



POLICIES



St. Charles Soccer Association Recreational Coaching Handbook



POLICIES

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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.

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

Respect in Sport



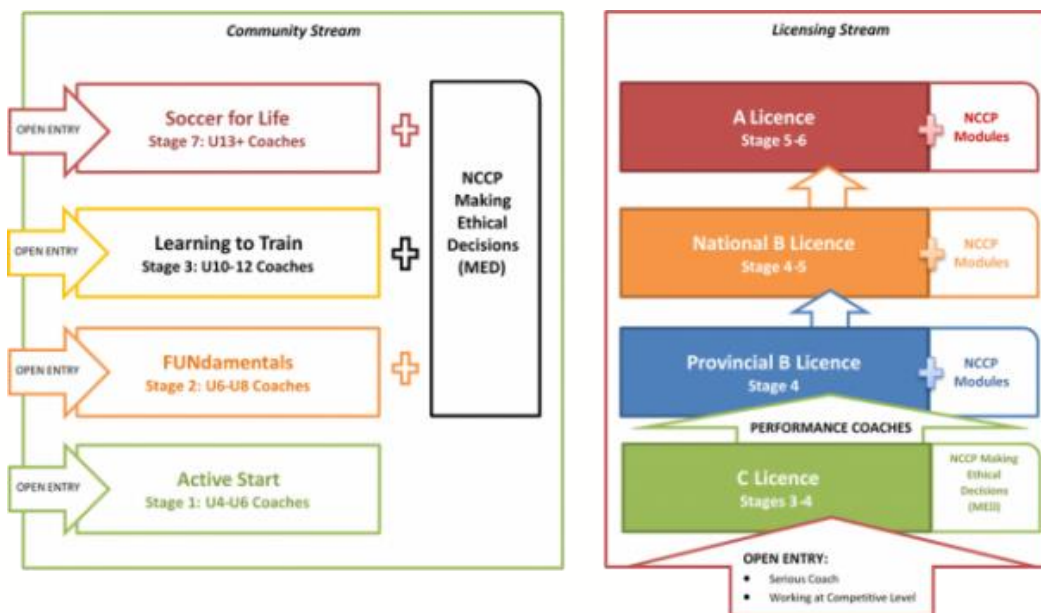


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Coach Certification/Pathway

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 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.



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St. Charles Force Coaches Code of Conduct Continued

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)

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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Pre-Season Checklist

- TRAINING DAYS, TIMES AND LOCATION(S)
 - Frequency
 - Expectations
 - Theme of the Training

- GAME DAYS
 - Arrival Expectations
 - Playing Expectations
 - Goal of the Game

- TEAM FEES
 - Team Snap
 - Roster Bot (free)
 - Tournaments (see next point)

- TOURNAMENTS
 - Boston Pizza Cup - May 30 – June 3rd (approx. \$400 per team)
 - **SCSA Sky Zone Cup – August 8- 12**
 - Slurpee Cup (June)

2018
SKY ZONE CUP
AUGUST 8 - 12, 2018 @ JOHN BLUMBERG

Recreational U9 - U12: \$275	Win your registration! Minimum 3 games Stay tuned for more details
Recreational U13 - U18: \$325	
Developmental & Premier: \$325	

 www.stcharles-soccer.com



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St. Charles 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://app.prosmartfootball.com/>

*email technicaldirector@stcharles-soccer.com for passwords or more information



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Session Planning Breakdown per age group

	Main Focus	Secondary Focus	Tactical
U9 – U10	Individual Technical Skills	Coordination, running technique	Formation, set pieces, variety of positions
U11 – U12	Individual and Collective Play	Coordination, Strength and Conditioning	Variety of formations, variety of positions, set pieces
U13	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
U14 – U15	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
U16 – U17	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.

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?



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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 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?

Full SCSA Policies and Procedures

Please see www.stcharles-soccer.com for all Club Policies including dress code, equipment requirements, codes of conduct, travel, discipline and more.