



# Coach Information U5 & U7

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Indoor 2024/2025

# Governance of Soccer

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*For the Game. For the World.*



<https://canadasoccer.com/>



<https://albertasoccer.com/>

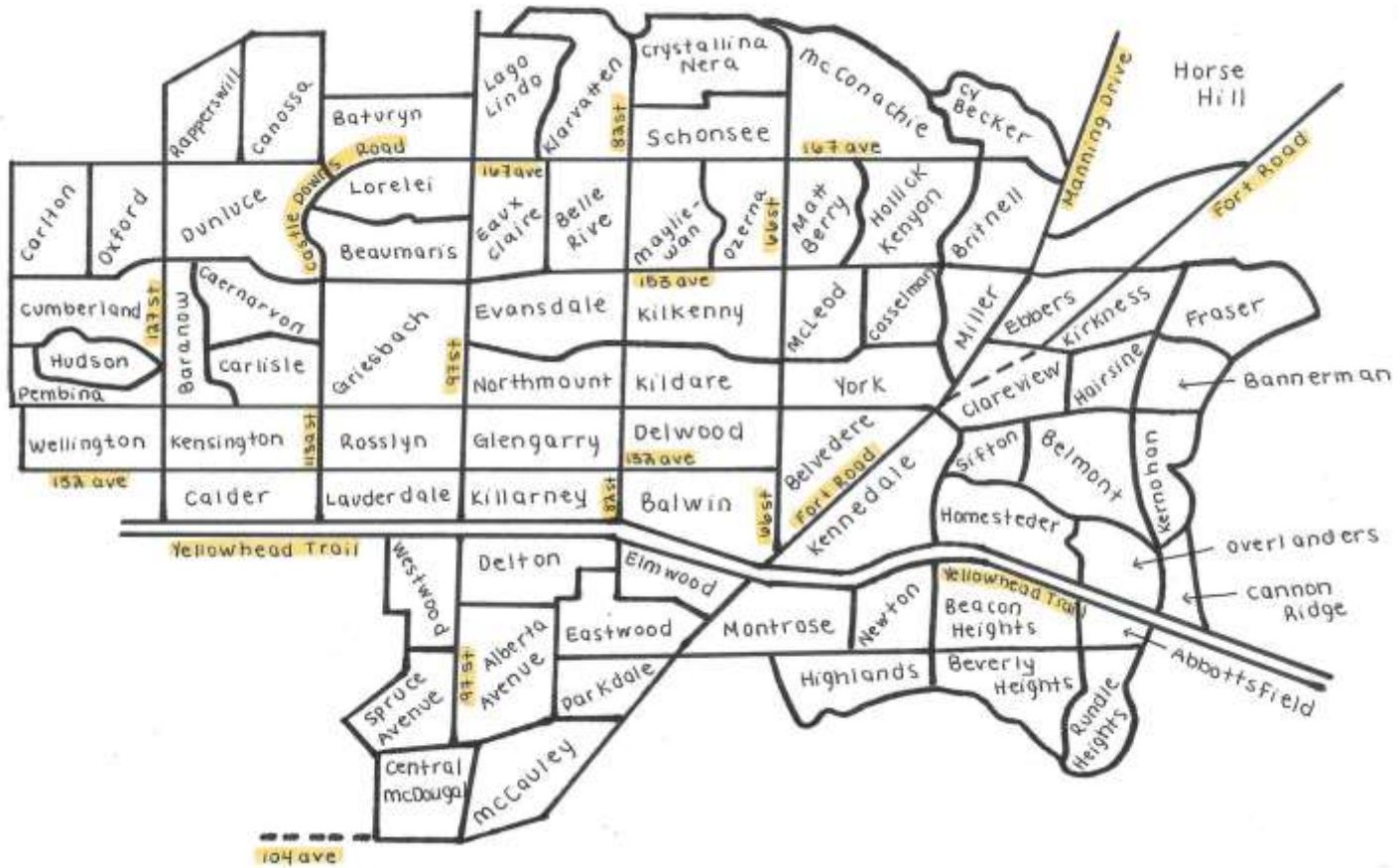
<https://emsamain.com/>



<https://emsanorth.com/>



# EMSA North Districts



# ENZSA Executive Board

- **Bryan Payne**  
President  
Email: [bryanp@emsanorth.ca](mailto:bryanp@emsanorth.ca)
- **Mirka Griffith**  
Vice President  
Email: [mirkag@emsanorth.ca](mailto:mirkag@emsanorth.ca)
- **Danny Da Silva**  
Treasurer  
Email: [dannyd@emsanorth.ca](mailto:dannyd@emsanorth.ca)
- **Vacant**  
Community Director  
Email:



# ENZSA Community Soccer Directors



- **BATURYN**  
Director: Darko Brkin  
E-mail: [soccer@baturyn.ca](mailto:soccer@baturyn.ca)
- **CAERNARVON**  
Director: Justin MacKenzie  
E-mail: [soccer@caernarvon.ca](mailto:soccer@caernarvon.ca)
- **CARLISLE**  
Director: Rob Lewis  
E-mail: [rmlewis10@shaw.ca](mailto:rmlewis10@shaw.ca)
- **CUMBERLAND/OXFORD (COCL)**  
Director: Eric Lyseng  
E-mail: [soccer@cocl.org](mailto:soccer@cocl.org)
- **DELTON**  
Director: Laura Cassady  
E-mail: [soccer@deltoncommunity.com](mailto:soccer@deltoncommunity.com)
- **DUNLUCE**  
Director: Dana Trendall  
E-mail: [soccer@dunlucecl.ca](mailto:soccer@dunlucecl.ca)
- **GRIESBACH**  
Director: Simon Chin  
E-mail: [sports@griesbachcommunity.com](mailto:sports@griesbachcommunity.com)
- **HORSE HILL**  
Director: Monica Cameron  
E-mail: [Horsehillsports@gmail.com](mailto:Horsehillsports@gmail.com)
- **LAGO LINDO**  
Director: Cliff & Lori Ziegler  
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- **LORELEI/BEAUMARIS**  
