

~ Coaching Development ~

“It’s what you learn after you know it all that counts” – John Wooden

Every soccer participant deserves the most qualified coach possible. Sport and social psychology research shows that the most positive gains in participant experience come from the addition of a better trained coach. For most, coaching is a small ‘P’ profession. Nevertheless, it is still a profession and it is important that all coaches do the very best they can to continuously improve their coaching abilities. For this reason the West Ottawa Winter Development Program is proud to offer a wide range of coach development options during the winter to help you improve.

“If you don’t have time to do it right, when will you have the time to do it over?” – John Wooden

Monday Night Catch-Up Coaching Clinics

West Ottawa coaches that are new to the coaching clinic scene should look to attend these sessions. This is a review of coaching development themes covered over the last four seasons in the Wednesday night coaching clinics hosted by Kanata Soccer. These are practical on field sessions so bring a note pad and come dressed to participate in the drills. There is **no charge** for West Ottawa coaches to attend these sessions.

Day: Monday (starts October 5th)

Time: 9:00 to 10:00 pm

Location: Oz Dome field

Instructor: Joel MacDonald

List of Topics:

- Oct-05 Dribbling and Running with the Ball
- Oct-12 1v1
- Oct-19 Turns and shielding
- Oct-26 Passing and receiving Pt. 1



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- Nov-02 Passing and receiving Pt. 2
- Nov-09 Passing and receiving Pt. 3
- Nov-16 Juggling and aerial control
- Nov-23 Striking and Shooting
- Nov-30 Finishing
- Dec-07 Individual Attacking
- Dec-14 Individual Defending
- Jan-04 Group Attacking in 2's
- Jan-11 Group Defending in 2's
- Jan-18 Group Attacking in 3's
- Jan-25 Group Defending in 3's
- Feb-01 Team Attacking Pt. 1
- Feb-08 Team Attacking Pt. 2
- Feb-15 Team Defending Pt. 1
- Feb-22 Team Defending Pt. 2
- Mar-01 Playing Beautiful Soccer

Wednesday Night Continuing Coaching Clinics

West Ottawa coaches are invited to attend these **free** sessions, in particular those coaches that have attended the Wednesday night clinics over the last four seasons. Many of the themes this year will progress from previous season topics.

This year's clinic schedule will again involve a number of different clinicians including West Ottawa technical staff members. Some clinics will involve youth team players while others will require the participation of the coaches. The schedule will inform you of which are coach participation clinics. In those instances, come prepared to play. **Just come prepared to play as there will always be a chance to scrimmage at the end of the clinic.**

Please note that once again this winter, West Ottawa Winter Development Program may videotape some coaching clinics. If you are planning on attending a coaching clinic, please be aware that in order to participate, you will be asked to sign a waiver regarding the videotaping, indicating that you have no objection to the taping.



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Some of the previous year's sessions are available for sign-out from the Kanata Soccer office which you can contact to borrow at 836-5787.

Day: Wednesday's (starting October 7th)

Location: Thunderbird Sports Centre (Butler field or boardroom)

Time: 8:30 to 10:00 pm (scrimmage from 10:00 to 11:00 pm)

List of Tentative Topics:

| | |
|-----------------------|-----------------|
| Oct-07 Joel MacDonald | Defending 1 |
| Oct-14 Joel MacDonald | Game analysis 1 |
| Oct-21 Joel MacDonald | Defending 2 |
| Oct-28 Joel MacDonald | Game analysis 2 |
| Nov-04 Joel MacDonald | Defending 3 |
| Nov-11 Joel MacDonald | Attacking 1 |
| Nov-18 Joel MacDonald | Attacking 2 |
| Nov-25 Joel MacDonald | Attacking 3 |
| Dec-02 None | Scrimmage only |
| Dec-09 None | Scrimmage only |
| Dec-16 None | Scrimmage only |
| Jan-06 Guest | TBA |
| Jan-13 None | Scrimmage only |
| Jan-20 Guest | TBA |
| Jan-27 None | Scrimmage only |
| Feb-03 Guest | TBA |
| Feb-10 None | Scrimmage only |
| Feb-17 Guest | TBA |
| Feb-24 None | Scrimmage only |
| Mar-03 Guest | TBA |

