



PREMIER  
LEAGUE



# St. Charles Force Coaching Information Handbook



# PREMIER LEAGUE

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### St. Charles Force Coach Selection

St. Charles Soccer Association (SCSA) appreciates and welcomes all those who volunteer their time coaching. If you are interested in coaching, please complete the coaching application form on our website and email your expression of interest to [technicaldirector@stcharles-soccer.com](mailto:technicaldirector@stcharles-soccer.com). The Technical Director will contact you. All coaches need to complete appropriate coach screening paperwork, (CPIC, CAR and Respect in Sport). Coach selections are processed by the St. Charles Force Technical Director, who has final responsibility for selection, training and monitoring of coaches.

At the Premier levels the club tries to utilize non-parent head coaches who have appropriate education and experience. However, in the event a non-parent coach is not available, the club will elect to name a parent as a Head Coach, provided that they have above adequate experience and/or certification.

When selecting coaches, the following criteria are used:

- Coaching Experience / Levels
- Playing Experience
- Gender if applicable
- Willingness to learn and advance

We ensure that all our coaches are continually receiving education, via LTPD Certification programs or our in-house SCSA Coach Workshops. Our Technical Staff also works with our coaches in team training sessions and/or games to ensure that they have their questions asked and to guide them along the Club Philosophy for Coaching Methodology.

### Coach Screening

As per SCSA policy and Winnipeg Youth Soccer Association (WYSA) Rules and Regulations (Section 2.4), all coaching personnel MUST complete a Criminal Police check (CPIC) and a Child Abuse registry (CARS) check. All coaching personnel must apply through the district prior to assignment to a team roster.

It is the coach's responsibility to contact the District in advance of the season to make sure that the appropriate documentation is complete. New coaching personnel should read the following documents to determine what applies for the upcoming season.

All new and returning coaches are required to complete the following forms. Click on each link to download the forms.



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### SCSA Team Official Registration/Waiver Form

[SCSA TORF](#)

#### CPIC

**Living within Winnipeg**

[Winnipeg Police Online Check](#)

Type in "St. Charles Soccer" at the end in the payment section

If finger prints are needed – submit final check and receipt to the SCSA Office for reimbursement

**Live outside the city**

Head to your local RCMP Branch and request to have a Criminal Record Check and Vulnerable Sector Search. Submit a copy and receipt to the SCSA Office for reimbursement.

#### Child Abuse Registry

- Child Abuse Registry Check by Employers & Others, Please contact our Administration for form: [admin@stcharles-soccer.com](mailto:admin@stcharles-soccer.com)

#### Respect in Sport



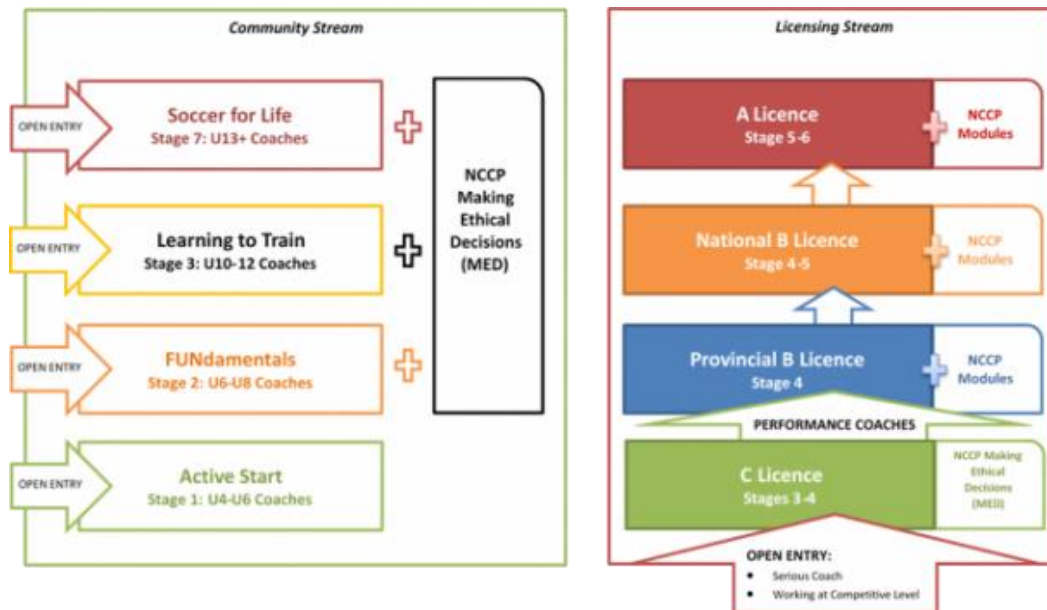


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## Coach Certification/Pathway

### The Coaching Pathway

The Coaching Pathway is inspired by Canada Soccer's Long-Term Player Development and is informed by the Coaches Association of Canada's Long-Term Athlete Development model. There are two streams; The Community Stream and The Licensing Stream.



