

Prospects/Rep Development Coaches Meeting

U8 → U12 Girls & U8 → 12 Boys



Date: September 4, 2019

Location: Rotary Field House

Time: 7:45PM – 9:00PM

Agenda

Introductions - Staff

Meeting Format

Prospects/Rep Development Program Overview

Player Pathway

Training Schedule

Game Schedule

Game Field Layout: U8 – U10

Game Format

Game Rules

Clubs to play in Exhibition Series

High Performance Academy

Equipment/Apparel

Club Administration

- CSA National Youth Club License
- Communication
- Risk Management
- Code of Conduct
- Harassment

Team Administration

Technical

- Coastal Philosophy
- Development Pillars
- Player Pathway
- Resources
- Service Plan
- Coaching Hints
- Coaching Standards
- Coach Development

Concussion Awareness Tools

Serious Injury Report and Return to Play Tool

Coach Education & Certification

Questions



Introductions - Staff

- Chris Murphy – cmurphy@coastalfc.ca Executive Director
- Mark McQueen – mmcqueen@coastalfc.ca Technical Director
- Nour Fathy – nfathy@coastalfc.ca Assistant Technical Director – Minis/Academy
- Steven Duffy – sduffy@coastalfc.ca Senior Staff Coach – U13 – U18
- Eric Horsburgh – ehorsburgh@coastalfc.ca Senior Staff Coach – U9 – U12
- Jay Caffrey – jcaffrey@coastalfc.ca Senior Staff Coach – Minis/Divisional/Academy
- Shelley Chin – schin@coastalfc.ca Member Services Coordinator
- Mem Xavier – mxavier@coastalfc.ca Operations Manager
- Carina Steer – csteer@coastalfc.ca Registrar
- Lindsay Zygarliski – lyzgarliski@coastalfc.ca Programs Coordinator
- Antonio Hurtado – ahurtado-coll@coastalfc.ca Referee Manager



We are here to SUPPORT you!

Meeting Format

- Open discussion as a forum to allow for increased participation and efficiency
 - Please ask questions throughout the meeting
- This presentation will be distributed to this group afterwards. Serves two purposes:
 1. Meeting Minutes
 2. Transparency



Player Pathway



Training Schedule

- Training begins September 2nd
- Training Schedule online [HERE](#)
- Boys:
 - U8 Boys: Monday or Wednesday
 - U9 Boys: Monday or Wednesday
 - U10 Boys: Monday or Wednesday
- Girls:
 - U8 Girls: Tuesday or Thursday
 - U9 Girls: Tuesday or Thursday
 - U10 Girls: Tuesday or Thursday



Game Schedule

➤ Prospects Teams:

- Schedule posted on the Coastal website under the Schedule tab – Prospects Exhibition Series Games schedule sent out every 4 weeks
- First week of games – September 14/15

➤ Rep/Development Teams:

- Schedule posted on the BCCSL website and home schedule will be found on the Coastal website under the Schedule tab
- First week of games – September 7/8



Game Field Layout: U8 - U10

- 2011/2012 age groups will play on the ¼ pitch
- 2010 age group can play on full 8-a-side field with goals up to the top of both boxes
- If clubs are unable to use full 8-a-side fields, they can use quarter fields for U10



Game Format

<u>Age</u>	<u>Format</u> <u>(incl GK)</u>	<u>Duration</u>	<u>Width</u>	<u>Length</u>	<u>Goal</u>	<u>Ball</u>	<u>Referee</u>
U8	5 v 5	2 X 25	30M	35M	6' X 12'	3 or 4	Yes
U9	6 v 6	2 X 25	30M	35M	6' X 12'	4	Yes
U10	7 v 7	2 X 25	35M	55M	6' X 12'	4	Yes
U11	8 v 8	2 X 30	60M	75M	6' X 18'	4	Yes
U12	8 v 8	2 X 30	60M	75M	6' X 18'	4	Yes



