

GRASSROOTS TRANSITIONS

Preferred Training Model

U6 and U7





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



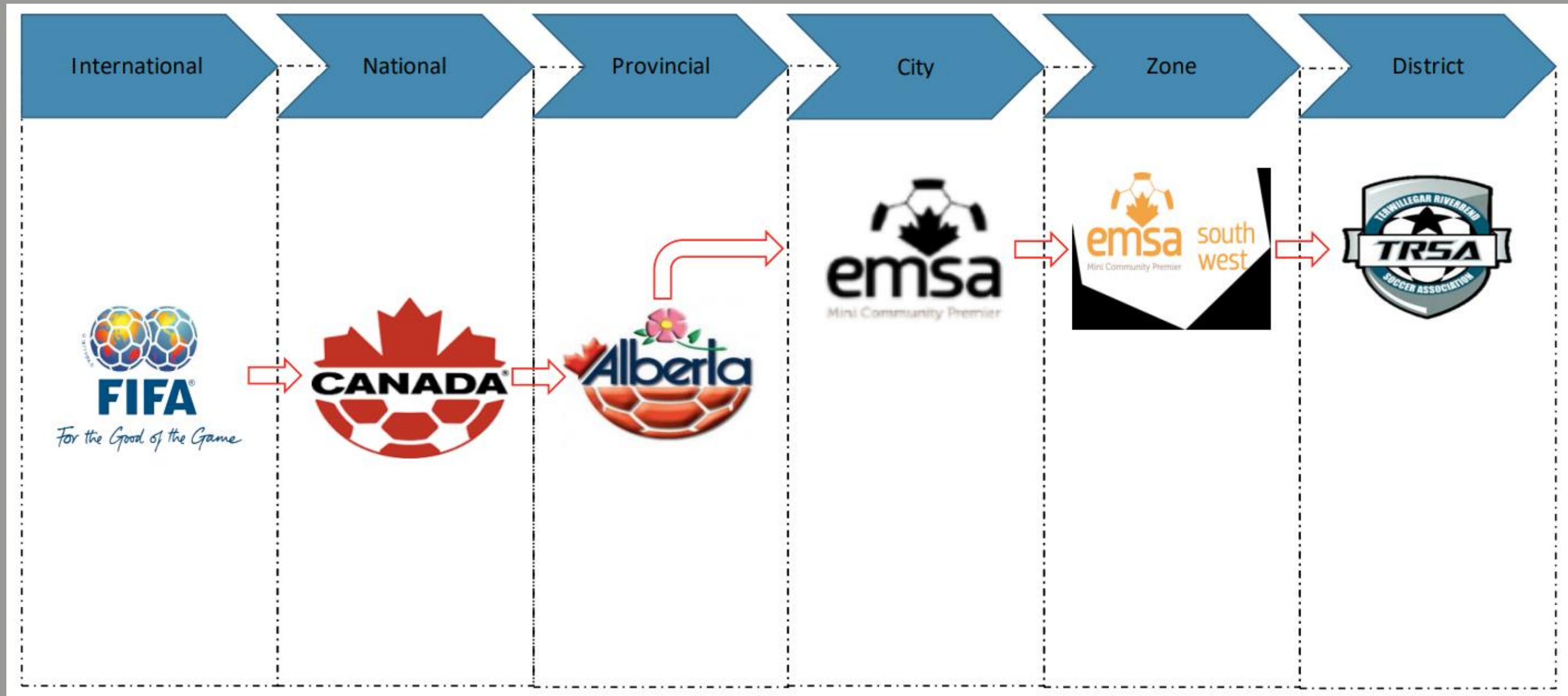
Teamwork
Relationships
Sportsmanship
Active

- **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.

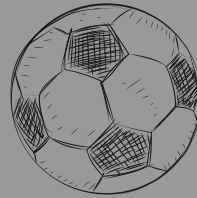
ORGANIZATION



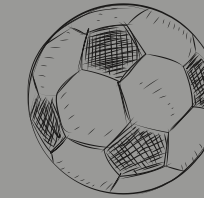


OUR COMMUNITIES >>>

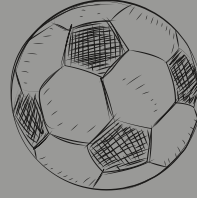
THE AMALGAMATION OF OUR 8 COMMUNITIES ALLOWS TRSA TO COMBINE RESOURCES SUCH AS FINANCES, MANPOWER, AND PLAYING AREAS TO PROVIDE A SUPERIOR COMMUNITY SOCCER PROGRAM FOR OUR FAMILIES.



