



Coach Information U5 & U7

Indoor 2023/2024

Governance of Soccer

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<https://albertasoccer.com/>

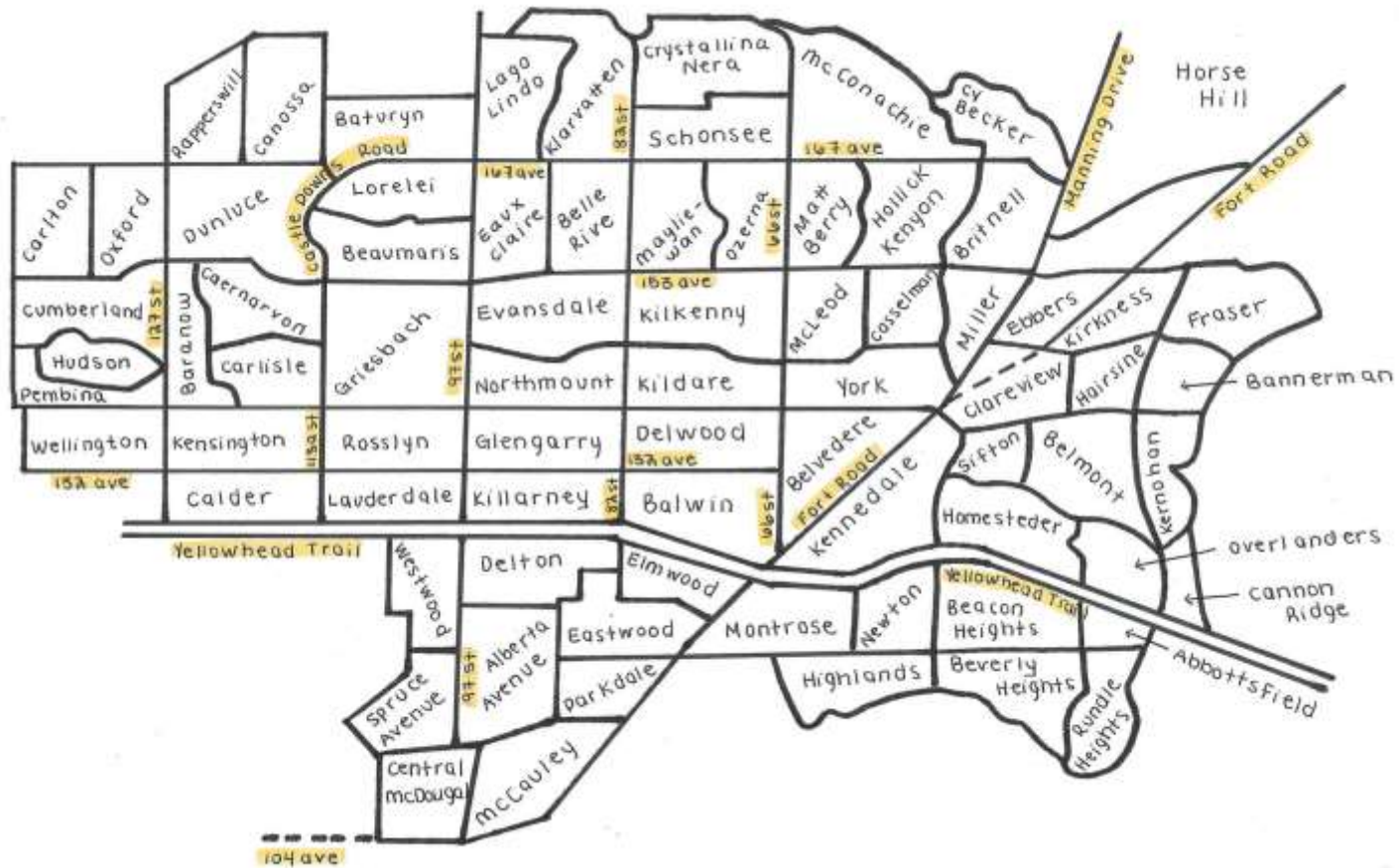


<https://emsamain.com/>

<https://emsanorth.com/>



EMSA North Districts



ENZSA Executive Board

- **Bryan Payne**
President
Email: bryanp@emsanorth.ca
- **Mirka Griffith**
Vice President
Email: mirkag@emsanorth.ca
- **Danny Da Silva**
Treasurer
Email: dannyd@emsanorth.ca
- **Brandy Albulescu**
Community Director
Email: brandya@emsanorth.ca