St. Charles Force Coaches must complete the LTPD Certification Course for the age they are working with. Coaches are reimbursed for the courses they take; [St Charles Force Coach Clinic Reimbursement Policy](#)

- U9 – U12 Recreational – Learn to Train + MED
- U13 – U17 Recreational – Soccer for Life + MED
- U9 –10 Developmental – Learn to Train + MED
- U11 - U12 Developmental – C-License + MED
- Premier – Provincial B + MED
- Manitoba Soccer Association (MSA) Cup Teams – Provincial B Licence

SCSA Technical staff holds multiple workshops throughout the year to assist with coach development.



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### St. Charles Philosophy

#### Creating a Culture

*“Success is a by-product of development”*

Educating the coaches, players, parents ensures that the Club’s philosophies, LTPD development guidelines and the development process of an athlete, are understood by all stakeholders. This environment starts at the grassroots and continues through to the senior and elite player. This pathway follows the LTPD program, creating the environment and setting standards that our programs are based on.

#### Task Oriented Goals

In order to encourage confidence and better game play, we give the player age appropriate tasks that are realistic and attainable in training and in games. To inspire and guide players to realize their highest potential, we implement a steady and gradual development of skills and experiences. Using encouraging technical, psychological and social dimensions relating to the game and life, we develop a sense of pride and bonding as a unified team.

### St Charles Force Coach’s General Guidelines

Coaches have an impact on the lives of young, developing athletes and we want to ensure that our coaches and representatives of the St. Charles Force are well organized, prepared and understand the responsibilities and commitment to our Club, teams and players. A St. Charles Force coach at Developmental and Premier level is expected to adhere to the **FORCE** Principles when coaching with a St. Charles Force Team:

**Fun** – create a fun and challenging environment

**Organize** – be organized and prepared for every meeting, training and game

**Respect** – have respect for his/her team, parents and the Club

**Communicate** – communicate his/her expectations and give fair and honest evaluations of each player

**Expectations** – set realistic, attainable expectations for themselves and their players



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### **St. Charles Force Coach Definition**

St. Charles Force staff/coaches include any individual who has been approved by SCSA and whose name appears on the official team roster.

### **Technical Side of Pitch – Team Bench**

Only St. Charles Force rostered officials with valid coaching cards are allowed on a team bench during games. The only non-rostered exceptions are:

- SCSA Technical Staff; and/or
- A gender specific parent.

Non-rostered individuals are not allowed to be on the team bench or technical side. It is your responsibility as a Coach to adhere to this policy and politely ask them to move to the spectator sideline or inform the referee and request that they remove the individual from the team sideline.

### **Guest Coaches – Training**

Must be approved by Technical Staff to ensure quality and requirements are being met.

### **St. Charles Force Training Programs and Camps**

St Charles Force training programs, St. Charles Force Academies and camps are an important component of our player development programs, no information (emails, brochures, etc.) related to private academies, tournaments, training and/or camps shall be circulated to team players and/or parents without prior approval of the Technical Director.

### **St. Charles Force Team Practices**

All team training sessions/schedules will be allocated and approved by the SCSA Technical Director. In the event of extra training sessions (tournament preparation, friendlies or make up sessions) please ensure that the TD or TPC are aware of these additional sessions.

### **Game/Training Equipment**

All coaches must arrive at the pitch and/or soccer facility fully prepared for all practices and games with all necessary equipment. This includes:

- Soccer balls
- Pinnies
- Cones
- Player Cards
- Game Sheets
- First Aid Kit

### **St. Charles Force Coach's Dress Code for Games and Training**

All coaches are required to wear St. Charles Force attire to all games, practices and competitions.



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### **St. Charles Force Player's Dress Code for Games and Training**

All our athletes arrive to their games and practices in their St. Charles Force attire. This includes uniforms and academy apparel. No outside programming apparel is to be worn during training sessions or games. This includes MSA – Vancouver Whitecaps apparel.

### **Evaluations of Players**

Coaches will give one written and/or verbal evaluation per season. This evaluation is a guideline as to what the player does well and what they need to work on moving forward. Evaluations can be discussed with the Coaches and Technical Staff if needed.

