DIVISIONAL COACHES MEETING

U11 – U18 GIRLS & BOYS

Date: September 17, 2020
Location: Virtual via Zoom
Time: 8:00PM – 9:00PM

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/U9 – U12/Academy
❖ Steven Duffy – sduffy@coastalfc.ca	Senior Staff Coach – U13 – U18
❖ Jay Caffrey – jcaffrey@coastalfc.ca	Senior Staff Coach – Minis (U5 – U8)
❖ Shelley Chin – schin@coastalfc.ca	Member Services Coordinator (U9 – U18)
❖ Mem Xavier – mxavier@coastalfc.ca	Operations Manager
❖ Carina Steer - csteer@coastalfc.ca	Registrar
❖ Lindsay Zygarliski – lyzgarliski@coastalfc.ca	Member Services Coordinator (U2 – U8 + Indoor Facility)
❖ 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*
    - Unmute your microphone, raise hands to ask a question or type your question into the chat

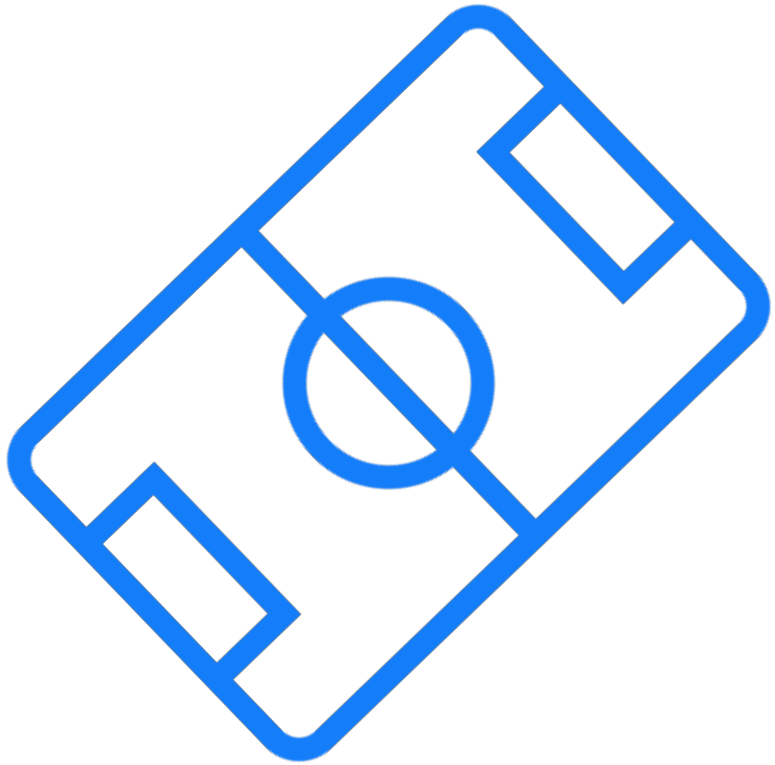
- This presentation will be distributed to this group afterwards. Serves two purposes:
  1. *Meeting Minutes*
  2. *Transparency*

Training Schedule

- Training begins September 14th
- Training Schedule online HERE
  - All grass closed October 1
  - Warm-up Area not in use
    - *Will be used as a training field*
  - Limitation on field space (turf)
    - *Max 6 teams per field for divisional*
  - Structure to optimize fields and Technical Service Plan
  - Limited flexibility with day/time
    - *Option to move to gravel or earlier turf time (ie. 4:00PM-5:00PM based on availability)*

Game Schedule

- Schedule posted on the Coastal website under the Schedule tab
- Home schedule finalized at 6:00PM on Thursday nights
- Protecting the fields
  - *Games on SSAP grass reduction of play*
  - *Cancellations*
  - *Goal Areas (warm up, SAQ, training)*



Team Building & Formation

- Process Review
- 2 times throughout the year (1 X Fall and 1 X Spring)
- Importance of player evaluation data/submissions
- Importance of educating parents about process

2020 Fall Staffing Structure:

- 1 Head Coach, 1 Assistant Coaches, Team Manager, Player/Parent Liaison
  - *Head Coach: Overall program oversight of technical and administrative operations*
  - *1st Assistant: Provides on-field & off field support to head coach*
  - *2nd Assistant: Provides on-field & off field support to head coach*
  - *Team Manager: Team communication, administration, on-field & off field support to head coach*
  - *Player/Parent Liaison: Communicates any issues, concerns, incidents, between players and parents. Also ensures safe player supervision within facility with respect to bathroom breaks, locating the correct field area, accessing and locating parents, etc.*

How can we support you?

