

# Community Indoor Soccer 12U-18U Coach Clinic



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

*"Recreational Soccer Emphasizing Good Sporting  
Behaviours, Skill Development and Fun"*

Thanks for stepping up. We could not offer soccer without you.

**BE A HERO!**



**COACH SOCCER!**

# Recreational Community Soccer

- ▶ Coed
- ▶ No-cut
- ▶ Welcomes everyone regardless of ability
- ▶ Accessible for special needs
- ▶ Equal play
- ▶ Participation is more important than competition
- ▶ Emphasis on skill development, good sporting behaviours and fun
- ▶ Social and personal development are important
- ▶ Builds self-esteem and self-awareness
- ▶ Activity is inclusive
- ▶ **Six key lessons: Respect, integrity, be a team player, lose with dignity, and win with class, Play Fair**

# What is a Good Coach?

- Teaches the players the skills they need to succeed.
- Shows fairness to all players.
- Lets the players play the game.
- Acts as a positive role model.





# What Can I Expect as a Coach?

- ▶ Children may differ greatly in :
  - ▶ Age
  - ▶ Gender
  - ▶ Maturity
  - ▶ Skill
  - ▶ Health/medical condition
  - ▶ Passion



**BUT THEY ALL PLAY  
THE SAME AMOUNT OF TIME**

# Child and Youth Safety

A national multi-sport initiative to prevent abuse of children and youth

## Parents role

- ▶ Minimizing risks of harm is a shared responsibility that starts first with the parents
  - Attend games and support children
  - Arrange for transportation
  - Never leave children unattended
- Report suspected abuse to the league.

# Child and Youth Safety

## Volunteers role (Coaches, league officials, referees)

- ▶ Rule of Two - never should be alone with a child
- ▶ Limited direct contact with children in any social media context
- ▶ Physical contact between volunteers and children should be minimized and only when appropriate
- ▶ Do not leave the referees unless all your children are picked up.
- ▶ First aiders can only touch an injured player with the permission of a parent or guardian and only to the extent required to provide first aid
- ▶ Report suspected abuse to the league.



# Child and Youth Safety

## The League's role

- ▶ The RWZISA is required to report to authorities instances of potential abuse or when a child might be in danger.
- ▶ All reported instances will be reviewed quickly. During an investigation, support will be given both to the individual who voices concerns and to the suspected abuser.
- ▶ Once the investigation is completed, RWZISA will decide what action, if any, is necessary to prevent a similar situation arising again.

# Concussions

- ▶ A concussion is a brain injury and is potentially serious
- ▶ Children and adolescents (18 years and under) are more susceptible to brain injury, take longer to recover, and are susceptible to rare dangerous brain complications, which may include death
- ▶ Soccer has a high rate of concussions when compared to all major sports.
- ▶ Participants with previous concussion are at increased risk of further concussions - which may take longer to recover

# Concussions

**“If in doubt, sit them out.”**

**“It is better to miss one game than the whole season.”**

- ▶ Read the Canada Soccer Concussion Guidelines (on our website)
- ▶ Recognize the clues to concussion - what you may see and what the players may tell you
- ▶ Know what questions to ask
- ▶ Know what to do
- ▶ Teach proper techniques for Headers
- ▶ Watch for situations where players collide heads or walls
- ▶ Watch for situations where players fall to the floor or strike objects in the facility
- ▶ Referees will stop play for injured players

# Concussions

- REMOVE** If a soccer player has a suspected concussion he or she must be removed by the coach from activity immediately.
- REFER** Once removed from play, the player should be referred to a qualified healthcare professional with training in the evaluation and management of head injury and
- REPORT** Communications between players, parents coach's and their health care providers is vital for the welfare of the player.
- REST AND RECOVER** Rest is the cornerstone of concussion management.
- RETURN** Return to play or practice only after being cleared by the health care provider.



# Teaching Good Sporting Behaviours

Here are ten things you can do to show your player (and other parents) what being "a good sport" means:

## 1. Understand what we are:

*"Recreational Soccer Emphasizing Good Sporting Behaviours, Skill Development and Fun"*

- We are **NOT** a competitive league with player evaluations, player cuts, substitutes riding the bench, and an emphasis on winning.
- We try to achieve a balance between competition and learning skills and attitudes, and having fun.

2. This is an Equal Play League. Players **MUST** be provided equal opportunities to play regardless of ability or gender.

3. Cheer for all the players, even those on the other team. What a surprising difference it can make on the sidelines and in the stands when coaches and parents make an effort to applaud a good effort or a fine play - no matter whom makes it.

