

GRASSROOTS

FESTIVAL STYLE

Preferred Training Model

U4 and U5





WELCOME

TODAYS AGENDA

Meet your coaching team

Program and format overview

Questions and feedback

On-field activities



A LETTER FROM OUR PRESIDENT



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 1700 young athletes ranging from 3 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*



WHO WE ARE



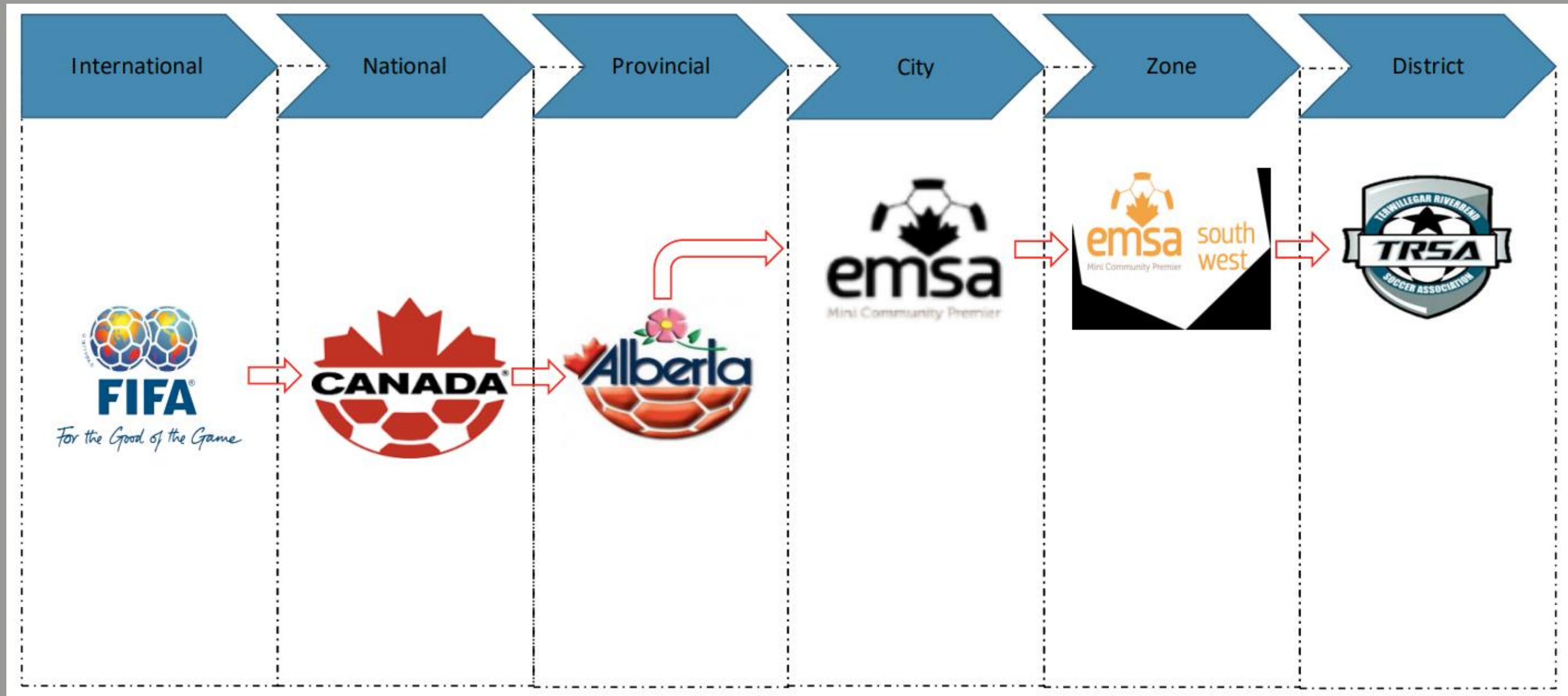
Teamwork
Relationships
Sportsmanship
Active