Support for coaches defined by:

- *Requests*
- *Observations*
- *Newest coaches to Coastal FC*
- *Least experienced coaches in Coastal FC*
- *Teams that are lacking staff*

Equipment/Apparel

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

Coastal FC

Online store

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 October 15th, 2020

Communication

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

Communication Pathway

Parent → Coach → Staff Member → Board of Directors

Risk Management

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

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

Harassment

- Zero Tolerance!
- Applies everywhere - All the time
- BC Soccer policy
- All complaints will be investigated in full confidence (for all parties)

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!*

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!!

Rule Changes

- Health is paramount
- Teams will not be permitted to switch their cohorts
  - *No training with other teams outside of their cohort*
- Sick players are not allowed to train or attend games
- Spectators are allowed but required to maintain physical distances
- Arrival of players - 30 minutes prior to kickoff
  - *No congregation post game*
- No throw-ins allowed – only kick-ins are permitted

Health & Safety Process

- Coaches should maintain physical distancing measures from all players (minimum of 2 meters) (Where not possible – masks are required)
- Safety Equipment Checklist:
  - *Symptom Self Check*
    - All players/coaches must complete the self check for covid —19 symptoms.
    - If players/coaches are experiencing any symptoms, we ask that you do not attend any training or games until they receive medical clearance to resume
  - *Masks*
    - Not required at this time
    - Players/coaches may choose to wear them (Mandatory when physical distancing is not possible)
  - *Hand Sanitizers*
    - All players are asked to keep personal hand sanitizers in their bags
  - *Player Equipment*
    - All players are expected to bring their own personal equipment and drinks
    - No sharing is permitted at ANYTIME
    - Please keep personal equipment clearly marked and separated from other player's equipment

South Fraser AGM

- Asking CFC Members to sign up to attend AGM
- Signup deadline – September 18, 2020
- AGM – September 30, 2020 at 7:30PM on Zoom
- Further voting instructions will be provided just before the meeting

Technical

L-T-P-D

long term player development

"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?*

Development Pillars

- What do we need to develop?