Preachers Coaches' Team

Are you interested in truly improving your soccer coaching skills? Why not consider signing up to play soccer yourself? A component of good soccer coaching is the ability to demonstrate to your players the skills necessary to play the game. Why not improve this part of your coaching by joining the Preachers program. Back for a third season, the 'Preachers' (because they practice what they preach!) is not just a playing opportunity it is also a coaching development



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opportunity. Opportunities to play at OT3, OT2 and OT1 will be available. **Through participation in this program you will be asked to play the game and try the very same principles and philosophies that you as a coach are being asked to teach to your players by the West Ottawa technical staff.**

Those principles include:

- Basic attacking and defending team shape
- An opportunity to play all the different positions including keeper
- Individual tactical decision making skills
- Creating space
- Ball possession with a purpose through proper angles of support and shaping of runs

You would qualify for the **OT3** program if:

- You are 35 or older at the time the league begins
- You have limited soccer playing background or you haven't played in a very long time
- You are either male or female

Requirements:

- Must be an active West Ottawa youth coach
- Must be willing to try all positions
- Must be willing to push comfort zone, try new things and make mistakes
- Must be willing to share playing time with a team of twelve to fourteen players

You would qualify for the **OT2** program if:

- You are 35 or older at the time the league begins
- You have average to average to above average athletic ability and fitness levels
- You have been playing soccer recently and have previous OT3 or OT2 experience
- You are either male or female

Requirements:

- Must be an active West Ottawa youth coach
- Must be willing to receive some coaching and instructional development

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- Must be willing to share playing time with a team of twelve to fourteen players

Space is limited. Tryouts for placement on one of the two teams may be required.

Day: Primarily Sunday (also some Tuesday's and/or Wednesday's)

Time: 3:00 to 11:00 pm kick-off's Sunday's; 9:00 to 11:00 pm kick-off's Tuesday's or Wednesday's

Location: Kanata Soccer Dome

Cost: \$115

OT1 Coaches' Team

You would qualify for the **OT1** program if:

- You are 35 or older at the time the league begins
- You have above average athletic ability and fitness levels
- You have been playing soccer currently and have significant previous playing experience
- You are either male or female

Requirements:

- Must be an active West Ottawa youth coach
- Must be willing to share playing time with a team of twelve players

This is for coaches interested in playing at a high level and who understand the tactical elements around possession soccer. While there will be a coach to oversee the starting line-up and subs, there will be no "coaching" as in the Preacher's program.

Day: Primarily Sunday (also some Tuesday's and/or Wednesday's)

Time: 3:00 to 11:00 pm kick-off's Sunday's; 9:00 to 11:00 pm kick-off's Tuesday's or Wednesday's

Location: Kanata Soccer Dome

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Cost: \$250

Winter Development Station Coaches

Station Coaches are assistant coaches who **volunteer** their time to aid the implementation of our various age level winter development sessions. Depending on level of experience a station coach may be asked to run a station within a session or he/she may be asked to assist at a station. This will depend on coaching experience.

Responsibilities include reading the weekly session plan sent from the Lead Coach in advance of the session and being prepared on the day to deliver the content of your station to the players. Station Coaches should be able to take the content of the station being taught and adjust it up or down in complexity in order to match the needs of the players coming through that station.

Also, Station Coaches working within the Winter Development Plus programs may be asked to assist or even take charge of development scrimmages on behalf of the Lead Coach for that age group. This will be determined by level of coaching experience and soccer knowledge and the most veteran station coaches will usually be asked to help in this way. Station Coaches with less experience that want to develop their game coaching abilities are strongly encouraged to speak to the Lead Coach for their age group about taking part in the development scrimmages.

