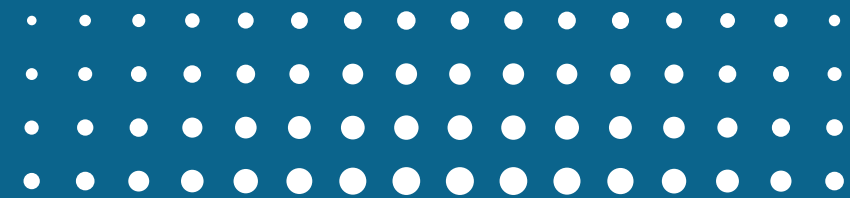


U9 PROGRAM

COACH KICK-OFF

2025 Outdoor Season





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 RUNNUNG 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.



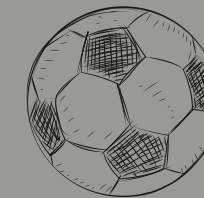
OUR COMMUNITIES >>>



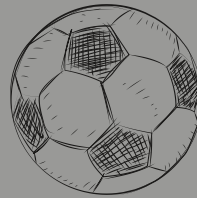
THE AMALGAMATION OF OUR 8 COMMUNITIES ALLOWS TRSA TO COMBINE RESOURCES SUCH AS FINANCES, MANPOWER, AND PLAYING AREAS TO PROVIDE A SUPERIOR COMMUNITY SOCCER PROGRAM FOR OUR FAMILIES.