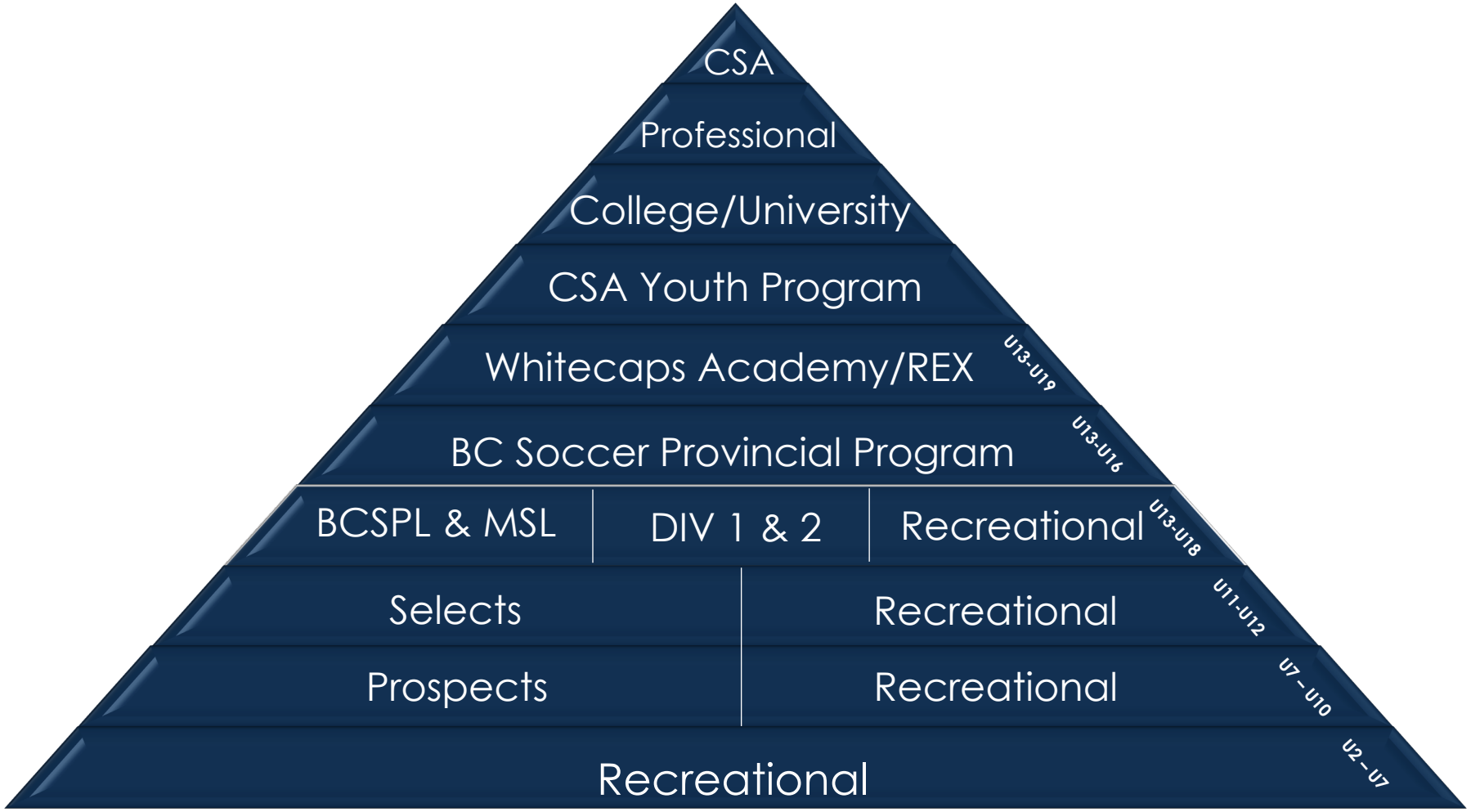
- Technical – Ability to dribble, pass, receive, be comfortable with the ball - No technique, no tactic!

- Tactical – Understand when, where and how to attack and defend

- Psychological – Self confidence, positive attitude, concentration, behaviour in a group setting

- Physical – Strength, power, and endurance

Player Pathway



Program Integration and Player Transition Process

- The CFC Divisional Player Transition Program is a year round initiative designed to:
  - *Provide players the opportunity to be assessed for the various divisional levels throughout the season.*
  - *Assesses players over a longer period of time allowing them to truly get an accurate picture of a player's strengths and weaknesses.*