## **St. Charles Force Coaches Code of Conduct**

As representatives and ambassadors of St. Charles Soccer Association (SCSA) all coaches must:

1. Take all reasonable precautions to ensure the safety of each player
2. Be responsible for the conduct of the players, parents and spectators of the team.
3. Operate with the Laws of the Game and teach the players to do the same.
4. Display control, respect and professionalism to all involved. This includes opponents, coaches, officials and spectators.
5. Ensure players adhere to the Players Code of Conduct.
6. Be enthusiastic and positive. Ensure you are generous with your praise to players when deserved.
7. Remember that young people participate for pleasure and winning is only part of the fun. Ensure that development is equal for all players, not just the best.
8. Be reasonable in their demands on a player's time, energy and enthusiasm.
9. Show concern and caution towards sick and injured players. Follow the return to play protocols following an injury.
10. Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of the players.
11. Show respect to SCSA by wearing appropriate apparel at practices and games (SCSA logos, unbranded clothes, no other Club/Academy apparel is to be worn)





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### *St. Charles Force Coaches Code of Conduct Continued*

Under no circumstances will a coach/team official:

- Use profanity at any time.
- Physically or psychologically abuse or bully any player on his or her team and/or any other team.
- Ridicule or yell at a player for making a mistake.
- Argue with a game official.
- Profit directly from coaching a SCSA team. No coach shall charge for practices to make a profit or otherwise engage in activity to generate income from coaching a SCSA team.
- Operate and/or participate in coaching in a private training academy outside of SCSA without prior approval of the SCSA Technical Director.
- Advertise any academy or programming directly or indirectly to their players that is not affiliated and approved by SCSA.
- Participate as a team in any unsanctioned games or encourage players to play in unsanctioned games without prior discussions with the Technical Director.
- Use any social media platforms to display disdain towards players, parents, other coaches, match officials and/or any organization.

Failure to adhere to this policy may result in suspension, termination or other disciplinary actions as deemed necessary by SCSA.

Referee abuse will not be tolerated and will be dealt with severely, In the event there is concern with game officiating, letter of concern may be addressed to the District. All coaches must adhere to WYSA's 24-hour rule when submitting a complaint.



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### St. Charles Force Training Methodology

#### Coaching Style

- Guided Discovery – question and answer.
  - How can you create space?
  - Where can you position yourself to support?
- Command Style – used when coaching technique – what does the player need to accomplish and what does the technique look like.

#### Training Format

- One theme per session
- Simple technical - unopposed drill skill drill (moderate opposition)
- Small sided game- implement theme in game scenario
- Phase of Play - shadow play to opposed

#### Session building

#### SCSA Resources:

- [U9 – U10 Developmental Milestones](#)
- [U11 – U12 Developmental Milestones](#)
- [U13 – U14 Developmental Milestones](#)
- U15 – U17 Developmental Milestones – TBD

#### Session Platforms

[www.sportsessionplanner.com](http://www.sportsessionplanner.com)

<http://app.prosmartfootball.com/>

\*email [technicaldirector@stcharles-soccer.com](mailto:technicaldirector@stcharles-soccer.com) for passwords or more information



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## Session Planning Breakdown per age group

	Main Focus	Secondary Focus	Tactical
<b>U9 – U10</b>	Individual Technical Skills	Coordination, running technique	Formation, set pieces, variety of positions
<b>U11 – U12</b>	Individual and Collective Play	Coordination, Strength and Conditioning	Variety of formations, variety of positions, set pieces
<b>U13</b>	Collective Play, Individual technique refinement	Increasing strength and introduction to size 5 ball, Formation, S & C, Endurance, intro to tactical play, decision making	Variety of formations, preferred positions, set pieces, players role and responsibilities
<b>U14 – U15</b>	Collective play, Endurance, positional understanding, decision making	Tactics (block defending vs. high press), game management, strength and conditioning	Set Pieces, phase of play, functional sessions, specializing in a position
<b>U16 – U17</b>	Positional Understanding, possession play vs. direct play, strength and conditioning	Refine technical skills, collective play, decision making, endurance	Set Pieces, phase of play, functional sessions, specializing in a position, role and responsibility in position



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### St. Charles Force Game Methodology

#### Possession Based

St. Charles Force teams will play with a controlled tempo from back to front. We will play through the thirds of the field where individual players are able to receive the ball under pressure and make decisions based off the pressure of the defending team.