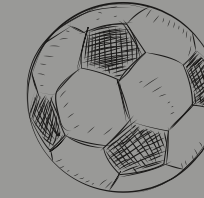
RIVERBEND



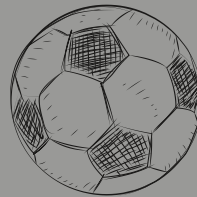
THE RIDGE



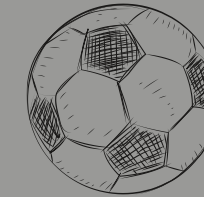
TERWILLEGAR



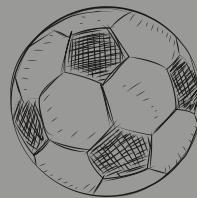
BROOKVIEW



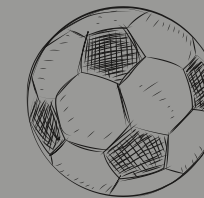
OAK HILLS



OGILVIE RIDGE



HODGSON

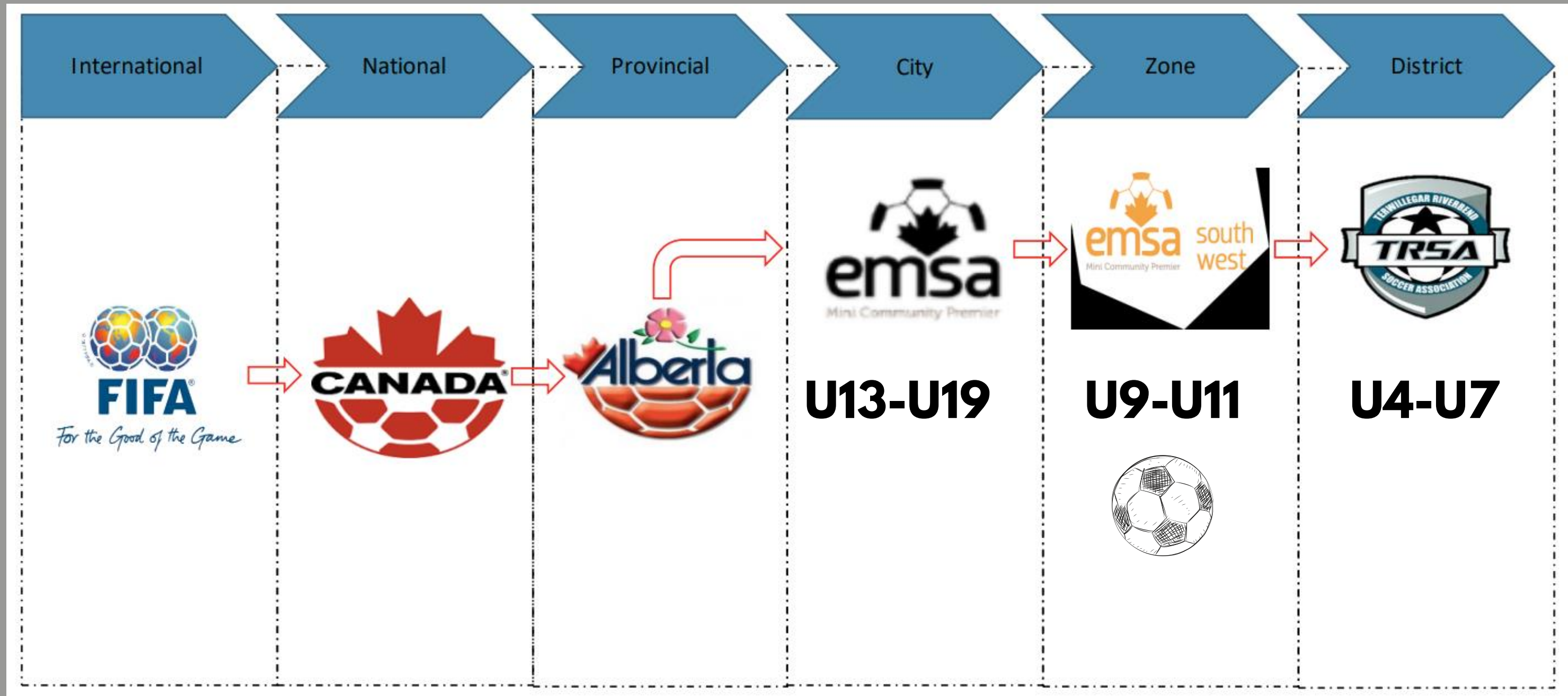


GREATER WINDERMERE

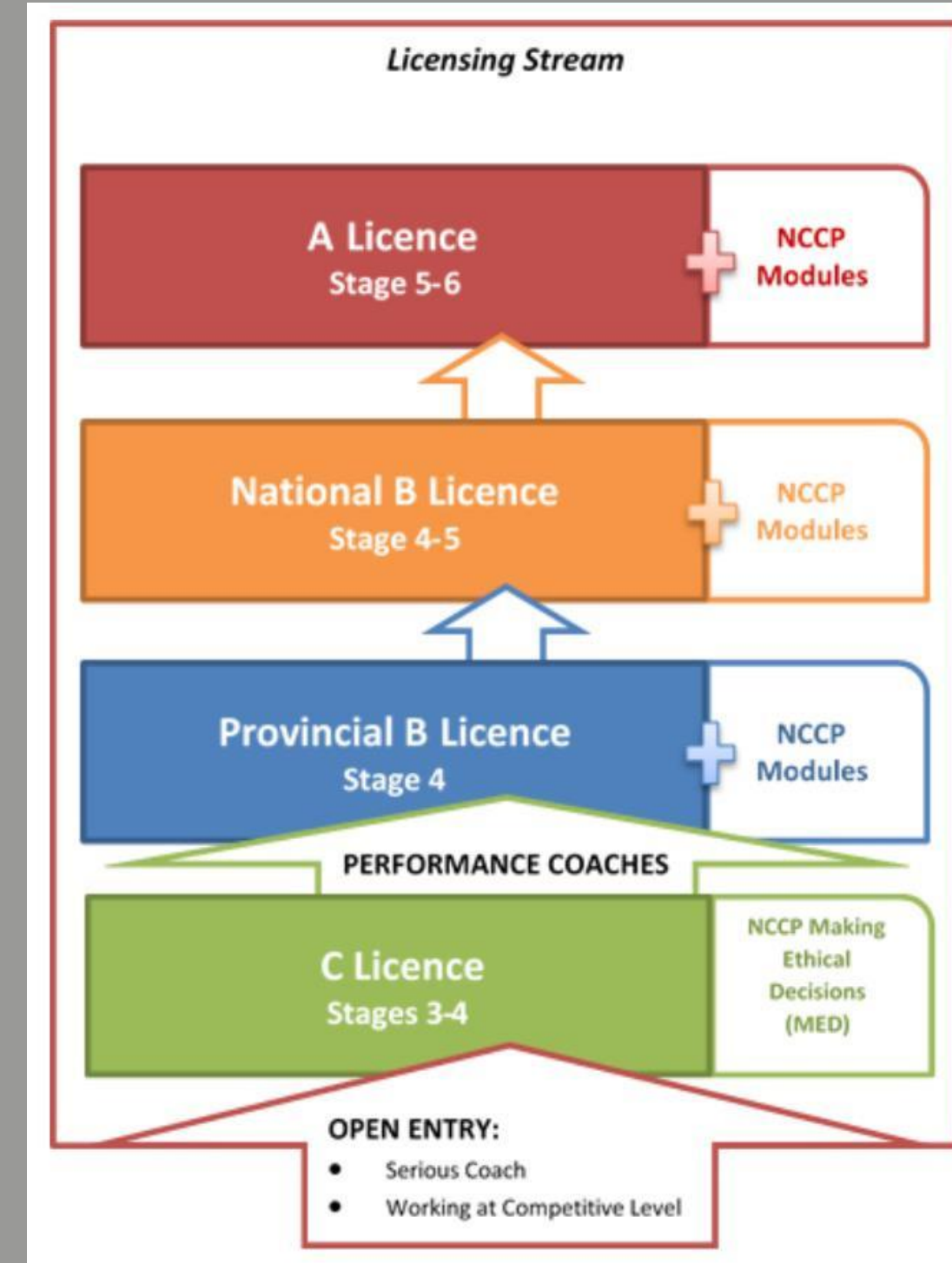
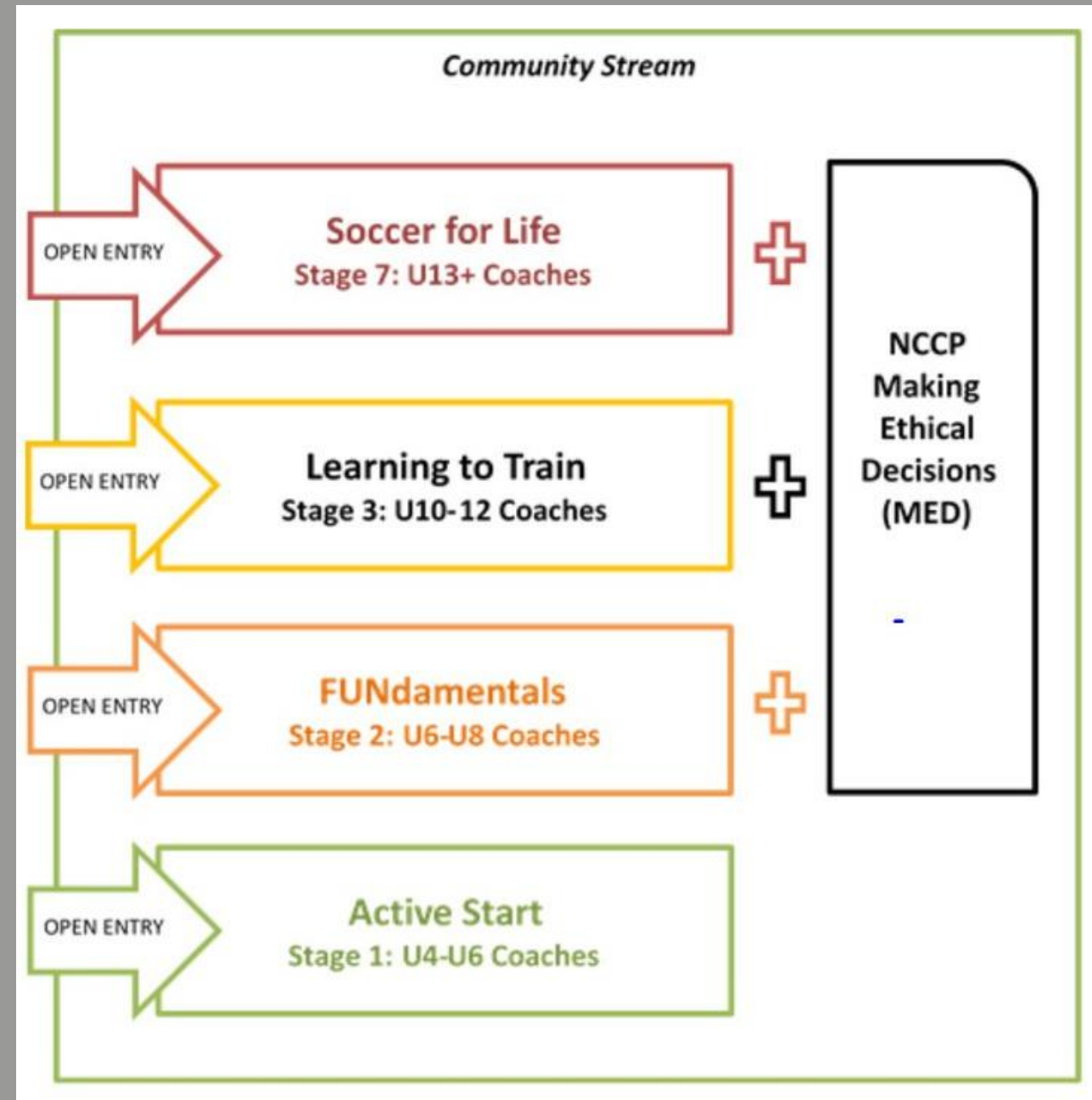
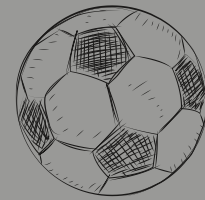