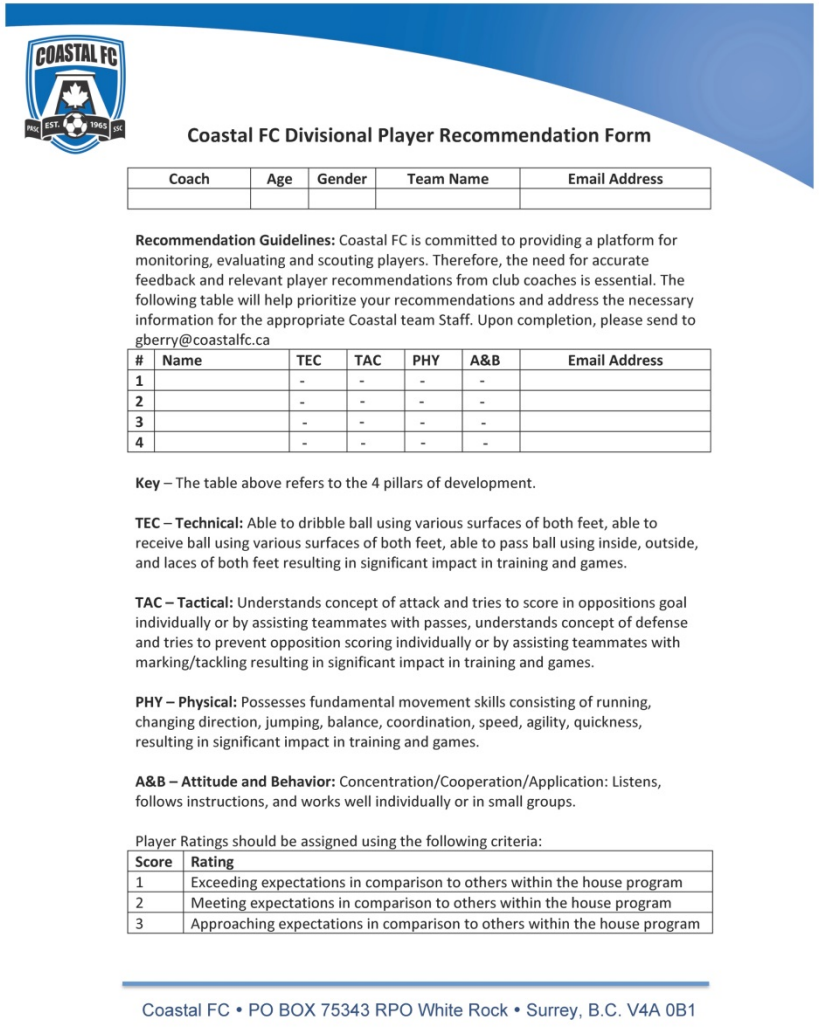
Process – Step 1 Recommendation

- Coaches monitor players within their team environment and identify players who are excelling.

- Recommendations are made to appropriate coaches in their specific age group using the **Divisional Player Recommendation Form** and copy program manager – Nour Fathy (U11-U12) and Steven Duffy (U13 – U18).

- Recommendations can be made for any player at any time.

Player Recommendation Form



Coastal FC Divisional Player Recommendation Form

Coach	Age	Gender	Team Name	Email Address

Recommendation Guidelines: Coastal FC is committed to providing a platform for monitoring, evaluating and scouting players. Therefore, the need for accurate feedback and relevant player recommendations from club coaches is essential. The following table will help prioritize your recommendations and address the necessary information for the appropriate Coastal team Staff. Upon completion, please send to gberry@coastalfc.ca

#	Name	TEC	TAC	PHY	A&B	Email Address
1		-	-	-	-	
2		-	-	-	-	
3		-	-	-	-	
4		-	-	-	-	

Key – The table above refers to the 4 pillars of development.

TEC – Technical: Able to dribble ball using various surfaces of both feet, able to receive ball using various surfaces of both feet, able to pass ball using inside, outside, and laces of both feet resulting in significant impact in training and games.

TAC – Tactical: Understands concept of attack and tries to score in oppositions goal individually or by assisting teammates with passes, understands concept of defense and tries to prevent opposition scoring individually or by assisting teammates with marking/tackling resulting in significant impact in training and games.

PHY – Physical: Possesses fundamental movement skills consisting of running, changing direction, jumping, balance, coordination, speed, agility, quickness, resulting in significant impact in training and games.

A&B – Attitude and Behavior: Concentration/Cooperation/Application: Listens, follows instructions, and works well individually or in small groups.

Player Ratings should be assigned using the following criteria:

Score	Rating
1	Exceeding expectations in comparison to others within the house program
2	Meeting expectations in comparison to others within the house program
3	Approaching expectations in comparison to others within the house program

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Step 2 & 3 Communication

- **Step 2 -** Upon receiving a recommendation, coaches should make contact with the players' coach for any specific information that may be required, this may include:
  - *Additional technical information.*
  - *Team schedule for possible "pre-scouting". During COVID, coaches can only evaluate players in their own environment during training sessions/games.*
  - *Players may be integrated at the next entry point (During Spring Evaluations)*
- **Step 3 –** Upon completion of step 2 the coaches should communicate and agree on when and where the recommended player can be invited into new team training sessions in order to assess their abilities against players of that level. (Not applicable during COVID)