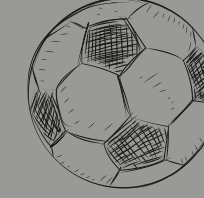
RIVERBEND



THE RIDGE



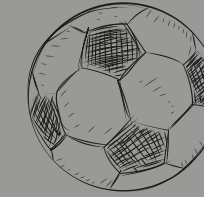
TERWILLEGAR



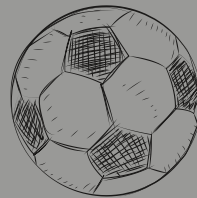
BROOKVIEW



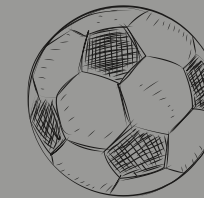
OAK HILLS



OGILVIE RIDGE



HODGSON



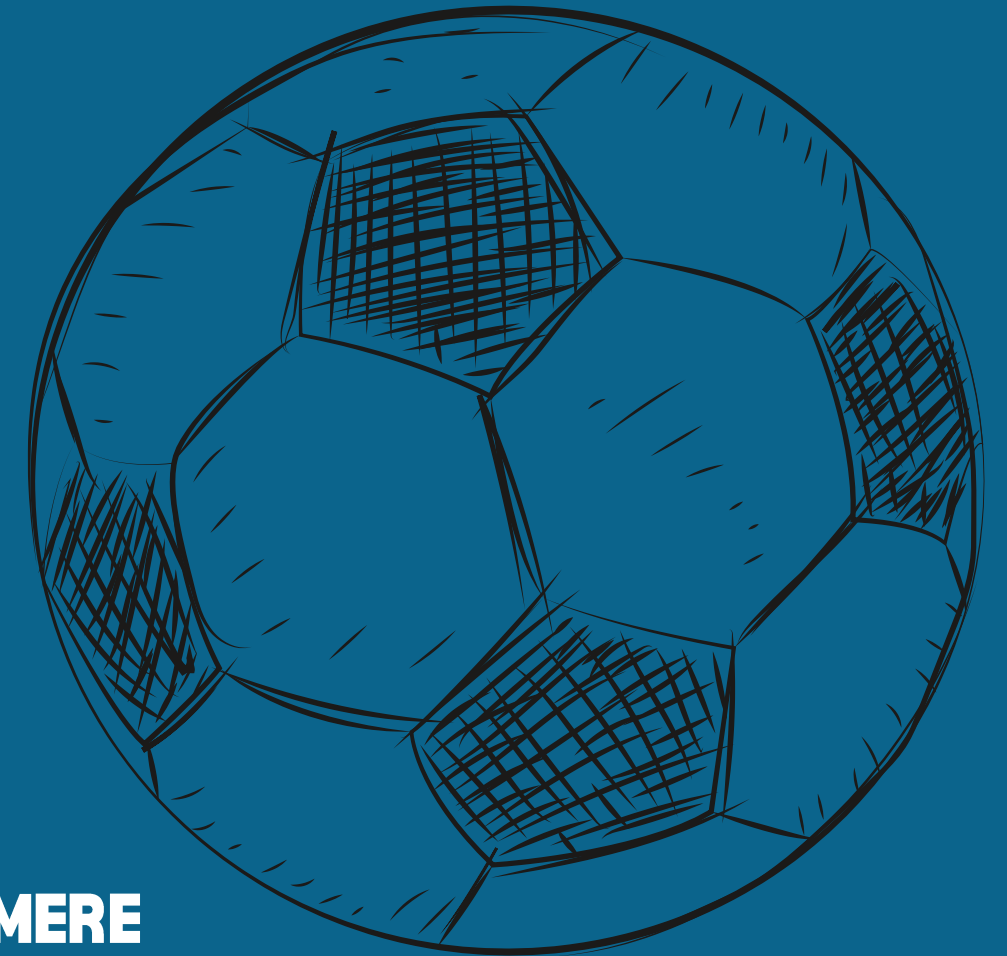
GREATER WINDERMERE



OUR ADVANTAGE

GENERAL INFORMATION

- **EVERY MONDAY AND WEDNESDAY FOR 60 MINUTES**
 - **30 MIN PRACTICE**
 - **30 MIN GAMES**
- **STARTS MONDAY MAY 5TH & LAST SESSION IS JUNE 25TH**
- **COACH DISCRESSION ON MAY LONG WEEKEND**
- **TOURNAMENTS**
 - **DUGGAN MOTHERSDAY MAY 9-11 @TEAM COST \$100**
 - **SWEMSA MINI FEST JUNE 7 (BACK UP DAY 8TH) FREE**
- **TEAMS**
 - **14-16 PLAYERS (2 MINI TEAMS OF 7-8)**
 - **1 HEAD COACH, 2 ASSISTANTS AND A TEAM MANAGER**
- **SCHEDULES WILL BE RELEASED THE LAST WEEK IN APRIL**
 - **TEAMS WILL TRAVEL THROUGHOUT TERWILLEGAR, RIVERBEND AND WINDERMERE**
 - **HEAD COACHES CAN SUBMIT THEIR PREFERED LOCATION**
