Retreat Line.

- THE RETREAT LINE WILL BE THE HALFWAY LINE.

ON-FIELD DRILLS

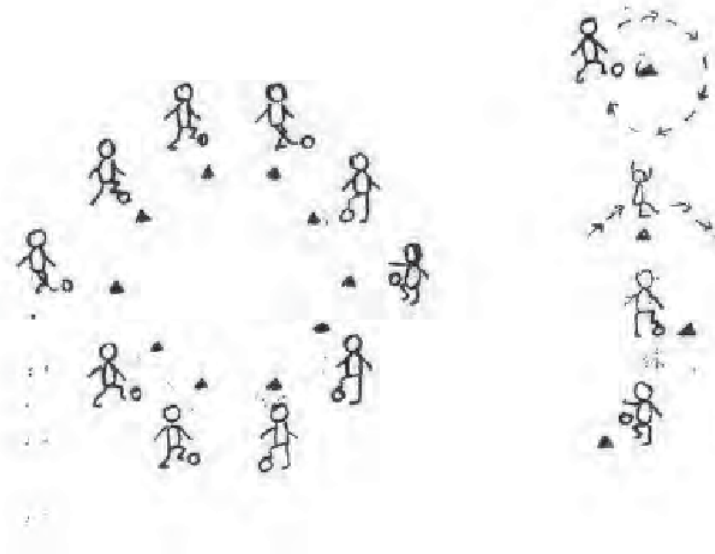


BALL MANIPULATION (0-10 minutes)



1. Minutes 0-10 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 on page 4.



CIRCLE DRILLS:

- Set up pylons in circle (one for each player). Players stand by each pylon.
- Some typical Coach instructions:
 - Run around pylon w/o ball.
 - Run around pylon w/ball.
 - Jump over pylon forward 5 times.
 - Jump backwards over pylon.
 - Tap ball with right foot 5 times.
 - Tap ball with left foot 5 times.
 - Drop ball from hands to thigh.
 - Try other thigh and repeat.
 - Drop ball from hands to foot.
 - Kick ball up in air.
 - Throw ball in air and catch.
 - Ask players if they can show you a soccer trick their teammates can try.

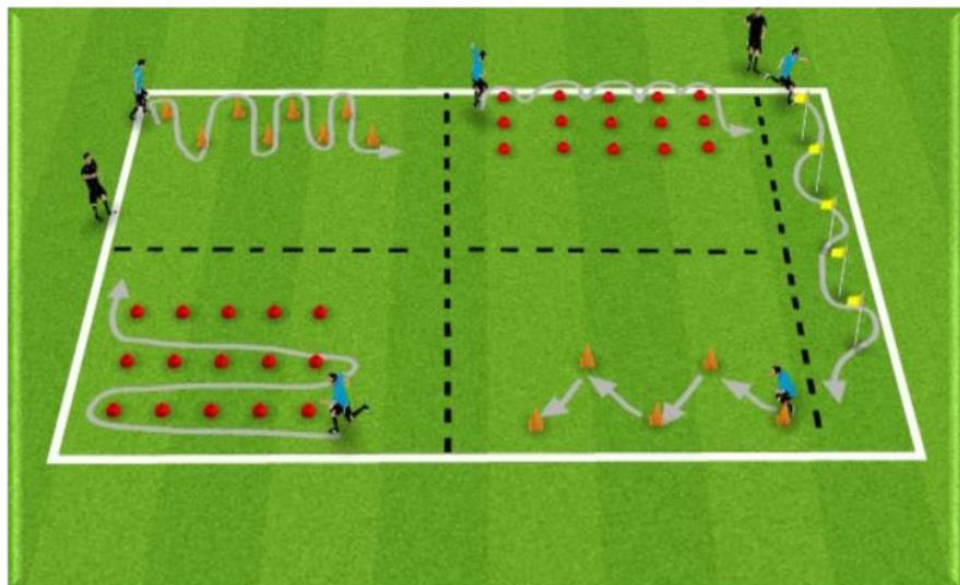
AGILITY, BALANCE, COORDINATION – ABCs (10-20 minutes)



2. Minutes 10-20 ABC's Agility, Balance, Co-ordination~

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. and will be done forwards, backwards, sideways and back again! Additional information as well as activities to try, see page 5.