OUR ADVANTAGE

ORGANIZATION



THE COACHING PATHWAY



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

TRAINING

TRSA/SWEMSA supports all coaches to take all coach training that interests and is available to them.

Training is reimbursed- reimbursement procedure here



Training opportunities here

[MICROSOFT WORD - COACHES ASSISTANTS U6 U7 U9](#)


A screenshot of the EMSA South West website. The page is titled "COACH TRAINING" and features a navigation menu at the top with links for WELCOME, PLAYERS, SCHEDULES, COACHES & REFEREES, and VOLUNTEERS. The main content area is divided into two columns. The left column contains a sidebar menu with links for COACHES & REFEREES, INFORMATION, COACHES' CORNER, INJURY, CONCUSSION, AND SAFETY RESOURCES, COACHES' KIT, COACH TRAINING, COACH TRAINING REIMBURSEMENT, FIELD & GYM INFORMATION, TEAM OFFICIAL CARD INFORMATION, RULES OF THE GAME, FORMS, and REFS' CORNER. The right column is titled "COACH TRAINING" and "REQUIREMENTS". It lists three 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. Below the requirements, there is a link: "For a summary of the training courses for each age group, click on the following links:" followed by a list of links: U4/U5 Coaches and Assistant Coaches, U6-U9 Coaches and Assistant Coaches, U11 Coaches and Assistant Coaches, U13-U19 Coaches and Assistant Coaches, and U4-U19 Team Managers.

TRAINING NOT ONLY ENHANCES PLAYER DEVELOPMENT BUT ALSO SUPPORTS YOU AS A COACH WITH MORE TOOLS, MAKING IT AN EASY AND REWARDING JOB!



EMSA ID CARDS

 **U9 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**

Who needs EMSA ID cards?

