

# Welcome to the Coach Clinic

## ► While you wait to start:

- Read and sign your Code of Conduct Letter
- Pick up player list
- Pick up coach list
- Pick up Key Coach Contact Information Page

## ► After the Clinic presentation:

- Ask questions
- Pick up team bag of equipment
- Pick up jerseys

***REGINA  
WEST ZONE  
COMMUNITY SOCCER  
ASSOCIATION***



***www.rwzcsa.ca***

# RWZCSA Community Soccer Coach Clinic

April 22 and 23, 2025



# Welcome to RWZCSA Soccer!

- ▶ Introduction
- ▶ Code of Conduct
- ▶ Your source of information
- ▶ Child and Youth Safety
- ▶ Concussions
- ▶ 2025 Schedules
- ▶ Your Role as a Coach
- ▶ Equipment and Jerseys
- ▶ Rules
- ▶ Game Officials and Referees
- ▶ Coaching Concepts

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

**BE A HERO!**



**COACH SOCCER!**





# Now a word from our Sponsor



Supporting our 3Yr, 4Yr, 6U and  
8U teams with jerseys, medals,  
soccer balls, Coach Gift Cards,







# CODE OF CONDUCT

- ▶ Remember the goals of recreation 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.
- ▶ As coaches help the referees enforce rules with spectators.
- ▶ As coaches be a positive role model

**Refer to the Code of Conduct - see the rule packages  
and on our Website**

# Zero-Tolerance Policy

- ▶ **We have a zero-tolerance policy regarding game official abuse.**
- ▶ Our Code of Conduct states that we want the children and youth who take part in our league to participate in a positive atmosphere free from foul and abusive language, undue pressure, embarrassment, harassment, prejudice and violence.

# Your Best Information Source (Static Information)

- ▶ Our web site [www.rwzcsa.ca](http://www.rwzcsa.ca)
  - ▶ Rule Books
  - ▶ Game Schedules
  - ▶ Coach's Corners
  - ▶ Field locations and maps
  - ▶ Tournament Schedules
  - ▶ Lightning and Severe Weather Policy

# Your Best Information Source (Current Information)

- ▶ Our Facebook page

Regina west zone community soccer  
association -  
outdoor

- ▶ Cancellation of Fields / Games
- ▶ Last minute changes in Fields
- ▶ Tournament Updates
- ▶ Parent feeds and information



# Weather cancellations

- ▶ Soccer can be played in the rain BUT we watch for damage to the field and safety of the players (slippery, mud, potholes)
- ▶ City permits may be pulled - check [www.regina.ca](http://www.regina.ca) under Athletic Fields
- ▶ Work with the referees to decide on game cancellation
- ▶ Read the Extreme Weather Policy regarding lightning, heat, air quality cancellations

# 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 League for assistance
- ▶ Serious issues should be brought to the attention of the League who may then either deal with it directly or involve the Complaints or Discipline Committees 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.

# Child and Youth Safety

Safety of all Participants is our FIRST concern

## Parents

- ▶ The primary responsibility for child safety is the parent.

## Coaches / officials

- ▶ Rule of 2
- ▶ Limit contact - both physical and email
- ▶ Report an expected case of child abuse to the league

## League

- ▶ Legal requirement to investigate and report and suspected case of child abuse

# Concussions

## If in doubt - sit them out

**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 clear by the health care provider.



# Photography Policy

- ▶ RWZCSA may use photographs or video of your child(ren) taken by league officials during their participation in our activities. These images will only be used for the purposes of promoting the goals of RWZCSA. Your child will not be identified in any of these photographs/videos without your permission.
- ▶ Parents or guardians may take photos or videos of their **own** child(ren) while participating in RWZCSA soccer and use these materials as they see fit.
- ▶ Personal privacy of others is to be respected and photographs or videos of **any other children or youth** involved in RWZCSA soccer are **not permitted** under any circumstance and materials containing images of other participants are **not to be uploaded** to social media platforms or the Internet.