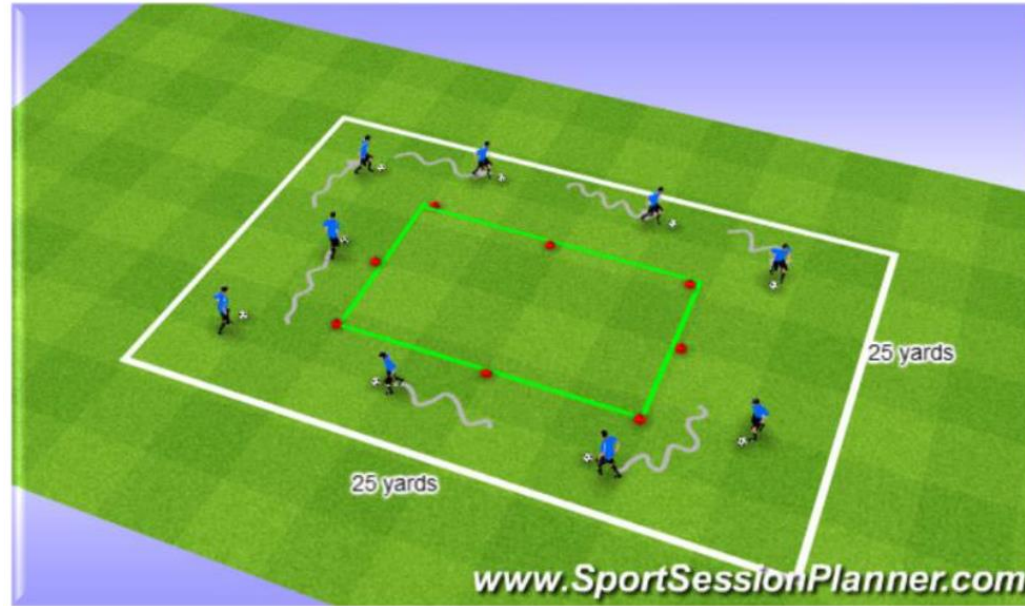


- ⚽ Running forward in a figure 8
- ⚽ Running backward in a figure 8
- ⚽ Hop through on both feet
- ⚽ Hop through on right foot only, left foot only
- ⚽ Side step in figure 8
- ⚽ Jump side to side
- ⚽ Crab crawl
- ⚽ Jump directly over
- ⚽ Monkey walk

FUN GAMES (20-30 minutes)



- ⚽ Sharks/minnows
- ⚽ Gate passing
- ⚽ Bird's nest
- ⚽ Beehive
- ⚽ 1v1, 2v2



- ⚽ Pyramid Challenge
- ⚽ Freeze tag
- ⚽ Crocodile swamp
- ⚽ British bulldog
- ⚽ Race car

GAME TIMES (30-60 minutes)



4. MINUTES 30-60 GAME TIME ~ *Developing a love for the game*

Games will be 5v5, with a goal keeper for each team. Organize the playing field as shown below and divide the team into 2 groups. Each group will play the opposing team simultaneously; one group with the coach and one with the assistant coach.

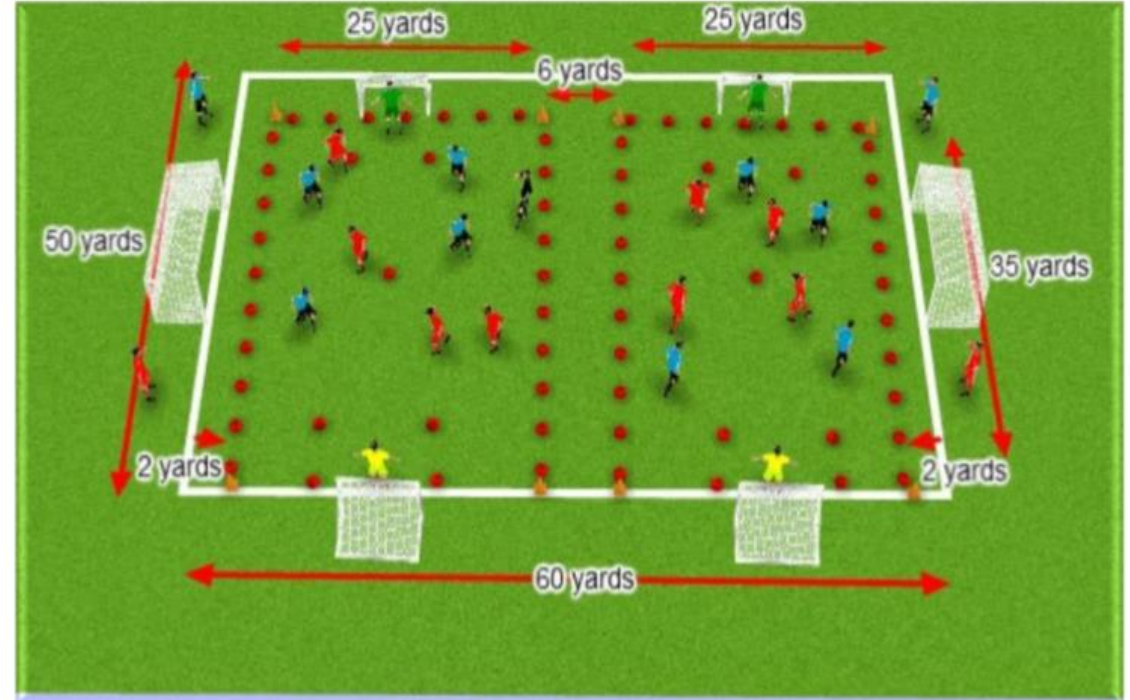
Throw-ins: Balls played out of bounds will be awarded to the opposite team for a throw in.

