

COACH KICK-OFF

2022 Outdoor Season

U4-U5





- WELCOME & INTRODUCTIONS
- PROGRAM & FORMAT OVERVIEW
- ON-FIELD DRILLS



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

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.com0/>



MISSION

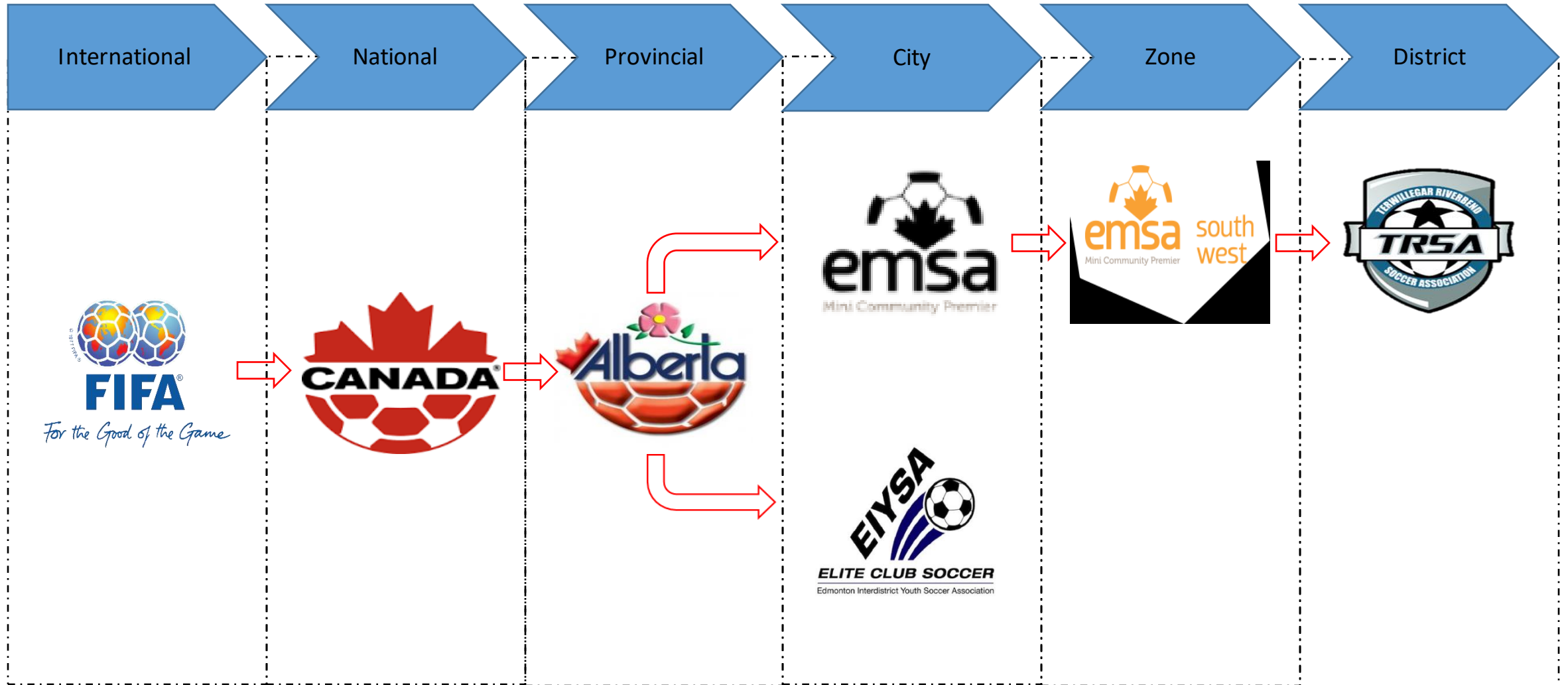
To support & develop an inclusive soccer program that enhances community and promotes an active lifestyle



