



NSGSC

Coaches Corner

September 2021



Agenda

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



Thank you to YOU
our VOLUNTEERS





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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
- 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



League: KEY DATES

- Upcoming 2021/22 Season SCHEDULE Highlights:
 - NSGSC AGM – Tuesday, September 21st
 - Thanksgiving Weekend - NO session
 - Photo Day(s) – October 17 & 18
 - WINTER Break – December 19-January 7
 - Family Day Weekend – NO session
 - March 6 - Final session



Curriculum & Session Plans

NSGSC Technical Key Focus

Mini's Phase (U6-U7) – Active Start and Fundamentals

- Strong focus on developing basic movement skills like running, and jumping and refining their ABC's (Agility, Balance and Coordination)
- Learning to have FUN with the BALL.
- Try to avoid imposing the "adult" game on the players
- We need to meet them where they are – age-appropriate activities, explanations, and engagement
- Use fun and active ways to maneuver the ball

NSGSC Technical Holistic Approach

Social

- Relationships
- Responsibility/Teamwork
- Independence/Accountability
- Behaviour

Physical

- Agility
- Balance
- Coordination
- Speed/Endurance
- Flexibility

Psychological

- Confidence
- Creativity
- Communication
- Inclusion

Technical

- Dribbling
- Turning
- Receiving
- Passing

NSGSC Session Planning

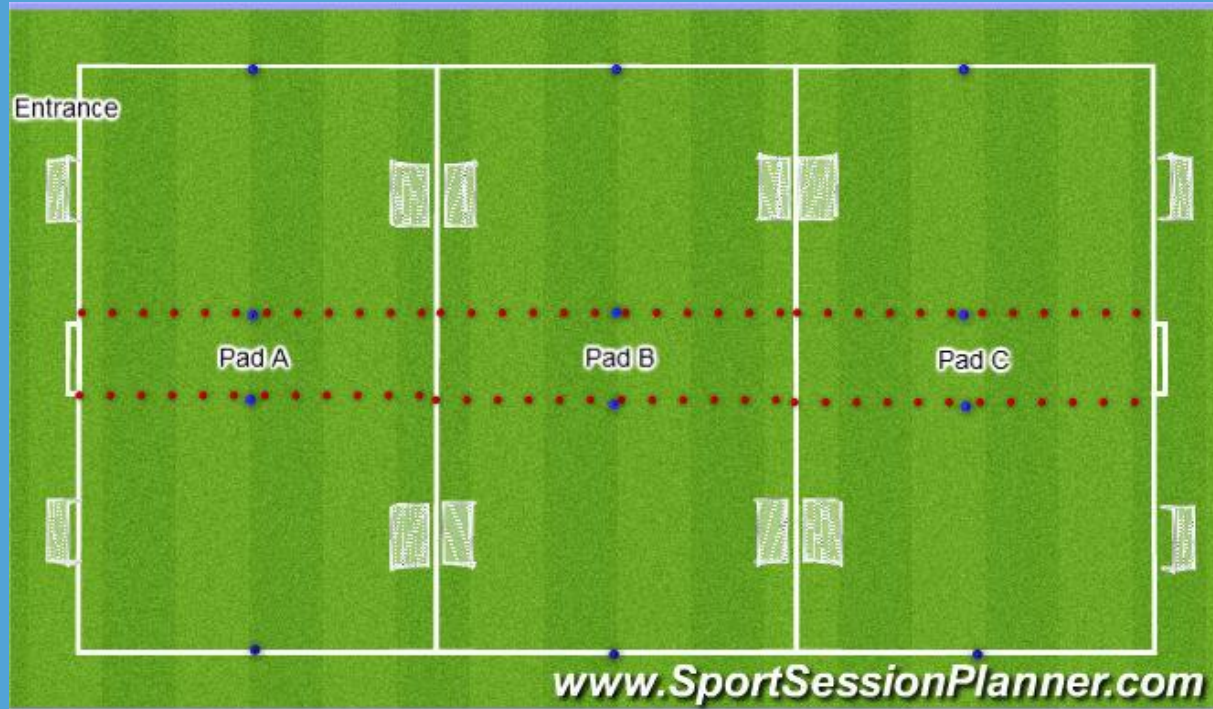
CURRICULUM – SESSION PLANS (Coming Soon)

- Under the Resources Tab of the website
- Weekly session plans will be available

PREPARING/ORGANIZING

- Important to be prepared with your session plan:
 - What is the message to get through?
 - Understanding your transitions (where do the balls go)
 - Equipment requirements (cones, pinnies, etc).
 - Each coach knows their role for the session

Field Set Up – U6/U7



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/PREPARE/ARRIVAL

- All the coaches should know the plan and play a role
- Where are you going to set up, what do you need?
- Where do the players put their things? And what should they be doing when they arrive?

NSGSC Session Planning

ENGAGEMENT

- Say Hello - greet each player as they arrive
- Fun – keeps players relaxed and engaged
- Positive – create a safe learning environment

TRANSITIONS

- Layering is your BEST friend – you only need to swap a few cones for the next activity
 - Usually set inside your "Small Sided Game SSG" fields
- Where do you want the players to put/bring the balls? Where should they stand?

NSGSC Session Planning



U7 - Dribbling: Escaping Pressure

Category: Technical: Dribbling and RWB

Difficulty: Beginner

Am-Club: North Shore Girls Soccer Club
Lee-Ann Denham, North Vancouver, Canada



Description

SET UP TIPS:

Pre-set session so you don't have to put DOWN cones but only PICK UP a couple.

Keep talk to a minimum as kids lack focus and want to play. HAVE FUN!!

The concept of Escaping Pressure is so important as it dictates **so** much of their decision making. Almost every decision they make in the game is because of the pressure (the defenders). There are lots of ways to escape it.

ALIEN ATTACK TAG: This is a fun way to play tag without tagging each other.

SHARKS AND SURFERS: This is great for their dribbling with your head up, protecting their ball, finding an island while under control.

PIRATE: Another one of my favorite tag games.

1V1: Nice introduction to 1v1, best to do 2 stations so they get a lot of opportunity to have a turn.

SSG: Always good to get them used to the game at the end.

OVERALL FOCUS:

Lots of quality time on the ball

HEAD UP and making decisions

Focus on technique (small touches and keeping control)

Try to keep the kids moving and having FUN.

Keep the Ball Close when changing their speed as they tend to touch the ball harder when going faster.

NSGSC Session Planning

Alien Attack (10 mins)

Organization

Players start without a ball, except for the Alien.

Field Set up

Using one of your game fields

All players in the square with extra balls on either side.

Detail

One player will start with the ball as the Alien. The rest of the players will not have a ball.

Players will run around in the square trying to evade the alien's bites.

If the Alien bites you (hits you with their ball) then you become an alien too by getting a ball and joining in as an alien.

Competencies

Head up looking for Aliens (pressure)

Looking for open space to escape to

Quick movements to escape



Sharks and Surfers (10 mins)

Organization

Each player is a SURFER with a SURF BOARD (ball)

Field Set up

Using a field, spread enough cones for the number of players around.

Detail

Players will be dribbling around "SURFING" with their balls. When the coach yells "SHARK!!" The players have to dribble to an ISLAND (cone) in order to be safe from the coach (shark). If they get caught they have to do 5 jumping jacks.

Competencies

Dribbling under control

Head up looking for Shark and Islands

When Shark comes, protect ball from Shark

Stopping the ball at the Island



On Field Examples

Open Forum

Questions or Comments?

Thank You.

Need more info? Please visit
www.nsgsc.com.