# Schedules and Tournaments

- ▶ Season starts May 5 (or when fields are open - City will let us know) and runs for 7 weeks; expect 2 games per week (total 14 games in season)
- ▶ Tournament - June 20, 21
  - ▶ (Headquarters and Concession at NWLC in the Arena)
- ▶ Season and Tournament schedules will be available on the website [www. RWZCSA.ca](http://www.RWZCSA.ca)

# West Zone Teams (3 - 10U)

Age	# of Teams	Nights	Times
3&4 yr olds	4	Mon / Wed	6:30
6U	6	Tues /Thru	6:30
8U	10	Mon / Wed	6:15 or 7:30
10U	8	Tues /Thru	6:15 or 7:30

- ▶ All games on West Zone Fields
- ▶ 3&4 and 6U will have portable nets provided
- ▶ 8U and 10U play on 2/3<sup>rd</sup> sized fields with goals
- ▶ Practices up to coach's discretion



# Inter-zone Games (12U - 15U)

Age # Teams	WZ	NZ	SZ	Balgonie	Pilot Butte	White City	Friendly EZ
U12 - <b>11</b>	5	3		1	1	1	yes
U15 - <b>12</b>	3	4	3	1	1		yes

- ▶ All teams (except EZ) will play the entire season and the tournament.
- ▶ Some travel to other zone fields is required
- ▶ **18U** registered players will play with North Zone ( in a league of 7 teams)
- ▶ 12U Age Groups will have practice nights on the schedule






# Important Training

**May 10, 2025**      **Age 8U in AM**  
**Age 10U in PM**

# **SOCCER SKILLS CLINIC**



**Regina West Zone  
Soccer  
Register at  
[www.rwzcsa.ca](http://www.rwzcsa.ca)**



# **Wanna become a referee?**

**Earn some money &  
Gain valuable skills**

**Apply with us  
Regina West Zone Soccer  
[www.rwzcsa.ca](http://www.rwzcsa.ca)**

# Skills Clinic

## 8U, 10U and their Coaches

- ▶ **May 10 at Riffel High School (?)**
- ▶ Content includes Ball control, passing, receiving the ball, shooting, defense, goal keeping
- ▶ Coaches **encouraged** to come with their team
- ▶ Register through the website



# 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.





# 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.**

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.



# The Ultimate Goal!



**This is more  
important...**

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



# What Should I expect

- ▶ Each youth is different, play them the same.
- ▶ Each youth comes with different abilities and experiences, play them the same
- ▶ Each youth comes with a different reason to play, play them the same.
- ▶ 75% of kids drop out by age 15, you can help change that.



# Coaching Expectations

Age	Skills
3 yr / 4yr	<ul style="list-style-type: none"><li>- Keeping in lines</li><li>- Stopping on whistle</li><li>- Only using feet</li><li>- Throw ins</li></ul>
6U	<ul style="list-style-type: none"><li>- Ball control</li><li>- Kicking</li><li>- Positions</li><li>- Sportsmanship</li><li>- Passing</li></ul>
8U - 10U	<ul style="list-style-type: none"><li>- Proper technique for Headers</li><li>- Respecting the referee</li><li>- Start of field positioning</li></ul>
12U - 18U	<ul style="list-style-type: none"><li>- Field Strategy</li><li>- Offside rule in Play</li></ul>

# Equipment & Jerseys

- ▶ Team equipment to be handed out on **April 29**
  - ▶ Includes soccer balls, clipboard, pinny, flags, uniforms, team bag, cones
  - ▶ For 3Yr, 4Yr and 6U also includes collapsible nets and whistles for coaches acting as game officials.  
PLEASE TAKE GOOD CARE OF THE NETS.
  - ▶ All gear is to be returned on June 21 at NWLC after the tournament

**For 3Yr, 4Yr, 6U, and 8U - Timbits  
Jerseys must be returned at end of  
season - Please discourage defacing  
the jerseys.**

# Rules: The Laws of the Game

- ▶ Available on the website

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

- ▶ For clarification ask us on Facebook, send us an email or talk to the game referee
- ▶ Tournament rules differ, please ensure you read them
- ▶ Non-registered players cannot play for insurance reasons.



# Rule Summary for 12U, 15U and 18U

- ▶ Full FIFA rules modified for Community Soccer; minor changes from last year
- ▶ Play on a full-sized field (approximately 100x55m) with painted lines; 12U play with size 4 ball, 15U and 18U play with size 5 ball
- ▶ Metal Goal Posts on fields
- ▶ Teams play 11v11 on the field
- ▶ Referee and ARs provided
- ▶ Game timings are 2 x 30 minute halves and 5 minute halftime
- ▶ Indirect free kicks, Direct Kicks, Throw-ins, Corner Kicks, Penalty Kicks all used
- ▶ Offside Rule in affect

# Rule Summary for 8U and 10U

- ▶ Play on a small-sized field (approximately 75x35m) with painted lines; Size 4 ball
- ▶ Metal Goal Posts on fields
- ▶ Teams play 9v9 on the field
- ▶ Referee provided
- ▶ Game timings are 2 x 30 minute halves and 5 minute halftime
- ▶ Substitutions at stoppages or when ball goes out of play
- ▶ Keepers can use hands in Penalty Area
- ▶ Goal Area Live for all other players
- ▶ Indirect free kicks, Direct Kicks, Throw-ins, Corner Kicks, Penalty Kicks all used
- ▶ No offsides
- ▶ Ball must leave Penalty Area to be live for Goal Kicks; no attacking players allowed in penalty area



