



NSGSC

Coaches Corner

September 2021



# Agenda

- Welcome & Thanks
- Introductions: Technical Staff Updates
- Fun & Well-Being = NSGSC Values
- Player Safety
- Key Dates
- Player Engagement
- Curriculums & Sessions
- League Rules/Updates
- Open Forum – Q&A



Thank you to YOU  
our VOLUNTEERS





## BOARD OF DIRECTORS



Jana Madill  
EXECUTIVE DIRECTOR



### TECHNICAL STAFF

**VACANT**  
DIRECTOR  
Soccer Operations



STAFF COACHES

Lee-Ann Denham  
DIRECTOR  
Soccer League



JUNIOR COACHES



### ADMINISTRATION STAFF

Ethan Pomeroy  
Programs & Registration  
Coordinator

Meghan Douglas  
Digital Coordinator

Dave Reemeyer  
Staff ACCOUNTANT

**VACANT**  
Volunteer & Events  
Coordinator

# Values

## **INCLUSION**

Everyone is welcome to play.



## **EMPOWERMENT**

We believe in ourselves and each other.



## **FUN**

Fun is at the root of all that we do.



## **DEVELOPMENT**

We develop our players and our community on and off the field.



## **TEAMWORK**

Together, we can accomplish anything.





# Committed to Health & Safety

## **COVID-19 has forced us to be better and stronger together in protecting our players, coaches and volunteers**

- Committed to return to play while protecting our most vulnerable, unvaccinated youth
- Strong policies & procedures on concussion management, injuries and return to play, ethics in sport, safe sport and rule of 2
- Buddy Check Program coming to your field
- Staff vaccine mandate
- New mask & vaccine protocols for NSGIF; ongoing daily maintenance and cleaning procedures
- Ongoing management of Provincial Health Orders and BC Soccer's Return to Play Plan



# SEASON STARTS

- U8-18 Practices are now on field
- Sunday, September 12<sup>th</sup> – Game #1 for all U11-U18 teams
- Saturday, September 18<sup>th</sup> – Mini's U4/5 and Prospects U9-12 start
- Sunday, September 19<sup>th</sup> – Game #1 for all U6-U10 teams
- Tuesday, September 21<sup>st</sup> – Development Centre programs begin (DELAYED!)



# League: KEY DATES

- Upcoming 2021/22 Season SCHEDULE Highlights:
  - NSGSC AGM – Tuesday, September 21st
  - Thanksgiving Weekend - NO regular games; realignment
  - Photo Day(s) – October 17 & 18
  - Remembrance Day – NO regular practices or programs – no fields
  - December 18 - MAKE-UP WEEKEND for all Divisions
  - WINTER Break – December 19-January 7
  - Family Day Weekend – NO regular games
  - March 6 - Final MAKE-UP WEEKEND for Metro and Div 1





# Curriculum & Session Plans

# NSGSC Session Planning

## CURRICULUM AND SESSION PLANS

- As mentioned, these will be available under the resource tab. There should be some up next week.

## KEY POINTS WHEN PLANNING YOUR SESSION

- Focus – Theme
- Transitions
- Rehearsal vs Demonstration
- Phase of Play
- Time Management

# NSGSC Session Planning

## THEME - FOCUS

- Players should be able to tell you what the theme was at the end of the session.
- Prepare Progressions and Regressions.

## ORGANIZATION/PREPAREDNESS/TRANSITIONS

- All the coaches should know the plan and play a role.
- Where are you going to set up, what do you need?
- Have a task for the players as they arrive (juggling, etc).
- Build leadership by having the players lead the warm-up.
- Routine helps kids feel more confident when they arrive.

# Engagement

## What they GET from Soccer (sport)

- Teamwork
- Leadership
- Confidence
- Time Management

## What they NEED in Soccer (sport)

- Encouragement
- Knowing they belong
- Role Models
- FUN!!!!!!

# Engagement

## Benefits

- Increased Physical Health
- Increased Mental Health
- Social Inclusion
- Intellectual Development

## Barriers

- We are lucky that many of the barriers that effect other communities and countries don't impact us
- Multi-Sport – forced to specialize
- Perceived competency
- Social pressures

# SOCCER FOR LIFE

- Can we keep our girls in the game?
- Can we want them to play beyond youth soccer? College/University, League Teams, Urban Rec...anything.
- Maybe they want to give back in coaching?



# League Rules & Updates



# BCCSL

## What YOU need to know about ID Cards:

- **PLAYER ID Cards:** ALL players in the BCCSL must have a valid BC Soccer ID card at each game, that match their Game Roster
  - ID cards are going VIRTUAL this year! Needed October 1st
  - Team Managers must upload a photo
  - Team Managers must also send our Registrar a copy of a valid birth certificate and/or passport to verify birthdate/age group
  - ID Cards must be on field starting October 1st.
- **COACH ID Cards:** Every member of the coaching staff who is present on the BENCH, must also have a valid BC Soccer ID Card, ditto to the above, and not issued without a valid CRC on record with NSGSC (valid for 3 years)
- **BEFORE ID CARDS** – Print and bring your match sheets!



# BCCSL



## What YOU need to know about SCHEDULES:

- **SCHEDULING:** All game schedules will be auto loaded into BCCSL's Q-Scriptor system and posted to the BCCSL website
  - Any discrepancies in HOME field/times, please check in with your ACC
  - Managers (home team) are expected to contact opponents to confirm game information as early in week as possible, but no less than 48H prior to match
  - Changes to home game times/fields made by BCCSL will be shared by your AGC or District Scheduler (usually by Tuesday)
  - Requests for home game time/field change, to accommodate an opponent, should be made directly League Scheduler (Jeff)
  - NO Games on Thanksgiving weekend

# BCCSL



## What YOU need to know about RULES:

- **SCORE REPORTING:** HOME TEAM will now report ALL scores before 9PM Monday nights
- U13 - **RETREAT LINE** still applies
- **Fine Schedule** - NSGSC will not support unsubstantiated requests for fine assistance - Fines will be responsible by the team causing the infraction: game cancellations, forfeitures, misconduct (player, coaches, parents), equipment/uniforms... (know the schedule, Section 18)

**READ THE RULES & USE THE HANDBOOK!**

[www.bccoastalsoccerleague.ca](http://www.bccoastalsoccerleague.ca)



# BCCSL - Changes to Divisional RULES

- **FLUID ROSTER PROCESS (FRP) & PLAYER TRANSFERS**

- No forms needed; simply arrange with other coaches and player, ensure player has ID Card and is rostered (manually) on Game Card
- No maximums per season or per game as long as within regulation roster size; players may only play 2 games/weekend
- Div 1 & 2 - Call UP only from a lower division or up to TWO age groups lower (note no call-ups from U10)
- Div 3 - Call ACROSS is allowed \* EXCEPT during League Championship Games
- **USE THIS** – LEAN on EACHOTHER and be mindful of player well-being and development

- **LEAGUE CHAMPIONSHIPS & COASTAL CUP**

- Division 2 & 3 Regular season will end in December and Championship Playdown will begin in January with new tiers/rankings.
- Rules and procedures for Metro/Division 1 Coastal Cup are forthcoming.

# Open Forum

Questions or Comments?

Thank You.

Need more info? Please visit  
[www.nsgsc.com](http://www.nsgsc.com).