Technical Service Plan

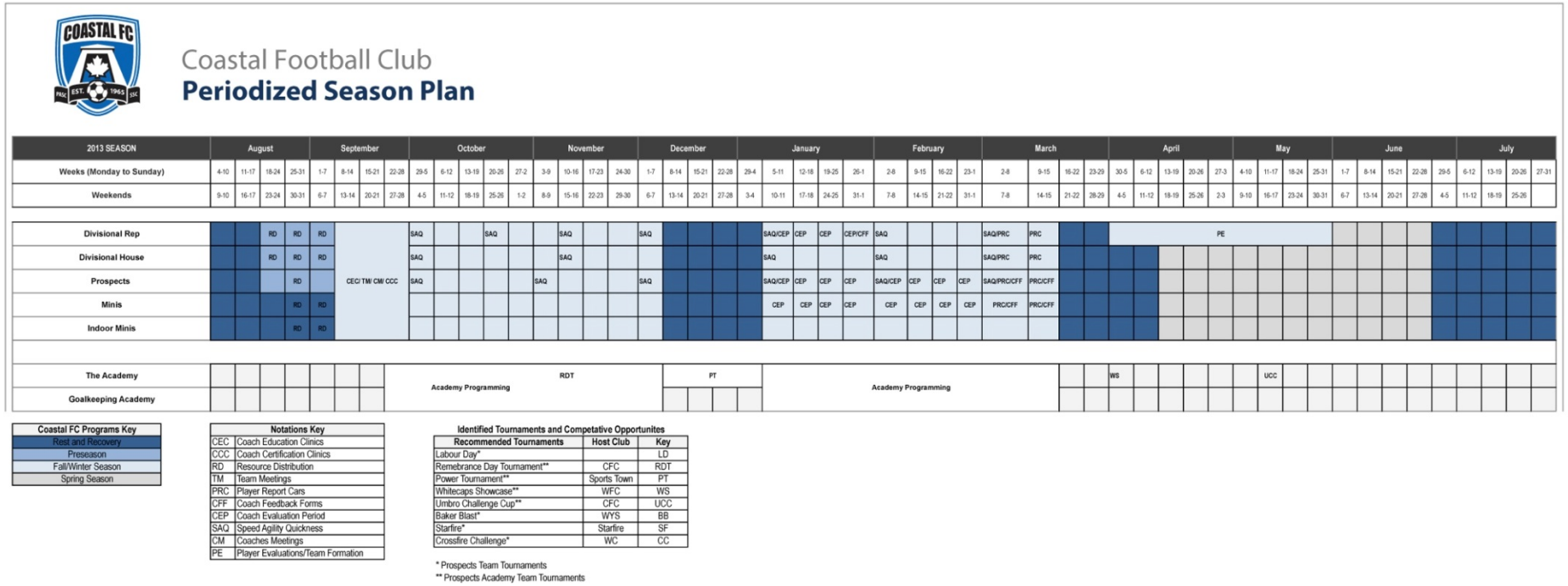
- 20 week program
  - *Phase 1 (10 weeks) Sept → Dec*
  - *Phase 2 (10 weeks) Jan → March*

- Programs by gender, age, level of play to allow integration

- Resource Distribution
  - *Periodized Technical Calendar*
  - *Recommended Club Curriculum*
  - *Sport Science Session Plans and Videos*
  - *Coaches Handbooks*
  - *Parent Meeting Power Points*
  - *Player Report Cards*

- Program Support and Coach Development
  - *On-Field – Training Session Delivery & Support*
  - *On-Field – Pre-Season Sports Science Clinics (SAQ)*
  - *On Field – Game Day Support Upon Request*
  - *Off-Field (Observation feedback, accessible via email)*
  - *Annual Coach Feedback*

Resources – Periodized Calendar



Coastal Football Club

Periodized Season Plan

2013 SEASON	August				September				October					November				December				January					February				March				April				May				June				July			
Weeks (Monday to Sunday)	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	1-7	8-14	15-21	22-28	29-4	5-11	12-18	19-25	26-1	2-8	9-15	16-22	23-29	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	1-7	8-14	15-21	22-28	29-5	6-12	13-19	20-26	27-31
Weekends	9-10	16-17	23-24	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	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	6-7	13-14	20-21	27-28	4-5	11-12	18-19	25-26	
Divisional Rep			RD	RD	RD	CEC/ TM/ CM/ CCC			SAQ			SAQ			SAQ			SAQ					SAQ/CEP	CEP	CEP	CEP/CFF	SAQ				SAQ/PRC	PRC			PE																	
Divisional House			RD	RD	RD				SAQ						SAQ								SAQ								SAQ/PRC	PRC																			
Prospects				RD					SAQ					SAQ				SAQ					SAQ/CEP	CEP	CEP	CEP	SAQ/CEP	CEP	CEP	CEP	SAQ/PRC/CFF	PRC/CFF																			
Minis				RD	RD																		CEP	CEP	CEP	CEP	CEP	CEP	CEP	CEP	PRC/CFF	PRC/CFF																			
Indoor Minis				RD	RD																																														
The Academy									Academy Programming					RDT				PT				Academy Programming													WS						UCC											
Goalkeeping Academy																																																		

