



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



SEASON STARTS

- U8-18 Practices are now on field
- Sunday, September 12th – Game #1 for all U11-U18 teams
- Saturday, September 18th – Mini's U4/5 and Prospects U9-12 start
- Sunday, September 19th – Game #1 for all U6-U10 teams
- Tuesday, September 21st – 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 Technical Key Focus

Foundations Phase (u8-U10) – Learn to Love the Ball

- This is the time to build a secure and confident connection with the ball
- Create creative and comfortable players on 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 MASTER THE BALL
- In U10 we are starting to bring in bigger decision making

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 recommendations and plans available

PRACTICE PLANNING

- Important to be prepared with a session plan, clear transitions, and equipment ready.
- Most players only practice 1x per week and therefore so crucial that we maximize our time on the ball

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?
- Ensure to have a TASK for the players as they arrive (juggling, tag, etc). Routine helps kids feel more confident 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



U8 - Dribbling: Running with the Ball (RWB)

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 as much of your activities as you can.

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

Your coaching energy will set the tone and engagement for the players - so have FUN.

INVADERS - PART 1: This is great for their dribbling at pace. Forces them to keep their head up and avoid on coming traffic. You can give points for the team that gets all their people and their balls across to the other side.

INVADERS - PART 2: Now they can run across and steal, this is good for them to get their head up, looking for available balls to steal and then look for a path back.

BULLDOG: This is fan favorite with a twist. The bulldogs need to steal the ball and put it in one of the nets to make more bulldogs. We like to encourage defenders to do something with the ball and the players to have a second effort to try and recover it.

SMALL SIDED GAMES (SSG): Use both fields and have 2 games going. 3v3 or 4v4 depending on your numbers. Key focus is keeping the ball on the field. We need to get this skill down quickly. Don't worry about shape or passing, can they not just kick it away when it comes near them.

OVERALL FOCUS:

Lots of quality time on the ball

High intensity - pace on the ball

HEAD UP and looking for space

Focus on technique (small touches and keeping control)

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NSGSC Session Planning

Invaders - Part 1 (10 mins)

Organization

Two teams, each player has a ball

Field Set up

Set up as shown in diagram. Create 2 endzones on either end of your field.

Detail

Each team will try to invade the other side's HOUSE before the opposing team can invade theirs.

When the coach says GO the teams will race across to the other end zone and try to have all their players (and their balls) in the other team's HOUSE (end zone) before their opponents get into their HOUSE.

Turn and repeat on Go.

If they bump into someone, they must do 2 jumping jacks before they can continue.

Competencies

Dribbling under control

Small touches

Head up looking for oncoming players

Fast pace



Invaders - Part 2 (10 mins)

Organization

Two teams, each player has a ball

Field Set up

Set up as shown in diagram. Create 2 endzones on either end of your field.

Detail

Each team will try to invade the other side's HOUSE and STEAL a ball and bring it back to their HOUSE. Only 1 ball at a time. Once they STOP the ball in their house they can run and get another one. They continue until the coach says Stop.

Players are not allowed to stop other teams from taking the soccer balls, they must work fast to.

If they bump into someone, they must do 2 jumping jacks before they can continue.

Competencies

Dribbling under control

Small touches

Head up looking for oncoming players

Fast pace



Bulldog (10 mins)

Organization

Each player has a ball, except 1-2 is/are the bulldog(s)

Field Set up

Set up as shown in diagram. Create 2 endzones on either end of your field. And goals in the middle on either side.

Detail

Players start with a ball in one endzone and try to make it through the middle zone to the opposite endzone with their ball under control.

The BULLDOG is trying to steal the players' ball and score in either net.

If the BULLDOG steals a ball, they can still try and win it back, once the Bulldog scores the players ball, they become a Bulldog as well.

They can also become a BULLDOG if their ball goes beyond the endzone. This will force them to not just KICK the ball all the way down.

Last player standing wins.

Competencies

Head up looking for Bulldogs

Dribbling under control - ball close

Shielding when under pressure (put body between bulldog and ball)

Don't give up on the ball - second effort is key



Small Sided Games (15 mins)

Organization

Two to 4 teams, 3v3 or 4v4.

Field Set up

Split your section into 2 mini fields (4 teams). Or you can play your entire section of 3 teams rotation (teams play for 2 mins and rotate, this is very fast and keep them engage but needs to be well managed by the coaches)

Detail

2 teams play to score in each others' goal. Encourage them to keep the ball close. If the ball goes out of bounds, have them STOP!!! Have them go back on the field and the coach can play the ball back in.

Competencies

Head up looking for space

Not just kicking the ball but trying to see if they can dribble AROUND/AWAY from the other team (and their own)

Can they keep the ball on the field?