Coaches interested in these positions only need put forward their name to the Lead Coach of the age group they are interested in working with or to one of the West Ottawa technical staff.

They should also possess some or all of the following characteristics:

- Enjoy working with children and youth
- Interested in learning more about soccer and coaching
- Energetic and patient
- Willing to receive constructive criticism and feedback as part of the learning process

OSA and CSA Coaching Certification

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The Ontario Soccer Association and Canadian Soccer Association both offer a number of soccer-specific coaching certification courses for you to take. Many of these are required to coach at the competitive level and some are even required at the recreation or grassroots levels with the clubs. Most of these courses are offered in the late winter or early spring. In many cases, the club is willing to pay for you to take these courses as part of your professional development and your commitment as a volunteer. For more information on a schedule of courses for 2009-10, contact your club.

NCCP Coaching Certification

The National Coaching Certification Program offers generic coaching education courses for your overall development. These run parallel to the soccer-specific courses but as yet are not mandatory or required for soccer coaches to obtain. However, anyone looking to be a head coach of a competitive full field team currently or in the near future should be looking to obtain these courses. The NCCP program has been recently revamped from Level 1, 2 and 3 to the Competition Introduction and Competition Development streams. It is the Competition Development stream that now takes the place of the old Level 3 course and would be the one of most interest to soccer coaches. The NCCP course framework now allows the Competition Development material to be covered in stand alone modules as opposed to a day or weekend long course. There are six modules in total that need to be taken in order to attain the Competition Development certification. The West Ottawa Winter Development program will offer three of these modules this winter.

Developing Athletic Abilities (9 hrs) – After finishing this module, coaches will be able to: Implement general and sport-specific training protocols and methods to appropriately develop or maintain sport-specific athletic abilities. Adapt selected training protocols and methods to athletes' stage of development and training experience, adapt selected training protocols and methods to the phase in the yearly program, use the results obtained by evaluating an athlete's performance to develop training protocols and methods for the athlete's gender and stage of development.

Day: Wednesday, December 2nd, 9th and 16th

Time: 7:00 to 10:00 pm

Location: Boardroom, Thunderbird Sports Centre

Instructor: TBA

Cost: \$50



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Making Ethical Decisions (3.5 hrs) – Analyze a situation that has moral implications. Determine whether the situation has legal or ethical implications. Identify the issues in the situation. Apply the NCCP ethical decision-making framework to respond to an ethical situation adapted to the context and produce a response that is consistent with the NCCP Code of Ethics. You already have this complete if you have taken the Competition Introduction Theory Part A course.

Day: Wednesday, January 13th

Time: 6:30 to 10:00 pm

Location: Boardroom, Thunderbird Sports Centre

Instructor: TBA

Cost: TBD

Design a Basic Sports Program (4 hrs) – Outline the structure of the sport program using training and competition events. Compare the major orientations of the coach's own program to those proposed by the NCCP in terms of athlete long-term development. Assess the athletic development opportunities offered through the program and identify possible options to address identified weaknesses. Interpret information contained in a sample program designed for a family of sports and identify training priorities and objectives at certain periods. Establish a link between a program's training priorities and objectives and the content of practice sessions on a weekly and daily basis. You already have this complete if you have taken the Competition Introduction Theory Part B course.

Day: Wednesday, January 27th

Time: 6:00 to 10:00 pm

Location: Boardroom, Thunderbird Sports Centre

Instructor: TBA

Cost: TBD

Prevention and Recovery of Injury (7.5 hrs) – After finishing this module, coaches will be able to design a personalized Prevention Action Plan that will enhance their athletes' performance and assist in the prevention of injuries. In particular, they will be able to identify injuries common in sport and methods of preventing them.

Day: Wednesday, February 10th and 24th

Time: 6:00 to 10:00 pm

Location: Boardroom, Thunderbird Sports Centre

Instructor: TBA

Cost: TBD



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“Take the attitude of a student; never be too big to ask questions; never know too much to learn something new.” – Og Mandino

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