emsa north

Mini Community Premier

Coach Information U4 & U5

Outdoor 2026

Governance of Soccer

FIFA
For the Game. For the World.

CANADA https://canadasoccer.com/

Alberta https://albertasoccer.com/

emsa Mini Community Premier https://emsamain.com/

emsa Mini Community Premier north https://emsanorth.com/

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Discipline Director
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EMSA North Community Soccer Directors

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- **WELLINGTON**
  Director: Aviva Addo
  E-mail: wellingtonparksoccer@gmail.com

Community Technical Leads

Stefan & Dejan Gajic

Community Technical Leads

Email: 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

EMSA North Office Staff

Cindy Jara
Programs Administrator
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Email: programs@emsanorth.ca

Megan Locher
Registrar and League Coordinator
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North Zone Age Level Director (ALD)

U5 Age Level Director
Cliff Ziegler
Email: u5ald@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 outdoor 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
- **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.
- Ensure everyone has their own ball.
- Bring energy and enthusiasm to every session.
- Look the part - maintain a professional and coach-like appearance.
- Attend all sessions

Game Rules

The main goal is FUN!
Players will rotate through a variety of activity stations designed to build movement skills, coordination, and introduce small-sided games in an exciting way. Physical literacy is at the heart of everything we do, and all players will use a Size 3 ball.

Session Format:
Each session is divided into two fun-filled parts. The first focuses on skill development through interactive stations led by trainer lesson plans. The second gives players the chance to jump into a mini game - no scores, no standings - just lots of teamwork and enjoyment!

U4/U5 Rules of the Game:
https://emsanorth.com/wp-content/uploads/2026/04/EMSA-North-Modified-Laws-for-U4.U5.pdf

U4/U5 Rules Summary

Goal Kick:
When a player on the attacking team is the last player to touch the ball over the opposing team's end line and not between the goal posts, then a goal kick is awarded to the defending team.

Corner Kick:
When a player on the defending team is the last person to touch the ball over their own end line and not between the goal posts, then a corner kick is awarded to the attacking team.

Goalkeeper
A goalkeeper is not used in the U5 4v4 format. The Sweeper Keeper is used meaning the player closest to the net can use their hands.

Number of Players/Substitution
The game is played with 4 players on the field; substitutions can be made on the fly or every 2- or 3-minute shifts and then change.

Throw-in / Kick-in
When a player on the opposing team kicks the ball beyond the sidelines the other team is awarded a Kick -in. For the U5 4v4 game a kick-in is awarded as a substitute for a throw-in. No Throw in's for U5.

Fouls
Although fouls in the game may occur, they are usually unintentional. If a foul occurs, tripping, ball handling, etc. then an INDIRECT free kick is awarded. The ball must be passed first before a shot can be taken.

Scoring
Is from anywhere on the field, but cannot be scored directly from a kick-off, or free kick.

Coaches, Parents
Any of the above can referee or run the game.

*** BOTH TEAMS SHOULD SHAKE HANDS AT THE END OF THE GAME FOR THE SPIRIT OF FAIR PLAY**

U4 & U5 Session Format

- Both programs will run in a station rotation format completing with a small sided game of max 25 minutes. This format has been shown to allow further development for the player which they require at this age group.