Director: Anthony Villeneuve  
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- **NEWTON**  
Director: Melissa Hanssen  
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- **SOUTH CLAREVIEW**  
Director: Allie Creasy  
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- **WELLINGTON**  
Director: Aviva Addo  
E-mail: [Wellingtonparksoccer@gmail.com](mailto:Wellingtonparksoccer@gmail.com)



# Community Technical Leads

## **Dejan & Stefan Gajic**

Community Technical Leads

Email: [techcoach@emsanorth.ca](mailto:techcoach@emsanorth.ca)

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



# Assistant Program Coordinator

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## **Ryleigh Bridges**

Assistant Program Coordinator

Email: [scheduling@emsanorth.ca](mailto:scheduling@emsanorth.ca)

- Coaching Resources
- Coach Training Adviser
- Onsite Contact
- Assist Tech Leads



# ENZSA Staff

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## EMSA North Office

### **Kylee Webster**

Executive Director

Ph: 780-406-0798 Ext. 2

Email: [programs@emsanorth.ca](mailto:programs@emsanorth.ca)

### **Megan Locher**

Executive Assistant

Ph: 780-406-0798 Ext. 1

Email: [socceroffice@emsanorth.ca](mailto:socceroffice@emsanorth.ca)

### **Ryleigh Bridges**

Scheduling Coordinator

Email: [scheduling@emsanorth.ca](mailto:scheduling@emsanorth.ca)

### **Cindy Jara**

Office Staff

Email: [staff@emsanorth.ca](mailto:staff@emsanorth.ca)

## Affiliate Program Staff

### **Luan Tran**

NSU Club Administrator

Email: [Luan.Tran@anixter.com](mailto:Luan.Tran@anixter.com)

### **Kelly Yanch**

Fort Saskatchewan

Administrator

Email: [info@fortsasksoccer.ca](mailto: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: Cliff Ziegler