Game Rules

<u>Age</u>	<u>Throw ins</u>	<u>Corners</u>	<u>Free Kicks</u>	<u>Penalties</u>	<u>Offside</u>	<u>Goal Kick</u>
U8	Yes	Yes	Yes	No	No	1/2 - first pass is free – live & dead
U9	Yes	Yes	Yes	No	No	3/4 – first pass is free
U10	Yes	Yes	Yes	No	No	3/4 – first pass is free
U11	Yes	Yes	Yes	Yes	Yes	3/4 – first pass is free
U12	Yes	Yes	Yes	Yes	Yes	3/4 – first pass is free



Clubs to play in Exhibition Series

- Initiative to play like-minded clubs
- Will be playing exhibition style matches against clubs within our district



Pre / Post Game Process: U11-U12

Checklist:

- Monday → Check your league schedule to confirm your opponent for the upcoming week
 - If away, contact opponent's manager to get game info
 - If home, review Coastal FC home schedule
- Thursday 6PM → Re-check CFC home schedule to confirm your field and time
 - Communicate your home game information to your opponent.
 - Game day rosters will be available to print for each game
- After your game → Referee will report score
- Instructions and support will follow



High Performance Academy

- 24 Selected Players from each age group (U8 – U12)
 - Players will be split based on ability and will allow for movement throughout the Phase from group to group
 - Players not selected into the HPA Program will have a session in the development academy
- U8 – U10
 - Full Training Environment
- U11 – U12
 - Full Training Environment
 - Additional High Performance League Matches in Indoor Facility
 - Video Analysis from HPA League Matches
- 18-20 week program
 - Phase 1 (10 weeks) Sept → Dec
 - Phase 2 (8-10 weeks) Jan → March
- Academy Outline
 - Academy Curriculum – Individual Technical Training Focused
 - Professional Staffing – Top coaches to work with the top players
 - New Player Database which will provide performance averages for weekly session along with report card at the end of the Phase
 - Additional Testing
- High Performance Academy Tournament Teams
 - Coached by High Performance Academy coaches in identified tournaments
 - Potentially 1 Tournament in Fall (January) – TBD
 - Potentially 1 Tournament in Spring (June) – TBD
 - Tiering



Team Travel/Tournaments

- A number of teams travel to tournaments
- Looking at a coordinated club approach
 - Supported by planning, staff attendance
 - Club culture building
 - Integration of teams and programs - I.e. academy
- International travel
 - Club 2008 London Trip
 - Individual team opportunities



Equipment/Apparel



- Branding / Club Image
- Professionalism
- Coach is responsible for team equipment

Coastal FC
[Online store](#)



CSA National Youth Club License

- CSA NYCL now in effect
- Objective:
 - Clubs required to meet specific governance, administrative, and technical criteria.
- Impact on Coastal FC:
 - Roster sizes
 - Game formats
 - Coach Certification
 - 100% compliance
- Risk Management
 - Respect in Sport
 - CRC



Respect in Sport

Respect in Sport:

- Mandatory online course for all team staff volunteers/members
- Program developed by the CSA to provide coaches to ensure the safety of their team, encourage positive and effective communication, and to enhance a child's overall enjoyment of soccer
- Tracked completion – program must be completed by September 31st, 2019



Risk Management

- Risk Management
 - Criminal Record Check mandatory for all team staff.
 - Valid for 3 years.
- Only registered players can practice/play games
- Only carded coaches can be on the field, bench, or in the change room at training and games. A female is required for all girls teams
- Shin pads and proper footwear required at all times
- Siblings should not “join in” to practice
- Parking lot at SSAP is VERY BUSY. Monitor players, remind parents to come to the field to collect children
- The “Rule of Two”



Code of Conduct

- All coaches, players, parents are required to sign.
 - Team Manager to collect and provide to the club as required
- Team staff responsible for actions of all team members (staff, parents, players)
- All Team Staff to receive registration link to Code of Conduct



Communication

- Email is the fastest way to communicate
- Direct communication to the appropriate person(s)

Communication Pathway

Parent → Coach → Staff Member → Board of Directors



Referees

- Head Referee: Antonio Hurtado - Coll
- Emphasis on referee development
- ZERO TOLERANCE for abuse of match officials – no exceptions!
- Significant discipline (suspensions)
- Referees are learning!!
- How would you want someone to treat your child?
- Bring concerns forward after the game – cool down!!



