

# CHILLIWACK FC



## **COACH HANDBOOK**

### **FALL U7-U9 AGE GROUPS**

Hello CFC U7-9 Team Coaches,

Firstly, I want to thank you for volunteering to take on the role of a team coach for our U7-U9 age group teams. Coaching the game can be extremely rewarding as you watch your players develop and learn to love and enjoy the game. This manual is designed to outline for you the main focus of coaching players in these age groups.

In addition to this document and the Seasonal Practice Plan document (explained below) that you will be provided with, we will also provide you with the equipment (tools of the trade!) that you need to conduct effective and enjoyable practices every week.

The information below is broken down into five main headings: **U7-9 PROGRAM OUTLINE, PRACTICES, GAMES, COACH DEVELOPMENT, POLICIES**. Before we get to those, here is an outline of what we look for in our grassroots coaches....

## **U7-9 PROGRAM OUTLINE**

### **REQUIREMENTS TO COACH CFC U7-9 AGE GROUP TEAMS**

Here are some key characteristics that make for successful coaches of our young children...

- \* ENTHUSIASTIC
- \* ENCOURAGING & SUPPORTIVE
- \* GOOD ORGANIZER
- \* GOOD COMMUNICATOR
- \* ENCOURAGES AND DISPLAYS SPORTSMANSHIP
- \* ENCOURAGES "TEAM" PLAY
- \* ENCOURAGES RESPECT FOR GAME OFFICIALS & OPPONENTS
- \* A SOCCER BACKGROUND

In addition to the above characteristics CFC requires our grassroots coaches to .....

- \* COMPLETE A CRIMINAL RECORD CHECK
- \* SIGN A CFC "COACHES CODE OF CONDUCT" FORM
- \* COMPLETE AN ONLINE CONCUSSION AWARENESS COURSE (40 mins)

## **OBJECTIVES OF CFC U7-9 AGE GROUP COACH**

As players graduate from our U5-6 program they enter the **FUNDamentals** stage of their development. This stage incorporates U7-9 age groups. It allows children to develop their movement **ABCs**— **a**gility, **b**alance, **c**oordination, and **s**peed—and learn the basics of the game while emphasizing fun, cooperation, and maximum time on the ball. This stage emphasizes the development the basic fundamentals of the game for each of our players as follows....

- Passing
- Receiving
- Dribbling
- Turning
- Shooting

In all, we want to teach young, aspiring soccer players to become competent and confident on the ball. We also want to teach them important life lessons at such a key learning age such as respect, responsibility, sportsmanship and teamwork.

Lastly, but certainly not least, we want them to have fun. After all it is only a game and we want them to continue to play this game well into adulthood. Good coaches find that fine line between engaging and developing players and making sure the fun factor remains intact!

## **PRACTICES**

### **PRACTICE CURRICULUM**

To aid in conducting practices that address the key areas we need to for our U7-9 age groups we are providing you with a periodic practice plan devised by the **Ontario Soccer Assn (OSA)** that incorporates your whole season.

The practice plans provide you with weekly, age related fun and engaging practices that you simply need to print off and implement. All the planning is done for you. The seasonal plan is progressive week by week and will give you all the tools you need to do an effective job of developing our young soccer players while continuing to nurture their love for the game.

The OSA seasonal plan uses a "station based" format. This means that at each practice your players will rotate through 4 stations that address the specific weekly topics. Each station activity runs for about 10 mins. Upon completion of the stations all practices can end with a mini games, after all this is what our players love to do each week! If all of our coaches in the U7-9 age groups apply these practices for their teams it will provide consistency in training for all the players in our program.

To access the OSA practice plans follow these steps....

Log onto [www.ontariosoccer.net/grassroots-practices](http://www.ontariosoccer.net/grassroots-practices).

Click on the red **FUNdamentals** tab.

The weekly session plans will appear. Start at **Week 1** and progress from there.

To aid in implementing the OSA practice plans CFC will provide you with necessary equipment including suitable small and large cones and pinnies.

## **WEEKLY PRACTICE SCHEDULING**

Practices for these age groups should typically be 75 mins in length.

As a club we will provide you with once weekly field time on a specific field and time slot. Using the CFC online Practice Field Request Form you let us know the locations and times that work best for you and we try our best to accommodate. We have a **Field Coordinator** who will work with you to identify a suitable location and day to run your practices. We also have a Gym Request Form that you can use to acquire a gym for the latter part of the season when the weather isn't always conducive to effective and enjoyable practices.

Accessing these request forms can be done as follows.....

Log onto [www.chilliwackfc.com](http://www.chilliwackfc.com) home page.

Click "**DEVELOPMENT**" heading for a drop down menu.