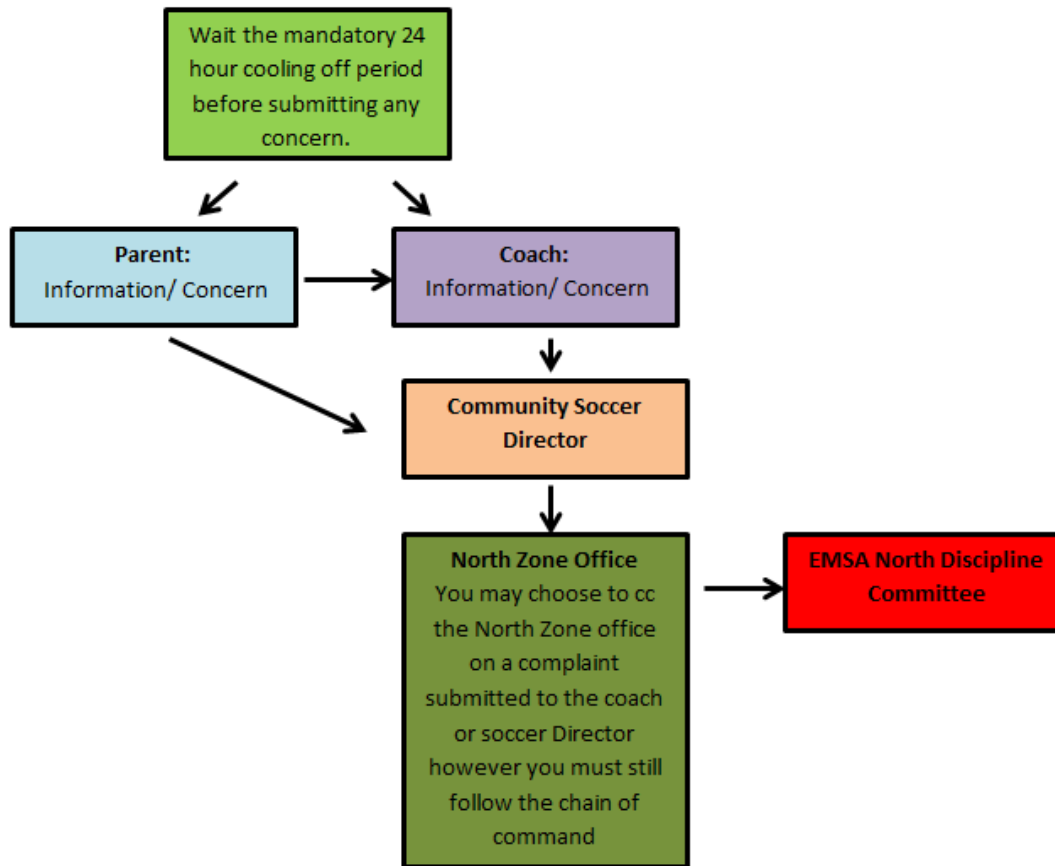
[u5ald@emsanorth.ca](mailto:u5ald@emsanorth.ca)

U7 Age Level Director: Cliff Ziegler

[U7ald@emsanorth.ca](mailto:U7ald@emsanorth.ca)



# EMSA North Chain of Communication



# Coaching Requirements

1. Register as a Team Official in TeamSnap  
<https://go.teamsnap.com/forms/442742/signups/new>
2. Become screened and obtain a valid Security Clearance (valid 3 years) - email Megan [socceroffice@emsanorth.ca](mailto:socceroffice@emsanorth.ca)
3. Obtain a Digital EMSA ID Card  
<https://fs4.formsite.com/socceroffice/oxdduwytzs/index>
4. Coach Code of Conduct:  
<https://emsanorth.com/wp-content/uploads/2022/09/Codes-of-Conduct.pdf>