Team Photos

Photo Days Confirmed

- October 5th/6th
- Teams will sign up for times using a document to be sent out this week
- Once game schedules are released it will be easier to book your photo time
- First Come, first served!



Mark your Calendars



Team Administration

- Pre-season parent meeting
 - Detailing expectations for all participants
 - Have a plan
 - Standardized Power Point on Website
- Roles and responsibilities of team staff
 - Head Coach
 - Assistant Coach(es)
 - Manager
- Communication is the key
 - Consistency – do what you say
 - One club, one message!



Technical



“To work within the framework of the CSA and BC Soccer long-term player development programs to provide all of our players with the top-level training environment in B.C.”



Coastal Philosophy

- **“Player First”** – Not coach, not team, not club.....PLAYER!
- **Player Advancement**
 - Based on ability, not age
 - If they are good enough, they are old enough.....we don't hold back or rob individual players of developmental opportunities.
- **Advancement of younger players should consider:**
 - Among the best performers at older age?
 - Average performer at older age?
 - Are they equipped physically and emotionally....safety and friends?
 - What's better? Average player playing up, or impact player at own age?
 - Does environment provide player with confidence, excitement, love of game, and ability to use technique.....or simply a physical and technical battle each week?



Prospects/Rep Development Program Overview

- What is it?
 - Program for identified players
 - Rationale – Allows players of a similar ability to be together and be suitably challenged
 - Rationale - Removing Prospects players creates more success for house players
- How are players identified?
 - Scouting, recommendation, evaluation
 - ANY PLAYER can be recommended at ANY TIME!
- Goals of Providing Teams Support at all Ages:
 1. How to create a positive team environment
 2. Identify Staff (Head Coaches, Assistant Coaches, and/or Managers)
 3. Recommendations forwarded to Coaches
 4. Coaches coordinate evaluations (within training sessions) with house coaches
 5. Coaches communicate the decision to invite the player in (or not)

Program numbers/teams determined by age group depth/ability



Development Pillars

What do we need to develop?

- Technical – Ability to dribble, pass, receive, be comfortable with the ball - No technique, no tactic!
- Tactical – Understand when, where and how to attack and defend
- Psychological – Self confidence, positive attitude, concentration, behaviour in a group setting
- Physical – Agility, Balance, Coordination (ABCs) through fun activities



Prospects/ Rep Development Program IS and ISN'T

■ Prospects/Rep Development IS

- Long Term Player Development program (BCSPL, BC, WC, CSA)
- For players shifting in favour of soccer over other sports and activities
- Movement of players in and out of program through ongoing club scouting
- Coaches interested in developing “players” and themselves
- Coaches who want to be part of the club and its philosophy
- Building and developing a larger base of players Long Term = Patience!

■ Prospects/Rep Development ISN'T

- Select “teams” formed for League Play
- Created to win games and trophies at U8-U12
- For players who are less committed or motivated to attend
- Same players remain in program year after year while not gaining success
- Coaches interested in their own child, own team, to win trophies
- Coaches who want to be follow their own agenda or program
- Focusing here and now on a small percentage of the top players = Long Term Failure!



Parent Education

- On- Going Education
 - What it Is and What it Isn't
 - Training verses Games
 - LTPD
 - Evolving Program
 - Why the need to expand program?



Coaching Staff - Expectations

- Committed to program/club philosophy
- Represent the club positively on and off field
- Supports the club's position
 - “We” verses “they” or “the club”
 - Reducing or raising parental anxiety?
 - Support is reciprocal – Parent complaints etc.
- Long Term Involvement
 - U11/U12 Rep
 - U13 BCSPL
 - Coach Selection based on the above



Coaching Staff - Expectations

- Members = High Expectations/High Demands
- Professionalism – On and off field
- Effective Communication – club and parents
- Organized and Prepared
- Knowledge and Experience
- Attendance – Where Possible
 - Program meetings
 - Education and certification clinics
 - Training and Games