Click "**COACH RESOURCES**"

Click on either "**Indoor Gym Request Form**" or "**Practice Field Request Form**"

Fill Out and submit. Our Field Coordinator will be in touch with you to secure your request.

# **GAMES**

## **GAME DAY OBJECTIVES**

On game days encourage your players to arrive early and participate in a team warm up exercise. This helps to establish good preparation habits ahead of games.

The main objective in each game is to try to encourage players to transition what they have learned in practices into weekend games. These may come in glimpses and players should be rewarded when they attempt specific techniques whether successful or not. As they progress and develop confidence these glimpses start to become more frequent, but it can be a slow process for some. Be patient.

Make sure your players are rotated on and off the field regularly and it is very important to allow players to play in a variety of positions on the field. This helps to develop the “whole” player.

It is a requirement that all players are given **equal** playing time.

While we all love to win, it is not the main objective. As a coach, measure success in each game on how frequently your players accomplish some of their basic tasks on the field.

If they leave the field at the end of the match with a smile on their faces, win or lose, then pat yourself on the back!

## **GAME DAY GUIDELINES**

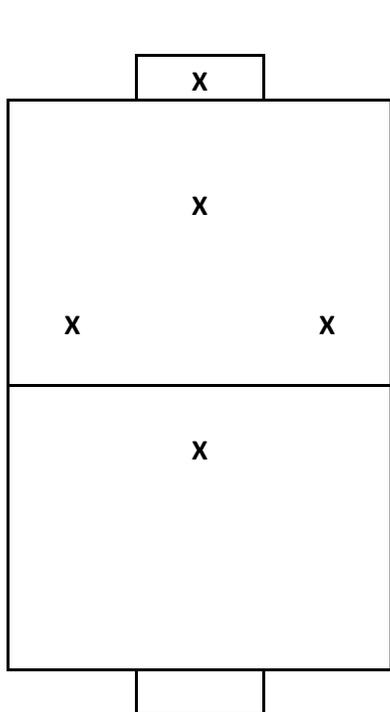
Here is a breakdown of the game protocols for the U7-9 age group. These guidelines are implemented by the Canadian Soccer Association and as a club we must adhere to these guidelines.

	<b>U7/U8</b>	<b>U9</b>
<b>FIELD DIMENSION</b>	25 x 40 YDS	30 x 50 YDS
<b>GOAL DIMENSION</b>	4 x 6 FT	6 x 12 FT
<b>PLAYERS ON FIELD</b>	5 (INC GK)	6 (INC GK)
<b>GAME DURATION</b>	2 x 25 MIN	2 x 30 MIN
<b>REFEREE</b>	YES	YES
<b>GOALKEEPER</b>	YES	YES
<b>RETREAT LINE</b>	HALF LINE	15 YDS
<b>THROW IN'S</b>	YES	YES
<b>COACH ON FIELD</b>	NO	NO
<b>OFFSIDES</b>	NONE	NONE

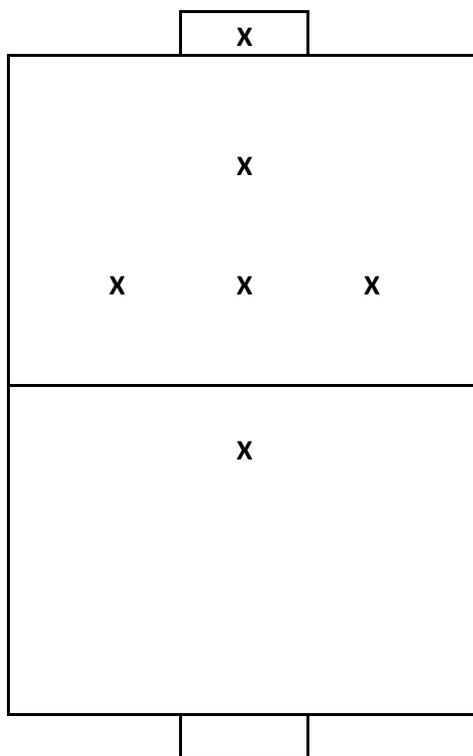
## **PLAYING FORMATION**

As the primary focus in these age groups is about developing a players competence on the ball, there is limited time spent addressing positional play. This comes in their next phase of development (U10-12) In these age groups we encourage teams simply to learn to maintain a “diamond” shape on the field. See images below. As they learn this, regularly ask the players throughout the game to identify if their shape is right. “Do we have a diamond?” This question is best asked when there is a stoppage in play. The players will eventually learn to identify for themselves if they need to adjust their positions slightly.

Throughout the game players should be given the opportunity to play in different areas of the field. Avoid "pigeon holing" a player into a specific position because they make a big impact for the team in games in a specific position. Their long term development will be negatively impacted if we don't allow them to experience the game from different areas of the field.