ENZSA Community Soccer Directors



- **BATURYN**
Director: Candice Bevan
E-mail: soccer@baturyn.ca
- **CAERNARVON**
Director: Jason Desnoyers
E-mail: soccer@caernarvon.ca
- **CARLISLE**
Director: Rob Lewis
E-mail: rmlewis10@shaw.ca
- **CUMBERLAND/OXFORD (COCL)**
Director: Dan Poon
E-mail: soccer@cocl.org
- **DELTON**
Director: Laura Cassady
E-mail: soccer@deltoncommunity.com
- **DELWOOD**
Director: Jon Buck
E-mail: dir-sports@delwood.ca
- **DUNLUCE**
Director: Dana Trendall
E-mail: soccer@dunlucecl.ca
- **GRIESBACH**
Director: Simon Chin
E-mail: sports@griesbachcommunity.com
- **HIGHLANDS**
Director: Kevin Smith
E-mail: kevin@highlandscommunity.ca
- **HORSE HILL**
Director: Monica Cameron
E-mail: Horsehillsports@gmail.com
- **LAGO LINDO**
Director: Cliff & Lori Ziegler
E-mail: soccer@lagolindo.ca
- **LORELEI/BEAUMARIS**
Director: Anthony Villeneuve
E-mail: soccerlbcl@gmail.com
- **NEWTON**
Director: Melissa Hanssen
E-mail: melissa.r.hanssen@gmail.com
- **SOUTH CLAREVIEW**
Director: Jessica Empey
E-mail: soccer@southclareview.ca
- **WELLINGTON**
Director: Aviva Addo
E-mail: Wellingtonparksoccer@gmail.com



Community Technical Leads

Dejan & Stefan Gajic

Community Technical Leads

Email: techcoach@emsanorth.ca

- Coaching Resources
- Player Engagement through Coach Development
- Coach Advice/Guidance
- Coach Advocate
- Coach Training Adviser



ENZSA Staff



EMSA North Office

Kylee Webster

Executive Director

Ph: 780-406-0798 Ext. 1

Email: programs@emsanorth.ca

Megan Locher

Executive Assistant

Ph: 780-406-0798 Ext. 2

Email: socceroffice@emsanorth.ca

Ryleigh Bridges

Scheduling Coordinator

Email: scheduling@emsanorth.ca

Cindy Jara

Office Staff

Email: staff@emsanorth.ca

Affiliate Program Staff

Luan Tran

NSU Club Administrator

Email: Luan.Tran@anixter.com

Carol Stanczak

Fort Saskatchewan

Administrator

Email: info@fortsasksoccer.ca

North Zone Age Level Director (ALD)

- Volunteer Position
- Form teams in each age group
- Acts as liaison between the North Zone Board and the Community Soccer Directors on matters pertaining to the respective age group.
- Main contact for Coaches regarding team formation.
- Assist in outdoor schedule groupings and team formation issues resolution.