- **NOT FOR PROFIT ORGANIZATION THAT PROVIDES A MINOR SOCCER PROGRAM FOR CHILDREN AND YOUTH IN RIVERBEND/TERWILLEGAR AND GREATER WINDERMERE.**
- **RUN BY A VOLUNTEER BOARD THAT IS SUPPORTED BY CONTRACT WORKERS, INCLUDING A PROGRAM MANAGER, PROGRAM ASSISTANT, BOOKKEEPER AND EQUIPMENT MANAGER.**
- **OPERATES AN OUTDOOR SOCCER PROGRAM RUNNING MAY AND JUNE - APROX. 100 TEAMS.**
- **SPONSORS ALL OUR COMMUNITIES INDOOR TEAMS RUNNING OCTOBER-FEBRUARY APROX. 50 TEAMS.**
- **REVIEW OUR GOVERNING BYLAWS AND POLICIES ON OUR WEBSITE**

WWW.TRSA.CA

MISSION: TO SUPPORT AND DEVELOP AN INCLUSIVE SOCCER PROGRAM THAT ENHANCES COMMUNITY AND PROMOTES AN ACTIVE LIFESTYLE.

ORGANIZATION

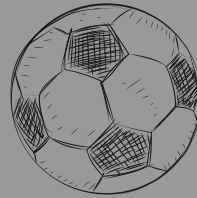




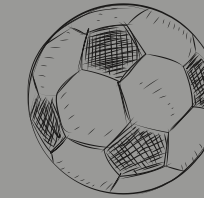
OUR COMMUNITIES >>>



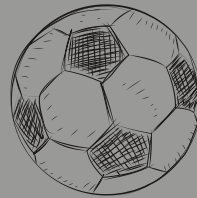
THE AMALGAMATION OF OUR 8 COMMUNITIES ALLOWS TRSA TO COMBINE RESOURCES SUCH AS FINANCES, MANPOWER, AND PLAYING AREAS TO PROVIDE A SUPERIOR COMMUNITY SOCCER PROGRAM FOR OUR FAMILIES.



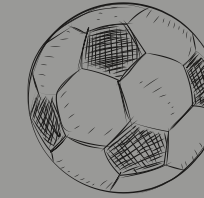
RIVERBEND



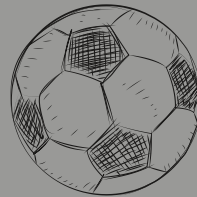
THE RIDGE



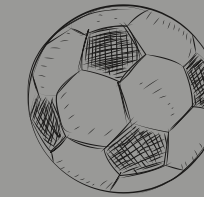
TERWILLEGAR



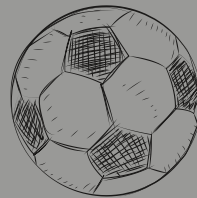
BROOKVIEW



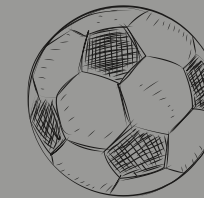
OAK HILLS



OGILVIE RIDGE



HODGSON



GREATER WINDERMERE



OUR ADVANTAGE

GENERAL INFORMATION



- **STARTS SATURDAY MAY 3RD**
- **LAST SESSION IS JUNE 28TH**
- **EVERY SATURDAY FOR 60 MINUTES (U4 CAN ADJUST TO 45 MIN)**
 - **U4 @ 9:30 AM**
 - **U5@10:30 AM**
- **COACH DISCRESSION ON MAY LONG WEEKEND**
- **TOURNAMENT JUNE 7TH INFORMATION WILL BE SENT OUT TO REGISTER**
- **GROUPS ARE 18-24 PLAYERS TO BE DIVIDED WEEKLY INTO 3-4 SMALL GROUPS**
- **PLAYING AREA'S WILL BE ASSIGNED AND AVAILABLE BY THE LAST WEEK IN APRIL**
 - **ALL EFFORT IS MADE TO BE CLOSEST TO HEAD COACH POSTAL CODE**
 - **HEAD COACHES CAN SUBMIT THEIR PREFERED LOCATION**
- **ALL CORRESPONDENCE WILL BE THROUGH TEAMSNAPE**
 - **COACHES REVIEW ROSTER AND SEND INVITES WHEN YOU HAVE DETERMINED A MEET AND GREET DATE**