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 get your ID card



[ID CARD INSTRUCTIONS](#)

How to download your team cards



Team Official Control Panel

Attention! Your team members have waivers that must be signed. Failure to sign may prevent participation. If you are having trouble, please contact the 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





- **MAKE SURE YOU HAVE THE APP DOWNLOADED**
- **WILL BE YOUR MAIN COMMUNICATION TOOL WITH FAMILIES AND COACHING TEAM**
- **HEAD COACH WILL RECEIVE AN INVITE - PLEASE INVITE OTHER “NON- PLAYERS” AND GIVE THEM MANAGER ACCESS SO THEY CAN ASSIST IN ADDING INFORMATION.**
- **CREATE A COACHING GROUP CHAT AND DISCUSS YOUR MEET AND GREET DATE/TIME & PLAN.**
- **REVIEW YOUR ROSTER FOR MISTAKES- IS YOUR KIDDO THERE? IT HAPPENS 😊**
- **ALL PLAYERS SHOULD BE INVITED BY FRIDAY APRIL 18TH THEY WILL START TO WORRY IF THEY DON'T HEAR FROM YOU.**
- **BE MINDFUL OF THE GREEN “INVITATION PENDING” YOU CAN TRY RE-SENDING OR EMAILING THE PARENT TO ASK THEM TO DOWNLOAD TEAMSAP AND ACCEPT THE INVITE.**
- **INTRODUCE YOURSELVES AND PROVIDE THE MEET AND GREET DATE.**
- **SCEHDULES WILL BE RELEASED BEFORE FRIDAY MAY 2ND.**
- **SEASON START MAY 6TH ENDS JUNE 26TH.**
- **EVERY TUESDAY AND THURSDAY @ 6 OR 7:15PM**
- **HOST ONE PRACTICE WEEKLY DAY OF YOUR CHOOSING**



INITIAL TEAM MEETING

- **PICK A TIME AND DATE FOR YOUR 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**
 - **WATER BOTTLE**
 - **SIZE 4 BALL**
- **REMINDE NO EARRINGS AT ALL, NO TAPING, MUST REMOVE.**
- **REVIEW SPECTATOR PROCEDURE FOR WHERE TO SET UP CHAIRS. (INFO TO FOLLOW)**
- **VOLUNTEERS- ON GOING ROLES REVIEW GUIDE FOR FULL DISCRPTION.**
 - **EQUIPMENT MANAGER- HELPFUL TO SET UP NETS**
 - **PHOTOGRAPHER (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**
 - **PICK A SPOT OFF THE FIELD AS THERE COULD BE GAMES AFTER YOURS**
- **ATTENDANCE AND LATES**
 - **USE TEAM SNAP AVAILABILITY**
 - **REMINDE PARENTS TO UPDATE AVAILABILITY - INPORTANT TO PLAN LINES AND SUBS**