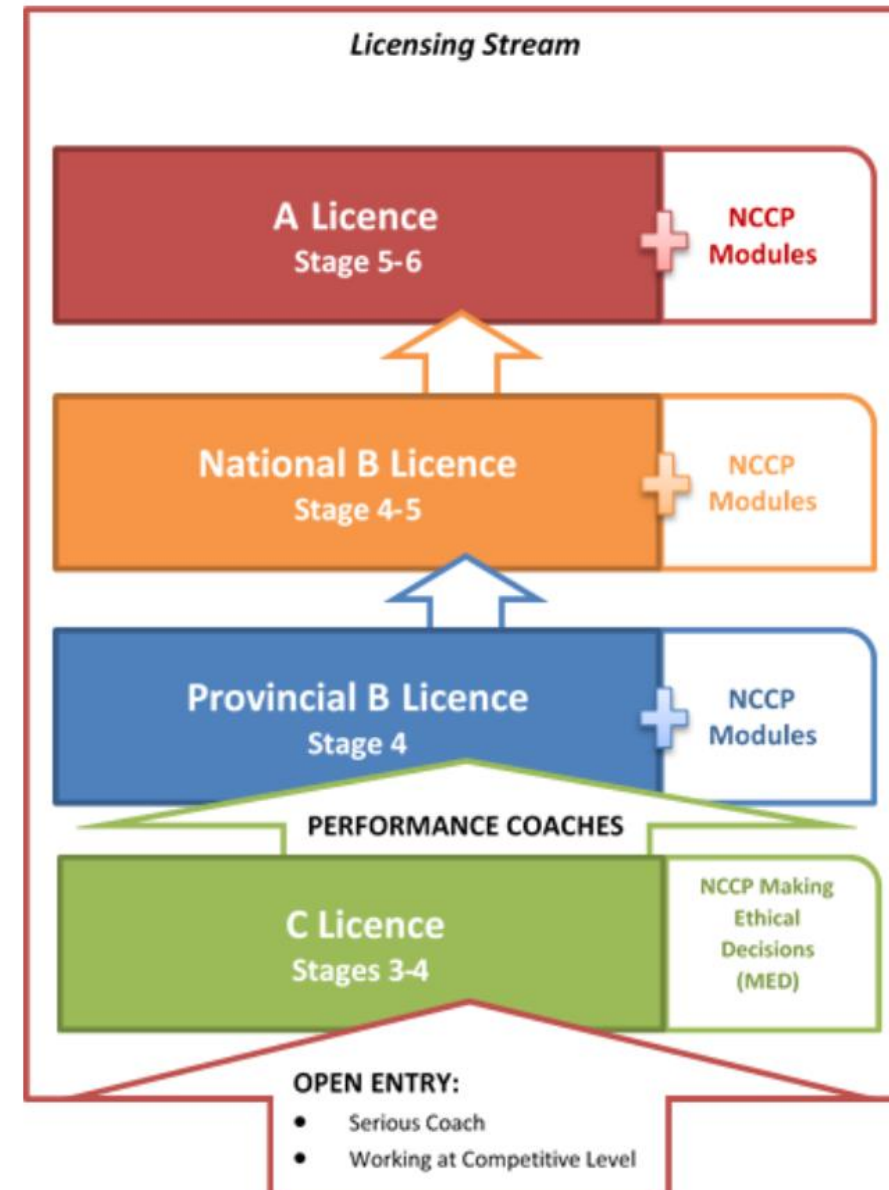
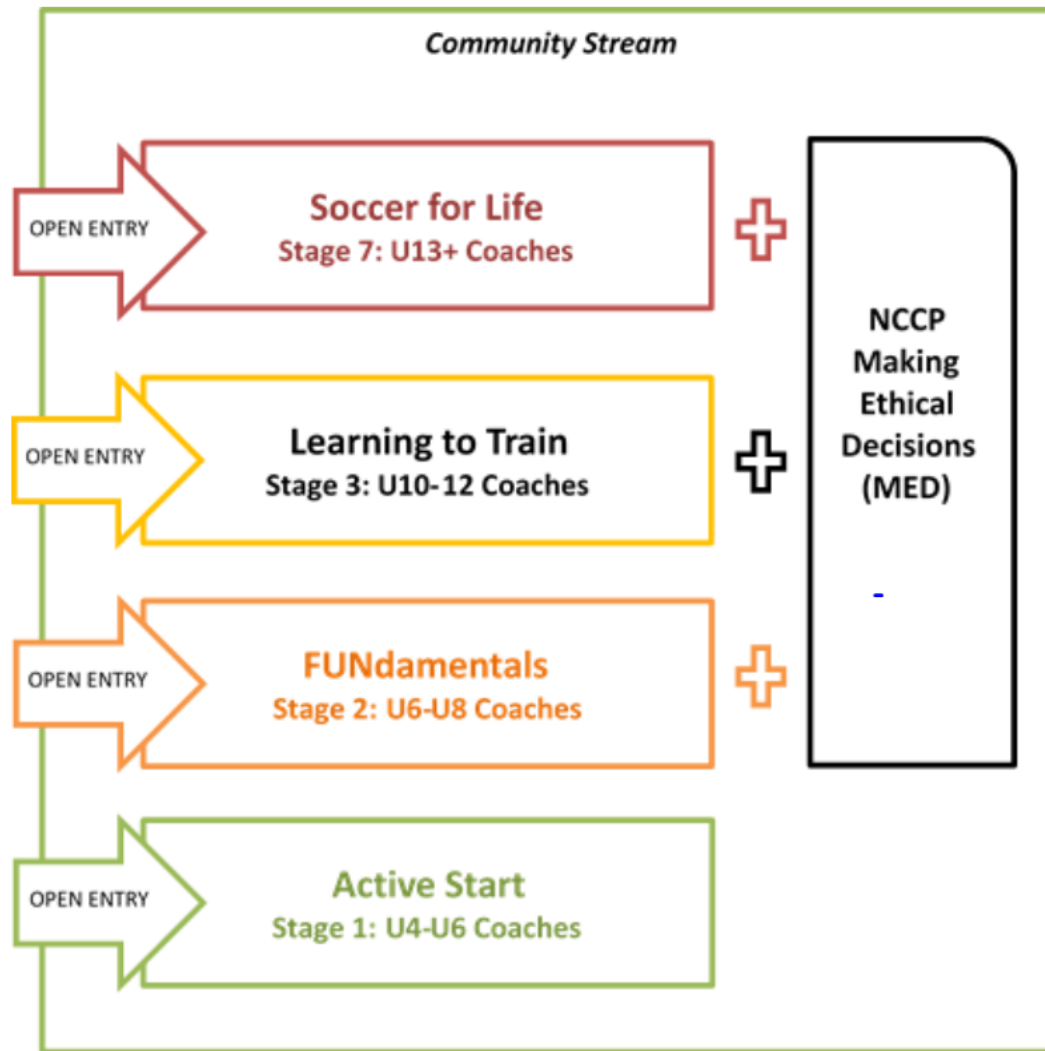
CORE VALUES