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

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

Identified Tournaments and Competative Opportunites

Recommended Tournaments	Host Club	Key
Labour Day*		LD
Remebrance Day Tournament**	CFC	RDT
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

* Prospects Team Tournaments

** Prospects Academy Team Tournaments

Resources – Club Curriculum (Rep)

- The Club Curriculum (Program) for CFC is based on two training sessions per week.
  - *One session is focused on technical development.*
  - *The other session focuses on tactical development.*
  - *The Curriculum will be emailed to team head coaches and supported by the Coastal FC Technical Staff.*

Resources – Coach Handbooks

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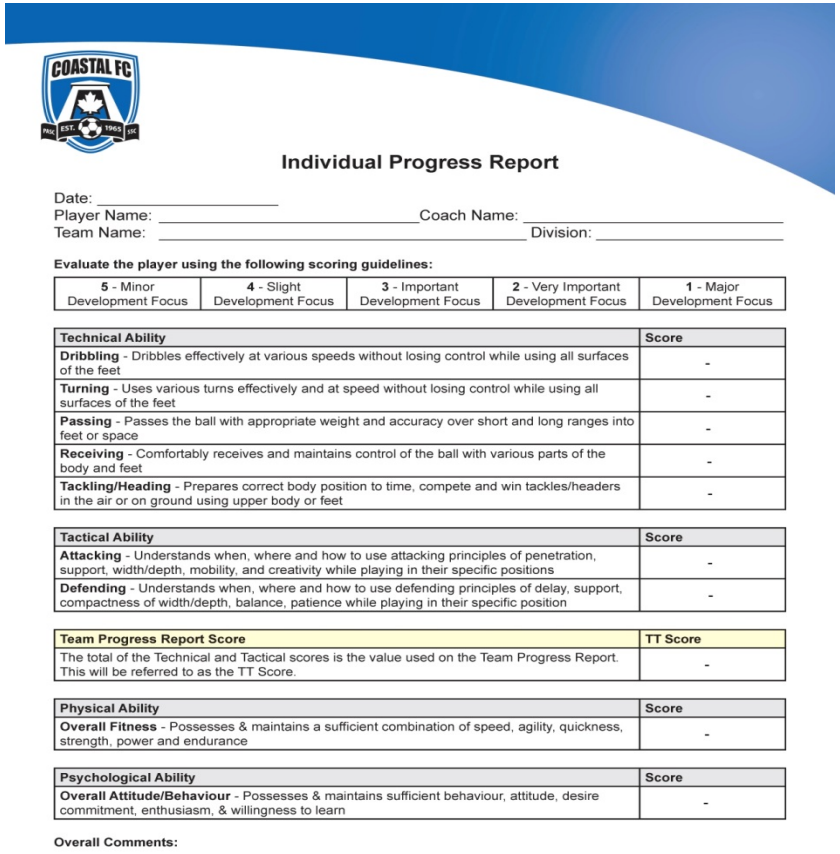
Divisional Coaches Handbook

Coastal FC

Super 8s Coaches Handbook

Resources – Player Feedback



COASTAL FC

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:

Technical Service Plan

The TSP **is about**:

- Supporting the development of all coaches and players
- Creating better technical players
- Creating a club standard – the "COASTAL WAY"
- Optimizing club resources (staff & facilities)

The Technical Service Plan will evolve from season to season

Technical Service Plan

The TSP is **not about:**

- Staff coaches replacing volunteer coaches
- Creating coaching "robots" that simply deliver a club curriculum
- If you need coaching coverage:
  1. *Ask a parent on your team*
  2. *Ask a staff member*
     - Staff are assigned on an "as available basis"

How can we support you?