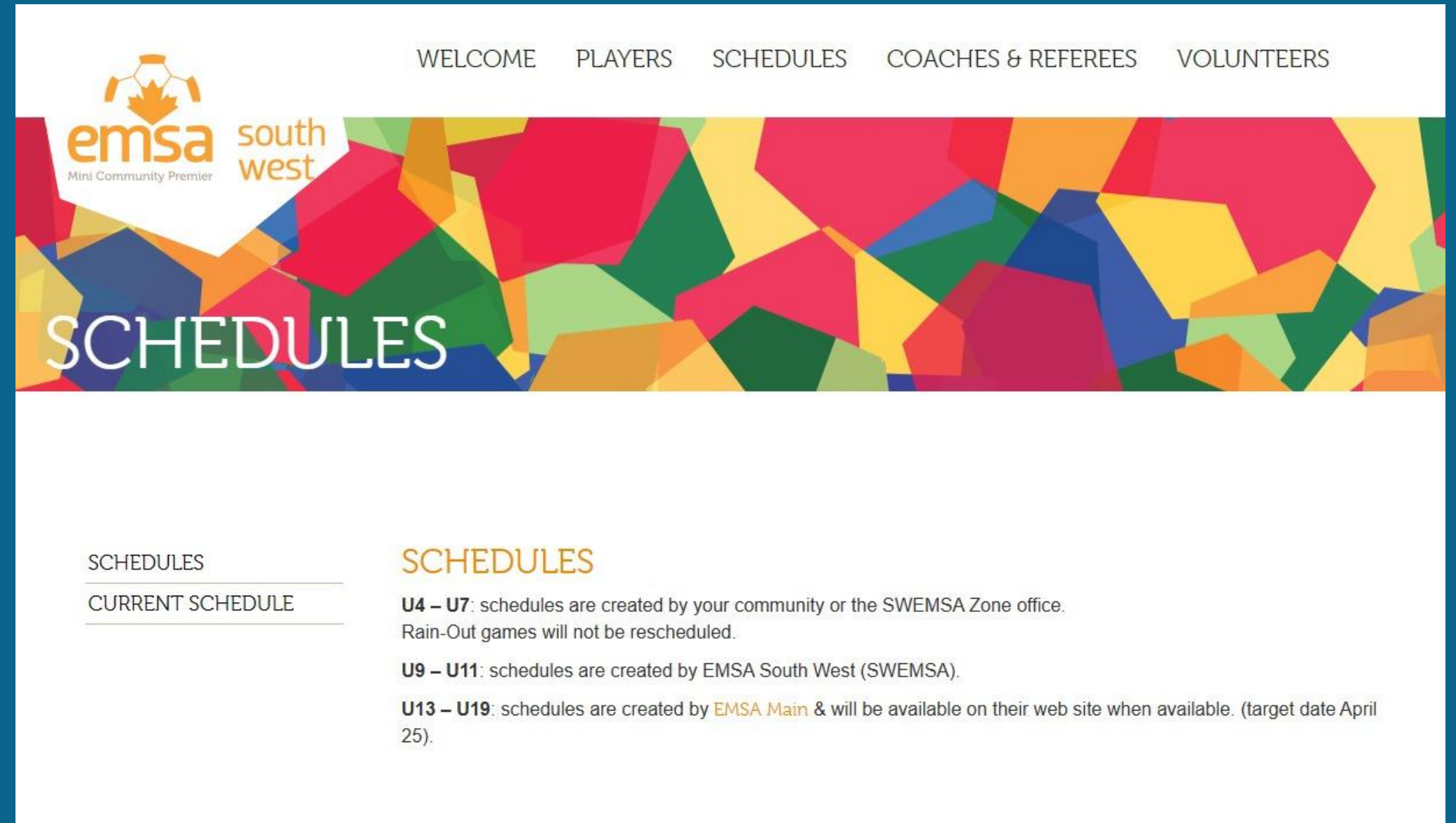


SCHEDULES

**Released Friday May 2nd
before 5pm.**

**Found on the SWEMSA
website.**

**Will not be entered into
TeamSnap –it is the
responsibility of each
team to enter their own.**



The screenshot shows the website header with navigation links: WELCOME, PLAYERS, SCHEDULES, COACHES & REFEREES, VOLUNTEERS. The logo for EMSA South West (Mini Community Premier) is in the top left. The main heading is 'SCHEDULES' over a colorful geometric background. Below the heading, there are two sections: 'SCHEDULES' with a sub-link 'CURRENT SCHEDULE', and a detailed 'SCHEDULES' section explaining the creation of schedules for different age groups.

WELCOME PLAYERS SCHEDULES COACHES & REFEREES VOLUNTEERS

emsa south west
Mini Community Premier

SCHEDULES

SCHEDULES
CURRENT SCHEDULE

SCHEDULES

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

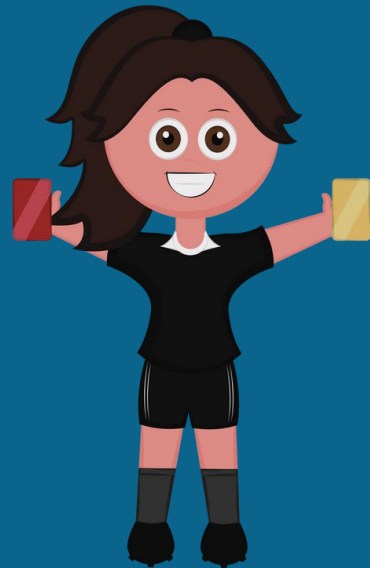
U9 – U11: schedules are created by EMSA South West (SWEMSA).

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



REFEREES/REFEREE PAYMENT

REFEREES ARE ASSIGNED BY SWEMSA **HOME TEAM IS RESPONSIBLE TO PAY REFEREE**



Method of payment –Head Coach will receive a cheque for 6 home games- if there are more games scheduled, please email: programcoordinator@trsa.ca another cheque will be mailed.

Referees are paid if they show up to your game.

** Exception is when the City closes the fields.

Always show up if the fields are open

**Discretion of the referee if the game is called off due to weather/safety.

Referee No-Show

** Both teams can decide to proceed with the game and the score stands (each team will assign a referee for one half OR

** Teams follow reschedule procedure (do not scrimmage or it will be considered a game, and the score will stand).

Reschedule Procedure

Games must take place before the end of the round

Review Here

All weather-related policies and procedures are linked on our website:



Please review, sign up for notifications and communicate procedures with families. Will save you 100 messages when people see rain!