Teamwork
Relationships
Sportsmanship
Active

Organization



THE COACHING PATHWAY



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

U4-U5 PROGRAM FORMAT



U4-U5 players are often playing an organized sport for the first time in their lives. They will often begin the season shy, unwilling to participate and have a significantly short attention span. They will often be egocentric and thus be unwilling to share their ball and respond well to constant praise and positive encouragement.

The U4 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 45-min Session:

- ⚽ Station 1– CAN YOU? – Focus on developing physical literacy & comfort with ball control
- ⚽ Station 2– FUN GAMES – Small games that create a fun environment where success can be achieved
- ⚽ Station 3– GAME TIME – Play soccer with 4 nets
- ⚽ **SNACK TIME!**
- ⚽ **Playground!**

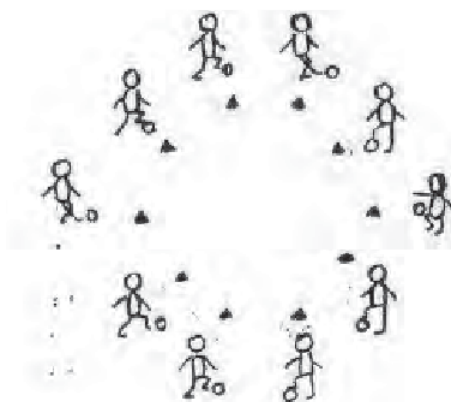
Station 1---Physical Literacy and ball control



1. Minutes 0-10 Ball Manipulation ~ *Developing comfort with the 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.



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.

Station 2----FUN GAMES



- Sharks/minnows
- What time Mr Wolf
- Bird's nest
- Red Light Green Light
- Simon Says



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

Station 3---Soccer Game



AGE SPECIFIC DO'S & DON'TS



DO:

- ⚽ Mix up your squad teams from week to week
- ⚽ Get as many parents on the field during drills as practicable
- ⚽ Keep the ball in play by any means during game time
- ⚽ Reach out to the board should you have any questions or have any suggestions

DON'T:

- ⚽ Keep score
- ⚽ Focus on passing, focus on ball control
- ⚽ Don't pressure shy children to join. They will join once they see the other kids having fun

WHY DO WE COACH & HOW DO WE BENEFIT?



- ⚽ Spend more time with your child
- ⚽ Expand your social network
- ⚽ Learn new skills
- ⚽ Learn & re-learn life lessons
- ⚽ Exercise
- ⚽ Pride & accomplishment
- ⚽ Have fun

WHY ARE THE KIDS HERE?