# 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](https://coach.ca/responsiblecoaching)

# Coaching Pathway

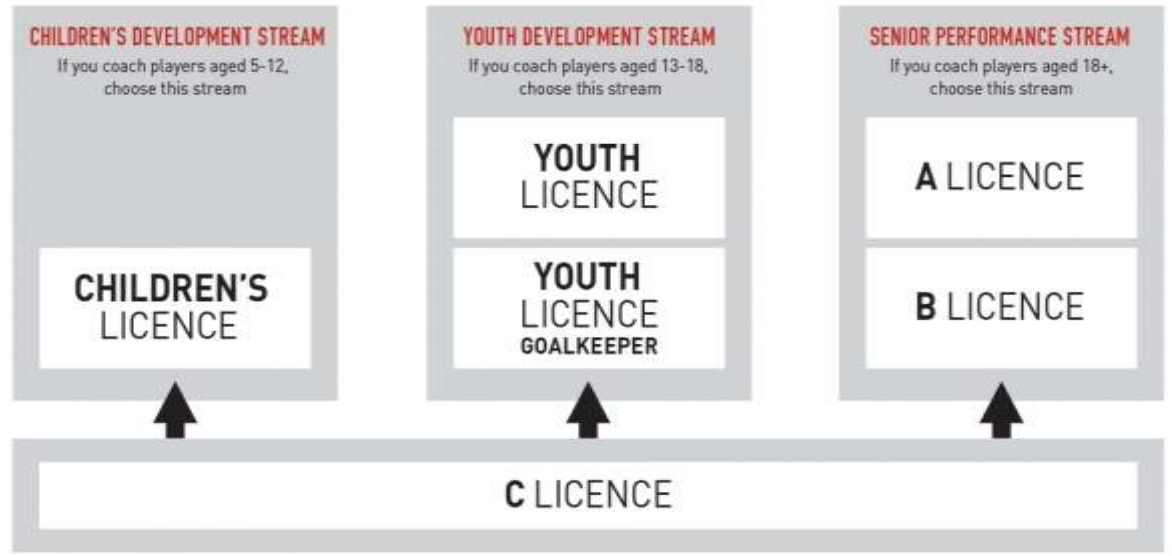


## CANADA SOCCER COACH EDUCATION PATHWAY



### LICENSING STREAM WORKSHOPS

ONLINE MODULES + PRACTICAL WORKSHOPS + EVALUATIONS



You are here  
(Active Start)



# 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.

# Role of the Parent Facilitator

- 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



# 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
- Tech Directors will lead a session for a week, then facilitators will replicate the practice for two weeks with Staff onsite to assist.

## U5 Game Rules

<https://emsanorth.com/wp-content/uploads/2024/09/U5-Mini-Indoor-Rules-24.25.pdf>

## U7 Game Rules

<https://emsanorth.com/wp-content/uploads/2024/09/U7-Mini-Indoor-Rules-24.25.pdf>

# U5/U7 Format Game Day

## Review U5 & U7 Lesson Plan

[HERE](#)

**EMSA NORTH**

2024/25 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 (Must be clean)
- Water Bottle
- **Personal Ball (supplied by Timbits)**
- **Equipment will be provided by EMSA North staff for each session**



## First Session

Facilitators, please arrive 15 minutes early for this session.

On the Field: We will distribute 1 jersey and 1 ball to each player

We will start practice once the kids are ready.



# EMSA NORTH MINI JAMBOREE!

- Date TBD, Saturday at the end of February
  - U5, U7, U9 – FREE
- Season wrap up for our mini teams!
- 1 game per team
- Schedule Release Feb 3rd

\*\*U5 and U7 will have the event built into their schedule. No team registration required

**ALL PLAYERS WILL RECEIVE A MEDAL!**

# EMSA ID Cards

- All Parent Facilitators (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.