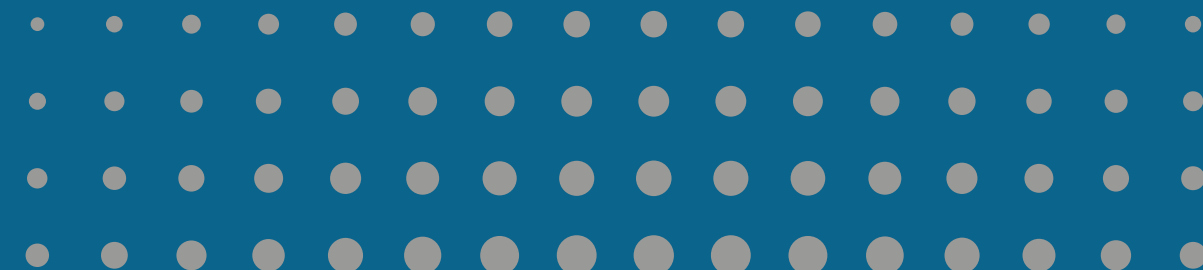
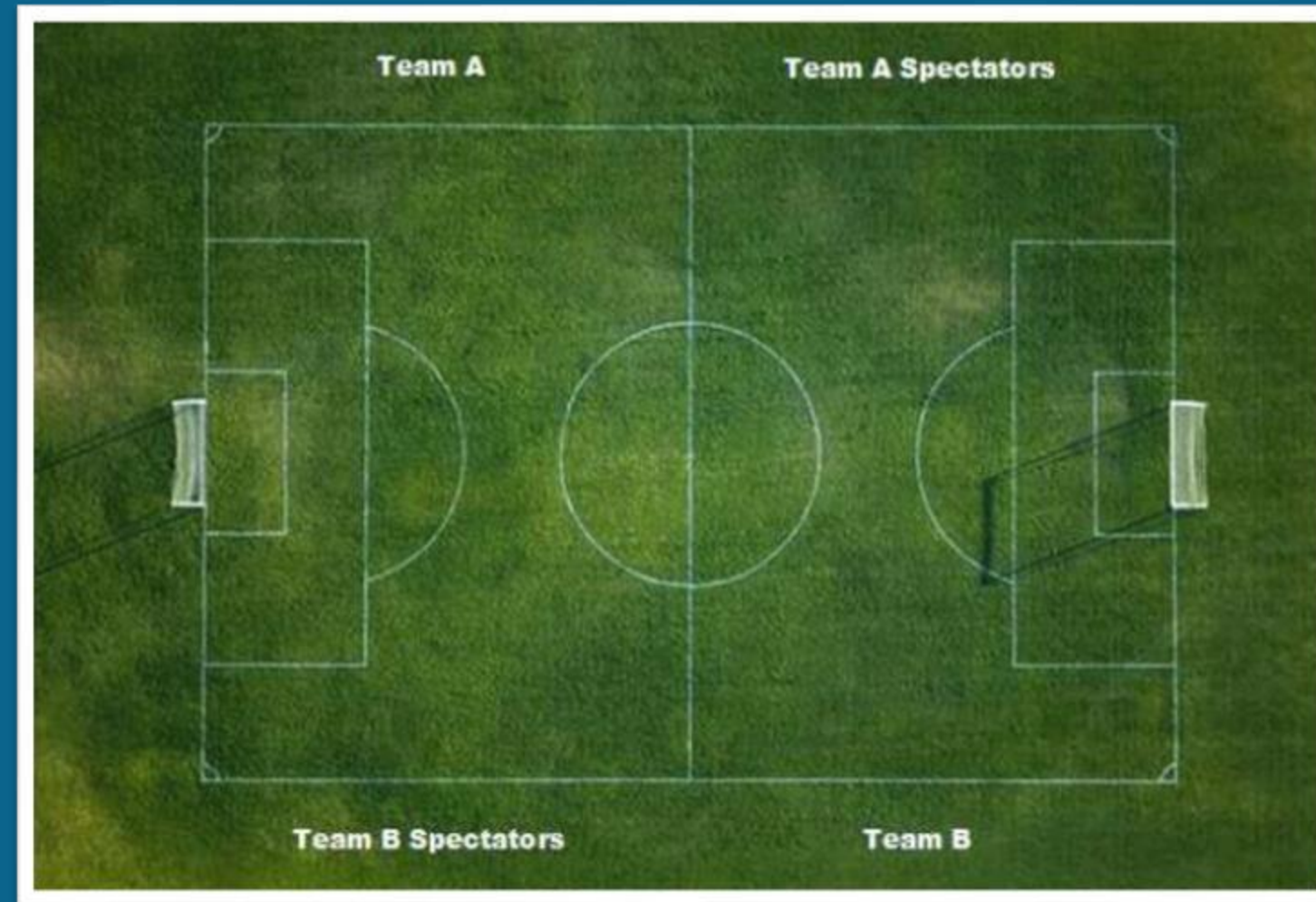


Friendly reminder! These referees can be as young as 13 years old! Be a great role model and support them where you can 😊



»» SPECTATORS AND TEAM LOCATION

- Home team decides the side for their team and their spectators will be on the same side.
- The visiting team will set up on the other side of the field.
- The players of visiting team will be directly across from spectators of the home team and vice versa.
- 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 sidelines.



GAME SHEET/SCORES PROCEDURE

BEFORE THE GAME



Prior to the first game log in and edit add all player jersey numbers-those will save for the season.



Both the home and away team are required to log into the EMSA soccer portal, download and print your own game sheet to bring to the game.



Remember to ensure your role is “team official” if you are in “personal” you will not see Control Panel.

Team Official Control Panel

TRSA (Home):
Coach

Manage/Score Games

Download Team Roster

View Division Standings

Edit Player Jerseys

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

Home / Manage Scores/Games

Manage Scores/Games

DATE	TIME	HOME TEAM	SCORE	VISITING TEAM	FIELD	MAP	TYPE	STATUS	GAME SHEET	YELLOW CARDS	SUSPENSIONS
Sat, Jan 5th	3:15 pm		1 - 0	TRSA (Home)	Edinburgh Soccer Centre East, 7	Map	Regular	Completed			
Sat, Jan 12th	11:30 am	TRSA (Home)		TRSA (Away)	Edinburgh Soccer Centre South Crossburn, 12	Map	Regular	Scheduled	Download		
Sat, Jan 19th	1:05 pm	TRSA (Home)			Edinburgh Soccer Centre West Maxwell, 2	Map	Regular	Scheduled	Download		
Sat, Jan 26th	2:30 pm			TRSA (Home)	Edinburgh Soccer Centre South Crossburn, 12	Map	Regular	Scheduled			

1. CLICK MANAGE /SCORE GAMES

**2. SLIDE RIGHT AND FIND
DOWNLOAD**

**3.
PRINT**



RULES OF THE GAME

- **EMSA U9 rules are modified Alberta soccer rules.**
 - **Most notable rule difference is the Retreat Line**
 - **EMSA rules states $\frac{1}{3}$**
 - **Some referees were trained to Alberta Soccer Rules which is $\frac{1}{2}$**
 - **please talk to referees before the game and confirm they are aware of this change**
- **Games are 7v7.**
- **Games are 2 x 30 minute halves.**

Coaches need to be familiar with rules! Your guide has a link to the U9 Rule book keep it handy for quick reference and check it out on our website .



