

# CHILLIWACK FC



## **COACH HANDBOOK**

### **FALL U10-12 AGE GROUPS**

Hello CFC U10-12 Team Coaches,

Firstly, I want to thank you for volunteering to take on the role of a team coach for our U10-12 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: **U10-12 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....

## **U10-12 PROGRAM OUTLINE**

### **REQUIREMENTS TO COACH CFC U10-12 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
- \* BACKGROUND IN SOCCER

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 U10-12 AGE GROUP COACH**

As players graduate from our U7-9 program they enter the **Learning To Train** stage of their development. This stage incorporates U10-12 age groups which are often referred to as the “golden age of learning” It is when children become less self-centered and are more able to reflect on their actions and learn from mistakes. The focus is on learning by doing, building a larger repertoire of soccer movements and teaching the basic principles of play in a fun and challenging environment.

In this stage we also begin to address positional play more to our players. Educating them on the various responsibilities in different areas of the field. The U10-12 programming also continues to build competence on the basic fundamentals (passing, receiving, dribbling, turning, shooting)

As always we want to continue to ensure that our players are enjoying their soccer as they learn. We continue to influence respect, sportsmanship and teamwork as we develop not only good soccer players, but also well rounded individuals who work well with each other.

## **PRACTICES**

### **PRACTICE CURRICULUM**

To aid in conducting practices that address the key areas we need to for our U10-12 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 12-15 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 U10-12 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 **Learn To Train** tab.

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

## **WEEKLY PRACTICE SCHEDULING**

Practices for these age groups should typically be 75-90 mins in length.

As a club we will provide you with once weekly field time on a specific field and time slot (twice weekly for U11/U12 Development Teams) 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. Minimum one third of a game for Development level teams.

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

on the field and how they transition learnings from weekly practices into pressure situations on game day.

In your post game chat with your players make sure you highlight areas that they can improve on, but more importantly highlight positives from the game individually or as a team. Ask the players for their feedback. What did they do well as a team and what they can improve on. If they leave the field at the end of the match having learned something from the game and with a smile on their faces, win or lose, then pat yourself on the back....you had a productive day!

## **GAME DAY GUIDELINES**

Here is a breakdown of the game protocols for the U10-12 age group. These guidelines are implemented by the Canadian Soccer Association and as a club we must adhere to these guidelines.

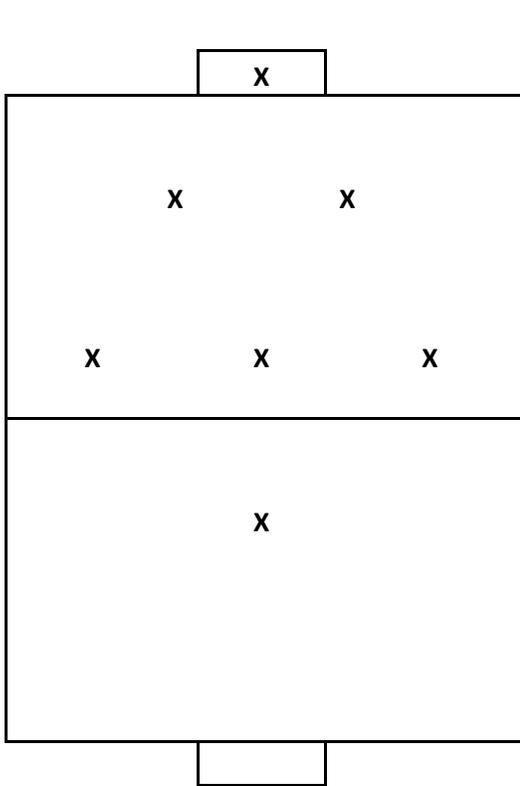
	<b>U10</b>	<b>U11/12</b>
<b>FIELD DIMENSION</b>	35 x 55 YDS	45 x 60 YDS
<b>GOAL DIMENSION</b>	6.5 x 18 FT	6.5 x 18 FT
<b>PLAYERS ON FIELD</b>	7 (INC GK)	8 (INC GK)
<b>GAME DURATION</b>	2 x 25 MIN	2 x 30 MIN
<b>REFEREE</b>	YES	YES
<b>GOALKEEPER</b>	YES	YES
<b>RETREAT LINE</b>	20 YDS	20 YDS
<b>THROW IN'S</b>	YES	YES
<b>COACH ON FIELD</b>	NO	NO
<b>OFFSIDES</b>	RETREAT LINE	RETREAT LINE