The screenshot shows the EMSA Soccer Portal interface. At the top, a dark navigation bar contains the text "Signed In Role: Team Official" on the left and four buttons: "Home", "Manage Account", "Switch Your Role", and "Sign Out". The "Switch Your Role" button is circled in red. Below the navigation bar is the EMSA Soccer Portal logo and the heading "Team Official Control Panel". A yellow warning box contains the text: "Attention! Your team members have waivers that must be reviewed and agreed to. Click here to view them. Failure to sign may prevent participation. If you are having trouble with the waivers, please contact your Zone office." Below the warning box, the user's role is identified as "TRSA (McFee): Assistant Coach". A list of buttons is displayed: "View Games", "View Team Roster", "Download Team Roster", "Download Team ID Cards (Mobile)", "Download Team ID Cards (Printable)", "Edit Player Jerseys and IDs", and "Review Unsigned Waivers". A red arrow points to the "Download Team ID Cards (Mobile)" button. To the right, there are sections for "Police Information Check" (with fields for Status and Deputy), "Program Information" (with fields for Program, Community/Zone, Age Category, and Season), and "Division Information" (with fields for Division, Round, and Year).



# Injury Report Form

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

- This form will direct the Parent Facilitator 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/uoixxidj5/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

- Parent Facilitators will show their digital EMSA ID card to gain free entry into the EMSA Soccer Facilities.
- Dressing rooms will be open before the team's arrival and will stay open for the session. Please do not leave valuables in the dressing room.
- Please note, there is a 5 minute clean up period at the end of each booking at the soccer centers
- 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
  - ✓ \$52 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 1<sup>st</sup> game (**please remember to arrive early**)
- Players & siblings under 17 are exempt from entry fees

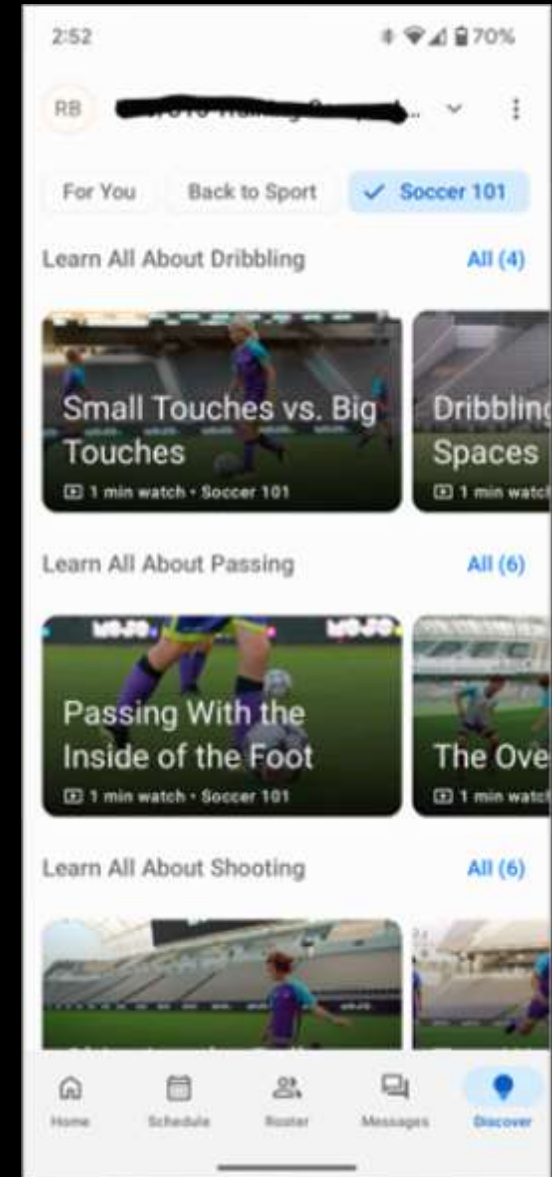
# TEAMS NAP

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- 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>**

# TeamSnap Training Videos

- New this year!
- In the TeamSnap app, drill videos will be available for coaches to use for practice planning
- In your team account, there will be a tab at the bottom called “Discovery”
- Then choose your filter at the top for Soccer drills



# 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.**

**CANADA**

Programme national de certification des entraîneurs

National Coaching Certificate Program

# Running a Session



## RUNNING A SESSION – THE START



**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



## 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.**



# 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](http://www.emsanorth.com)

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

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

## **MUST REVIEW & UNDERSTAND/ACTION THE INFORMATION BELOW:**

### **Coach Kit**

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

### **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>

### **TeamSnap Information**

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



Thank you for Volunteering!

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