**U7-U8 FORMATION**



**U9 FORMATION**

A few tips in encouraging maintaining the "Diamond".....

\* Try to avoid using the terminology "forward" "defender" "midfielder" Instead use terms like "top of the diamond" (forward) "back of the diamond" (defender) and "left" or "right" (two midfield players) This helps to ingratiate the "diamond" concept in their minds. It also avoids the inevitable requests from your players to play "forward" For the U9 age group the player in center midfield is referred to as "center of diamond"

\* Encourage the "back of diamond player" to always play slightly behind his team mates, but don't allow them to sit too far back when your team is attacking. The team should move forwards and backwards as a unit.

\* Encourage your "top of diamond" player to always stay at the "top" Sometimes players in this role tend to drop back in search of the ball. It is key that they stay forward as a target for his team mates going forward.

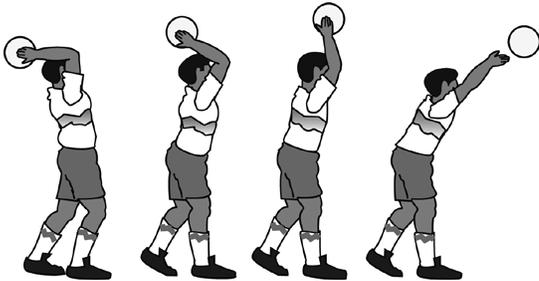
\* Encourage "left" and "right" to stay wide when your team has the ball. This is where the space is. If they drift infield too far the game can become very congested.

## **GOALKEEPERS**

It can often be challenging to recruit a GK for any game. Our club will be delegating a GK coach to visit team practices during the season to introduce the "art of goalkeeping" to your players. By participating in some fun activities that address this position it may inspire and provide more confidence in your players to step up when asked to take the GK role in a game.

## **THROW IN'S**

Throw in's in games are often performed using the wrong technique. Referee's will often allow players to re take their throw in once after instructing them on the right technique. As a guide please see the image below that outlines the correct technique.



## **CONDUCT TOWARDS REFEREE'S**

\*Coaches are required to accept all referee decisions without exception. Please remember that the referee can only call the game as he or she sees it. The referee sees the game from one angle, while the coaches see the game from different angle!

\*As coach if you have a concern with a referee decision talk to them politely at half time or at the end of the game. The referee is there because they love the game and enjoy refereeing. They want to see everyone do well and are not out to get anyone, even if they make decisions that you don't agree with.

\*Set the right examples to your players by displaying a level of respect towards our young referee's.

\*Coaches are also responsible for ensuring that the parents of their team also act in a respectful manner toward the referee. If the referee has a concern about a parents conduct toward them they will approach you to ask you to confront the parent to address conduct towards referees.

# COACH DEVELOPMENT

## CFC COACH ONGOING DEVELOPMENT OPPORTUNITIES

Our aspiring coaches are always encouraged to further their own development in their role. CFC regularly hosts BCSA grassroots coaching courses and encourages our U7-9 coaches to participate in the **BCSA FUNdamentals** one day course. This course provides useful information around coaching philosophy and how to implement effective and enjoyable practice sessions that promote player development. If you are interested in participating in this course please reach out to me at [td@chilliwackfc.com](mailto:td@chilliwackfc.com) and I can guide you to an upcoming date. As a club we always host one in early September and our U7-9 coaches will always be contacted with details.

The Canadian Soccer Association (CSA) has produced the Canada Soccer Pathway document. This document is broken down into the different phases of development based on age. You can access this document on the CFC website (outlined below) I highly recommend reviewing it. Not only does it provide some invaluable tips on coaching at this age group, but also offers some additional practice activities that you may want to adopt over and above the practice plans on the OSA site. Much can be learned by referring to this document.

**The Canada Soccer Pathway – FUNdamentals Stage** document can be found as follows....

Log into [www.chilliwackfc.com](http://www.chilliwackfc.com)

Click “**DEVELOPMENT**” heading for a drop down menu.

Click on “**COACH RESOURCES**”

Click on “**LTPD**” tab

Click on “**Canada Soccer Pathway Coach’s Tool Kit: Stage Two – FUNdamentals**”

To further develop our grassroots coaches I would like to extend an invitation to all interested coaches in these age groups to visit and observe practices conducted by our club staff. Much can be learned from watching our more experienced coaches work with our young players. How they address the players. How they keep them on task and how they maintain a level of fun!

If you would, at any time during the season, be interested in attending a CFC staff coach run session please drop me a line to [td@chilliwackfc.com](mailto:td@chilliwackfc.com) and I can direct you to an upcoming practice. The staff coaches are always ready to engage with our team coaches and offer any support and advice that they can.