## **PLAYING FORMATION**

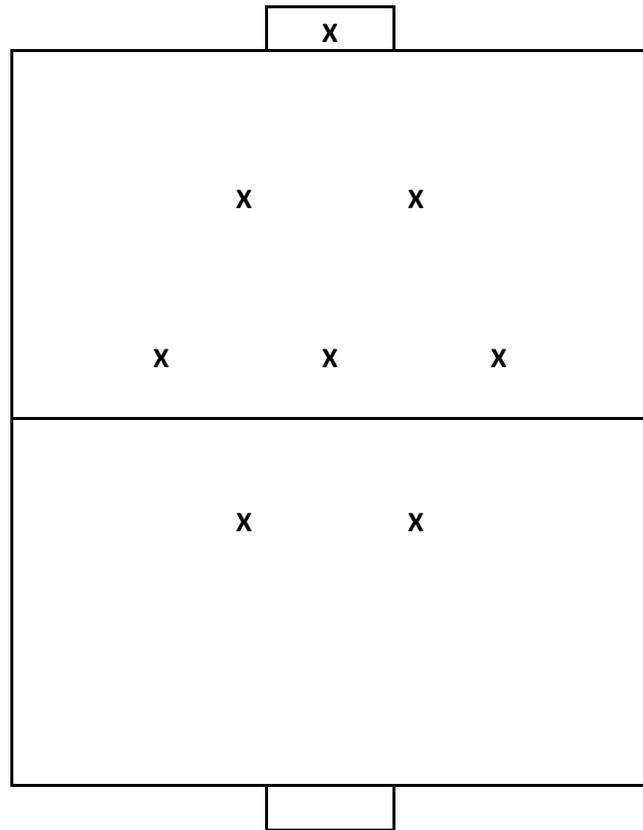
In these age groups we begin to address positional play more. Progressing beyond the "Diamond" shape format in the U7-9 ages to specific areas of the field. We build a knowledge within our players on the roles and responsibilities of defenders, midfielders and forwards. See images below. We continue to encourage an awareness of their "team shape" on the field with a view to always maintaining it. From the sidelines this question is best asked of the players 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. While that might bring short term success to the team, their long term development will be negatively impacted if we don't allow them to experience the game from different areas of the field.



**U10 FORMATION (2-3-1)**



**U11-12 FORMATION (2-3-2)**

In each formation above the "Diamond" shape is evident. More so in the U11/12 image where you will identify two side by side diamonds. These formations give good coverage throughout the field. At the U11 and U12 age groups some teams have also adopted a 3-3-1 formation that is also effective and can maintain the triangles and diamonds that are key to always providing passing options to players on the ball.

In organizing your players in these formations during games here are a few tips.....

\*Encourage your teams to work up and down the field as a unit. This means defenders pushing forward towards the half way line when attacking and the forwards dropping into their own half when defending. It is important that the distance between the defenders and the forwards is not "stretched" to much, providing space for opponents to play without pressure.

\*Encourage your defenders to support the midfielders when they are on the ball and under pressure. Sometimes our team needs to go back before we can move forward and our players must learn to recognize this.

\*When in possession encourage wide midfield players to move as wide as possible and get into good positions to receive the ball. This is where the space is and provides an opportunity for them to run with the ball into your opponents defensive third to create goals scoring opportunities.

\*Encourage your forwards to not be “static” They must always be moving when our team has the ball and looking to get into open space to receive.

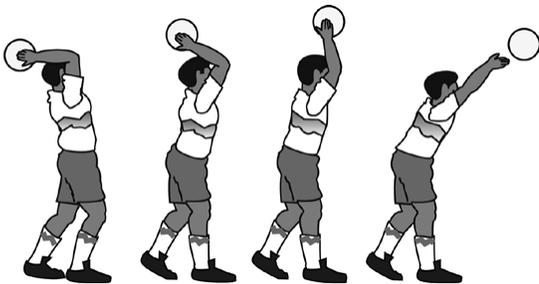
\*When there is a stoppage in play it is an ideal time to ask the players about their positioning. Are we where we should be? How is our shape? They will eventually learn to identify this themselves and adjust accordingly.

## **GOALKEEPERS**

It can often be challenging to recruit a GK for any game. For the U10 age groups 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. At U11 & U12 we often find players willing to take on the role on a more permanent basis, however for their own long term development we must not delegate them as a “permanent” GK. They must be given time on the field to develop their ability with the ball at their feet. Ideally 2-3 players willing to share the role is a good option.

## **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. By U10 our players should be accomplished at this.



## **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 U10-12 coaches to participate in the **BCSA Learn To Train** 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 U10-12 coaches will always be contacted with details should they wish to participate.