TOURNAMENTS

SWEMSA: DUGGAN MOTHER'S DAY TOURNAMENT

DATES: MAY 9-11

LOCATION: SOUTH WEST EDMONTON FIELDS

AGE GROUP: U7 - U19 TIER 1-9

ENTRY FEE: \$ 100-700

INFORMATION AND REGISTRATION:

[HTTPS://DUGGANTOURNAMENT.COM/](https://duggantournament.com/)



SWEMSA U9 FESTIVAL

**DATE: SUNDAY JUNE 8, 2025 (BACK UP DATE
JUNE 15)**

LOCATION: KEHEWIN FIELDS (10704-19 AVE)

FESTIVAL DETAILS - [CLICK HERE](#)

U9 SCHEDULE - [CLICK HERE](#) AND FIELD MAPS

REGISTRATION IS CLOSED. FOR FESTIVAL

INQUIRIES, CONTACT SWEMSA OFFICE AT

OPERATIONS@SWEMSA.ORG

EMSA WEST: SPRING CHALLENGE

DATES: MAY 30 - JUNE 1

LOCATION: WEST EDMONTON

AGE GROUP: U9 - U19 TIER 4-5

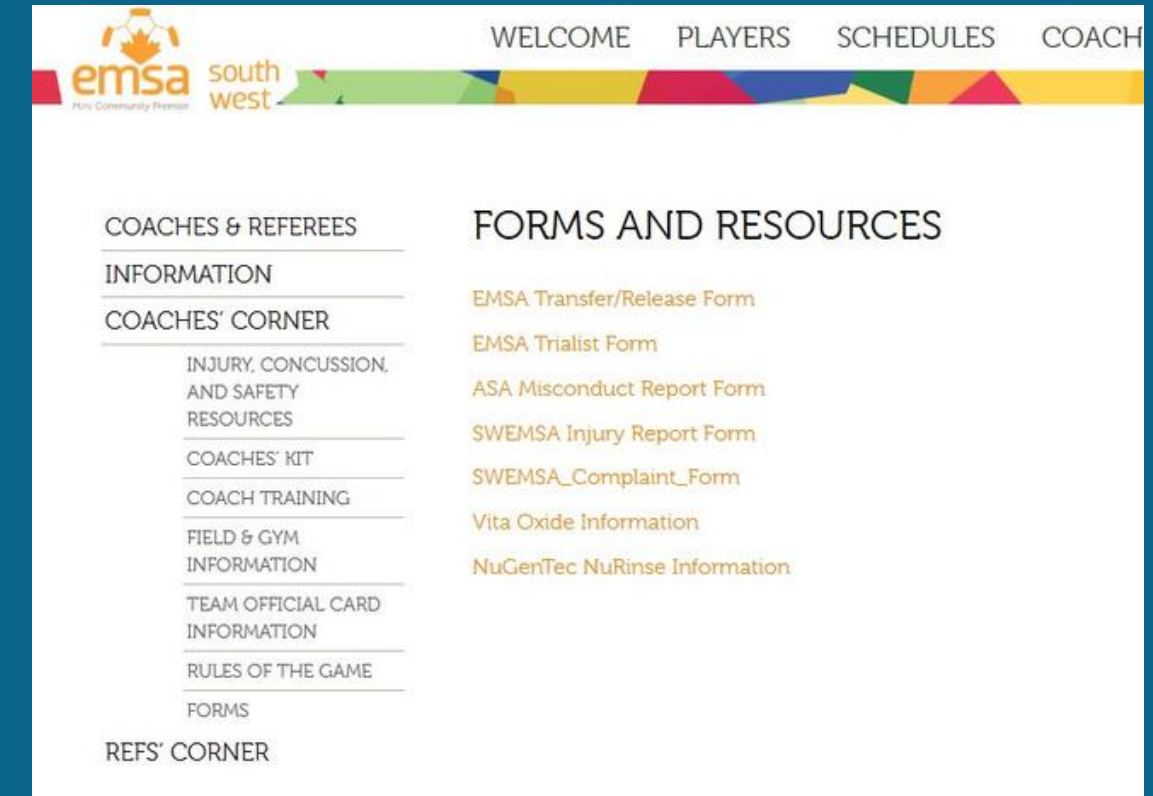
INFORMATION AND REGISTRATION:

[HTTPS://EWZSASPRINGCHALLENGE.COM/](https://ewzsaspringchallenge.com/)



POLICIES AND INFO TO REVIEW

- **Rule of Two**
- **Coaches Code of Conduct**
- **Severe Weather Policies and Procedures- Including Fields and Field Closures**
- **Rules of the Game**
- **Reporting of Concerns and Injuries**
- **Emergency Action Plan Forms**
- **Concussion Awareness**



