



# Coach Information

## U5/U7

Indoor 2025/2026

# Governance of Soccer

**FIFA**<sup>®</sup>

*For the Game. For the World.*



<https://canadasoccer.com/>



<https://albertasoccer.com/>



<https://emsamain.com/>



<https://emsanorth.com/>

# EMSA North 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)

**Candice Bevan**

Community Program Director

**Email:** [candiceb@emsanorth.ca](mailto:candiceb@emsanorth.ca)

**Rob Lewis**

Discipline Director

**Email:** [robl@emsanorth.ca](mailto:robl@emsanorth.ca)

# EMSA North Community Soccer Directors

- **BATURYN**  
Director: Darko Brkin  
E-mail: [darkobrkin@hotmail.com](mailto:darkobrkin@hotmail.com)
- **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: Keoma McMurren  
E-mail: [president@dunlucecl.ca](mailto:president@dunlucecl.ca)
- **GRIESBACH**  
Director: Simon Chin  
E-mail: [sports@griesbachcommunity.com](mailto:sports@griesbachcommunity.com)
- **HORSE HILL**  
Director: Duerr Garcia  
E-mail: [horsehillsports@gmail.com](mailto:horsehillsports@gmail.com)
- **LAGO LINDO**  
Director: Cliff & Lori Ziegler  
E-mail: [soccer@lagolindo.ca](mailto:soccer@lagolindo.ca)
- **LONDONDERRY**  
Director: Beth van den Elst  
E-mail: [president@londonderry.online](mailto:president@londonderry.online)
- **LORELEI/BEAUMARIS**  
Director: Anthony Villeneuve  
E-mail: [soccerlbcl@gmail.com](mailto:soccerlbcl@gmail.com)
- **NEWTON**  
Director: Melissa Hanssen  
E-mail: [melissa.r.hanssen@gmail.com](mailto:melissa.r.hanssen@gmail.com)
- **SOUTH CLAREVIEW**  
Director: Krysta Burgoyne  
E-mail: [sports@southclareview.ca](mailto:sports@southclareview.ca)
- **WELLINGTON**  
Director: Aviva Addo  
E-mail: [wellingtonparksoccer@gmail.com](mailto:wellingtonparksoccer@gmail.com)



# Community Technical Leads

## Stefan & Dejan Gajic

Community Technical Leads

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

### How They Can Help:

- Providing coaching resources
- Enhancing player engagement via coach development
- Offering advice and guidance
- Acting as a coach advocate
- Serving as a training advisor



# EMSA North Staff

**Cindy Jara**

Programs Administrator

Ph: 780-406-0798 Ext. 2

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

**Monica Cameron**

Office Staff

Ph: 780-406-0798 Ext. 1

Email: [staff2@emsanorth.ca](mailto:staff2@emsanorth.ca)

**Megan Locher**

Registrar and League Coordinator

Ph: 780-406-0798 Ext. 3

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



# North Zone Age Level Director (ALD)

## **U5 Age Level Director**

Cliff Ziegler

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

## **U7 Age Level Director**

Cliff Ziegler

Email: [u7ald@emsanorth.ca](mailto:u7ald@emsanorth.ca)

## **Roles and Responsibilities**

- Collaborates with Soccer Directors to facilitate team formation.
  - Serves as the primary liaison between the North Zone Board and Community Soccer Directors on age-group-related matters.
  - Acts as the main point of contact for Coaches regarding team formation.
  - Assists with indoor schedule groupings and resolves issues related to team formation.
-

# EMSA North Chain of Communication

- All questions, comments, and concerns must be submitted in writing via email.
  - Complaints require a 24-hour cooling-off period before submission. Complaints sent prematurely will not be considered.
  - Follow this communication chain:
    - Parent/Player → Coach/Team Official
    - Coach/Team Official → Community Soccer Director (if necessary)
    - Community Soccer Director → Community Soccer Director (if necessary)
    - Community Soccer Director → Discipline (if necessary)
- [disciplinecommittee@emsanorth.ca](mailto:disciplinecommittee@emsanorth.ca)
- Submissions that bypass this chain will not be reviewed



# Role of the Coach

- Make it FUN!
- Focus on developing physical literacy.
- Introduce basic skills in an engaging way.
- Take charge as the activity leader.
- Inspire your players, share your knowledge, and build their confidence.
- Stay positive - encourage and praise every effort.
- Bring energy and enthusiasm to every session.
- Attend all sessions!



# Coaching Requirements

1. Register as a Team Official in the EMSA Soccer Portal  
[portal.emsamain.com](http://portal.emsamain.com)
2. Become screened and obtain a valid security clearance (valid 3 yrs)  
Email Monica – [staff2@emsanorth.ca](mailto:staff2@emsanorth.ca)
3. Obtain a Digital EMSA ID Card for FREE entry into the facilities  
<https://emsamain.com/wp-content/uploads/2025/08/How-to-Obtain-your-EMSA-E-Card-Aug-262025-scaled.jpg>
4. Coach Code of Conduct:  
<https://emsanorth.com/wp-content/uploads/2025/09/Team-Official-Waiver-Indoor-25.26.pdf>

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

# Game Rules

**Station Rotation** - set up a variety of activities designed to encourage movement, coordination, and small-sided games.

- **Technical Leads** will provide bi-weekly lesson plans and lead a session every fourth week.
- **Coaches** will follow these lesson plans, with staff available onsite to provide support
- Emphasis on **physical literacy**.
- Use a **size 3 ball**.