INITIAL TEAM MEETING

- **TRSA PROVIDES:**
 - **JERSEY, SOCKS AND SHORTS THAT THE PLAYER MAY KEEP**
 - **HAND THESE OUT BY ARRANGING PLAYERS TALLEST TO SMALLEST TO ENSURE PROPER DISTRIBUTION OF SIZES**
- **PARENTS PROVIDE :**
 - **SHINGUARDS AND CLEATS (RUNNERS ARE ACCEPTABLE)**
 - **WATER BOTTLE**
 - **SIZE 3 BALL**
- **VOLUNTEERS**
 - **STATION SUPPORT- SUPPORT THE AC AT A STATION FILL IN WHERE NEEDED (2-4)**
 - **PHOTOGRAPHER (1)**
 - **PINNEY WASHER- ON-GOING FOR SEASON (1)**
 - **YOU ARE NOT RESPONSIBLE FOR ENSURING PARENTS VOLUNTEER, FILL YOUR TEAM NEEDS AND THE REST WILL BE CONTACTED BY PROGRAM COORDINATORS**
- **SNACKS**
 - **IF A TEAM PARTICIPATES IN SNACK ALL FAMILIES SHOULD CONTRIBUTE- THIS IS NOT A VOLUNTEER ROLE.**
 - **MANAGER CAN CREATE A SCHEDULE FOR FAMILIES**
- **ATTENDANCE AND LATES**
 - **USE TEAM SNAP AVAILABILITY**
 - **REMIND PARENTS TO UPDATE**



SO YOU'RE A COACH...



HERE'S A FEW TIPS

- TEACH THESE KIDS TO LOVE THE GAME!
- ENGAGE, ENCOURAGE, AND ENJOY!
- BE PREPARED, POSITIVE, PROFESSIONAL AND PASSIONATE!
- IF YOU ARE HAVING FUN, THEY WILL TOO!
- NEVER BE ON TIME! ALWAYS BE EARLY.
- BE ORGANIZED AND SHARE RESPONSIBILITIES WITH ASSISTANTS. DELEGATE DUTIES, WORKING AS A TEAM IS KEY.
- PLAN YOUR SESSIONS AHEAD OF TIME. USE THE SESSION FORMAT GUIDE TO ENSURE CONSISTENT, PURPOSEFUL PRACTICES EACH TIME.
- QUICKLY GET THE PLAYERS ACTIVE.
- LOOK THE PART! BE A GREAT ROLE MODEL.





HOW IT WORKS



- Divide your playing area into 4 "stations" one of which will be a mini game.
- Divide your officials so everyone has a designated station and activity for the session.
- As players arrive the manager can divide them into 3 or 4 groups -depending on your attendance, ideal group size is 6 players.
- Use the coloured pennies so they know their group.
- Coach should be running a whole group warm up in the center, while assistants are setting up their stations.
- After most have arrived, send each group to a starting station where they begin their first activity.
- Rotate players every 12-15 minutes.

This will vary U4 you may only want a 45 min session, some groups may take longer to get started, use your judgment and adjust as you go.

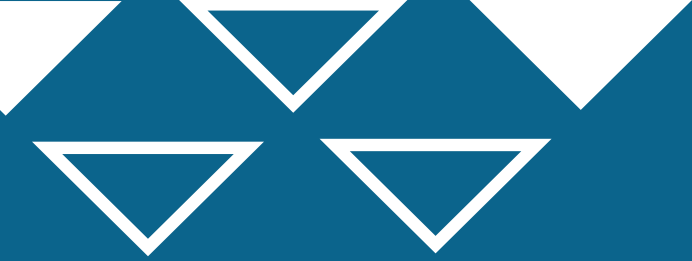


PLAYING AREA'S WILL VARY DO WHAT WORKS BEST AT YOUR LOCATION





THE STATIONS



BALL MANIPULATION

THIS STATION FOCUSES ON PLAYERS GAINING CONFIDENCE AND CONTROL WITH A BALL.