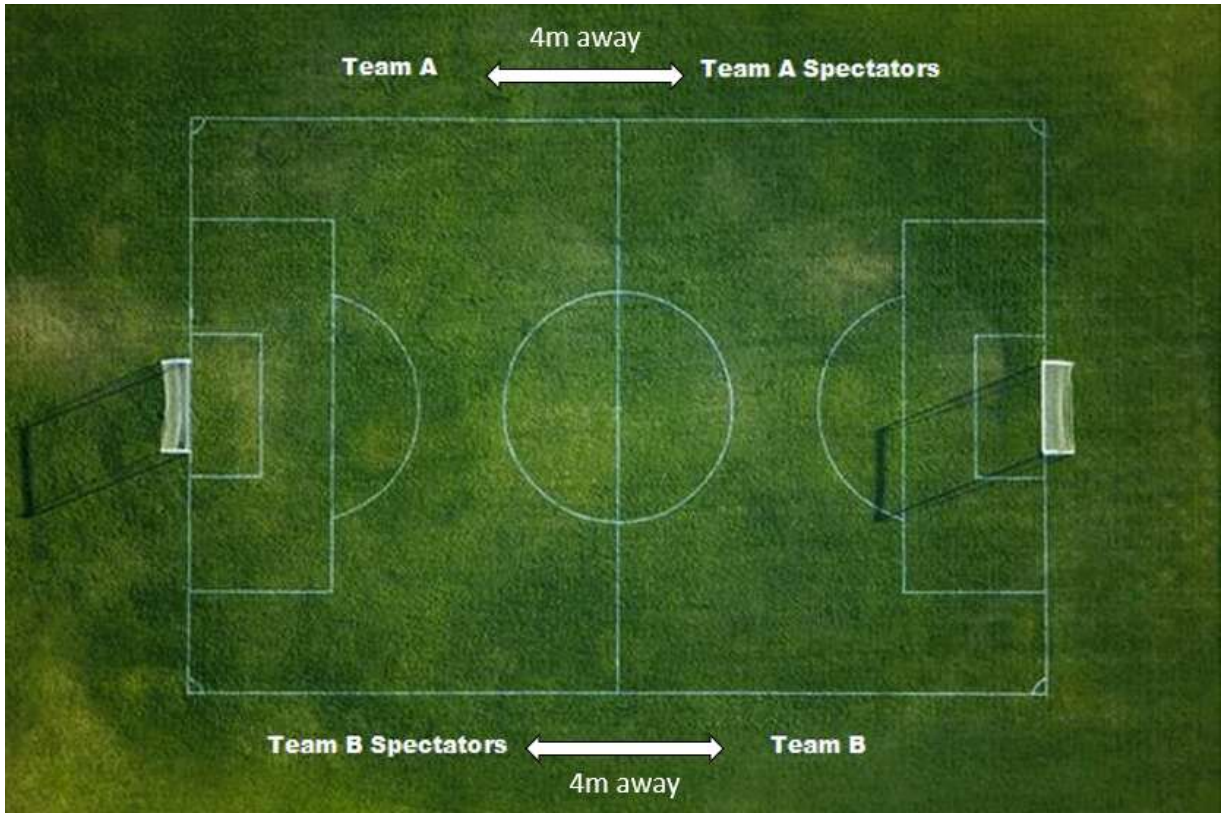
- Snack time is encouraged! If restrictions permit, we suggest limit sharing and setting up snack assignments on Team Snap

Age Group	Session Days	Reschedule Dates	Halves	Format	Ball Size	Min # of Players needed	Max # of players needed	Location	Tournament	Post Season	Scoring	Game Sheets	Refs
U4/U5	Friday	NO	25X1	4V4	3	3	12	Lago Lindo Community League	JAMBOREE	NO	NO	NO	NO

Spectator and Team Locations

When teams are set up on large field split:

- Teams will share a field via the center line – 4 teams per field



When teams are playing on lined green space

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)
- Outdoor running shoes (no cleats allowed)
- Shin Pads
- Shorts (supplied by Timbits)
- Socks that cover shin pads (supplied by Timbits)
- Water bottle

Coach to Bring

Provided by the community unless stated otherwise:

- 2 Inflated game balls
- Ball pump
- Cones
- First Aid Kit
- Flags
- Pinnies
- U4/U5 Requirement: Pop Up Net

EMSA North Mini Jamboree

Saturday June 13th (time TBD)

U4, U5, U7 – FREE (registration required)