## **U5 GAME RULES**

<https://emsanorth.com/wp-content/uploads/2025/09/U5-Mini-Indoor-Rules-25.26.pdf>

## **U7 GAME RULES**

<https://emsanorth.com/wp-content/uploads/2025/09/U7-Mini-Indoor-Rules-25.26.pdf>

# U5 & U7 Format

## Game Day

- Both programs will follow a station rotation format, concluding with a small-sided game lasting a maximum of 25 minutes. This format has been shown to better support player development at this age group

Age Group	Game Days	Station Rotation Duration	Halves	Format	Ball Size	Min # of Players needed	Max # of players needed	Location	Tournament	Post Season	Scoring	Game Sheets	Refs
<b>U5</b>	Sat	30 Mins	25X1	4V4	3	3	12	East Soccer Centre	Jamboree	NO	NO	NO	NO
<b>U7</b>	Sat	30 Mins	25X1	4V4	3	3	12	East Soccer Centre	Jamboree	NO	NO	NO	NO

### U5 & U7 Game Locations

Edmonton Soccer Centre East  
 12720 Victoria Trail  
 Edmonton, AB T5A 5G4

# EMSA North Mini Jamboree

- The event will take place on a **Saturday morning in early-to-mid February 2026 (the exact date will be announced)**
- **U5, U7, U9 - FREE**
  - Registration is required for U9 teams only.
  - We will send the registration form to all U9 teams once the event date is confirmed.
- Join us to celebrate the season's wrap-up for our mini teams!
- Each team will play **one game** and receive a **medal** to commemorate their season.

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

# 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)
- Indoor running shoes (must be clean)
- Shin Pads
- Shorts (supplied by Timbits)
- Socks that cover shin pads (supplied by Timbits)
- Water bottle



**All coaching equipment will be provided by EMSA North staff for each session, so coaches do not need to bring any equipment**

# Station Rotation Sample Lesson Plans

## EMSA NORTH

Indoor 2025/26



U5/U7 FIRST TWO WEEK  
FULL LESSION PLAN

Click Here:

[https://emsanorth.com/wp-content/uploads/2025/09/U5\\_U7-FULL-MODEL-SESSION-PLAN.pdf](https://emsanorth.com/wp-content/uploads/2025/09/U5_U7-FULL-MODEL-SESSION-PLAN.pdf)

# EMSA North Injury Reporting 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 below, please bookmark in your phone:

<https://fs4.formsite.com/socceroffice/uoixxcidj5/index.html>

NOTE: Head injuries should be taken seriously even if they may seem minor. In some cases, the Zone office may ask for Doctor clearance before an athlete may return to play.

# Other Important Information

- Home team chooses the side of the field they are to set their bench on
- If the jerseys of both team matches or are similar the home team wears the pinnies.

## TeamSnap

- TeamSnap is a communication/registration/scheduling tool that the North Zone is using for the season.
- Follow the link to access the TeamSnap information and videos on how this tool will help you manage your team more effectively this season:  
<https://emsanorth.com/wp-content/uploads/2025/09/TeamSnap-App-Information.pdf>
- If any of your Team Officials/Parents DO NOT have access to TeamSnap, please email [socceroffice@emsanorth.ca](mailto:socceroffice@emsanorth.ca)

# Spectator Admissions

- Spectator admission fees are in effect at the Edmonton Soccer Facilities.
- Please inform your parents before your first session that they will need to purchase a pass or pay the daily admission fee if they wish to watch their athlete play in the facility.

## **Pass Special (through Oct 31):**

**Buy 1 pass for \$46 or**

**2 passes for \$68**

**Daily admission: \$7**

**Free entry for ages 17 & under and 60+**

**Pass Purchase forms can be printed [HERE](#)**

Passes are only sold at the facilities, not through mail. Please bring your completed form into any one of the indoor soccer centers during business hours to purchase your pass(es)

## **Facility Locations**

- **Edmonton Soccer Centre East**  
12720 Victoria Trail  
Edmonton, AB T5A 5G4
- **Edmonton Soccer Centre South**  
6520 Roper Road  
Edmonton, AB T6B 3K8
- **Edmonton Soccer Centre West**  
17415 – 106A Avenue  
Edmonton, AB T5S 1M7

<https://emsamain.com/wp-content/uploads/2025/07/Facility-Admissions-Info.pdf>

# Managing the Parents



**MANAGING THE PARENTS**

- Meeting set up before the start of the first activity or immediately after the 1<sup>st</sup> 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

**CANADA**

Programme national de certification des entraîneurs / National Coaching Certification Program

# Codes 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.

## 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.

## 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.

## REMINDERS FROM YOUR CHILD



- I'm Just a **KID**
- It's Just a **GAME**
- My Coach is a **VOLUNTEER**
- The Referees are **HUMAN**
- I'm Here to Have **FUN**

# Resources

## Governing Bodies

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

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

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

## Coach Kit (must review)

<https://emsamain.com/seasoninfo/indoor-season-information/citywide-u09-u19-team-official-indoor-season-info/>

## EMSA Rules and Regulations

<https://emsamain.com/about/rules-discipline/emsarules-discipline/>

## TeamSnap Information

<https://emsanorth.com/wp-content/uploads/2025/09/TeamSnap-App-Information.pdf>



Thank you for volunteering!