ALD Contacts

U5 Age Level Director: Monica
Cameron

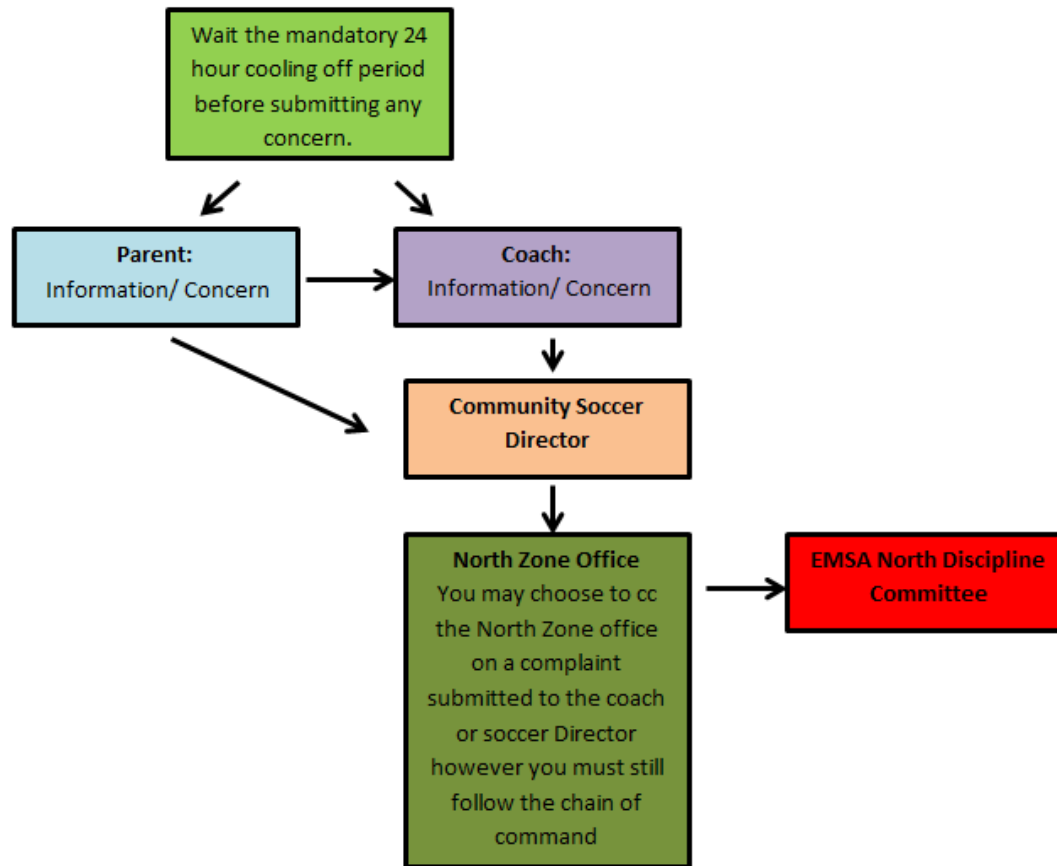
u5ald@emsanorth.ca

U7 Age Level Director: Cliff Ziegler

U7ald@emsanorth.ca



EMSA North Chain of Communication



Coaching Requirements

By committing to be a Team Official (Coach, Assistant Coach or Manager). You are committing to providing a safe place for youth in Sport.

You commit to a Code of Conduct + to obtain the required certifications in order to provide the level of training for our athletes that is safe, fair, age appropriate and engaging.

Please be advised that all required Coach Training courses are fully refundable back to you once you have successfully completed!

The Next few Slides will go through the requirements for Team Officials

You can also discover the specific requirements for your role + Age group you are volunteering for by completing the COACH CHECKLIST in the link below.

Follow this link to learn what the requirements are for your role!