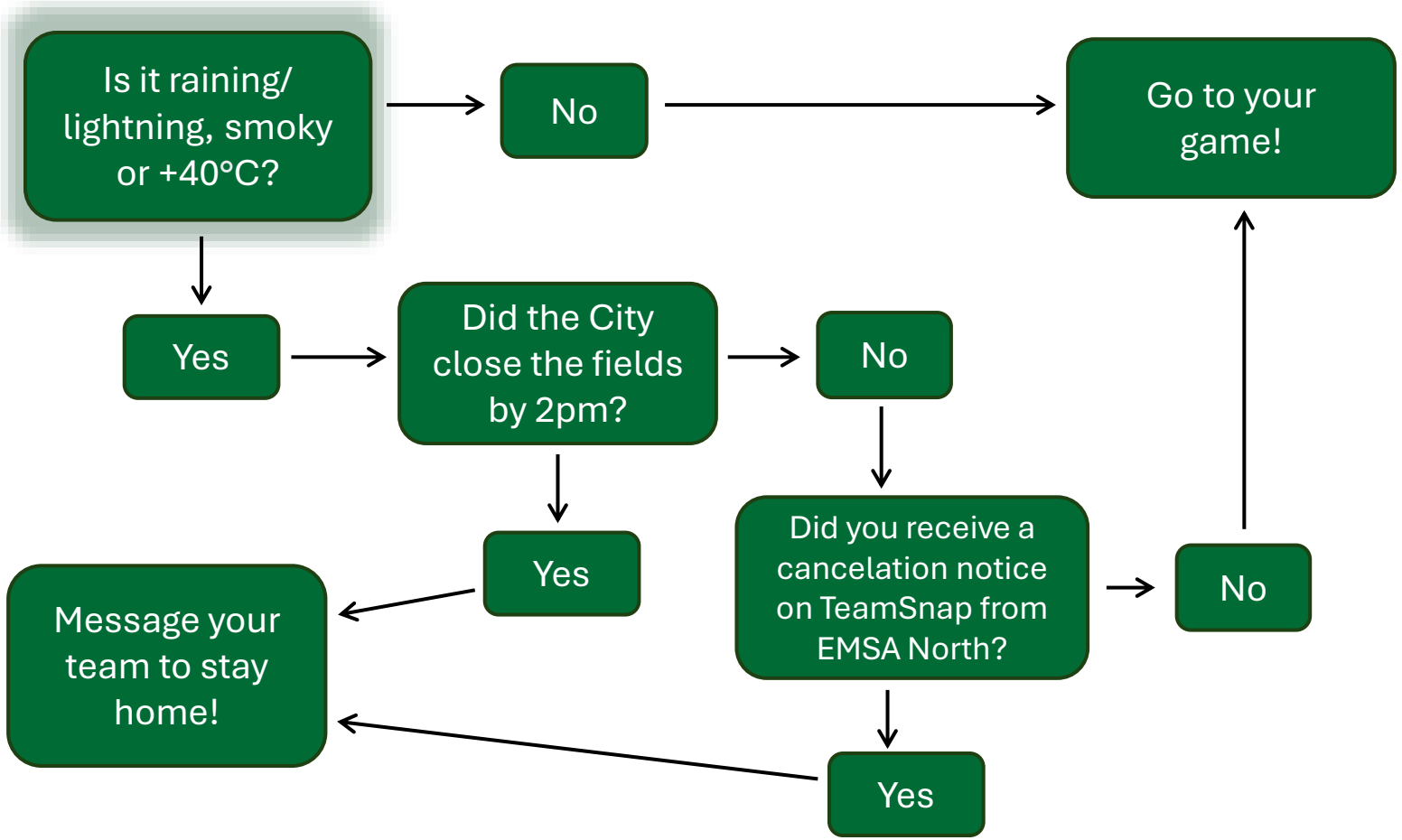
Celebrate the season wrap-up for our mini teams!

Each team plays 1 game, plus enjoy a bouncy castle, face tattoos, food trucks, and more!

ALL PLAYERS WILL RECEIVE A MEDAL!

Registration due May 28th at 11:59pm
https://fs4.formsite.com/socceroffice/vgyv9g7cht/index

Inclement Weather Procedure



NOTE: Once at the field, if determined unsafe to play, coaches must agree to cancel and email Srdjan at scheduling@emsanorth.ca about cancelation.

Reminder there are NO makeup games for this age group.

- **Lightning Policy** https://emsanorth.com/wp-content/uploads/2021/03/Lightning-Policy-E.pdf
- **Air Quality Index** https://emsamain.com/wp-content/uploads/2024/03/COMMUNITY-Air-Quality-Index-Procedure-2024-1.pdf
  - **To find which station you need to check, please** CLICK HERE
- **Extreme Heat Event** https://emsanorth.com/wp-content/uploads/2022/02/Alberta-Soccer-Extreme-Heat-Event-Guide-June-25-2021.pdf

Inclement Weather Procedure Cont.

EMSA Main Air Quality Index (AQI) Policy: https://emsamain.com/wp-content/uploads/2024/03/COMMUNITY-Air-Quality-Index-Procedure-2024-1.pdf

The links outlined below are the only one teams and referees are required to use for any Air Quality Index Readings (government of Canada website ONLY) as the AQI can vary all over the city, we will be using the substation readings.
https://weather.gc.ca/airquality/pages/provincial_summary/ab_e.html

For home games in the City of Edmonton:

- Edmonton East – for the area south of the river and east of Calgary Trail.
- Edmonton McCauley – for the area north of the river and east of highway 2.
- Edmonton Lendrum - for the area south of the river and west of Calgary Trail.
- Woodcroft - for the area north of the river and west of highway 2.