Prospect/ Rep Development TSP

- 20 week program
 - Phase 1 (10 weeks) Sept → Dec
 - Phase 2 (10 weeks) Jan → March
- Programs by gender, age, level of play to allow integration
- Program Resources
 - Periodized Technical Calendar
 - Recommended Club Curriculum (PDF and Videos)
 - Recommended Sports Science Program (PDF and Videos)
 - Coaches Handbooks
 - Skills Challenge – Tracking Player Progress
- Coach Education and Development
 - On-Field (Curriculum demonstration, support and advise during training and games)
 - Off-Field (Observation feedback, professional staff accessible via email)
 - Annual Coach Feedback
 - Coach Certification – Annual
 - Pre - Season Coaching Clinics



Prospects Academy

- 18 week program
 - Phase 1 (10 weeks) Sept → Dec
 - Phase 2 (8 weeks) Jan → March
- Programs by gender, age, level of play to allow integration
- Academy Outline
 - Periodized Technical Calendar – Tournaments, Rest periods etc.
 - Academy Curriculum
 - Professional Staffing
- Academy Tournament Teams
 - Oversight by professional Academy Staff
 - Coached by Prospects Program Coaches in identified tournaments
 - Tiering



House and Prospects Integration Process



Coastal FC Minis/Prospects Academy Integration Process

Coastal FC is committed to providing a platform for monitoring, evaluating and scouting players. Subsequently, we would like to take this opportunity to outline the process for monitoring and evaluating players for progression in the clubs development pathway, which currently includes house and the Prospects Academy at your age group. The role of team coaches in this process is critical and your cooperation and communication are essential.

Step 1 - House coaches are to monitor players within their team environment, identify players who are excelling, and make subsequent recommendations to the Prospects coaches of their specific age group using the **Prospects Recommendation Form** and copy the Technical Director.

- **Recommendations can be made for any player at any time but must be reported a minimum of once per month if recommendations exist! House coaches should not wait on being approached by the prospects coaches for recommendations; your role is to identify players and advocate on their behalf for development opportunities if appropriate.**

Step 2 - Upon receiving a recommendation from a house coach, Prospects coaches should make contact with the house coach for any specific information that may be required, this may include: contact details for player, additional technical information, house team schedule if Prospects coach wants to do a "pre-scout" (observing player in their own training and games) prior to bringing recommended player into Prospects training.

Step 3 - Upon completion of all necessary communication with house coach, Prospects Coach to invite recommended player into Prospects training sessions in order to assess their abilities for future entry to the program. This should be done using the **Prospects Invite Letter**.

Step 4 - Prospects coaches to evaluate recommended player in training sessions to determine their suitability for the program. Upon completion of the assessment, Prospects coach should send one of the following letters to the parent, copy the house coach, and Technical Director:

- **Prospects Offer Letter** - If the Prospects coaches are confident that the recommended player possesses the necessary technical, tactical, physical and attitude/behaviour to participate in the Coastal FC Prospects Program.
- **Prospects Feedback Letter** - If the Prospects coaches believe the recommended player should continue their development in the club's house system where we will continue to monitor their progress for further opportunities in the future.



Communication Protocol

- Coach Communication (and assistants)
 - Follow the process outlined
 - Awareness of comments towards house coaches – “we are taking him/her”
 - Be supportive
 - Reassure their program will not be depleted
 - Reducing anxiety or raising it?
 - Build Relationships
 - Ensure that Nour Fathy is copied on all communication protocol to teams and other club coaches
- Parent Communication
 - Redirect them to Integration Process
- Borrowing Players for Games
 - How do I do this?



2015/2016 SEASON	August				September				October				November				December				January				February				March				April				May				June				July							
Weeks (Monday to Sunday)	3-9	10-16	17-23	23-30	31-6	7-13	14-20	21-27	28-4	5-11	12-18	19-25	26-1	2-8	9-15	16-22	23-29	30-6	7-13	14-20	21-27	28-3	4-10	11-17	18-24	25-31	1-7	8-14	15-21	22-28	29-6	7-13	14-20	21-27	28-3	4-10	11-17	18-24	25-1	2-8	9-15	16-22	23-29	30-5	6-12	13-19	20-26	27-3	4-10	11-17	18-24	25-31
Weekends	8-9	15-16	22-23	29-30	5-6	12-13	19-20	26-27	3-4	10-11	17-18	24-25	31-1	7-8	14-15	21-22	28-29	5-6	12-13	19-20	26-27	2-3	9-10	16-17	23-24	30-31	6-7	13-14	20-21	27-28	5-6	12-13	19-20	26-27	2-3	9-10	16-17	23-24	30-1	7-8	14-15	21-22	28-29	4-5	11-12	18-19	25-26	2-3	9-10	16-17	23-24	30-31