<https://fs4.formsite.com/socceroffice/riyjpgnqsw/index.html>

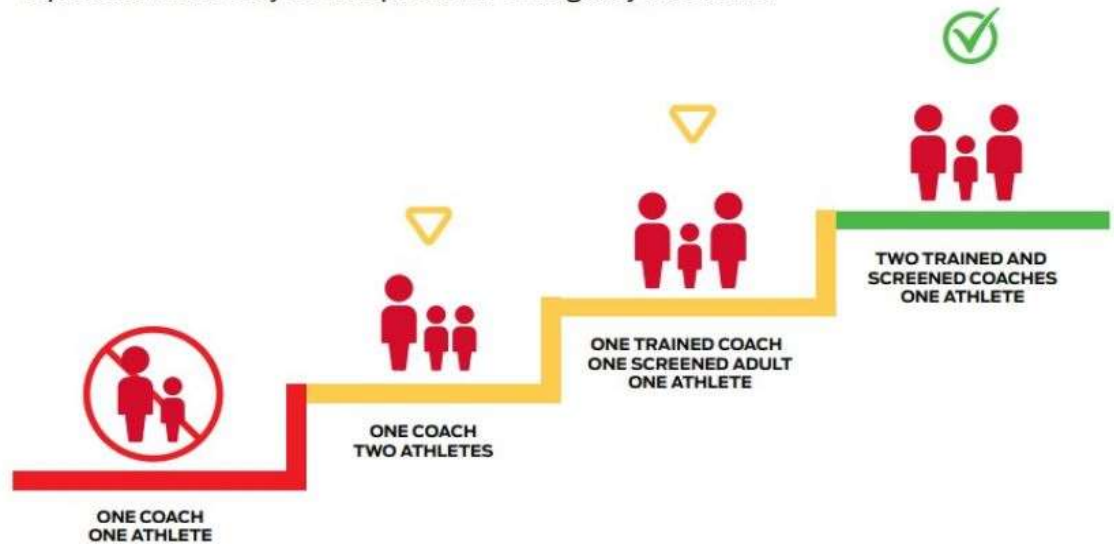
Coaching Requirements

REQUIREMENT



RULE OF TWO

The goal of the **Rule of Two** is to ensure all interactions and communications are open, observable and justifiable. Its purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring more than one adult is present. There may be exceptions for emergency situations.



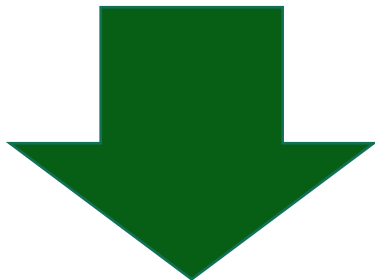
GOOD RULE OF TWO IMPLEMENTATION PRACTICES

- The coach is never alone and out of sight with a participant without another screened coach or screened adult (parent or volunteer) present.
- Allow training environment to be open to observation.
- Ensure a participant rides in a coach's vehicle with another adult present.
- Consider the gender of the participant(s) when selecting the screened coaches and volunteers who are present.
- Eliminate one-to-one electronic messaging. Ensure that all communications are sent to the group and/or include parents.

Learn more: coach.ca/responsiblecoaching

Coaching Requirements

REMINDER USE THIS LINK BELOW TO CHECK OFF ALL ITEMS ON THE LIST OF REQUIREMENTS



<https://fs4.formsite.com/socceroffice/riyjpgnqsw/index>

1. Register as a Team Official in the EMSA Soccer Portal
www.emsasoccerportal.com
2. Become screened and obtain a valid Security Clearance (valid 3 yrs) - email Megan socceroffice@emsanorth.ca
3. Obtain a Digital EMSA ID Card
<https://fs4.formsite.com/socceroffice/oxdduwytzs/index>
4. Obtain a NCCP Number to set up a Team Official Transcript.
<https://thelocker.coach.ca/account/login?ReturnUrl=%2f>
5. Complete Respect In Sport - email Kylee at programs@emsanorth.ca
6. Complete the NCCP Coach Pathway Course (Active Start)
<https://canada-soccer.myshopify.com/collections/grassroots-coaching-education-program> - for Head & Assistant Coaches
7. Complete Safe Sport Roster Training
<https://thelocker.coach.ca/account/login?ReturnUrl=%2fonlinelearning>
 1. NCCP Making Head Way Module
 2. NCCP Emergency Action Planning Module
 3. NCCP Rule of Two
8. Coach Code of Conduct: <https://emsanorth.com/wp-content/uploads/2022/09/Codes-of-Conduct.pdf>