League Rules & Updates

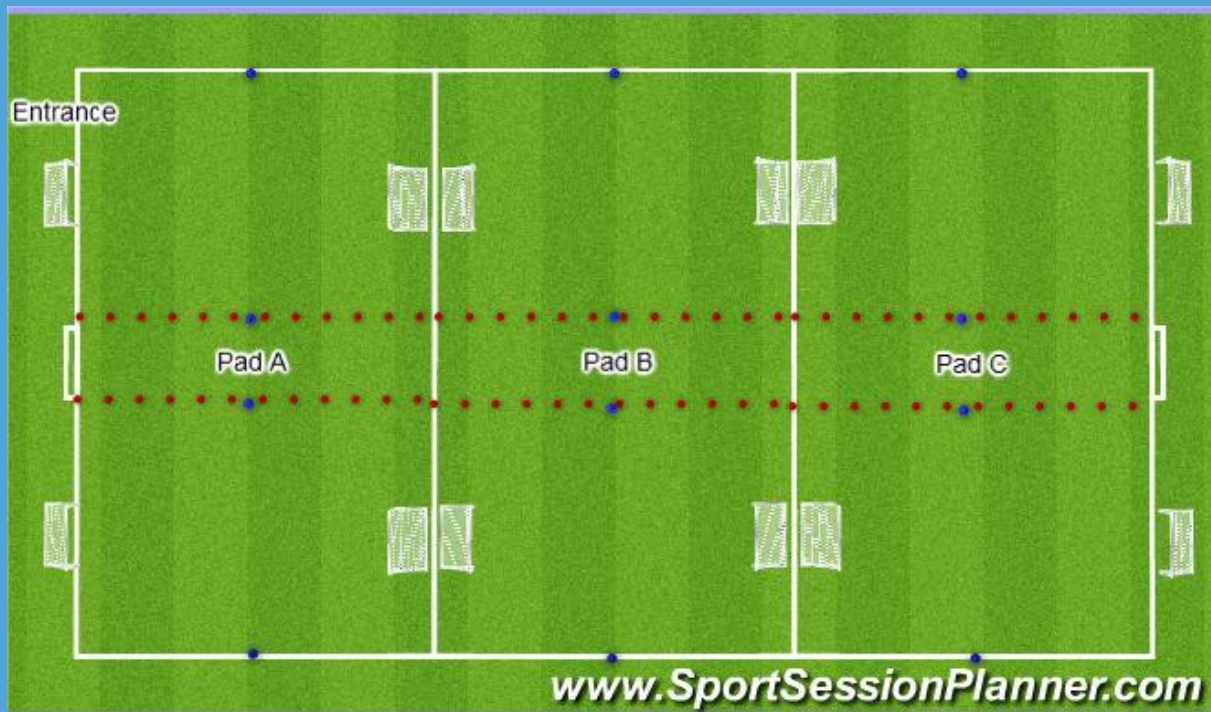
NSYSA



What YOU need to know about SCHEDULES & GAMES:

- **SCHEDULING:** All game schedules will be loaded onto the NSYSA website
 - The schedule will also be sent by the District Scheduler via your AGC or Lee-Ann
- **GAMES:**
 - Home teams are responsible for field set-up
 - Each team is responsible for providing a linesperson
 - NO GAMES on Thanksgiving weekend
 - RETREAT at half
 - NO OFFSIDE until U11
 - THROW-INS are allowed this season
- **COACH ID Cards:** Every member of the coaching staff who is present on the BENCH, must also have a valid NSYSA ID Card, not issued without a valid CRC on record with NSGSC (valid for 3 years)

Field Set Up - U8



Field Set Up – U9 + U10



Game Format

AGE	Format	Timing	Referee	Arrival
U8	4v4 (2 games)	2 x 15-20mins	No	Enter NSGIF on Time
U9	6v6 (5+GK)	2 x 25mins	Yes	Arrive Early for Warm up
U10	7v7 (6+GK)	2 x 25mins	Yes	Arrive Early for Warm up

Game Rules - U8

- Kick off – start the halves or after a goal
 - All players must be in their own half
 - Opposing team must be 8m away from the ball.
 - Player that start the kick, can play it BACK to their own team (recommended) but can only touch it once
- Goalkeeper – they can use hands in their half
- Free Kicks – All indirect, No Penalty Kicks
- Corner Kicks – opposing team must be 5m away from ball, goal CANNOT be scored directly from a corner kick
- Goal Kick – in front of their net, other team retreats
- Retreat Line = Halfway line
- Throw Ins – usually allowed a retake at these ages

Game Rules – U9+U10

- Kick off – start the halves or after a goal
 - All players must be in their own half
 - Opposing team must be 8m away from the ball.
 - Player that start the kick, can play it BACK to their own team (recommended) but can only touch it once
- Goalkeeper – distinct colour, use hands anywhere in black box
- Free Kicks – All indirect, No Penalty Kicks
- Corner Kicks – opposing team must be 8m away from ball, goal CANNOT be scored directly from a corner kick
- Goal Kick – ball placed anywhere in the black box, opposing team treat
- Retreat Line = Halfway line
- Throw Ins – usually allowed a retake at these ages

Retreat Line

- LAW 16 – THE GOAL KICK
 - Opposing players must be on their side of the Retreat line.
 - All opposing players cannot pursue the ball until:
 - The ball is received by a teammate
 - The ball travels over the line
 - The ball leaves the field of play
 - A goal cannot be scored directly from a goal kick

Open Forum

Questions or Comments?

Thank You.

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