

# COACH KICK-OFF

2024 Outdoor Season

U4/U5 Program

Grassroots - Preferred Training Model (PTM)





- 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](mailto: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 policies are posted on our website and listed below.

## Late Registration

- Playing up
- Refunds
- Player Transfers
- Team Formation Policy
- Security Clearances
- Volunteers
- Code of Conduct

<https://trsa.ca/>

<https://emsamain.com/>

<https://emsasouthwest.com/>

<https://albertasoccer.com/>

# MISSION – CORE VALUES



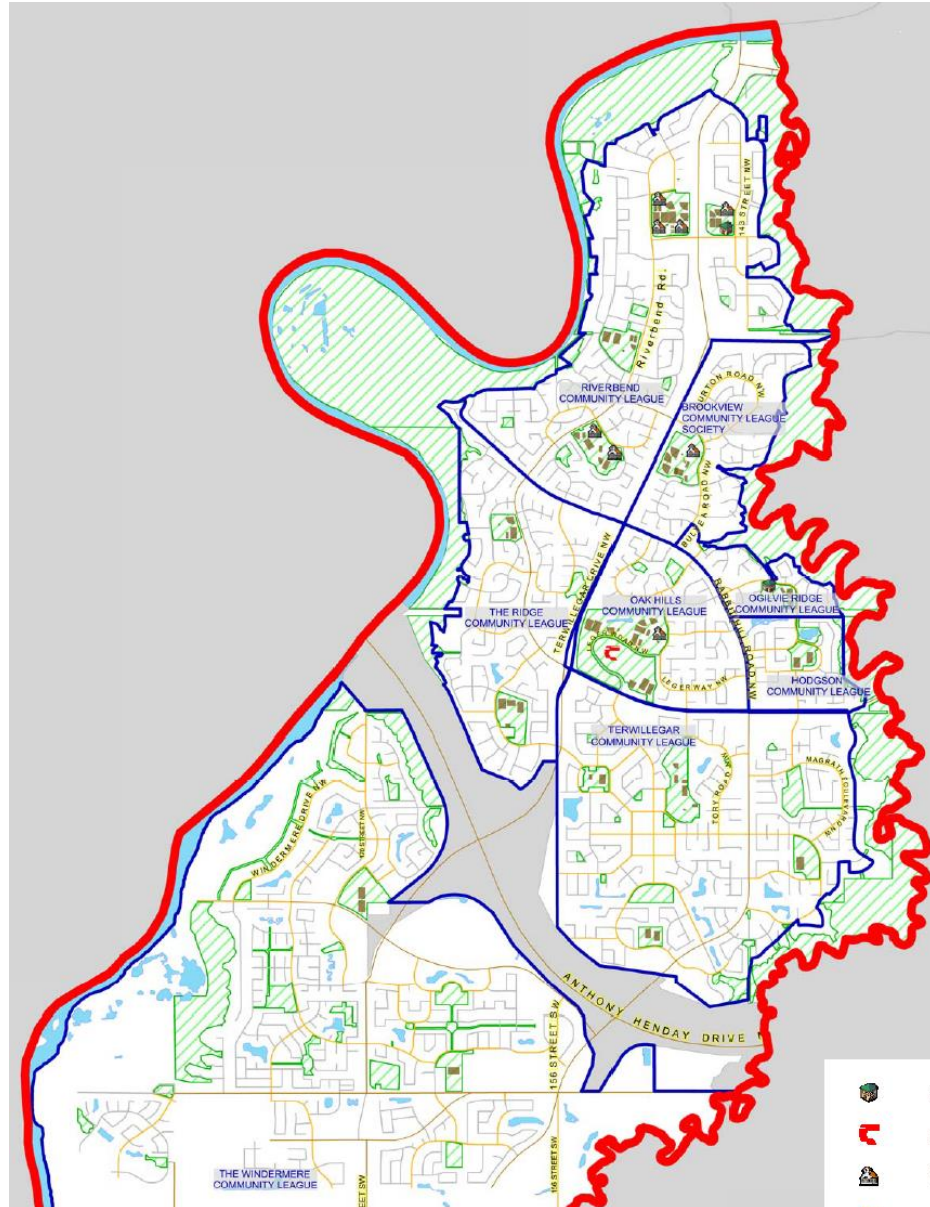
## MISSION

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



## CORE VALUES

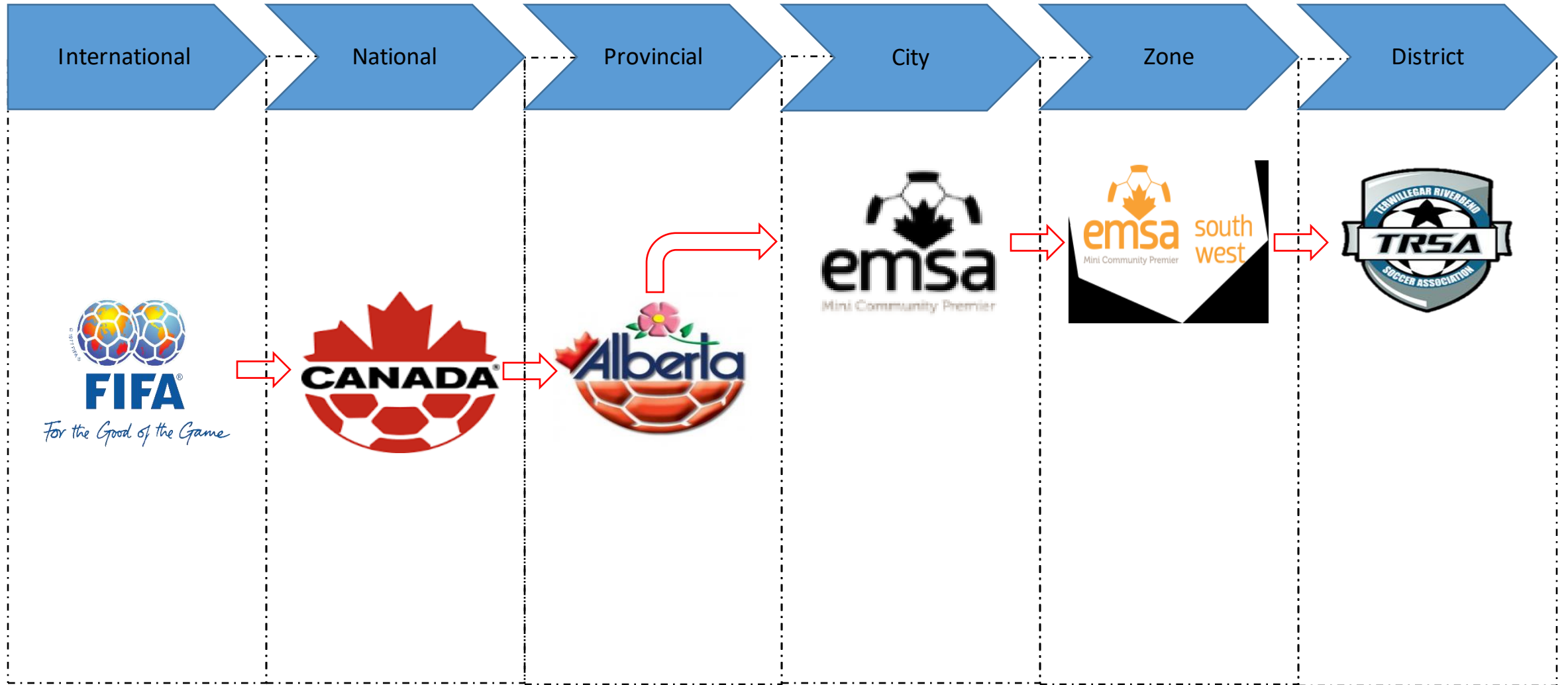
Teamwork  
Relationships  
Sportsmanship  
Active