# Rule Summary for 6 year olds

- ▶ Play on a small-sized field (approximately 50x30m) with painted lines; Size 3 ball
- ▶ Portable collapsible nets are used
- ▶ Teams play 7v7 on the field
- ▶ Coaches/parents act as game officials
- ▶ Game timings are 10 minute warm-up, 2 x 20 minute halves and 5 minute halftime
- ▶ Substitutions at stoppages or when ball goes out of play
- ▶ Players encouraged to play all positions including keeper
- ▶ Keepers can use hands in Penalty Area
- ▶ Goal Area DEAD for all other players
- ▶ Indirect free kicks only. No offsides.
- ▶ Throw-ins, Goal Kicks, Corner Kicks, Penalty Kicks all used
- ▶ Ball must leave Penalty Area to be live for Goal Kicks; no attacking players allowed in half

# Rule Summary for 3 and 4 year olds

- ▶ Play on a small-sized field (approximately 30x20m) with painted lines; Size 3 ball
- ▶ Portable collapsible nets are used
- ▶ Teams play 5v5 on the field
- ▶ Coaches/parents act as game officials
- ▶ Game timings are 10 minute warm-up, 2 x 20 minute halves and 5 minute halftime
- ▶ Substitutions at stoppages or when ball goes out of play
- ▶ Players encouraged to play all positions including keeper
- ▶ Keepers can use hands in Goal Area
- ▶ Goal Area DEAD for all other players
- ▶ Indirect free kicks only. No penalty kicks or corner kicks
- ▶ No throw-ins - ball is kicked in. No offsides.
- ▶ Ball must leave Penalty Area to be live for Goal Kicks; no attacking players allowed in half

# Game Officials

- ▶ Coaches and parents act as Game Officials in 3 & 4Yr and 6U
  - ▶ Your roles - teacher, rule enforcer, cheerleader
- ▶ Referees assigned to 8U and 10U games - single Centre ref
- ▶ Referee teams (Centre ref and Assistant Refs) assigned for 12U 15U and 18U games

# Working with the Referees

- ▶ Referees are in charge of the field, your support is expected.
- ▶ Don't Yell or criticize.
- ▶ Keep comments to yourself -players imitate your behavior.
- ▶ Communicate with the referee before, at half time and at the end of the game.
- ▶ As you cheer for the players, cheer for the referees too.
- ▶ If you have concerns, contact the league, we have mentors to help.

# Playing the Game

- ▶ If possible follow the game timings on the schedule and according to the rules posted.
- ▶ If short players from your roster then either modify the rules (see Law 3) to share players, recruit Guest Players, or modify the game conditions (play with fewer players, shorten the field, etc.)

# Questions

Before continuing with Coach Advice:

Are there any questions???

# PLANNING FOR THE SEASON

- ▶ Pre-season Parents meeting - ASK parents to help with team
  - ▶ Hand out team rosters, your contact information, league communications
  - ▶ Remind Parents of the Website and Facebook Page
  - ▶ Discuss what is expected of parents and players
    - ▶ Transportation
    - ▶ Communication
    - ▶ Good sporting behaviours
    - ▶ Coach/player meetings/ practices
    - ▶ Not a baby sitting club
    - ▶ Assistance in coaching/ team managing
  - ▶ Collect information such as:
    - ▶ Medical information
    - ▶ Parent availability to act as volunteers helping out



# PLANNING AND RUNNING A PRACTICE

- ▶ 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 practice
- ▶ 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:
  - ▶ making substitutions
  - ▶ encouraging players
  - ▶ instruct only when really needed.
- ▶ supportive encouragement is more effective than critique.
- ▶ Ensure your team clean up their technical areas.
- ▶ **It's not about winning - it's about doing their best!**



# Coaching advice for younger Youth ( 3u - 6U)

- ▶ Have each child bring their own marked water bottle.
- ▶ Bring a team blanket for kids to sit on when not playing
- ▶ Have a parent monitor the team blanket
- ▶ Practice 1 skill 15 minutes before game
- ▶ Focus on fun, but follow the rules

# PARENTS AND COACHES WE NEED YOU ON OUR BOARD!



gET  
ON  
BoaRD

Join  
our team!



If interested please go to our website or  
contact us at <https://www.rwzsa.ca/>