Coaching Pathway

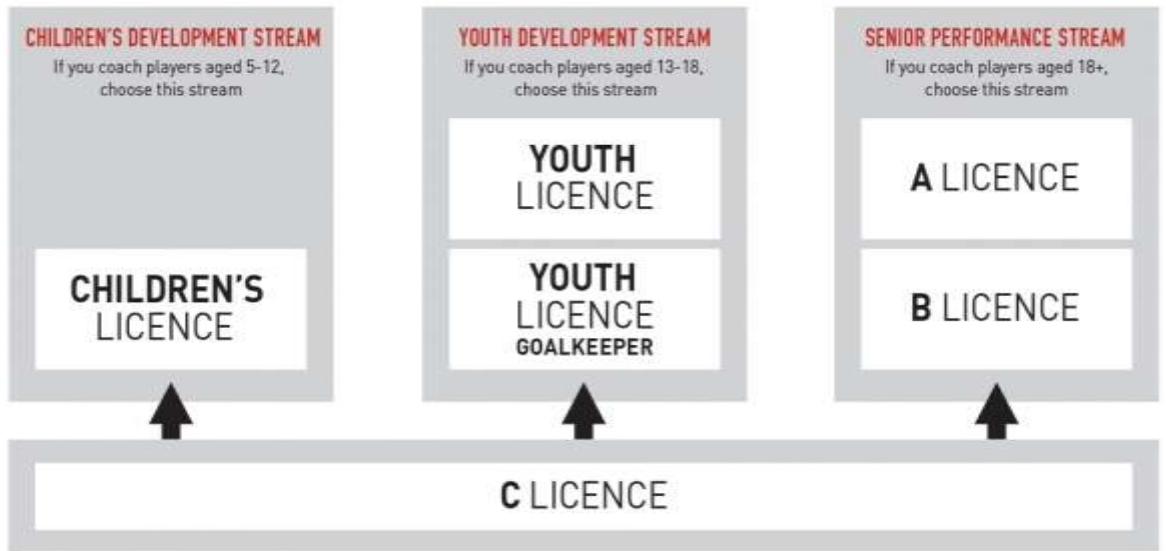


CANADA SOCCER COACH EDUCATION PATHWAY



LICENSING STREAM WORKSHOPS

ONLINE MODULES + PRACTICAL WORKSHOPS + EVALUATIONS



You are here
(Active Start)





Community Stream Workshops

- ✓ Active Start (U5-U7)
- ✓ FUNdamentals (U9)
- ✓ Learn to Train (U11)
- ✓ Soccer For Life (U13+)

Active Start – U4 to U7

- Our Grassroots Program follows Canada Soccer and is endorsed by FIFA's Preferred Training Model.
- This is known as the Long-Term Player Development (LTPD). Each Training Session is built around different activity stations, focusing on General Movement; Coordination; Soccer Technique; and Small-Sided Games.
- The focus will remain on building a foundation of the love of the game.

Respect in Sport

All team officials require this course as per Canada Soccer (Including Team Managers)

Much like what is already in effect within the Hockey community, Soccer will be adopting this training mechanism as a tool to make the soccer pitch a fun and friendly environment, free of abusive behavior.

This will only lend itself to making our game what it is intended to be..."The World's Beautiful Game."

Email:

programs@emsanorth.ca

to obtain your course Key, this course is Valid for 5 years after successful completion



Coach Training Cheat Sheet for Head & Assistant Coaches

	U5	U7	U9	U11	U13	U15	U17	U19
Active Start	x	x						
FUNDamentals			x					
Learn to Train				x				
Soccer for Life					x	x	x	x
Respect in Sport	x	x	x	x	x	x	x	x
Making Ethical Decisions					x	x	x	x
Making Headway	x	x	x	x	x	x	x	x
Emergency Action Plan	x	x	x	x	x	x	x	x
Rule of Two	x	x	x	x	x	x	x	x

Managers only need Respect in Sport

Role of the Coach

- Needs to be FUN!
- Be the Activity Leader
- Inspire, Share Knowledge, Build Confidence
- Be Positive, Encourage, and Praise
- Teaching techniques is not a priority
- Everyone needs to have a ball
- Be Energetic
- Look like a Coach!

Player Characteristics

- Fragile bones
- Coordination difficulties
- Natural suppleness - like gymnastic type activities
- Tire easily
- Little difference between boys & girls
- Sensitive to criticism
- High degree of imagination
- Short attention span

U5 & U7 Format

Main focus is **FUN!**

- Station Rotation – Build different activities to promote general movement, coordination, and small sided games.
- Physical Literacy is Key.
- Size 3 ball

U5 Game Rules

<https://emsanorth.com/wp-content/uploads/2023/09/U5-Mini-Indoor-Rules-23.24.pdf>

U7 Game Rules

<https://emsanorth.com/wp-content/uploads/2023/09/U7-Mini-Indoor-Rules-23.24.pdf>

U5/U7 Format Game Day

Review U5 & U7 Lesson Plan

[HERE](#)

EMSA NORTH

2023/24 INDOOR



U5/U7 FIRST TWO WEEK FULL SESSION
PLAN

Equipment

Players to Bring

Send an email to parents prior to the season beginning to inform everyone of the equipment requirements

- Jersey (supplied by Timbits)
- Shorts
- Shin Pads
- Socks that cover shin pads
- Indoor Soccer Shoes
- Water Bottle
- Personal Ball (supplied by Timbits)