4. Talk to players and coaches of the other team. They are not the enemy.

5. Thank the officials - Find a few moments to compliment the officials for their hard work after a game. Remember your sons and daughters are the officials and just like you they can make mistakes.



6. Keep soccer in its proper perspective: Soccer should not be larger than life for you or your players. If your player's performance produces strong emotions in you, suppress them.

▶ **Remember it is only a game.** Keep your goals and needs separate from your player's experience.

7. Have fun: That is what the player's are trying to do!

8. Be a supportive coach: resist the urge to constantly critique. Players dread their coach going over their performance in detail, pointing out all their mistakes and never acknowledging growth, skill improvement or good performance. Be careful what you say to a player in front of their teammates. Help your players build strong self-esteem.



**Always this**



**Never this**

9. If you are winning don't run up the score. Don't allow players to taunt or embarrass a weaker opponent.

➤ **Be humble in victory.**

10. The final score of the game is irrelevant - what is important is whether the players played well and had fun. If you are losing try to recognize the positive play of your players and the other team.

➤ **Be gracious in defeat.**

# Ideas to keep the score down

If a team is out-matched don't humiliate or discourage them by keeping your best players out to score goals.

- ▶ Put out your second line
- ▶ Put your best scorer on defence or in net
- ▶ Tell your players not to score or to pass six times before they shoot
- ▶ Tell players they can only shoot with the weaker foot
- ▶ Tell players they can only shoot from outside the penalty area
- ▶ Own goalkeeper must touch the ball before an attack can be initiated
- ▶ Play with a reduced number of players.

If you get up by 4 or 5 goals, pull back, let the other team attack, and have your team practice their passing and defending skills.



# CODE OF CONDUCT

- ▶ All players, coaches, team officials, parents and spectators must comply with the code of conduct. Remember that the goal of community soccer is to have fun, learn some soccer and team skills, and enjoy the soccer experience. All the coaches, referees and league officials are all volunteers.
- ▶ We want the children who take part in our leagues to play soccer in a positive atmosphere free from foul and abusive language, undue pressure, embarrassment, harassment, prejudice and violence.



**FOLLOW THE CODE  
OF CONDUCT – REFER  
TO RULES BOOKLET  
AND WEBSITE**

# Consequences in not following the Code of Conduct

- Verbal Warnings
- Yellow Cards
- Red Cards
- Forfeit of Game
- League Discipline







# Great Coaches Are Teachers

- ▶ Teaching them the skills
- ▶ Teaching them how to play within the team concept
- ▶ Teaching them how to make good decisions
- ▶ Teaching them not to be afraid to fail
- ▶ Teaching them character values
- ▶ Teaching them to be successful as players and people





# The Ultimate Goal!



**This has to be more important...**

**.... than this !!!**



# Your Best Information Source

- ▶ Go to our web site [www.rwzcsa.ca](http://www.rwzcsa.ca)
- ▶ Rule packages
- ▶ Referee (and Coach) Guidance on Games with High Score Differentials and Equal Play
- ▶ Coach practice drills
- ▶ Season and Tournament Schedules
- ▶ Updates, news
- ▶ Facility locations
- ▶ Contact information for Board members

# PLANNING FOR THE SEASON

- ▶ Pre-season Parents meeting
  - ▶ Hand out schedules, team rosters, your contact information, league communications
  - ▶ Discuss what is expected of parents and players
    - ▶ Transportation
    - ▶ Communication
    - ▶ Sportsmanship
    - ▶ Coach/player meetings/practices
  - ▶ Collect information such as:
    - ▶ Medical information
    - ▶ Parent availability to act as volunteers helping out



# PLANNING AND RUNNING A PRACTICE

- ▶ We do not have any free time for practices
- ▶ Develop a plan that matches your players age and experience
- ▶ Utilize the K.I.S.S. principle when introducing new skills
- ▶ Be organized and above all - have fun.



# Developing Sports Skills

- ▶ Select techniques, skills and tactics for your players level of skill
- ▶ Break techniques and skills into parts, and provide key coaching/safety points
- ▶ Allow adequate time for practise
- ▶ Increase the difficulty as skill improves
- ▶ Ensure that the session is fun and provides variety
- ▶ Reinforce skill development with game play time

# GAME DAY

- ▶ Be prepared - prepare your line ups to ensure every player gets equal playing time.
- ▶ The role of the coach during game time should be limited to making substitutions, encouraging players, instruct only when really needed.
- ▶ Teach them at every age to make their own decisions by refraining from coaching during games.
- ▶ Remember the age of your players - don't over-coach.
- ▶ It's not about winning - it's about performing!



