

PRINCE GEORGE
YOUTH SOCCER ASSOCIATION

2021

Coach Game-Day Checklist
Expectations/Certification/Equipment



Section	Page
Message from the Club Manager/Club Information	1
Club Contact Information	1
PGYSA Programming Structure	2
Opening Day & Supporting Information	3
Coach Game-Day Checklist	4
Preferred Club Development Player Formations	6

MESSAGE FROM THE CLUB MANAGER

“Never forget where you came from, never forget where you are going and never forget those who have helped and supported you along the way”. This is a creed I live by every day. Born and raised in Prince George until I was 19 years old, my family and the soccer community played an important role on my path to become a Husband, Father, Sport Scientist, Coach, Educator and Director.

After a subsequent twenty-one-year journey throughout the USA and Canada, the opportunity to come back home presented itself in early 2018. I cannot thank those who have made the dream of guiding and supporting the Prince George soccer community enough, nor the athletes, mentors, peers, co-workers and sport scientists/professors, I have had the privilege of working with over the past two decades.

Relationships and partnerships are at the core of my developmental philosophy. Today’s younger generation desires belonging, being valued and heard, while being part of something bigger than us all. Although a dedicated framework and structure are integral to the overall success of any ‘system’, building a community connection and a family-based environment is what drives long term sustainability and viability.

Every participant deserves the opportunity to strive for their individual dreams and goals. Our responsibility as life-coaches is to open as many doors as possible and push aside roadblocks that inhibit the success of our youth. The internally driven participant wearing the badge of a Club that is dedicated to the collective success of its members, is a united and relentless force.

We are one, we are united, we are PGYSA/IMPACT.

Sincerely,

Coach Terrol G.G. Russell

CLUB INFORMATION

General Information

- To contact the Club for information, questions, or queries, please email impact@pgysa.bc.ca
- Club Website (HTTP:) pgysa.bc.ca
- Club Contacts: <https://www.pgysa.bc.ca/page/show/5362959-current-staff-and-board>
- Clubhouse and Rotary Field Address: <https://www.pgysa.bc.ca/page/show/6215056-contact-us>

Club Policies/Procedures/Codes of Conduct

- Policies & Procedures: <https://www.pgysa.bc.ca/page/show/6253302-policies>

CONTACT INFORMATION

INDOOR SOCCER OFFICE/CLUBHOUSE

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2021 PGYSA PROGRAM STRUCTURE

PHYSICAL LITERACY SOCCER (3-5 YEARS OF AGE)

The U3/U4/U5 Physical Literacy Soccer program is focussed on fundamental movement skills development, fundamental soccer skill development, is an introduction to group-based interaction and is also an opportunity for parents to be involved with their child(ren). The parent/guardian & child play together informally in an environment promoting running, jumping, twisting, kicking, throwing, catching, tumbling, etc. Staff Coaches run the sessions and parents may participate on the field with their child.

SESSION DURATION:	One session weekly - 45 Minutes with 15 Minutes of free time.
COMPOSTION:	Coed. Agility and Coordination exercises finishing with a Game-related activity.
COACH STRUCTURE:	Staff Coaches and Parents work together with small group of children.

ACTIVE FOR LIFE - GRASSROOTS YOUTH GAMES (6-8 YEARS OF AGE)

A continuing focus for this group is Physical Literacy development but with the addition of more ball integration through games. Coaches conduct a warm-up with the players, where we instill a focus on full body movement. Centred around a fun and active learning environment, young players start to learn how to play the game within a small group. The focus is on encouraging each player to gain a love for soccer and a love for playing with a ball at their feet. Building a foundation at this early stage help to build competence, confidence and added enjoyment.

SESSION DURATION:	60 Minutes
COMPOSTION:	Coed. 15-minute warm-up activity with an approximate 40 min game/5 min halftime.
COACH STRUCTURE:	Club Staff Coaches oversee all games. Volunteer bench support can be provided if required.

ACTIVE FOR LIFE - GRASSROOTS YOUTH GAMES (9-11 YEAR OF AGE)

Players graduate into the next level of teaching at the Grassroots level. Warm-up includes the ABCs of movement: Agility, Balance, Co-ordination. Movement/exercises are designed to promote an added feel for the ball. Players will be introduced to concepts that promote co-operation between small groups of players. By the end of the season our goal is for the players to gain a deeper understanding while building additional game intelligence and decision-making ability.

SESSION DURATION:	60 Minutes
COMPOSITION:	Coed. 15-minute warm-up activity with an approximate 40 min game/5 min halftime.
COACH STRUCTURE:	Club Staff Coaches oversee all games. Volunteer bench support can be provided if required.

ACTIVE FOR LIFE - GRASSROOTS YOUTH GAMES (12-14 YEARS OF AGE)

The U12/U13/U14 Active for Life Grassroots League is a fun league for youth players that are looking to stay active and connect with other people their age. Social development and health and wellness is the main focus as it helps to transition players into the Active for Life stage of Long Term Player Development. During each game all players show up at the field together, where teams are made and we just 'play'. Club Coaches help the players with technical and tactical instruction, in order to help each player, have long term soccer enjoyment.

SESSION DURATION:	60-75 Minutes
COMPOSITION:	Coed. 15-minute warm-up activity with an approximate 40 min game/5 min halftime.
COACH STRUCTURE:	Club Staff Coaches oversee all games. Volunteer bench support can be provided if required.