# POLICIES

## PLAYING TIME POLICY

All Chilliwack FC coaches are to abide by the **Playing Time Policy** for their respective age group/level, as set out by the club.

It is the player's duty to uphold their responsibilities to ensure that they get the best soccer experience possible from their time with Chilliwack FC.

All players must uphold program & team standards/ethics to maximize their playing time opportunities.

Coaches will empower all players to play significant roles in all games and will reward players with playing time for high levels of Attendance, Hard Work, Commitment to the Team and Performance.

## U7- U9 PLAYERS.

All players on a Chilliwack FC Recreational Miniball Team are required to **play** a minimum **50%** of available playing time over the course of the season in all games.

### **REDUCED PLAYING TIME:**

Coaches may forfeit playing time from a player in these age groups if the player is consistently DISRUPTIVE and DISRESPECTFUL during practices or games or any other team function.

**If there are any Playing Time issues or uncertainty, players are advised to discuss them with their respective Team Head Coach.**

**Players/Parents may also bring any concerns (in confidence) to the attention of the club Technical Director...**

**Glenn Wilson – [td@chilliwackfc.com](mailto:td@chilliwackfc.com)**

# **CONCUSSION POLICY**

## **PRELIMINARY STATEMENT:**

Chilliwack FC is adopting this policy as part of its obligation to provide a safe playing environment for its players. This policy applies to all Chilliwack FC coaches, team managers, officials and players who are involved in Chilliwack FC programs.

Awareness of concussion and effects of concussion on players, especially youth players, has increased over the past decade. Medically, a concussion is a form of traumatic brain injury. Because it is a brain injury, a concussion is not a visible injury, such as a broken arm. It requires time to heal properly, involving both physical and mental rest. Consequences may include loss of coordination or memory, vision problems, learning issues and changes in emotions and behavior.

A concussion may result from a direct blow to the head or from an indirect blow to the body that causes various forces to affect the brain within the skull. Signs and symptoms may appear immediately or may be noticed hours or days (or longer) later. There are a wide variety of symptoms which are possible. Loss of consciousness is not required to be diagnosed with a concussion. Adolescents require more time to recover from concussions than adults.

All Chilliwack FC coaches are required to participate in a short (35 min) online Concussion Awareness course conducted by the CDC (Center for Disease Control) Below you will find the login information to take the course.

## **THE POLICY:**

**During practices or games coaches or team officials shall remove a player from active participation if the player exhibits the signs, symptoms or behaviors consistent with a concussion, as outlined below, or is suspected of sustaining a concussion.**

**In the event of suspected concussion during a match or practice the team coach or official shall inform the parent/legal guardian about the possible concussion and the event surrounding the possible concussion.**

**Once a concussion has been diagnosed by a physician, a player may not be allowed to return to play until cleared in writing by their family doctor.**

## **SYMPTOMS INFORMATION:**

If a player is experiencing ANY of the following symptoms as a result of a collision or impact with the ground DO NOT LET THEM PLAY.

- Confusion, foggy/groggy feeling, sluggish
- Dizzy, poor balance
- Sensitivity to noise or light, blurry vision
- Headache, feeling of pressure
- Poor memory: can't remember what they ate earlier that day, the score of the game, what happened, etc.
- Poor coordination and concentration
- Nausea/vomiting

- Males typically experience more cognitive symptoms such as fogginess and lack of concentration.
- Females typically experience more somatic symptoms such as drowsiness, sensitivity to light, headaches, and nausea.

#### **COURSE LOGIN:**

Below is the login information to access the course on the CDC (Center for Disease Control) website.

**Once completed you will be asked to print out the completion certificate and provide to our club admin.**

Log into [www.chilliwackfc.com](http://www.chilliwackfc.com)

Click “**DEVELOPMENT**” heading for a drop down menu.

Click on “**COACH RESOURCES**”

Click on “**CONCUSSION POLICY**”

Click on [www.cdc.gov/concussion/headsup/online\\_training](http://www.cdc.gov/concussion/headsup/online_training) link.

**A full outline of the Concussion Awareness policy can be found under “COACH RESOURCES” on the Chilliwack FC website [www.chilliwackfc.com](http://www.chilliwackfc.com)**

Finally, part of my role as CFC Technical Director is to develop and support our coach. The better we develop our coaches...the better the players we develop. We have a team of club staff coaches who work in the various programs that we run. Please always feel free to reach out to me for guidance, advice and ideas. I can connect with you online or on the field. I can delegate a staff coach to reach out to you to offer support also. I can be reached as follows

**Mobile #604 799 3002**

**Email [td@chilliwackfc.com](mailto:td@chilliwackfc.com)**

Best regards and have a great season!

*Glenn Wilson.*