# Coaching Resources

- ▶ Go to the Coach Information tab on our website
- ▶ Soccer drills instruction package
- ▶ Talk to experienced coaches
- ▶ Talk to your Age Group Coordinator
- ▶ Check the Internet





# Rules: The Laws of the Game

- ▶ Available on the website
- ▶ Rules can be confusing even for experienced participants
- ▶ For clarification ask League Official (Age Group Coordinator or Referee Coordinator) or game referee
- ▶ Minor changes from last year including giving distance and swearing
- ▶ Check the Referee Guidance documents for elaboration on Equal Play and High Score Differential

# Inter-zone Games

Age # Teams	WZ	NZ	SZ	Balgonie & White City	Pilot Butte	EZ
U12 - <b>23</b>	5	4	4	2		8
U15 - <b>18</b>	4	4	2	1	1	6
U18 - <b>7</b>	1	2	1	1		2

- ▶ All teams will play the entire season and the tournament.
- ▶ Coach contact information will be shared



# Schedules and Tournaments

- ▶ 14 game Season starts Oct 19
- ▶ Play ends Nov 30 at Univ, Dec 7 at AECC
- ▶ Season play resumes Jan 4; play ends Mar 1
- ▶ Windup tournament - Mar 8, 15, 21-23
  
- ▶ Games are scheduled on Saturdays except during tournaments when games may be scheduled throughout the weekend
  
- ▶ There will be double-up games scheduled
  
- ▶ Schedules available on the website

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

# Referees

- ▶ Referees are assigned for the 12U-18U age groups. Their focus is on player safety and fair play according to the rules.
- ▶ If you have concerns, contact the league Referee Coordinator with details about the game. We have monitoring and mentoring in place to help referees learn and improve.



# Treat Referees with RESPECT

- ▶ You are the adult - Don't Yell or criticize.
- ▶ Referees are in charge of the field, your support is expected.
- ▶ Keep comments to yourself -players imitate your behavior.
- ▶ We lose many referees when they are not treated respectfully.
- ▶ Communicate with the referee at half time or at the end of the game.
- ▶ As you cheer for the players, cheer for the referees too.

# Equipment and Facilities

- ▶ For 12U-18U - coaches will have a team bag; jerseys will be given to players on Oct 19
- ▶ If you have equipment issues contact the age group coordinator
- ▶ Games played at the University of Regina gyms (Kinesiology Building); games scheduled 9:00 AM to 9:00 PM
- ▶ Some 12U games will be scheduled at AECC
- ▶ No UofR practice time is available and no make-up games



# University of Regina Gyms

- ▶ We play our games at the University of Regina old gyms located in the Centre of Kinesiology (CK) Building.
- ▶ *On Saturdays and Sundays you can park free in lot 6 or lot 7 (south of the gyms) or in lot 10 (east of the gyms). Do not park in handicapped spots. Parking fines will be issued.*



**Parking**

# University Gyms



Enter here

# Treat the Facilities with RESPECT

- ▶ We are given use of the gyms by the University of Regina and we need to follow rules they have set out
- ▶ Remove outside footwear.
- ▶ Only water allowed on the floor.
- ▶ If you bring coffee cups or drinks into spectator area, clean up after yourself if you spill and when you leave.
- ▶ Spectators use the designated sitting area; players stay on the floor with their team and coach
- ▶ Only non-marking shoes on the floor.
- ▶ Failure to follow rules will result in us losing access to the gyms

# If you have concerns

- ▶ Complaints will be handled by the League
- ▶ Coaches should try to deal with minor issues directly, and if necessary ask the Age Group Coordinator for assistance
- ▶ Serious issues should be brought to the attention of the Age Group Coordinator who may then either deal with it directly or involve other Board Members as required.
- ▶ If there are any ref issues, don't confront the ref directly. We have a Ref Coordinator who deals with ref development matters.

# The benefits of Coaching

- ▶ Being a soccer coach can be one of the most rewarding experiences of your life
- ▶ It is a great honor for children to welcome us into their play
- ▶ You can make a real and lasting difference in the lives of others
- ▶ If your child is involved it can be a memory-filled bonding and loving experience that will last a lifetime
- ▶ Your efforts, encouragement and enthusiasm can foster a lifetime love of the sport in your players (and yourself)
- ▶ **Have a great season!**