THE MAIN OBJECTIVE IS TO ENSURE ALL PLAYERS ARE TOUCHING THE BALL AS MUCH AS POSSIBLE.

FUN GAME

CHECK OUT YOUR GUIDE FOR A MULTITUDE OF FUN GAMES, ALL THAT ENGAGE THE PLAYERS AND CREATE A FUN ATMOSPHERE WHILE TEACHING SOCCER SKILLS!

KEEP IT SIMPLE, EASY AND FUN. REPETITION IS FUN, FIND YOUR FAVORITES AND DON'T FEEL LIKE YOU HAVE TO DO SOMETHING NEW EVERY SESSION.

AGILITY BALANCE COORINATION

THIS STATION FOCUSES ON PHYSICAL LITERACY AND FUNDAMENTAL MOVEMENT SKILLS SUCH AS RUNNING, JUMPING, SKIPPING, CRAWLING, HOPPING AND GALLOPING YOUNG PLAYERS ARE JUST LEARNING HOW THEIR BODIES WORK, DEDICATING INTENTIONAL TIME TO DEVELOPING THEIR COORDINATION IS VITAL FOR LONG TERM PLAYER DEVELOPMENT.

GAME TIME

DIVIDE YOUR GROUP INTO 2 AND HAVE ONE GROUP REMOVE THEIR PENNIES.

PLAY 3V3

NO KEEPING SCORE

NO GOAL KEEPER

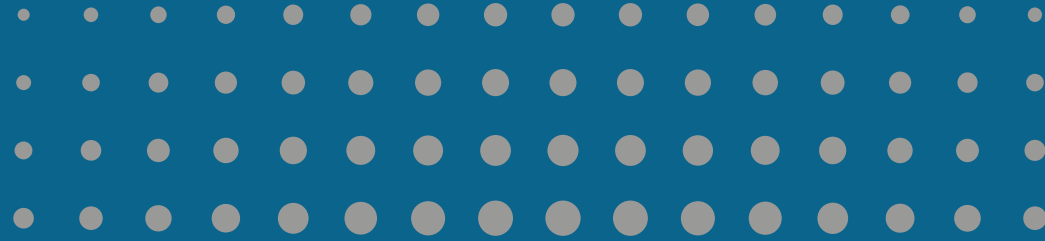
KEEP A BALL IN PLAY- NO STOPPAGE

ENCOURAGE FAIR PLAY AND SPORTSMAN SHIP







CHECK OUT YOUR GUIDE FOR ACTIVITY IDEAS






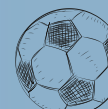


WHY FESTIVAL STYLE?



BENEFIT

-  **FUN AND SKILL FOCUSED**
-  **LOTS OF BALL TOUCHES**
-  **AGE APPROPRIATE ACTIVITIES**
-  **INCLUSIVE FOR ALL LEVELS**
-  **COACH FRIENDLY FORMAT**
-  **SUPPORTS LONG TERM GROWTH**

WHY IT MATTERS

-  *Builds fundamentals without pressure to win*
-  *Every player stays active and involved through the session*
-  *Keeps players focused and excited through short, playful activities*
-  *Reduces anxiety and promotes confidence in new players*
-  *Easy to manage and share responsibilities with other officials*
-  *Aligns with ASA youth development recommendations, is proven best practice for young athletes*