[illegible][illegible]

Coastal FC Programs Key
Rest and Recovery
Preseason
Fall/Winter Season
Spring Season

Notations Key	
CEC	Coach Education Clinics
CC	Coach Certification Clinics
RD	Resource Distribution
TM	Team Meetings
PRC	Player Report Cards
CF	Coach Feedback Forms
CEP	Coach Evaluation Period
SAQ	Speed Agility Quickness
CM	Coaches Meetings
PE	Player Evaluations/Team Formation

Identified Tournaments and Competetive Opportunites		
Recommended Tournaments	Host Club	Key
Labour Day		LD
Remembrance Day Tournament	CFC	RD
Power Tournament	Sports Town	PT
Whitecaps Showcase	WFC	WS
Umbro Challenge Cup	CFC	UCC
Baker Blast	WYS	BB
Starfire	Starfire	SF
Crossfire Challenge	WC	CC



Resources – Club Curriculum

Warm-Up (5 mins)

•Organization:

- Set up 10x10 Yard Square with cones, with a ball ready for each player

•Instructions:

- Players to dribble the ball with various surfaces of both feet.
- Players to change speed and direction. Perform various tasks: toe taps, shuffle, step overs, turns, etc.

•Coaching Points:

- Players to keep eyes up when dribbling
- Keep the ball close to their feet
- Dribble using all surfaces of both feet (inside, outside, sole of the foot)



Initial Game (15 mins)

•Organization:

- Use the perimeter of your training grid (1/2 a pad) to set up an initial small sided game
- Players to play age appropriate game format (4v4 = 3 players, plus a Goalkeeper)
- Have extra balls ready to put into play for quick restarts

•Instructions:

- Players to play a small sided game, normal rules apply
- Players to play kick ins, instead of throw ins

•Coaching Points:

- Teams to get in their starting diamond shape (1-2-1) including a goalkeeper or triangle shape (2-1)/(1-2) excluding the goalkeeper
- Encourage players to work on the topic for the session
- Let the games flow! Try not to over coach and whenever possible coach over the top



Activity 1 - Shooting (Races) (10 mins)

•Organization:

- Set up 2-3 grids with a goal at the end of each
- Separate the grids with cones, to outline an area players must shoot from outside of (See shaded area on diagram)
- Ensure that each group has multiple balls at the beginning of the line
- Split the players into three groups / teams. Depending on the numbers, set up 2-3 grids (Cones can be used if there are not enough Pugg / Mini goals available)
- Have each team designate a goalkeeper and send them to play in goal against an opposing team

•Instructions:

- Upon the coaches command, players at the front of the line are to dribble up to the shooting line / area and attempt to score a goal by shooting on the Goalkeeper
- After shooting, players are to grab their ball and dribble back to their line and give the next player in line a high 5. The next player in line will repeat the above action
- Once players get a feel for the activity and understand the order, turn the activity into a competition (Ex - "First team to score 5 goals is the winner" Or, "whichever team scores the most goals in 3 minutes is the winner")

•Coaching Points:

- Players to keep the ball close to their feet and under control when dribbling
- Players to look at the target and face the target when shooting
- Planting foot (non kicking leg) beside the ball



Activity 2 - Shooting (Change Game) (10 mins)

•Organization:

- Depending on numbers available, set up 2-3 goals on each end line
- Separate the players in each team into two lines (goalkeepers and outfield players)
- Have plenty of balls ready on the side of the field to serve into the field as desired / needed

•Instructions:

- Have the players in their set positions / roles and practice the rotations by calling out "switch!"
- Players must leave the ball where it is and change roles, as soon as they hear the switch command
- Players attempt to score on any of the opponents goal that have a GK in goal. If you have odd numbers, players can only score on a goal that has a GK in place