- Culture we are trying to create:
  - *Supportive*
  - *Positive*
  - *Togetherness*
  - *We are all one! – Not us against you*

- Any issues – please come forward
  - *Can't fix issues if we don't know what's broken*

Standards

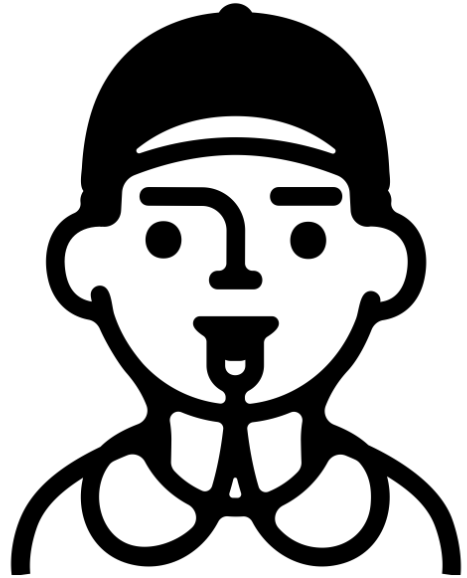
- Professional approach
  - *Punctual, organized, communication*
  - *Attitude, behavior, leadership*
  - *Image, appearance*
- Support the team and club
  - *Positive communication and representation*
- How do you want people to remember you?

Coaching Hints

- Organization is the key
- Seasonal plans – Complete and communicate in preseason meetings
- Arrive early – but only enter the field at your scheduled time
- Session plans
  - *Completed ahead of time*
  - *Communicate with coaching staff*
- Outline playing area on entry to field
- Equipment and clothing safely stored at side of field (bags hung on fence or placed on benches)
- Adequate equipment and maintenance (balls, bibs, cones)

Coaching Hints

- Create a positive, exciting, and enthusiastic environment
- Less talk, more action…….if in doubt PLAY
- Make them eager to come, and leave them thirsty for more
- Be demanding…. "you can do better"……..BUT, understand their level, and their ability
- Reward and acknowledge good play



Concussion Awareness Tools

- Serious Injury Report
  - *Includes six steps to return to play communication tool*

- Concussion Awareness Training Tool
  - *www.cattonline.com*
  - *Resources or parents, players and coaches*
  - *Receive a certificate upon completion*

Serious Injury Report and Return to Play Tool

Serious Injury Report

Date:	
Location:	
Coaches name:	
Player name:	
Age group/level:	

Description of incident:
Action taken:

Protocol checklist	Yes	No
Assessed injury		
Called 911		
Players parents notified		
Player consults medical specialist		
Serious injury report completed		
Concussion guidelines/return to play guidelines provided to parents		

Return to play protocol	Yes	No
Player has been assessed by medical specialist		
Player has provided doctors note confirming they are fit to play		
Concussions – Six step return to play guidelines implemented		

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Return to Play Communication Tool **Return to Learn** should be completed before **Return to Play.**

STAGE 1:	STAGE 2:	STAGE 3:	STAGE 4:	STAGE 5:	STAGE 6:
No sporting activity	**Light aerobic exercise**	**Sport-specific exercise**	**Non-contact drills**	**Full-contact practice**	BACK IN THE GAME
Symptom-limited physical and cognitive rest	Walking, swimming, stationary cycling. No resistance training. Heart rate <70%	Skating drills (ice hockey), running drills (soccer). No head-impact activities	Progress to complex training drills (e.g., passing drills). May start resistance training	Following medical clearance participate in normal training activities	**Normal game play**
Recovery	Increase heart rate	Add movement	Exercise, coordination, cognitive load	Restore confidence; assess functional skills	
Symptom-free for 24 hours? **Yes:** Begin Stage 2 **No.** Continue resting Time & date completed:	**Symptom-free for 24 hours?** **Yes:** Move to Stage 3 **No.** Return to Stage 1 Time & date completed:	**Symptom-free for 24 hours?** **Yes:** Move to Stage 4 **No.** Return to Stage 2 Time & date completed:	**Symptom-free for 24 hours?** **Yes:** Move to Stage 5 **No.** Return to Stage 3 Time & date completed:	**Symptom-free for 24 hours?** **Yes: Return to play** **No.** Return to Stage 4 Time & date completed:	

If symptoms reappear at any stage, go back to the previous stage until symptom-free for 24 hours. You may need to move back a stage more than once during the recovery process.

Medical clearance required before moving to Stage 5

CATT

BC INJURY research and prevention

Coach Education & Certification

- Internal Club Coaching Clinics:
  - *Club Curriculum (U7-U10) - September 14th*
  - *Game Day Clinic (All Ages) - September 15th*
  - *Speed and Agility (All Ages) - September 16th*
- 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?