WHAT'S REALLY IMPORTANT



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



WHAT WE ARE HERE TO PREVENT



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

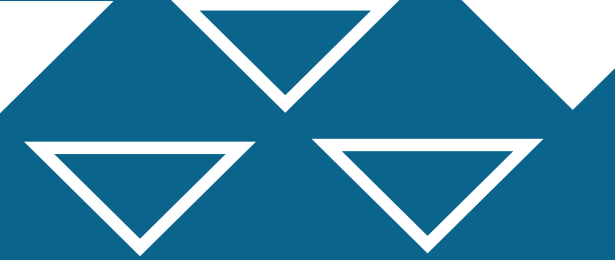
9 REASONS WHY KIDS QUIT SPORT

@BelievePHQ

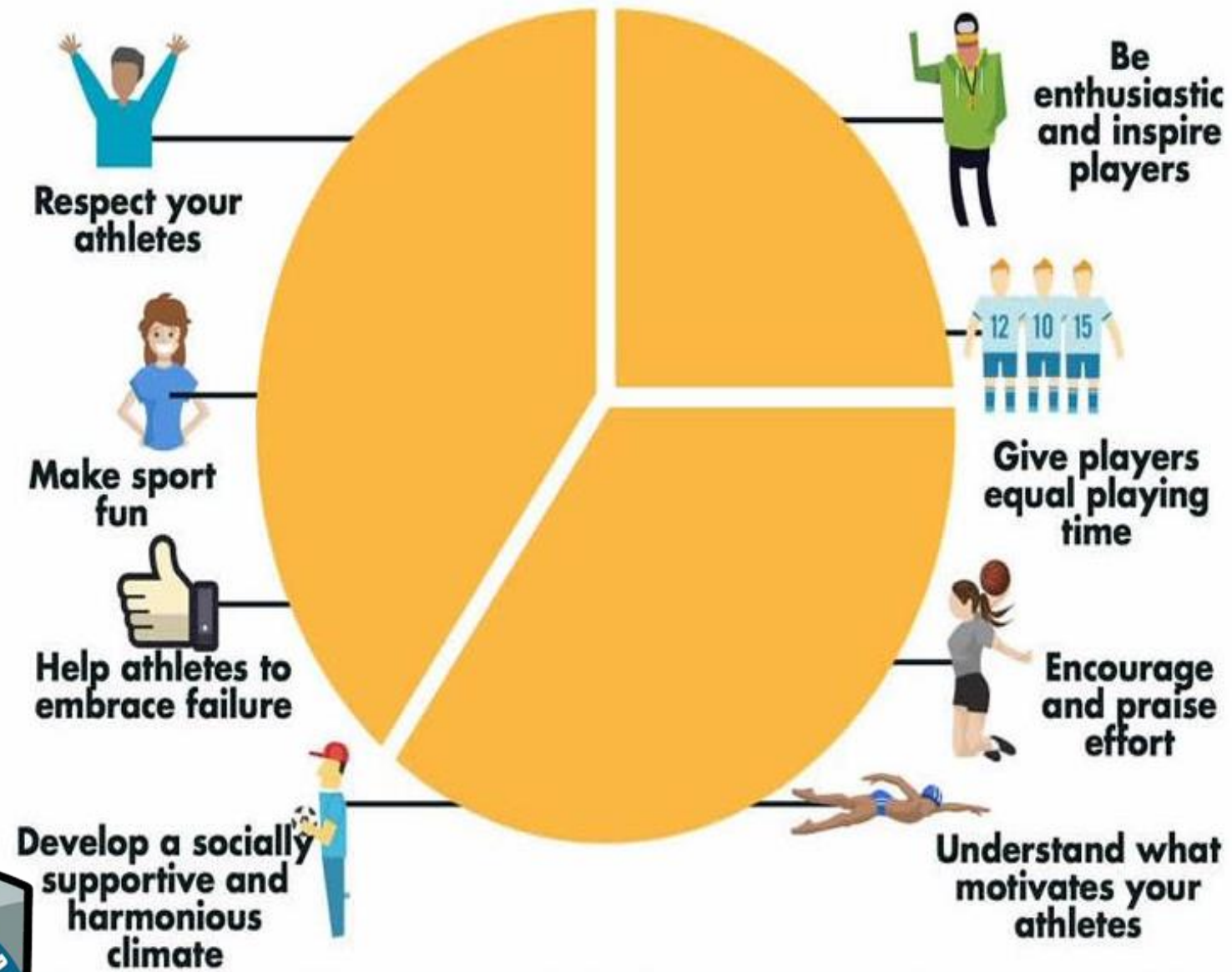




WHAT WE CAN DO



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 |



THANK YOU »»»