- **ALL CORRESPONDENCE WILL BE THROUGH TEAMS NAP**
 - **COACHES REVIEW ROSTER AND SEND INVITES WHEN YOU HAVE DETERMINED A MEET AND GREET DATE**



INITIAL TEAM MEETING

- **U6/7 IS SPONSORED BY TIMBITS:**
 - **JERSEY, SOCKS AND SHORTS THAT THE PLAYER MAY KEEP (SOMETIMES THERE ARE NOT SHORTS OR SOCKS)**
 - **HAND THESE OUT BY ARRANGING PLAYERS TALLEST TO SMALLEST TO ENSURE PROPER DISTRIBUTION OF SIZES**
 - **TIMBITS ALSO PROVIDES ALL PLAYERS WITH A SIZE 3 BALL TO KEEP**
- **PARENTS PROVIDE :**
 - **SHINGUARDS AND CLEATS (RUNNERS ARE ACCEPTABLE)**
 - **SHORTS/SOCKS IF NOT PROVIDED**
 - **WATER BOTTLE**
- **VOLUNTEERS- ON GOING ROLES REVIEW GUIDE FOR FULL DISCRPTION.**
 - **EQUIPMENT MANAGER- HELPFUL AT THIS FORMAT AS THERE IS MORE FIELD SET UP**
 - **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**
- **ATTENDANCE AND LATES**
 - **USE TEAM SNAP AVAILABILITY**
 - **REMIND PARENTS TO UPDATE- INPORTANT TO PLAN TEAMS**



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.