Here is the link for the substations: https://weather.gc.ca/airquality/pages/multiple_stations/abaq-001_e.html

- Weekdays at 4:00pm (regardless of the time it was last calculated at):
- Weekends 1 hour prior to your game start time (regardless of the time it was last calculated at):

If the Air Quality Health Index is listed as:

- AQI between 1 and 6: the game will proceed as scheduled. Teams are expected to show to the field or will forfeit the game. If the AQI rises to 7 or above just before game start or during the game, the game will be cancelled at the field by the referee. If 2/3's of the game has not been played already, the game will be rescheduled. See reschedule procedure on next page.
- AQI is at a 7 or higher: the game will be automatically cancelled and rescheduled. No need for teams or referees to show up at the field and are not required to send email as EMSA will be monitoring the AQI readings and Field Status Lines ourselves
- If the AQI is N/A at 4pm for the location of your game, the last available reading for that particular location will be the accepted reading.

Important Field Information

How to find a field location?
https://emsamain.com/wp-content/uploads/2021/01/How-to-Find-Field-Addresses-and-Maps.pdf

- The coach should always arrive prepared and ahead of any scheduled game or session to that he/she may do a walk over of the field inspecting for any hazards.
- The zone line the fields 3-4 times throughout the season, but if it has been dry or wet lines can fade. Please bring a little bag of flour to solidify the lines for your game or small training cones will do.
- Rain outs/game cancellations may occur. There are no rescheduled games for this age group.

The following situations can cause rain out/game cancellations:

- City closes fields due to inclement weather (city field closure line is updated at 4:30pm each day. You can call or sign up for updates) 780-496-4999 ext. 1 or https://coewebapps.edmonton.ca/facilitynotifications/default.aspx?args=4,133
- Zone cancels games due to inclement weather where the City has not yet cancelled the fields – TeamSnap notice will go out at 4:30pm
- If issues such as lightning/air quality/extreme heat occur, refer to policies for next step
- If there is standing water or unsafe field conditions, it is suggested you move to a clear greenspace location nearby to continue training
- If there is a game, both home AND away team must agree to cancel or if there is unsafe playing conditions on a field, please send an email to scheduling@emsanorth.ca advising the office of the decision to call the event.

UNLESS THE CITY OR THE ZONE HAS CANCELLED THE GAME, YOU AND YOUR TEAM MUST ALWAYS SHOW UP TO YOUR SCHEDULED GAME OR SESSION TO ASSESS THE SITUATION WITH THE OPPOSING TEAM.
ONCE ON THE FIELD ONLY THE COACHES CAN CALL THE GAME.

Field Etiquette and Information

Field Guidelines: Do's & Don'ts

- Do inspect the field upon arrival for any unsafe items, like glass.
- Do clean up after yourselves to keep the fields clean and safe.
- Do hold a parent meeting before the season starts to review these guidelines. Assign a parent to help ensure the rules are followed.

If field maintenance is needed, email scheduling@emsanorth.ca, and we'll notify the city on your behalf.
Fields are lined 3-4 times per season. If lines are faint, you may still play and can email scheduling@emsanorth.ca to request fresh lines.

- Don't stake tents or shades at EMSA Complexes to avoid damaging the irrigation system.
- Don't throw sunflower seeds on the fields at EMS. Complexes; they kill the grass, per the Groundskeeper.
- Don't bring pets to the field area (City Bylaw).
- Don't smoke or vape in the field area (City Bylaw).

When Can I Use a Field?

- The zone will assign sports fields specifically reserved for your scheduled games.
- Practices are not scheduled by the zone, except for weekly U9 training sessions.
- If you plan to organize team practices, we encourage using greenspace.
- Practicing on a field that hasn't been booked may result in fines under city by laws. Fields may occasionally be closed for maintenance or rest. These fields will have a metal "Closed" sign on the goalpost. DO NOT use fields marked as closed.