Coach to Bring

Provided by the community unless stated otherwise

- 2 Inflated game balls
- Bownet (each team bring 1 net unless grouped in session with 3 teams then will need 4 nets between 3 teams)
- Cones
- Pinnies
- First Aid Kit
- Ball pump



EMSA ID Cards

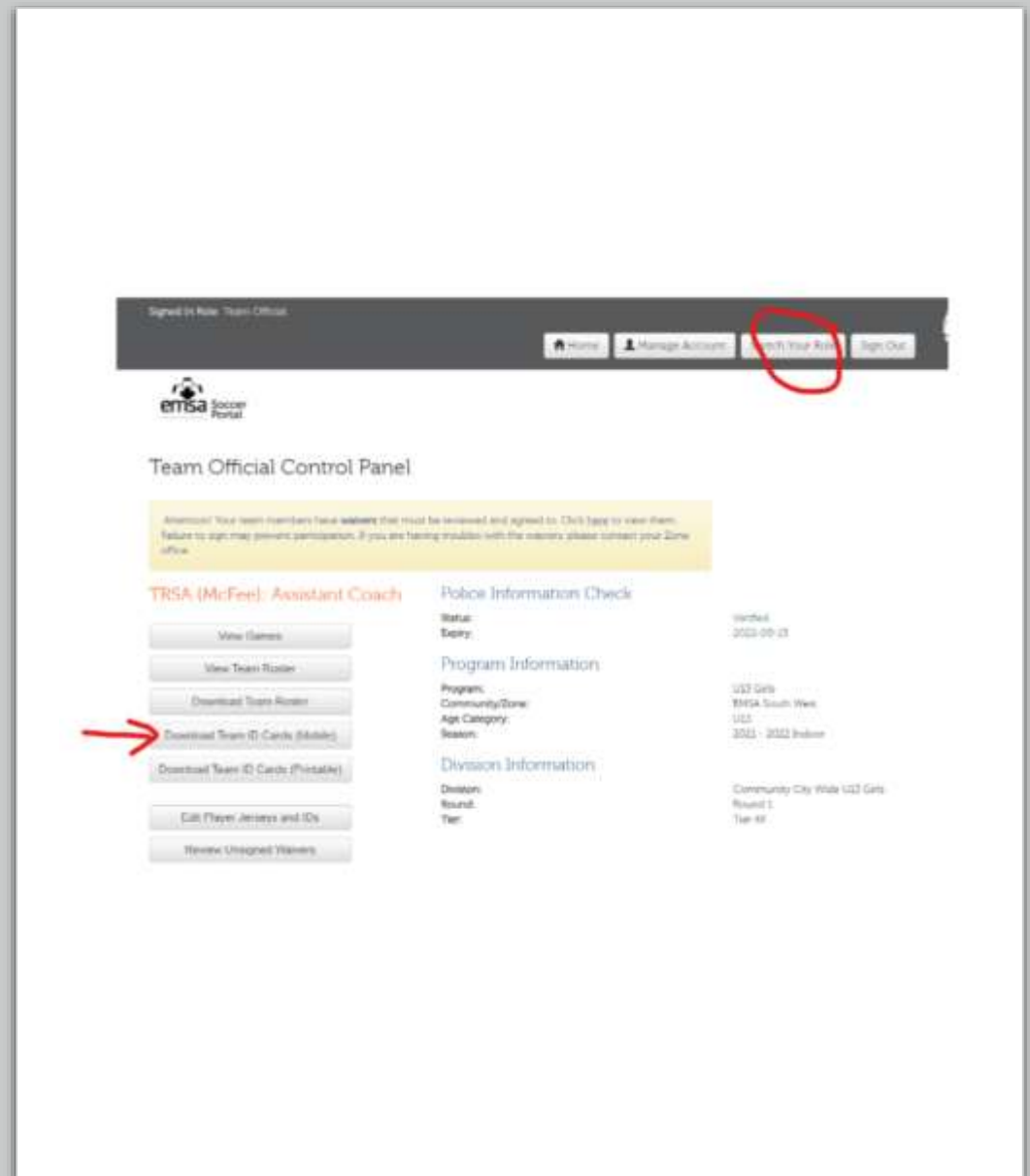
- All Team Officials (U5+) will need an EMSA ID Card
- EMSA ID Cards are no longer being printed instead you should download the card photos and list from the EMSA Soccer portal (under your coach access) and bring this to the game.