•Coaching Points:

- Quick transitions between roles
- Look to shoot as much as possible
- If it isn't possible to shoot on one goal to opposition, look to pass to a teammate that can shoot on a different goal



Final Game (15 mins)

•Organization:

- Use the perimeter of your training grid (1/2 a pad) to set up a final small sided game
- Players to play age appropriate game format (4v4 = 3 players, plus a Goalkeeper)
- Have extra balls ready to put into play for quick restarts

•Instructions:

- Players to play a small sided game, normal rules apply
- Players to play kick ins, instead of throw ins

•Coaching Points:

- Teams to get in their starting diamond shape (1-2-1) including a goalkeeper or triangle shape (2-1)/(1-2) excluding the goalkeeper
- Encourage players to work on the topic for the session
- Let the games flow! Try not to over coach and whenever possible coach over the top



Club Curriculum

- Should we implement?
 - Yes, but room and flexibility to express yourself!
 - Be Creative
 - Challenge players – what do they need, what can they handle?
 - Curriculum Follows LTPD – ensure you do to!



Resources – Skills Challenge



Coastal FC Skills Challenge (U8-U10)

The Coastal FC Skills Challenge is a series of fun activities which you can track and improve your personal performance and technical development over the course of the season.

The goal of the program is to motivate you to set targets, beat existing records, and have fun while challenging yourself to improve your own individual scores. As your scores improve, you should also notice an improvement in your overall performance in training and games.

Player Name:	Age Group:	Level:
--------------	------------	--------

To see your improvement, you should track your progress as many times as possible on a consistent surface (Turf/Grass) using the following methods:

Score: Record the total number of points scored on each activity (Example – 7).
X: If you don't or can't complete a task properly (Example – X).

[illegible]