The Canadian Soccer Association (CSA) has produced the Canada Soccer Pathway manual. This document is broken down into the different phases of development based on age. You can access this manual 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 manual.

**The Canada Soccer Pathway – Learn To Train 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 Three – Learn To Train**”

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.

### U11-12 PLAYERS.

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

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

### **CUP PLAY:**

Cup Play may be viewed as the 'business end' of the season and as such, coaches will be empowered to utilize the most consistent performers during regular season games. Coaches will utilize the regular season/League games to continually assess all players and ultimately decide upon the best 'Starting 11' for each Cup game.

### **REDUCED PLAYING TIME:**

Coaches may forfeit playing time from a player if any of the following are to occur;

1. There is a disciplinary issue, were a Player breaks the Code of Conduct and/or Code of Ethics as set out by the club.
2. The Player consistently fails to attend training and DOES NOT inform the Team Coaching Staff of their absence.
3. The Player consistently DOES NOT put in a good effort during training sessions and/or games.

5. The Player is consistently DISRUPTIVE and DISRESPECTFUL during training sessions, games or any other team function.

## **U10 PLAYERS.**

All players on a Chilliwack FC Recreational U10 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)**

## **TOURNAMENT POLICY**

The Chilliwack FC recognizes the importance of and encourages all of its teams to participate in tournaments throughout the season. When Chilliwack FC teams participate in tournaments, they must remember that they are not only representing their team, but also Chilliwack FC and the City of Chilliwack. Therefore, it is important that Chilliwack FC is informed when its teams are travelling to participate in tournaments, whether local or abroad.

When teams travel, the coach is ultimately responsible for the conduct and safety of all players. The Chilliwack FC Coaches Conduct Policy provides the guidelines and expectations of all coaches. The associated duties may be shared with assistant coaches, managers, and parents but the coach maintains the final responsibility and therefore has the final word in all decisions.

Players must be supervised at all times when travelling to out-of-town tournaments and their whereabouts known in case of an emergency. The coach should have a list of contact information for each player/parent/guardian.

All players must complete any required forms (i.e. Travel Consent Forms, Medical Information Forms, Insurance Forms, etc.) prior to the event and these forms will be held by the Coach or a person designated by him/her.

Players travelling out of the country with adults other than their parents should provide a signed Letter of Consent for International Travel naming the player, the person the player is travelling with, the

dates of travel, the purpose of the travel, the destination of travel, and contact information in case of questions or any other issues.

The Chilliwack FC Executive reserves the right to deny teams the right to participate in tournaments if:

- The tournament is not sanctioned by the governing soccer body (ie: BCSA/CSA);
- The team entering the tournament has failed to represent themselves, Chilliwack FC, and the City of Chilliwack in a manner that is becoming to all involved;
- The team entering the tournament is not comprised of **80%** of their regular season team roster;
- The team is travelling without a club-approved coach;
- It is in the opinion of the Executive that the tournament being considered is not in the best interest of the players, the team, or the club.

**All Chilliwack FC teams are required to notify and seek approval from the Chilliwack FC Executive of their intentions to enter a tournament prior to their registration. This can be done via the [Tournament Attendance Application Form](#). This form can be found under “COACH RESOURCES” on the Chilliwack FC website [www.chilliwackfc.com](http://www.chilliwackfc.com)**

## **UNIFORM POLICY (U11-12 TEAMS)**

The club names “Chilliwack FC”, “CFC” and “Chilliwack Football Club” as well as the official logo of the Chilliwack FC are the property of the Chilliwack FC and may not be used or reproduced in any manner without the express written consent of the Chilliwack FC.

The Chilliwack FC official team apparel and brand as well as authorized suppliers shall be approved yearly by the Chilliwack FC Board of Directors.

The official Chilliwack FC team apparel supplied through player registration fees consists of one pair of shorts, a jersey (teams U11 to U18 will receive 2 jerseys) and one pair of socks.

Additional team apparel which may be purchased over and above the kit supplied by Chilliwack FC may include a training top, a warm-up suit and a jacket.

Chilliwack FC official colours are navy, red and white.

Chilliwack FC official team apparel for U11 and older must be approved by the Chilliwack FC Board of Directors or designate, before purchase.

It is the obligation and responsibility of each coach to ensure his/her players wear approved apparel at all times when representing the Chilliwack FC.

**If a team wears non-approved apparel at games, tournaments and practices the coach may be required to appear before the Chilliwack FC Board of Directors or the discipline committee of the Chilliwack FC.**

Disclaimer: The Chilliwack FC Executive reserves the right to make amendments to this document if it is deemed that it is in the best interest of the club and or team by doing so.

# **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.*

