**WCSC Coaching**

**Full Field Divisions**

Opening remarks:

* Thank you for volunteering! Our community soccer could not operate without your help.
* WCSC has a goal to provide quality grassroots soccer in our communities, at an affordable price. Volunteer coaches and local referees help us achieve this goal.
* Rowan’s Law is for concussion awareness and protocols for return to play. As coaches, we should try to reduce risk of concussion, be aware of when concussion is a factor after a hit or a fall, and make a coordinated effort for a safe return to playing.
* The Rule of Two is ensure coaches aren’t one-on-one with a player, there should always be two adults present if a player needs to be spoken to or whatever the situation may be.
* Canada Soccer has developed Grassroots Standards. What I find really motivating is that our future National Team players will start their careers in community soccer. The Grassroots goals are for developmentally appropriate play to happen in the age divisions to ensure a fun, healthy, lifelong enjoyment of soccer and an active lifestyle.

Full Field Divisions:

* In the full field divisions, players may have played for a few or many years, or may be new to the game. The goal for this age group is fun, pressure free competition, with the goal not necessarily on winning, but developing a life-long love of soccer and enjoyment of physical activity. Many players leave sports in this age due to pressure and not having enough fun. As a coach, we need to balance the competitive spirit of the sport, with the desire to keep the players in physical activity. Players can work as a team, string together plays, be strategic and understand the full rules of the game.
* Continuing to work on fundamental skills is important. Mastering getting the ball under control, to dribble, pass and shoot are the key skills. Players can understand instructions and rules of the game. Players can use their skills to connect with teammates and create more team play. Players need to learn to communicate on the field.
* Players are encouraged to be creative and expressive without the fear of failure.

Practice can be structured as “Whole-Part-Whole”:

* + - Warm-up drill with and without ball (10 minutes, water break)
    - Whole – create the environment where players recognize the problem being posed and try out solution. This a game-like scenario that works on a skill or concept. It could be a game but with different rules, like only 2 touches, or having multiple nets. It showcases the focus area and presents the problem that players are learning to solve. (10 minutes, water break)
    - Part - It showcases the focus area and presents the problem that players are learning to solve. This is a more technical and skill focused drill that you would like players to learn. For example, crossing and finishing to score, or team defending, etc. (10 minutes, water break)
    - Whole – Used to give players an opportunity to implement the skills and strategies they have been practicing in a game scenario. This a scrimmage or small sided game. This is a great opportunity to stop play and teach players by pausing to show them what was going on, the options they had, or a different choice they could have made. Re-doing a play can help reinforce these lessons. “Stop, Demo, Rehearse, Go live” is the coaching method here. (20 minutes)
    - You can end with fitness, like sprints, conditioning or plyometrics. End with a short cool down and encouraging words to the players.

The principles of play can be used to structure your practices and player learning. The principles are based around attacking and defending. More information can be found in a link below.

The player centered approach to coaching is the Four Corner Model. It focuses on the player development, in four categories – Physical, Mental, Technical/Tactical, and Social/Emotional. More information is in a link below.

The four moments of the game can be taught to the players and can be used to build practice intentions around. The four moments of the game are: won the ball, have the ball, lost the ball, trying to win ball back. In each of these moments, as a team we organize into attacking transition, attacking organization, defensive transition, defensive organization. Breaking down into these moments is helpful for coaching and player learning. More information can be found in a link below.

Drill/Game Ideas for Practice (more in-depth drills and descriptions can be found in the links below):

* Rondo
* Attacking/Defending: 2v1, 2v2, 3v2
* Finishing drills – shooting, crosses, through pass
* Ball control drills
* Set plays on free kicks and corner kicks
* Zone specific transitions and positioning

Game play:

* Games run 70-90 minutes, 11v11 with goalies.
* Equal playing time is encouraged but can be strategic to win at times as well.
* Players may have preferred positions at this age.
* The offside rule is in effect. When the ball goes out, a throw in resumes play.
* You have unlimited substitutions. Subs happen at stoppages of play and you let the referee know you are switching players.
* Nets are provided and it is helpful to have a parent volunteer set it up while the coach warms up the players. A proper warm up is important.

Resources:

[Ontario Soccer Practice Plans](https://www.ontariosoccer.net/grassroots-practices)

[Ontario Soccer Grassroots Coach Guide](https://www.ontariosoccer.net/player-grassroots)

[Rowan's Law](https://www.ontario.ca/page/rowans-law-concussion-safety)

[Rule of Two](https://coach.ca/responsible-coaching-movement/rule-of-two)

[Soccer For Life PDF](https://coach.ca/sites/default/files/2020-02/NCCP_SOCCER_new_APR19.pdf)

[Four Moments of the Game](http://www.soccertraining.tv/PWSC-CenterCircle-Feb2013.pdf)

[Principles of Play pdf](https://thpfc.ca/pub/c/e4c1d2d2d3e0a6b0eb2a92bfce533f19/docs/Principles_of_Play.pdf)

[Four Corner Model on page 5](file:///C:\Users\rache\iCloudDrive\Documents%20-%20Rachel\Soccer%20coaching%202021\Four%20Corner%20Model%20on%20page%205)

[Canada Soccer Practice Plans](https://canadasoccer.smarteru.com/kb/tKRNK9kA5lZgIeG95a86/Community_Stream_PSP__Soccer_for_Life_.pdf)

[Soccer Drills](https://www.soccercoachweekly.net/age-groups/u15)

[Soccer Drills and Training Plans](https://opengoaaalusa.com/pages/u15-soccer-drills)

[Soccer Training Plans](https://www.soccerdrive.com/practice/1/21021)

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