😊 *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.*

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.*

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



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

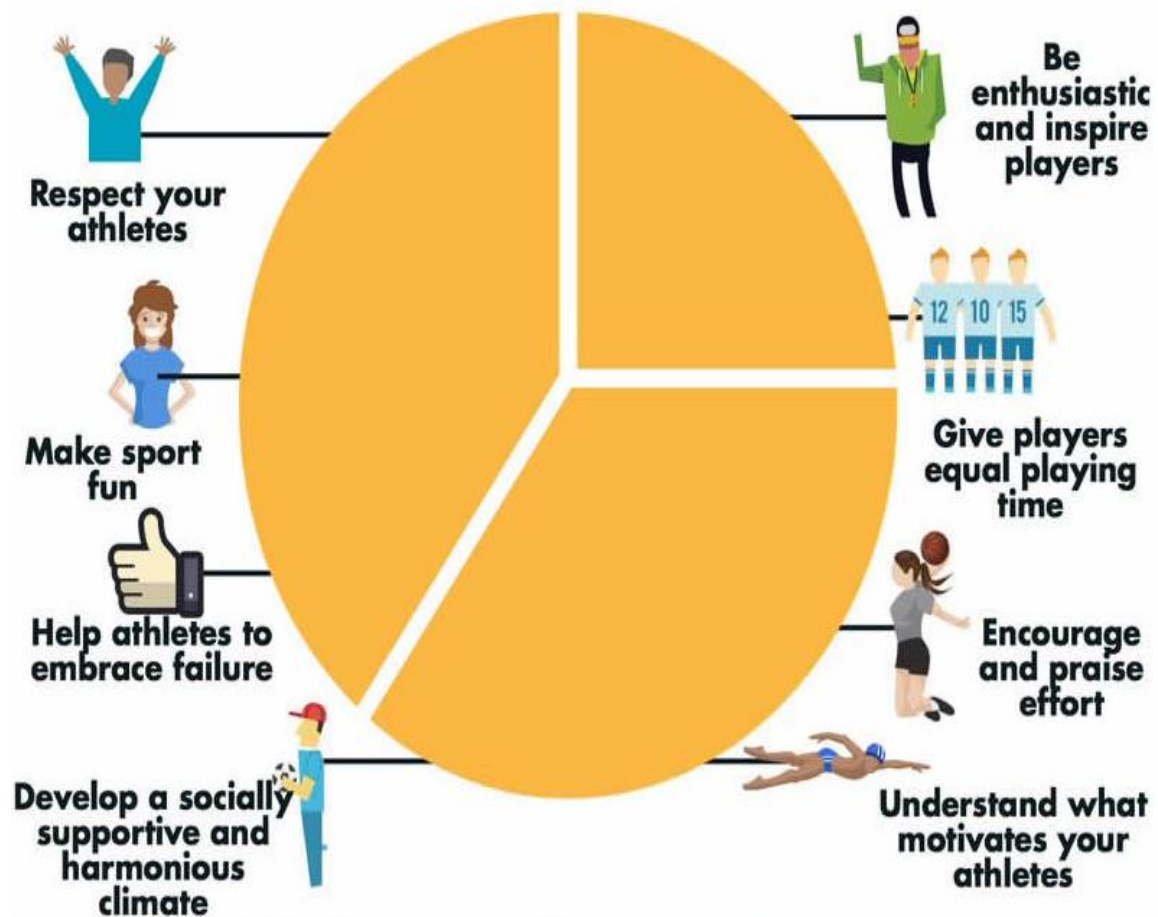


Pressure from parents and coach

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!
- BE ORGANIZED & PLAN YOUR SESSIONS IN ADVANCE
- COMMUNICATE FREQUENTLY
- HAVE FUN

IMPORTANT INFO



SEASON:

- ⚽ Starts 1st week of May (weather &)
- ⚽ Ends last week of June
- ⚽ **Play Monday and Wednesday nights—60 minute sessions (30 min practice then 30 min game)**

TOURNAMENTS:

EMSA: U7 Tim Horton's Outdoor Jamboree

Date: June 8, 2024

Registration Deadline:

<https://www.trsa.ca/age-group/u7>



- ⚽ 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.

PLAYER EQUIPMENT



- ⚽ TRSA provides all players with a soccer jersey, which they may keep. Players provide their own:
- ⚽ Shorts- pants are acceptable.
- ⚽ Socks- you can decide if you would like a specific colour.
- ⚽ Shoes-cleats are recommended, running shoes are acceptable.
- ⚽ Shin pads- mandatory.
- ⚽ Soccer ball (size 3).
- ⚽ Water bottle.

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.

Policies



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.

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

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.