<https://fs4.formsite.com/socceroffice/oxdduwytzs/index>

How to Download your Teams ID Cards

When you log into your account in the EMSA Soccer Portal, switch your role to Team Official.

- From there you will see the following dashboard:
- Click on Download Team ID Cards.
- Save your EMSA Team Official E Card.
- Present this Card to the facility staff upon entry.



Injury Report Form

If a player is injured on the field, we ask all coaches complete the North Zone Injury Report Form.

- This form will direct the team officials as to what steps to take for the type of injury
- It will advise the office of any incidents
- Provide a report for the parent to use for any Dr. visits/medical treatments and appointments.

Injury Report Form can be Found Here, please bookmark on your cell phone:

- <https://fs4.formsite.com/socceroffice/uoixxcidj5/index.html>
- Head injuries should be taken seriously even if they may seem minor. In some cases the Zone office may ask for Dr. Clearance before an athlete may return to play.

Edmonton Soccer Facility Entry & Costs

- Coaches will show their digital EMSA ID card to gain free entry into the EMSA Soccer Facilities.
- If you are the head coach or first to arrive you may show your emsa ID card to gain entry and then request the Change room key for your scheduled field slot for your team.
- Edmonton Soccer Facilities do charge a fee to Spectators over the age of 18. This fee can be paid per visit or spectators may choose a season pass (most cost savings). **Make sure your families are aware!**
 - ✓ Admission this year is \$7.00 for single/daily entry
 - ✓ \$50 for a Multi Facilities Season Pass (includes entry into the three indoor facilities plus the Scottish Done & Viktoria Soccer Club)
 - ✓ Season passes can be purchased on site at the 1st game (**please remember to arrive early**)
- Players & siblings under 17 are exempt from entry fees

Gym User Rules & Regulations

- Facility doors will be opened (10) minutes before and re-locked (10) minutes after the commencement time on the license agreement.
- All groups shall vacate the booked space no later than the end of their license agreement and vacate the facility no later than (10) minutes after the end time on the license agreement.
- No Loitering in hallways by Players, Coaches or Families. **NO PROPPING DOORS OPEN**
- ONLY WATER is permitted during activities.
- Schools and school property are no smoking & no vaping areas.
- Street shoes are not permitted in gymnasiums. All footwear should be clean, non-marking and soft soled.
- Indoor soccer balls are only permitted in gymnasiums. NO OUTDOOR BALLS!!!
- Limit activities to the area assigned (actual gym) and restrict participants to these areas.
- Supervise entrances and adjacent areas to prevent unauthorized persons from entering the building.
- It is recommended to discourage spectators due to space constraints and the lack of insurance on guardians and loved ones in the event of injury in the space.
- NO SHOWS are strictly prohibited and will result in the termination of your gym time.
- CANCELLATION REQUESTS must be sent to the Zone office scheduling@emsanorth.ca no later than 18 days prior to the scheduled booking. If you are unable to provide such notice you are required to find an alternate team to use your scheduled time, you must inform the office of any exchanges of gym time from one team to another: scheduling@emsanorth.ca
- Please contact Ryleigh Bridges at scheduling@emsanorth.ca should you experience any challenges or problems during your rental. All after-hours emails will be returned the next business day.

Other Information

- If the jerseys of both team matches or are similar the home team wears the pinnies.
 - Pre-season parent/player meeting is crucial, even prior to your first game to set up expectations and your vision throughout the season
-

TEAMSNAPE

- Team Snap is a communication / registration / scheduling tool that the North Zone is using for the Indoor season.
- **Follow this link to access the Team Snap information and videos on how this tool will help you manage your team more effectively this season**
<https://emsanorth.com/wp-content/uploads/2023/09/TeamSnap-App-Information.pdf>

Team Manager

Find one!

Bribe one!

A good Manager makes your role as a Coach so much easier!

The Team Manager plays a vital role in keeping the team organized and running smoothy.