## 8 COMMUNITY LEAGUES

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

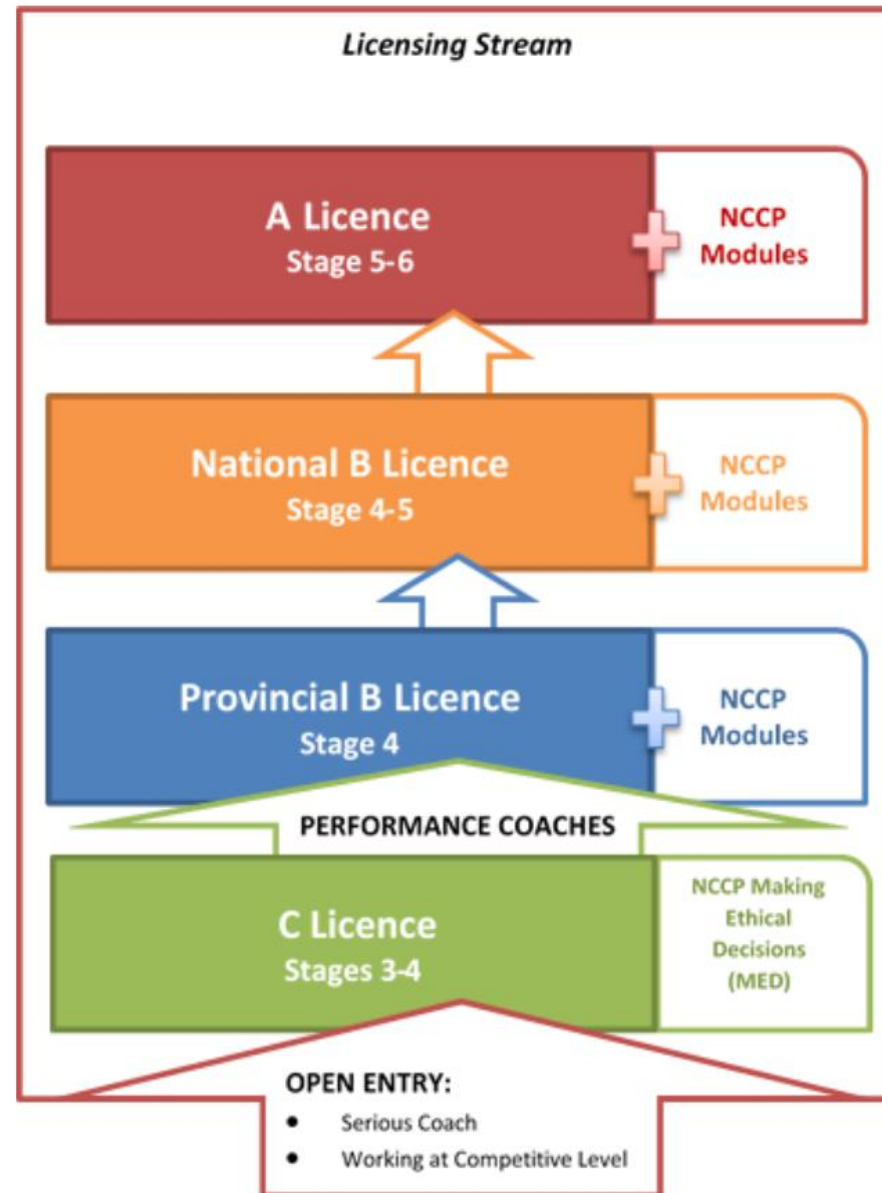
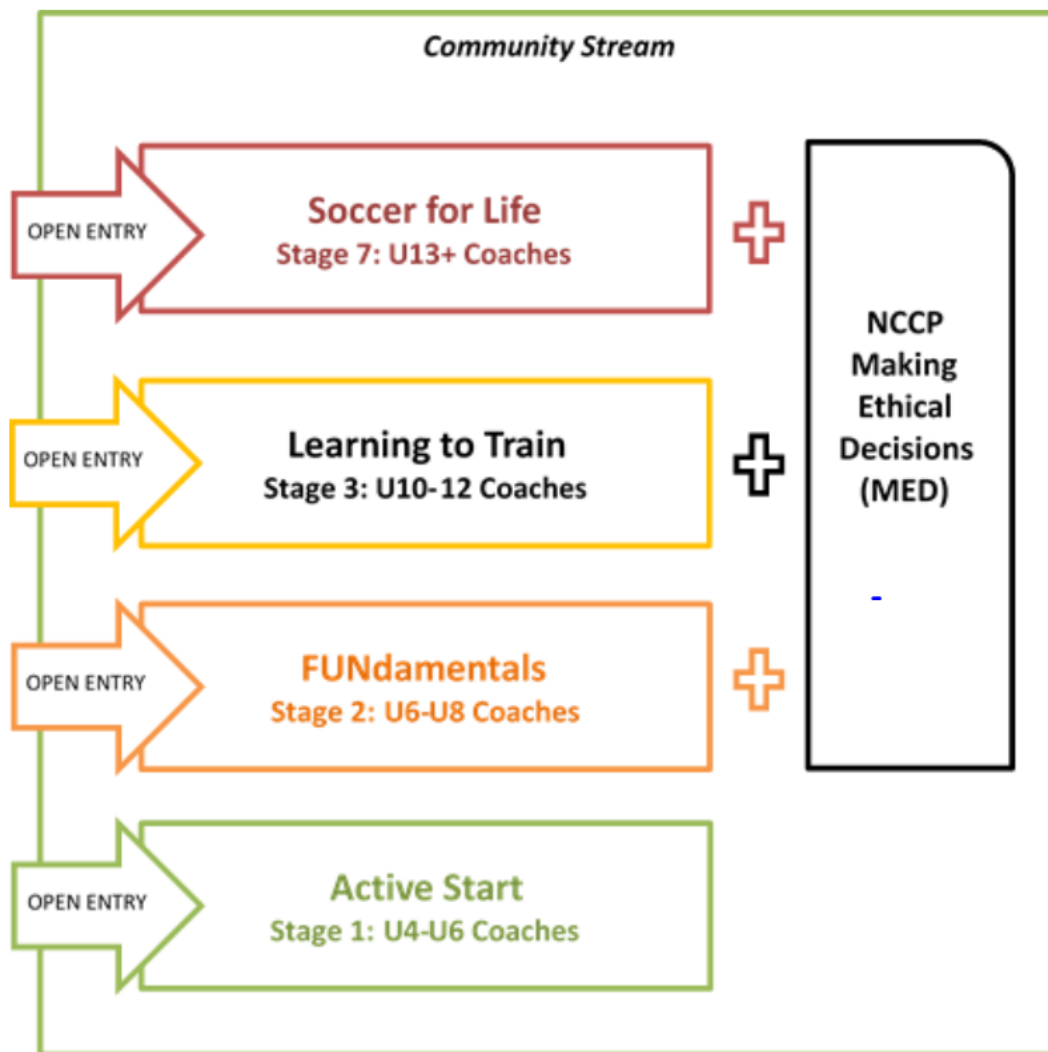
# Organization