#### Attacking:

St. Charles Force teams attack with quick ball tempo and recognize moments when to play forward or re-cycle the ball with the aim to maintain possession or switch play to create space in order to advance the ball to score. Force players learn to execute patience while in possession, as this will ensure the importance of controlled possession. When in possession, players of the ball will adjust angles of support and distance depending on pressure, making the defending team make decisions. We will look to create overloads, play in-between the lines and know when and where to get wide and/or forward by giving the player on the ball multiple passing options.

#### Defending:

When defending, players understand when to press the ball quickly and win the ball or to recover and delay into shape and defend deep in our half; having the correct demeanor and attitude is critical. St. Charles Force players will understand the concept of high pressure; looking to press the opposition quickly in their half. Individuals must be engaged and have a good understanding of distance and angles of support. This is critical to recognizing when to recover into lines and gaps by quickly dropping into the defensive block behind the ball to delay oppositions advancement. Understanding and teaching defensive control/restraint will be utilized to gain possession through defensive organization encouraging turnovers and counter attacking scenarios. In addition, St. Charles Force Players are to be assertive and have the ability to defend in 1v1 scenarios in all areas of the field, as well work as a team to collectively defend as a unit.



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### Transition:

When transition happens, St. Charles Force players will:

1. Attacking Transition - Regaining possession of the ball quickly
  - can we counter?
  - can we maintain possession?
2. Defensive Transition – Loss of Possession
  - Pressure; can we press the ball early?
  - Recover; get into shape and delay?

## Coaching Styles

It's not what you say, it's how you say it!

### Guided Discovery

- Clear and concise instructions; “can you get wider?”, “come towards the ball, don't run away”
- Coach don't cheerlead; “great job!!!, excellent!!” Why and When do we praise players (after we've coached them to do a specific task)
- Don't coach the obvious; “Hit the net!!” How can you help that player to better understand?

### Command Coaching

- Clear instructions; “this is what I want you to do to, this is how I want you to do it”
- Demonstrations; “explain, demonstrate, practice, repeat”
- Repetition; “working simple to complex, not advancing until the player has mastered the skill”

## Coaching Goals

How do you define success as a coach?

Defining success:

- How have the players developed, Individually? Collectively?
- What have you been working on; can you bring these aspects out in the game?
- Individual player goals; what are their expectations this game?
- What is the team working towards?



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## St. Charles Force Parent-Club Communication

### PARENT LIAISON & INCIDENT PROTOCOL

Each team must have a parent liaison who is to be chosen by the parents, not the coaching staff. The parent liaison cannot be a part of the team staff or married to/related to the staff but rather an independent and fair person who can help maintain positive relations between parents and the coaching staff.

The purpose of a parent liaison is to act as a connection between the parents and the coaching staff when issues arise, or communications fail. The parent liaison is the first venue for conflict resolution. We ask that when parents or coaching staff have an issue, they first attempt to solve the issue at the team level through the parent liaison before, bringing their issue to SCSA.

Most conflicts are born out of a lack of understanding or communication between parties and the parent liaison can facilitate communication and understanding by listening to both parties and finding common ground from which to work.

If at any time you encounter a situation that you cannot, or do not want to handle, do not hesitate to contact the SCSA office for assistance.

SCSA takes allegations of abuse and bullying very seriously, if there are any instances of these events occurring please submit the complaint directly to the [SCSA President Immediately](#).





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### St. Charles Force Tournament Participation

St. Charles Force encourages teams to participate in tournament play at the highest appropriate level both inside and outside of the province/country. Tournament participation is organized on a team by team basis and is primarily a voluntary endeavor undertaken by each team in discussion with the St. Charles Force Technical Director. Teams are encouraged to participate in one to two tournaments per season. These may be local or out of province/country depending on the team's desire and tournament availability. Approval for tournament play must be obtained from the St. Charles Force Technical Director prior to registering teams for tournaments to ensure appropriate levels of play.

- Prior to the season, St. Charles Force will communicate to the coach's recommendations for age and skill appropriate tournaments to assist with team decisions.
- Funding for tournament travel and entry fees is the responsibility of the participating team's players and parents.

When participating in a tournament, coaches must clearly communicate:

- Tournament budget
  - Expectations of the tournament
  - Playing time expectations
  - Player and Parent expectations
- \*see SC Force Tournament Expectations in Travel Policy for full list of expectations*

#### [SCSA/SC Force Travel Policy and Guidelines](#)

### Full St. Charles Force/SCSA Policies and Procedures

Please see [www.stcharles-soccer.com](http://www.stcharles-soccer.com) for all Club Policies including dress code, equipment requirements, codes of conduct, travel, discipline and more.