COACHES'
CORNER
EMSA SOUTH
WEST



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



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

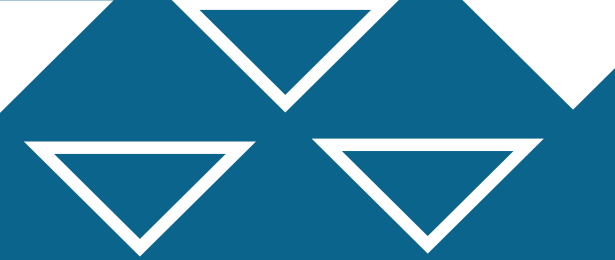


Pressure from parents and coach

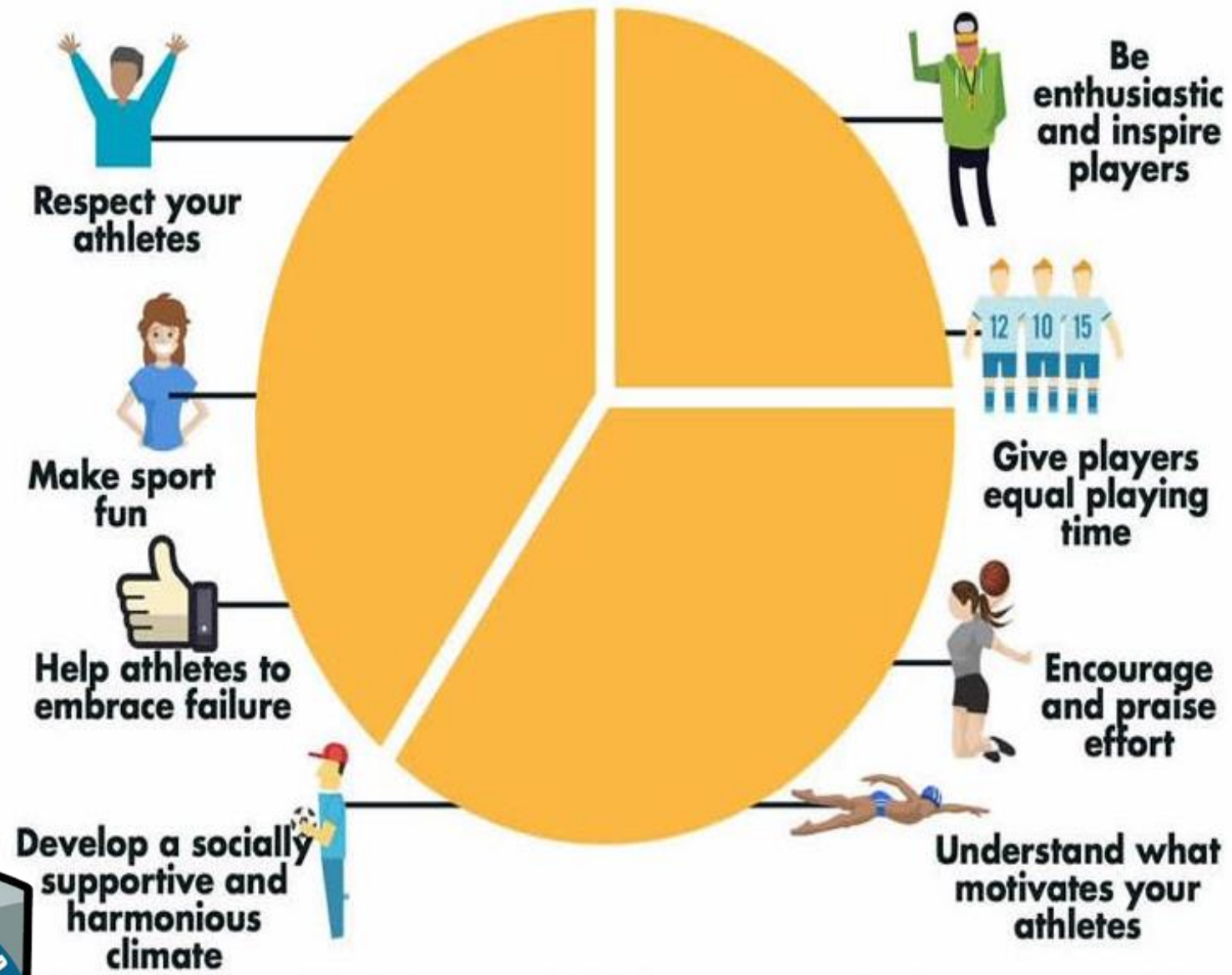




WHAT WE CAN DO



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 |

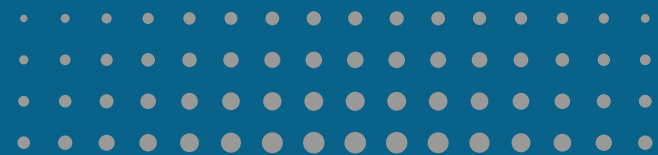


FINAL THOUGHTS

- We are here to have fun!
- U9 is the first year with “rules” and referees-take it slow and learn as you go
- The information is always available for your reference- don't feel like you need to study!
- Reach out with any questions.
- Ensure you have connected with Community Coordinator- Charlane before bringing any concerns to SWEMSA or EMSA to follow communication protocol.



QUESTIONS?



THANK YOU