They will support the coaches by performing the following expected duties and responsibilities:

- Upload the team schedule (games/practice days/events) on TeamSnap.
- Pre-fill games sheets (if applicable) and give to referee at the start of the game (We recommend doing this the night before)
- Collect game sheets (home team only) and input into the EMSA Soccer Portal. This is time sensitive so it must be done before 9am the next day after your game
- Be the “pulse” of the team. Listen to parents concerns and convey them to the appropriate person (Coach or Soccer Director)



Tasks of the Active Start Coach



Organization



ORGANISATION



Show up early to allow time to set up the field and equipment prior to players arriving.

Have a designated area they can go and practice with friends/parent while others arrive.

Define areas clearly with cones. Have a specific area set up for balls and pinnies.

Running a Session



CANADA

RUNNING A SESSION – THE START

Programme national de certification des entraîneurs

National Coaching Certification Program

- Have all players come to one central point.**
- Get down to the same level as players and make sure they are not facing sun/potential distractions.**
- Quick explanation + demonstration – “a picture paints a thousand words”.**
- Quickly get the players active - keep everyone moving in some type of dynamic warm up activity.**

Communication



CANADA

RUNNING A SESSION – COMMUNICATION

Reinforce positively every effort – praise!

Continue to demonstrate and tell them, especially as the activities change.

Try not to use jargon.

Programme national de certification des entraîneurs

National Coaching Certification Program

The End



RUNNING A SESSION – THE END



Bring everyone (including parents) in at the end of the session.

Encourage parents to play with their children at home.

Team cheer, healthy snacks and drinks.

Managing the Parents



MANAGING THE PARENTS



Meeting set up before the start of the first activity or immediately after the 1st session

Introduce yourself and the other coaches

Parents could help with tasks during the session – child's teammate

Ask parents in advance for their vacation plan

Parents encourage their child in a positive manner

Code's Of Conduct

Players Code

- Play the game for the game's sake.
- Be generous when you win.
- Be gracious when you lose.
- Be fair always, no matter what the cost.
- Obey the Laws of the Game.
- Work for the good of the team.
- Accept the decisions of the Officials with good grace.
- Believe in the honesty of your opponents.
- Conduct yourself with honor and dignity.
- Honestly and wholeheartedly applaud the efforts of your teammates and opponents.

Coaches' Code

- Soccer is a game for happiness.
- The laws of soccer should be regarded as mutual agreements.
- Visiting teams and spectators are honored guests.
- No advantages except those of superior skill should be sought.
- Official and opponents should be treated and regarded as honest in intention.
- Official decisions should be accepted without looking angry no matter how unfair they may seem.
- Winning is desirable, but winning at any cost defeats the purpose of the game.
- Losing can be a triumph when the team has given its best.
- The ideal is the greatest good to the greatest number.
- In soccer, as in life, do unto others as you would have them do unto you.

Parent's Code

- Children have more need for example than criticisms.
- Make athletic participation for your child and other a positive experience.
- Attempt to relieve pressure of competition, not increase it. A child is easily affected by outside influences.
- Be kind to your child's coach and officials. The coach is a volunteer giving personal time and money to provide a recreational activity for your child. The coach is providing a valuable community service, often without regard other than the personal satisfaction of having served their community.

Resources

Governing Bodies

www.emsanorth.com

www.emsamain.com

www.albertasoccer.com

MUST REVIEW & UNDERSTAND/ACTION THE INFORMATION BELOW:

Coach Kit

<https://emsanorth.com/coachref/coachs-corner/>

Coach Checklist (training & clearance requirements)

<https://fs4.formsite.com/socceroffice/riyjpgnqsw/index.html>

Game Rules

<https://emsanorth.com/wp-content/uploads/2023/09/U5-Mini-Indoor-Rules-23.24.pdf>

<https://emsanorth.com/wp-content/uploads/2023/09/U7-Mini-Indoor-Rules-23.24.pdf>

U5/U7 Session Plan

<https://emsanorth.com/wp-content/uploads/2023/09/U5-U7-Full-Lesson-Plans.pdf>

Gym Rules

<https://emsanorth.com/wp-content/uploads/2023/09/GYMNASIUM-USER-GUIDELINES.pdf>

TeamSnap Information

<https://emsanorth.com/wp-content/uploads/2023/09/TeamSnap-App-Information.pdf>



Thank you for volunteering!
