

WCSC Coach Package

2017



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Introduction

The 2017 Board of Directors would like to welcome you to the 2017 season. We welcome new coaches trying this for the first time, or experienced coaches growing with their children through the age divisions.

We are here to support you during the season, and our goal is to make this the best possible experience for you and your team.

Our contact information is on the website at <http://wcsc.ca>, and please contact us at any time if you have any questions.

Good luck, and have fun!

The 2017 WCSC Board of Directors

Expectations

For House League only, the Fair Play rule supersedes the Code of Conduct.

The coach's primary responsibility is to develop the skills of all players on the team. The spirit of the Fair Play rule is that all players must be substituted so that each receives equal time on and off the field. This is to be done each game and throughout each game during the regular season and the tournament.

The exception is the goalie who can play the full game in nets. However, once the goalie has been substituted, the former goalie cannot remain on the field to make up time. In other words, players in goal in one half must be substituted equally in the other half. The rule is extended to situations where coaches have attempted to circumvent the Fair Play Rule by substituting a player in and out of goal during a half without removing the goalie off the field. Again, the executive will interpret these situations as a clear violation of the Fair Play Rule.

The onus is on the coach to ensure the spirit of the Fair Play rule and equal playing time for all players is carried out. Our intention as the WCSC is to develop a love of the game for all involved. Fair Play is in place to support this intention.

Coaching Development

Make professional development a priority. Be open to new ideas. It is recommended that all coaches strive to improve their skills through coaching development. West Carleton coaches are encouraged to participate in coaching workshops, training sessions, and certification programs. Most costs will be paid by the WCSC.

Sideline Conduct

Players respect their coaches and, as a result, will often imitate their behaviour. Coaches therefore, are expected to maintain their composure and self-control during games.

Coaches are responsible for sideline behaviour for their team. Coaches must ensure that their team, parents and fans, understand that the team may be penalized for any inappropriate behaviour. The referee has the authority to stop the game until the Coach gets the team and/or fans to behave appropriately.

Coaches should avoid as much as possible yelling instructions from the sideline. Players need to learn make quick decisions on their own during play. Instructions from the sideline like "Shoot!", "Down the wing!", "Boot it", "Send him" usually serve only to distract players and often result in ineffective action being taken because of the distraction.

Each player responds differently to a coach's criticism during games. A good rule to follow is: Correct don't criticize. Correcting means pointing out to the player the source of the problem,

suggesting ways to correct it, and then, most importantly, working at fixing the problem during the next training session.

Jewellery

No item of jewellery of any sort will be allowed on the field of play, even if it is taped. This includes but is not limited to necklaces, rings, bracelets, earrings, leather or rubber bands or visible body piercings. Loose beaded hair is also not permitted unless tied back or covered by a net. This rule follows Law 4 issued by the Canadian Soccer Association and is in place to ensure the safety of everyone on the field. For parents - please, DO NOT GET YOUR CHILD ANY PIERCING DURING THE SOCCER SEASON, THEY WILL NOT BE ABLE TO PLAY WITH STUDS IN.

LTPD

LTPD stands for “Long Term Player Development”, and is a structured approach for teaching and coaching soccer designed to be consistent with the capabilities and development of each age group.

The goal is to develop life-long soccer players (of any level).

With the Canadian Soccer Association and the Ontario Soccer Association, all of our development decisions are made with this approach in mind.

For further reading, please visit:

<http://www.canadasoccer.com/canada-soccer-pathway-ltpd--s16879>

<http://www.ontariosoccer.net/player>

Tips and Tricks

This section is a guide to some tips and tricks that different board members and coaches have gathered over the years that might be of help to new coaches.

Freezies and Snacks

One of the highlights for the kids is the freezie schedule for games (and/or practices).

At the first practice, the coach can bring the freezies. Bring a form where parents can sign up for particular game nights to bring treats, and you won't have to scramble.

Don't forget to ask if there are any food allergies and let everyone know.

Sidelines

Once the warmer weather starts, some handy gear if you happen to have them in your basement:

- A beach tent or other source of shade
- Folding bench
- Dollar store electric fans + water spray

Please note that parents are not allowed on the same side as the team.

Running a Game

Once the game starts, in cases where you don't have two lines of kids, it can be tough to manage the substitutions to make sure that each child is receiving equal playing time.

Using a copy of the game sheet with your roster to track is a good trick, using a pencil or pen to mark who has been on.

The other big area that can be chaotic is deciding who takes a free kick/kick in from the sideline. The referee will place the ball, but there can be a large group of kids hoping to kick the ball. It helps to be able to quickly tell the kids whose turn it is, or for older age groups, deciding on an order (alphabetical?) so the kids can decide for themselves.

TeamSnap Instructions

TeamSnap is a website that is very handy for posting your team schedule, tracking attendance and easily communicating with your parents.

It's free, and once you have your registration list and parental emails, you can follow the instructions at:

<https://helpme.teamsnap.com/hc/en-us/articles/227889047-How-do-I-get-started-with-Team-Snap-Tips-Tricks-for-getting-started-for-coaches-and-managers>

Division Rules

Please consult the age group website on <http://wcsc.ca> for the latest rules for your division and the latest information from your coordinator.

Helpful Resources

Practice Plans

- http://www.mayouthsoccer.org/coaches/session_plans/
- <http://www.ontariosoccer.net/grassroots-practices>
- <https://www.soccerxpert.com>

Questions + Answers

- <http://www.wcsc.ca/DisplayPage.aspx?PageID=5335> (WCSC FAQ)

Practice Plan

Activity 1 _____ Duration

Notes Activity Time Rest Intervals

Activity 2 _____ Duration

Notes Activity Time Rest Intervals

Activity 3 _____ Duration

Notes Activity Time Rest Intervals

Activity 4 _____ Duration

Notes Activity Time Rest Intervals

Practice Plan

Activity 1 _____ Duration

Notes Activity Time Rest Intervals

Activity 2 _____ Duration

Notes Activity Time Rest Intervals

Activity 3 _____ Duration

Notes Activity Time Rest Intervals

Activity 4 _____ Duration

Notes Activity Time Rest Intervals

Practice Plan

Activity 1 _____ Duration

Notes Activity Time Rest Intervals

Activity 2 _____ Duration

Notes Activity Time Rest Intervals

Activity 3 _____ Duration

Notes Activity Time Rest Intervals

Activity 4 _____ Duration

Notes Activity Time Rest Intervals