»» SESSION BREAKDOWN

MINUTES 0-10 BALL MANIPULATION
~ DEVELOPING COMFORT WITH A
BALL

MINUTES 20-30 FUN GAME
~ LEARNING THROUGH FUN

MINUTES 10-20 ABC'S
~ DEVELOPING FUNDAMENTAL
MOVEMENT SKILLS

MINUTES 30-60 GAME TIME
~ DEVELOPING A LOVE FOR THE
GAME



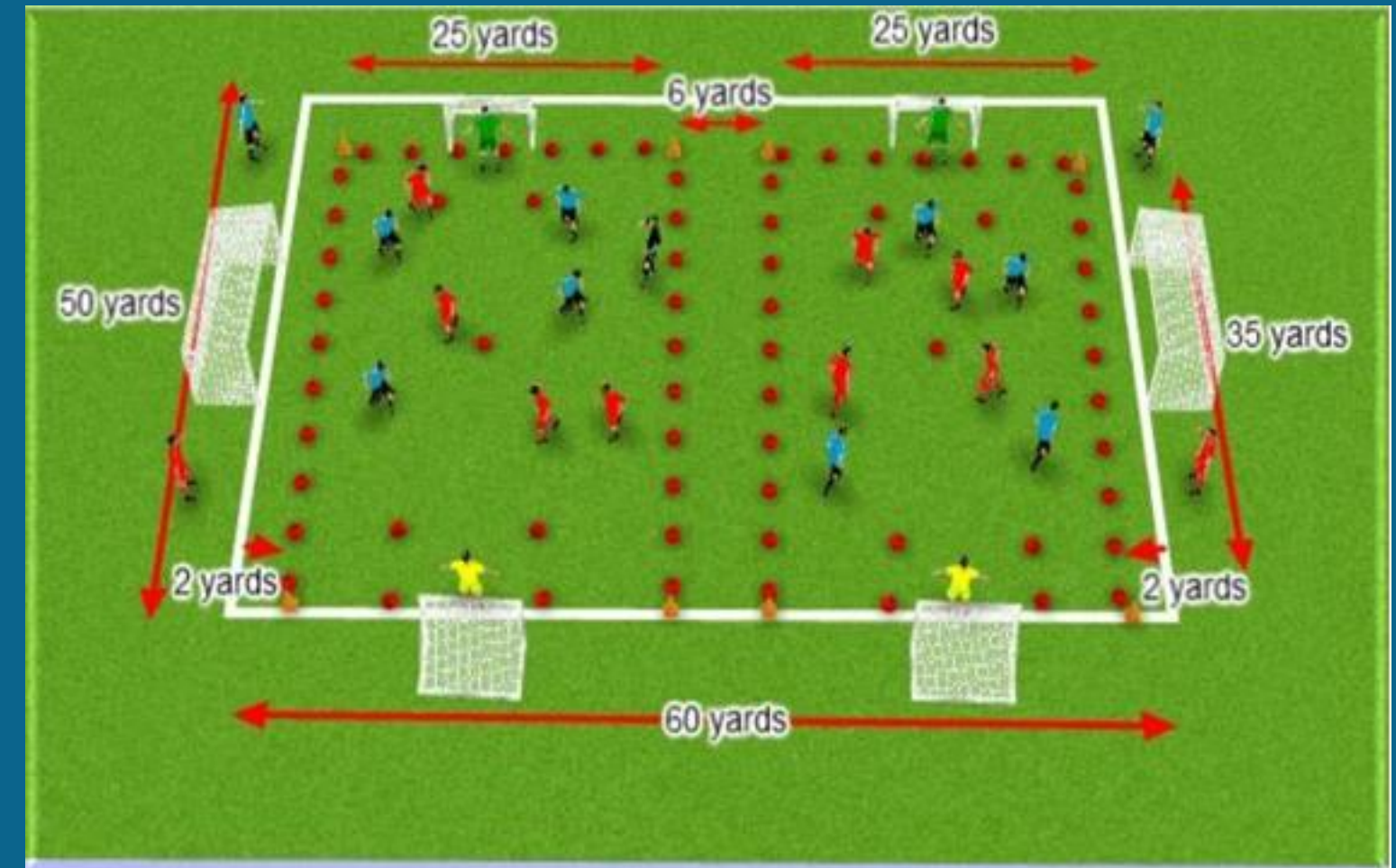
CHECK OUT YOUR GUIDE FOR ACTIVITY IDEAS



HOW IT WORKS



- Games are scheduled on a U9 field
- You will be playing widthwise across the field at game time
- You will share the field with another team
- When you arrive set your half up like indicated in the photo (more details provided in your guide)
- First 30 minutes you are on one half running your practice
- At game time you will divide your team in 2 groups (7-8 players), send half to the other playing area with one assistant
- The other team will send half and an assistant to you
- Play 2 simultaneous games for the remaining 30 minutes (2 x 15min halves)





A FEW RULES



GAMES ARE 5V5 WITH A GOAL KEEPER SUBS ON THE FLY OR ANY STOPPAGE



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.*

Respect the rules of the game

- 🚫 Pushing
- 🚫 Kicking
- 🚫 Body checking
- 🚫 Holding

NO HANDS IN SOCCER- not on the ball or other players!

Goal kick: Balls played out past the end line, by the attacking team, go to the goalkeeper for a goal kick.

☺ *A Goalkeeper may kick the ball from anywhere in the goal area. Players should all retreat to the 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 SMALL SIDED GAMES?



BENEFIT	WHY IT IS IMPORTANT
More Touches on the Ball	Boosts skill development and confidence through frequent interaction with the ball.
Better Skill Development	Players improve faster in dribbling, passing, shooting, and control.
Increased Engagement	Keeps all players active and focused — less standing around, more fun!
Simplified Decision-Making	Easier choices help young players learn positioning and teamwork.
Improved Fitness	More running and movement improves agility, endurance, and coordination.
More Goal-Scoring Opportunities	Kids feel successful and stay motivated when they can score and contribute.
Fairer and More Inclusive Play	All kids participate — not just the strongest or fastest. Builds teamwork and confidence.
Age-Appropriate Learning	Smaller games match their developmental stage — less confusion, more success.