# THE COACHING PATHWAY



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

# U4/U5 PROGRAM FORMAT --- Festival Style -- PTM



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. They respond well to constant praise and positive encouragement. The U4/U5 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.

As a coach find which drills/games your team enjoys the most and continue doing them each week. You don't have to have a continuously change the station games/drills each week

## Typical Weekly 45-min Session:

- ⚽ Station 1---12 min – CAN YOU? – Focus on developing physical literacy & comfort with ball control (Simon says, Follow the leader, Circle drill, Obstacle course etc)
- ⚽ Station 2---12 min – FUN DRILLS – Small games that create a fun environment where success can be achieved (Fetch, What time is it Mr Wolf, Freeze Tag, Birds Nest, Red light Green light, British Bulldog etc)
- ⚽ Station 3---12 min – Modified soccer game (2 nets-4 nets etc)
- ⚽ **SNACK TIME!**
- ⚽ **Playground time!**

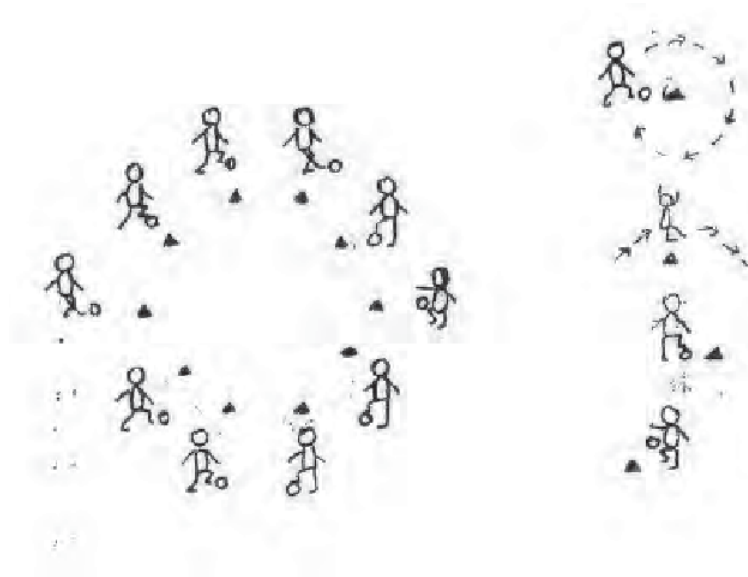
# Station 1---Ball Manipulation



## 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
- ⚽ Gate passing
- ⚽ Bird's nest
- ⚽ Beehive
- ⚽ 1v1, 2v2



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



# Station 3---Soccer Game



# AGE SPECIFIC DO'S & DON'TS



## DO:

- ⚽ 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
- ⚽ Have FUN!