Field Status Updates:
The city updates field statuses daily based on weather conditions.
You can check field status here:
http://coewebapps.edmonton.ca/facilitynotifications/default.aspx?args=4,14
Updates are posted:

- 4pm on weekdays
- 10am on weekends

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.
- Pre-season parent/player meeting is crucial, even prior to your first game to set up expectations and your vision throughout the season

TeamSnap

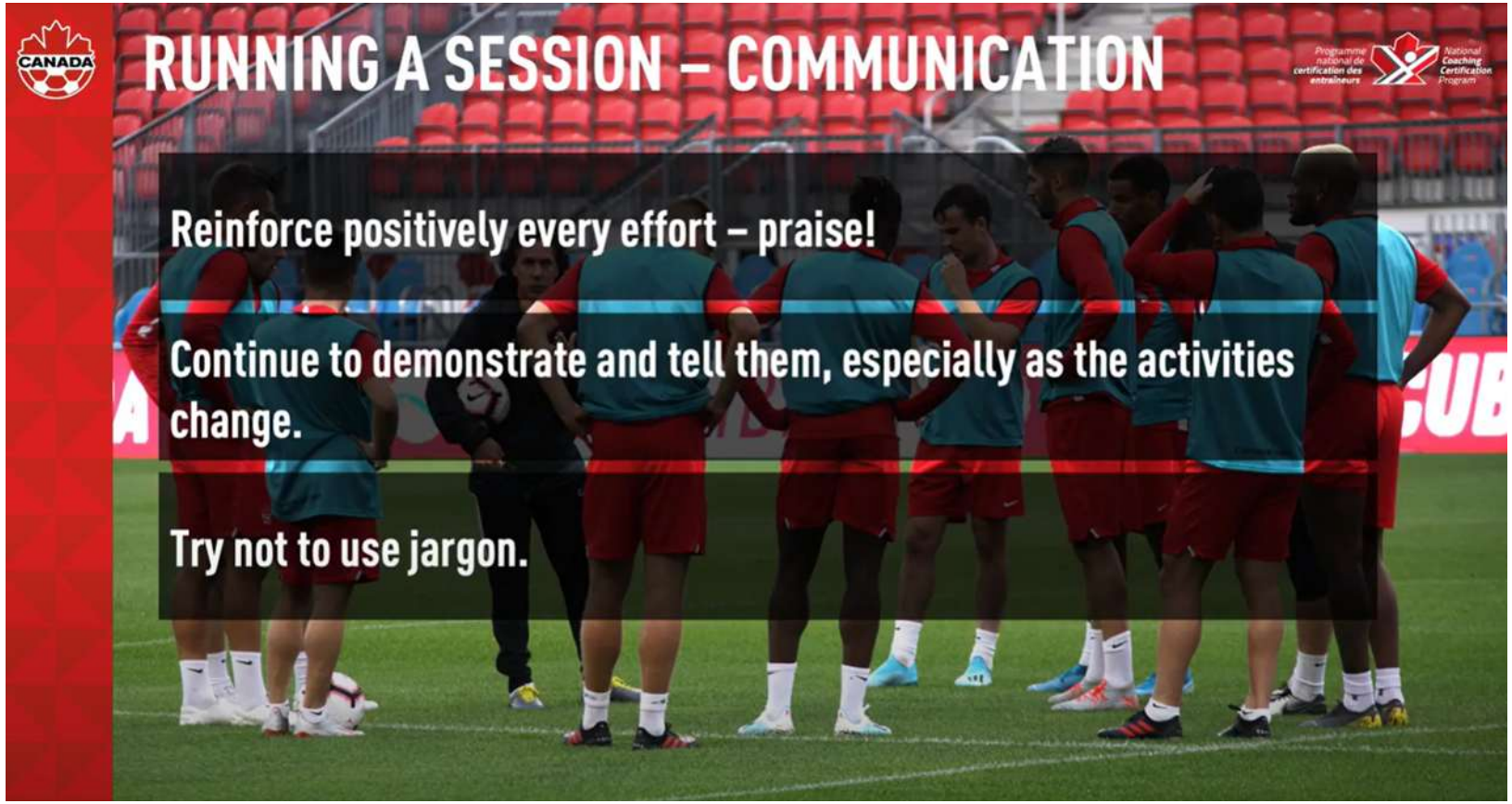
- TeamSnap is a communication/registration/scheduling tool that the North Zone is using for the outdoor season.
- Follow the link to access the TeamSnap information and videos on how this tool will help you manage your team more effectively this season: https://emsanorth.com/wp-content/uploads/2023/09/TeamSnap-App-Information.pdf
- **If any of your Team Officials/Players DO NOT have access to TeamSnap, please email socceroffice@emsanorth.ca**

Tasks of the Active Start Coach

Organization

Running a Session – The Start

Running a Session – Communication



Running a Session – The End

Managing the Parents

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

emsa north

- 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**

Thank you for volunteering!

Thank you so much to all our coaches for volunteering your time and energy. Your dedication makes our program possible, and without you, we simply couldn't run it. We truly appreciate everything you do!