



# Coaching Clinics

## WALDEN MINOR SOCCER ASSOCIATION

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Any parent interested in taking a coaching clinic and who will be coaching in the 2013 season will have fees paid for by WMSA. Under the new Long Term Player Development (LTPD) strategy, four new coaching programs have been created and are recommended for all parents involved in soccer.

Please visit the [Ontario Soccer Association website](#) for more information or to register for coaching programs being offered in the Sudbury area.

For more information please email WMSA at [waldenminorsoccer@gmail.com](mailto:waldenminorsoccer@gmail.com)

### **Stage 1: Active Start - "First Kicks"**

U4 to U6, male and female players

Soccer contributes to the well-being of children by engaging them in the sport while teaching them the basic movements. At this introductory level, the objective is to get moving and to keep active.

**Physical** – Provide the environment for learning proper fundamental movement skills such as running, jumping, twisting, kicking, throwing and catching.

**Technical** – The player and the ball – dribbling, kicking and shooting.

**Tactical** – None.

**Mental** – Fun, fascination, and passion for play.

- Active Start Course (4 hours)
- Making Ethical Decisions Course (online)

To view the brochure and see sample practices, please visit the [Ontario Soccer Association](#) website.

### **Stage 2: FUNdamentals - "Fun with the Ball"**

U6 to U8 female, U6 to U9 male

At this stage, individual player development is paramount. Coaches and teachers should create a stimulating learning environment where the atmosphere is "Freedom and Fun."

**Physical** – Develop the ABCs of movement: agility, balance, co-ordination and speed, as well as running, jumping, twisting, kicking, throwing and catching.

**Technical** – Movement exercises/games designed to promote a feel for the ball: gaining ball control in receiving passes, dribbling, passing less than 25m, kicking the ball forward, and shooting on goal.

**Tactical** – Small children are egocentric – playing the ball is the most important objective; however, they now need to be introduced to co-operation between players. They gain understanding of the game through playing situations.

**Mental** – Basic awareness of environment to build game intelligence and decision making.

- FUNdamentals Course (8 hours)
- Making Ethical Decisions Course (online)

To view the brochure and see sample practices, please visit the [Ontario Soccer Association](#) website.

## **Stage 3: Learn to Train - "The Golden Age of Learning"**

U8 to U11 female, U9 to U12 male

The effect of the role-model is very important at this stage. Children begin to identify with famous players and successful teams, and they want to learn imaginative skills. Skill demonstration is very important, and the players learn best by "doing." Players move from self-centered to self-critical, and they have a high arousal level during basic skills training.

This is also an important time to teach basic principles of play and to establish a training ethic and discipline. Repetitions are important to develop technical excellence, but creating a fun and challenging environment is still essential for stimulating learning.

**Physical** – This is an optimal window for trainability of speed, flexibility and skills.

**Technical** – Building a greater repertoire of soccer related movements; technical skills are developed in training and within the context of basic soccer games.

**Tactical** – Developing environment awareness and encouraging decision making – simple combinations, marking and running into space.

**Mental** – Golden age of learning; intrinsic motivation is developed by the Fun and Enjoyment that foster desire to play; imagination, creativity, increased demands, discipline.

- The Learning to Train Coaching Course (16 hours over 2 days)
- Making Ethical Decisions Course (online)

To view the brochure and see sample practices, please visit the [Ontario Soccer Association](#) website.

## **Soccer for Life - "Soccer for Health and Grassroots Growth"**

Any age, male and female

At any stage in the LTPD model, players may choose to play soccer as a purely recreational activity regardless of their level of ability or disability. Soccer can be enjoyed as an integral part of any personal lifelong wellness plan. Adult players can also become active in the coaching and administration of the sport.

The recruitment and retention of players, coaches, referees and administrators is key to the ongoing development of both grassroots and elite soccer in Canada through the LTPD model.

**Physical** – Follow appropriate guidelines in the areas of endurance, strength and flexibility training to remain active.

**Technical** – Learn new skills, or use and maintain skills already acquired.

**Tactical** – Basic tactics are sufficient to enjoy the game at a recreational level.

**Mental** – Focus on having fun, in addition to stress release and fitness discipline.

### **Soccer for Life**

**Youth players continue:** Players from U11 to U14 sometimes stop playing due to other interests, lack of success, shortage of playing opportunities, poor leadership, or other reasons. The LTPD model promotes personal success to ensure players stay involved in soccer and sport in general.

**Elite players retire:** After they retire from elite competition, advanced soccer players should receive support to pursue soccer careers as coaches, sport science specialists, mentors, referees or administrators. Soccer and its governing bodies benefit when suitable elite players are formally identified and retained within the fabric of the game.

**Late newcomers arrive:** Soccer attracts new players at all ages. Some start playing past the age of critical development because their son or daughter is involved in soccer, while others simply want to try a new sport. Learning new skills is encouraged while maintaining healthy physical conditioning and enjoyment.

- The Soccer for Life Coaching Course (16 hours over 2 days)
- Making Ethical Decisions Course (online)

To view the brochure and see sample practices, please visit the [Ontario Soccer Association](#) website.