## DON'T:

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

# 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.



- ⚽ 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



- ❖ Very important to have prior to the start of the season
- ❖ Discuss your goals and expectations
- ❖ Discuss/delegate important roles parents can take on during the season
  - ❖ Station helpers
  - ❖ Late arrivals
  - ❖ Equipment set up and take down
  - ❖ Field safety
  - ❖ Team manager
  - ❖ Photographer
  - ❖ Pinney washer
  - ❖ Snack schedule
- ❖ Hand out team jerseys

# 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?



## WHY DO CHILDREN PLAY SPORT?

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



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



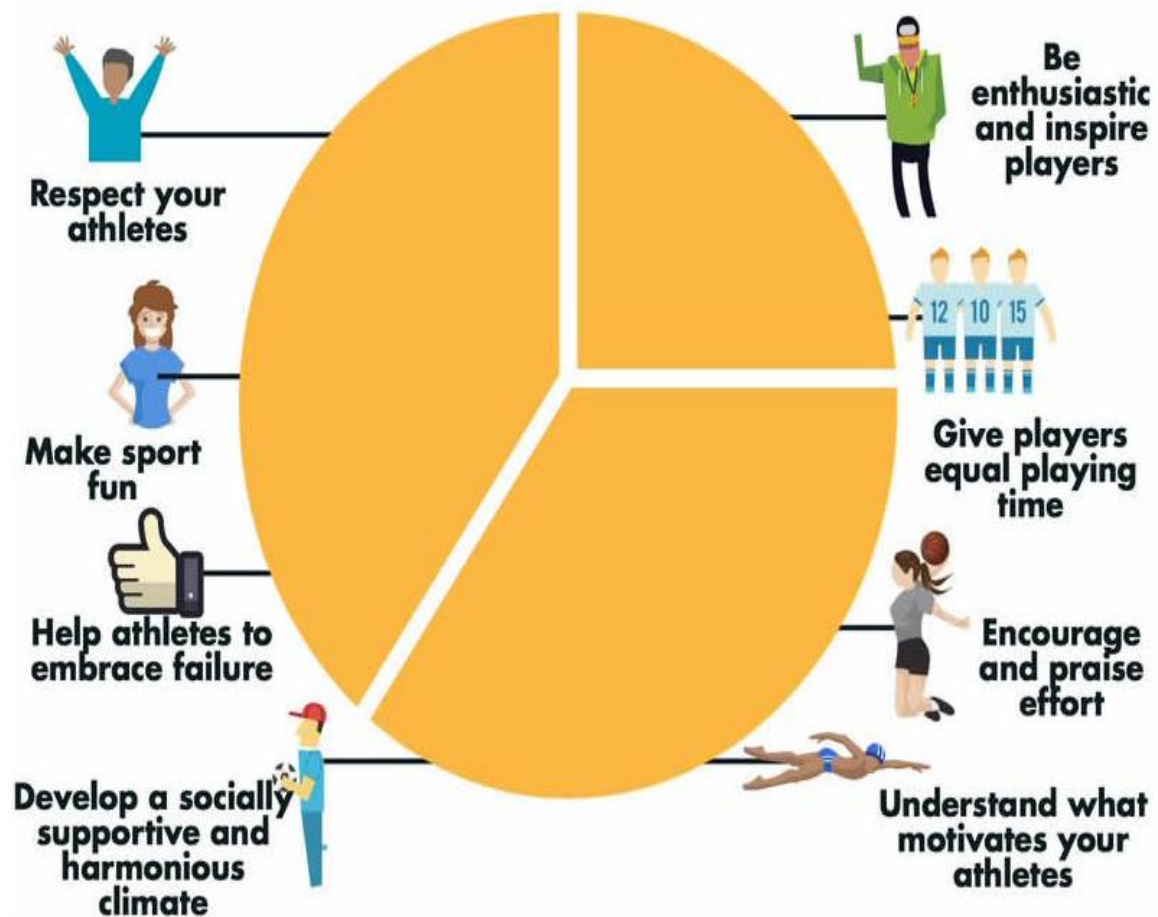
Pressure from parents and coach



# 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 |

# 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.

# IMPORTANT INFO



## SEASON:

- ⚽ Starts May 4<sup>th</sup> (weather dependent)
- ⚽ Ends June **22<sup>rd</sup> or 29<sup>th</sup>**
- ⚽ All games played within the area

## TOURNAMENTS:

### **EMSA: u4-5/u7 Mini Fest**

Dates: June 8, 2024

Entry Fee: \$20 per team

Registration Deadline:

# 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





[www.trsa.ca](http://www.trsa.ca)