Coastal FC Skills Challenge (U8-U10) – Page 2

Organization and Set Up

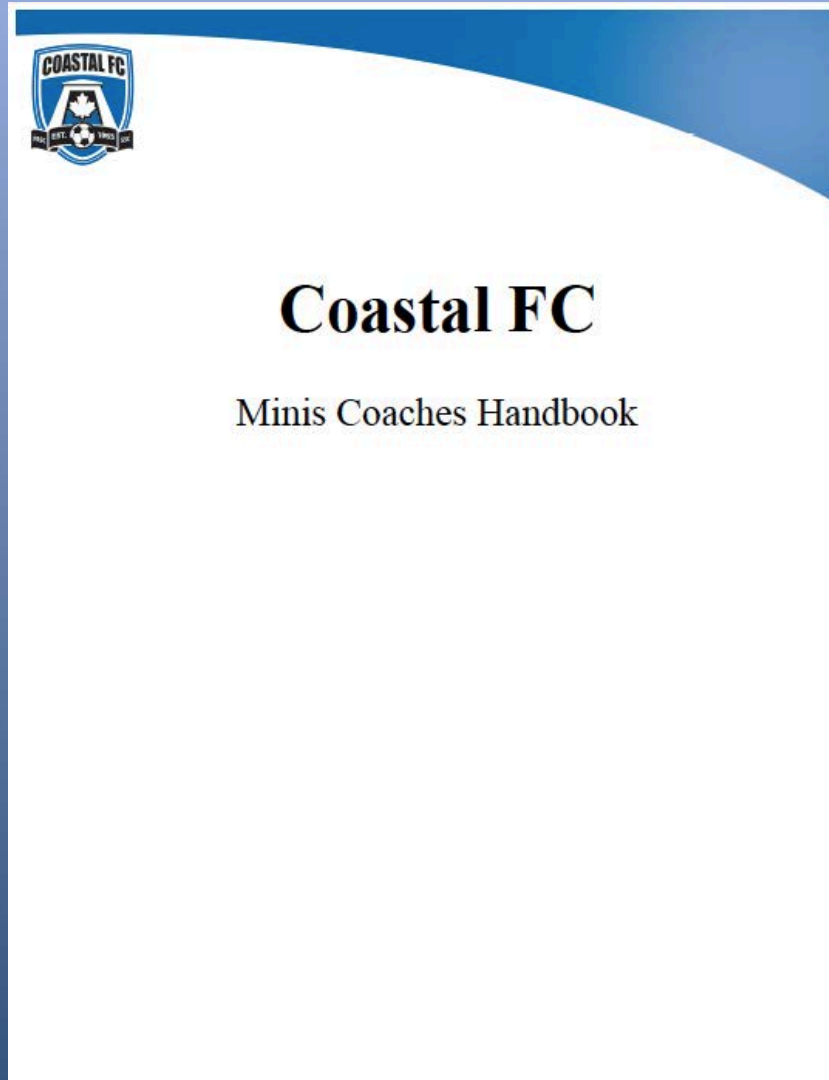


Skills Challenge

- Why do we need it?
 - To track player progress
 - Not a test – Parent Education
- How to implement
 - Consistent surface
 - In time frame established
 - Returned to club
 - Incomplete scores should be evident at U8/U9, less so at U10



Resources – Coach Handbooks



Resources – Player Feedback



Individual Progress Report

Date: _____
 Player Name: _____ Coach Name: _____
 Team Name: _____ Division: _____

Evaluate the player using the following scoring guidelines:

5 - Minor Development Focus	4 - Slight Development Focus	3 - Important Development Focus	2 - Very Important Development Focus	1 - Major Development Focus
-----------------------------	------------------------------	---------------------------------	--------------------------------------	-----------------------------

Technical Ability	Score
Dribbling - Dribbles effectively at various speeds without losing control while using all surfaces of the feet	-
Turning - Uses various turns effectively and at speed without losing control while using all surfaces of the feet	-
Passing - Passes the ball with appropriate weight and accuracy over short and long ranges into feet or space	-
Receiving - Comfortably receives and maintains control of the ball with various parts of the body and feet	-
Tackling/Heading - Prepares correct body position to time, compete and win tackles/headers in the air or on ground using upper body or feet	-

Tactical Ability	Score
Attacking - Understands when, where and how to use attacking principles of penetration, support, width/depth, mobility, and creativity while playing in their specific positions	-
Defending - Understands when, where and how to use defending principles of delay, support, compactness of width/depth, balance, patience while playing in their specific position	-

Team Progress Report Score	TT Score
The total of the Technical and Tactical scores is the value used on the Team Progress Report. This will be referred to as the TT Score.	-

Physical Ability	Score
Overall Fitness - Possesses & maintains a sufficient combination of speed, agility, quickness, strength, power and endurance	-

Psychological Ability	Score
Overall Attitude/Behaviour - Possesses & maintains sufficient behaviour, attitude, desire commitment, enthusiasm, & willingness to learn	-

Overall Comments:



What are we trying to Develop?

- Developing Club Culture
 - Togetherness – Players, Parents, Coaches
- Developing Players “The Coastal Way”
 - Technically Proficient
 - Tactically Aware
 - Physical ABC’s
 - Psychological – Behaviour, Confidence, Concentration, FUN!
- Developing Style of Play
 - Possession based – with intent to score
 - Risk taking encouraged – and rewarded even in failure
 - Creative play encouraged – and rewarded even in failure
- Developing Game Plan (Coastal Concept)
 - Individual and Collective Responsibilities
 - Attacking Strategy – How, Where, When?
 - Defending Strategy – How, Where, When?



Coach Education & Certification



- Active Start Certification Clinics:
 - September 6th
- Fundamental Certification Clinics:
 - September 21st
- Learn 2 Train Certification Clinic:
 - September 28th/29th
- Soccer 4 Life Certification Clinic:
 - October 5th/6th
- Internal Club Coaching Clinics:
 - Minis (U5-U6) Curriculum – September 12th
 - Club (U7-U10) Curriculum - September 9th
 - Coastal Concept (U9-U12) - September 11th
 - Speed and Agility (All Ages) - September 10th
- Referee Clinics:
 - Small Sided (U9-U12 Games) – TBD
 - Entry Level (U13 + Games) – TBD
 - Referee Refresher (All Ages) – TBD
- Coach Certification paid for by the club for volunteer coaches
- Weekly Internal coach evaluation and feedback
- Coach Evaluations by professional staff



Questions?

Coastal Football Club
www.coastalfc.ca