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

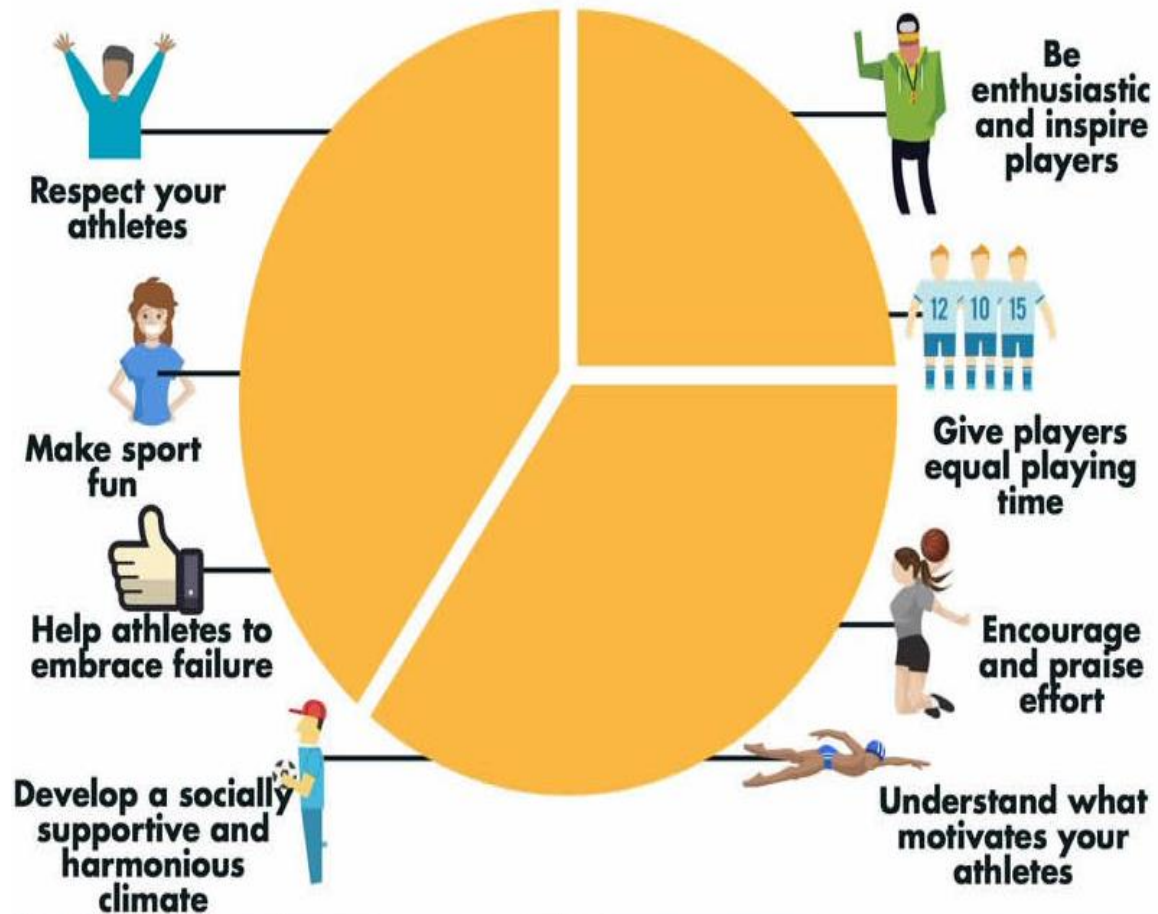


Pressure from parents and coach

WHAT CAN WE DO?



HOW TO PREVENT DROPOUT IN YOUTH SPORT



40 THINGS CHILDREN WANT TO HEAR FROM THEIR COACHES

@BELIEVEPHQ



First Steps

- Contact your assistant coaches and team manager.
- Contact parents via email as soon as you get your team list. 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 the parents until you have agreed consent on sharing their email addresses.
- Set up an initial team meeting with the parents prior to season.
 - Discuss goals and expectations
 - Recruit more help—sometimes names are missed at registration
 - Remind parents at this age group they are required to stay the entire time and supervise their child

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.

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 lighting or fields are unsafe games should be canceled.

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.
- ⚽ If you have not filled in a form in the past or are in doubt about when you completed your PIC form, the paperwork can be completed at the EMSA South West office at the address below.
- ⚽ You will need to show TWO pieces of government ID, one of which must have a photo, (i.e. Passport, Driver's Licence, etc.)

emsa south west

#211, 11 Fairway Dr

Office hours: 8:30am-4:00pm M-F

IMPORTANT INFO



SEASON:

- ⚽ Starts beginning of May (weather & field dependent)
- ⚽ Ends last week of June
- ⚽ All games played within the area
- ⚽ Saturday mornings

EXPECTATIONS OF A TRSA COACH



⚽ MAKE THE GAME FUN!

⚽ BE A ROLE MODEL. ENCOURAGE FAIR PLAY AND SPORTSMANSHIP

⚽ DELEGATE RESPONSIBILITIES TO PARENTS!

- TEAM MANAGER
- EQUIPMENT MANAGER
- PHOTOPGRAPHER
- TIMEKEEPER

⚽ BE ORGANIZED & PLAN YOUR SESSIONS IN ADVANCE

⚽ COMMUNICATE FREQUENTLY

⚽ HAVE FUN