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



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

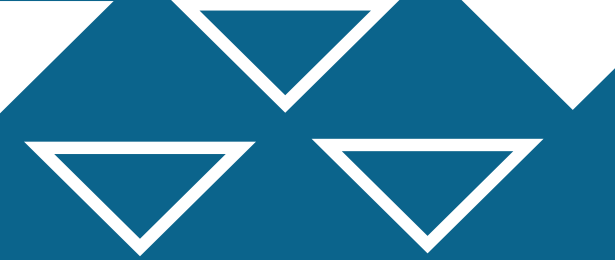


Pressure from parents and coach

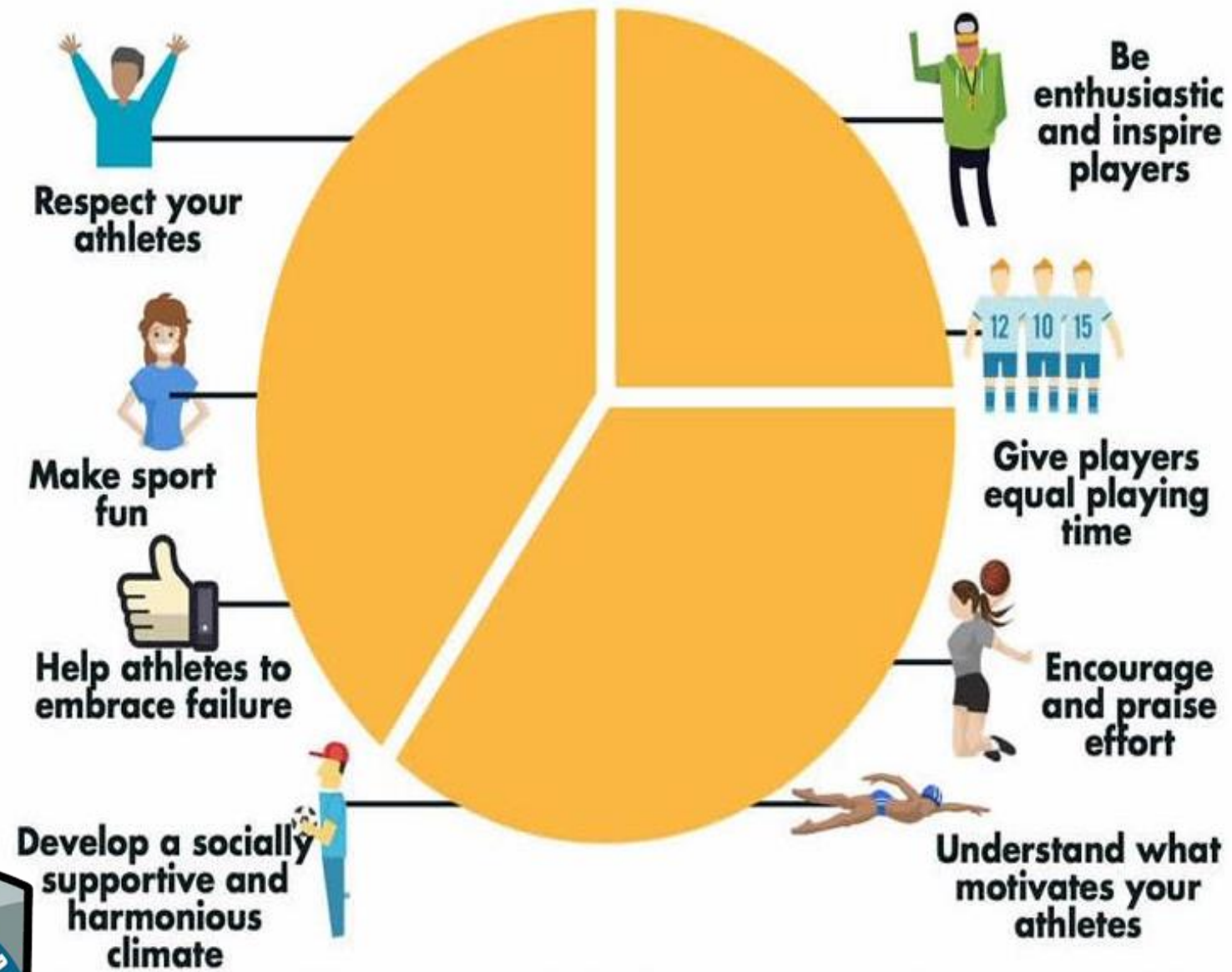




WHAT WE CAN DO



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 |



THANK YOU »»»