OPENING DAY & SUPPORTING INFORMATION

EQUIPMENT

- Check the schedule to see what field your team plays on.
- On opening night, all your team jerseys will be at your bench.
- A bag of balls and a set of cones (pinnies will be available if required) will be between the benches.

TIMING OF MATCHES

- There is approximately an hour available for the matches.
- Warm-up should be 15-20 minutes depending on temperature.
- Two halves should be no longer than 20-25 minutes in length, with a 5–8-minute halftime. If you go a bit over time that is fine. This may happen because of injury, players running late due to a traffic accident, etc.
- Younger group game lengths are toward the shorter end of half length, older groups at the longer end for half length.
- If the coaches wish, they can have a halftime chat with both teams together at the same time.
- Be sure to give the players time to have a drink of water and catch their breath as they come off the field.

COACHING & OFFICIATING MATCHES

- Due to the Pandemic, there was not enough time in the schedule to certify referees for this season.
- The game rules are provided in the next section. Coaches and players are responsible for officiating their own games.
- Coaches are encouraged to be on the field with the players and helping them as they play.

PLAYERS ON THE FIELD DURING GAMES

- Physical Literacy Soccer (3-5)
 - There will be approximately ten players in each group. During the game-related activity phase, the coach can play 3v3, 4v4 or 5v5. This may change with attendance. Groups can combine and work together, if needed to make up numbers.
- Active for Life (6-8)
 - 5v5 or 6v6. (Playing without goalkeepers is preferred. However, at this age you may find that players want to play as a 'Goalkeeper'. Encourage these players to engage in the play and move up the field away from goal.
- Active for Life (9-11)
 - 7v7 or 8v8 (Goalkeepers are permitted at this age. Make sure to rotate the Goalkeepers so everyone has a chance to play in goal.
- IMPACT Competitive League (12-18)
 - 9v9 or 10v10

3-5 SESSION GUIDELINES

- Size 3 balls
- Session Leaders with no formal games
- Coach plays a new ball when ball goes over sidelines. Optional is for the players to dribble ball back into the grid.
- All players are involved in activities. Some players at this age may want a break or get distracted.
- Small pop-up goals for game-related activity

6-8 & 9-11 GAME RULES

- 6-8
 - Size 3 or 4 balls
 - Game Leaders instead of referees
 - Pass-in or dribble-in when ball goes over sidelines. No throw-ins.

- Retreat line is halfway
- No Offsides
- Fair playing time for all players
- Maximum goal size 5'x8'
- 9-11
 - Size 4 balls
 - Game Leaders instead of referees
 - Pass-in or dribble-in when ball goes over sidelines. No throw-ins.
 - Retreat line is 1/3 field
 - No Offsides
 - Fair playing time for all players
 - Maximum goal size 6'x16'

*****Encourage all players to take a touch to control the ball. Smashing the ball off a first touch is NOT encouraged, as it can cause head injuries and does not promote development.**

COACH GAME-DAY CHECKLIST

TEN CHARACTERISTICS OF A PGYSA GRASSROOTS COACH

- Good role-model
- Professional Appearance
- Punctual
- Good teacher
- Friendly
- Good listener
- Good communicator
- Youth developer
- Motivator
- Planning & Preparation

GAME-DAY PROCEDURES

Tips on Preparation

- Maintain an attendance list. This helps define game time or who is named in the starting lineup.
- Arriving early helps set a standard for the players and builds a routine.
- Set aside time at the beginning or at the end of the game to communicate the key-learnings to the players.
- Make sure to have a game plan in advance, even if it is a rough draft.
- Try to maintain a notebook where your coaching notes and sessions plans are kept.

Match Day Procedures

- Prior to Match
 - Introduce yourself to the opposition Coach(es).
 - Introduce yourself to the officials.
 - If awaiting information regarding field condition or referee availability, ensure the athletes are continuing to be active and not stationary.
- During the Match
 - Keep halftime talks short and simple.
 - Allow the athletes coming off the field at least two minutes to recover to resting heart rate, prior to providing information.
 - Try to sit on the bench with the athletes; only one coach is to stand at a time to provide information.

- Provide a maximum of three pieces of information to the athletes at halftime and make sure they relate to the pre-game talk.
- Make sure to stay calm and involve the athletes in the process.
- After the Match
 - Debrief should be 5-8 minutes maximum in length.
 - Try to always finish on a positive note.
 - Be aware of the information being provided, as it may be better to leave constructive criticism until the following training session.
 - Record any injuries that happened during the match.
 - Take any notes regarding the match (e.g., identified athletes) quickly as it will be fresh in your mind.
 - Return all equipment to the concrete pad outside the entrance to the basement.

What do I say as a Coach?

- Pregame Examples
 - What is our team shape?
 - Why do we use Triangles and Diamonds?
 - When do we dribble?
 - When do we pass?
 - How many fakes or feints can we try today?
 - Can I challenge you to be creative?
- Halftime examples
 - When the ball is in our end, what do we want to try and do?
 - When the ball is in the opponent's end, what do we want to try and do?
 - If an opposing defender is blocking our path to goal, what should we do?
 - If there is an open path to goal, what should we try and do?
 - If we shoot on goal, should we try to be close to the goal, or far away?
- End of the game examples
 - What were three things we talked about today?
 - What worked really well?
 - What can we work on more next time?
 - What is our goal next game?

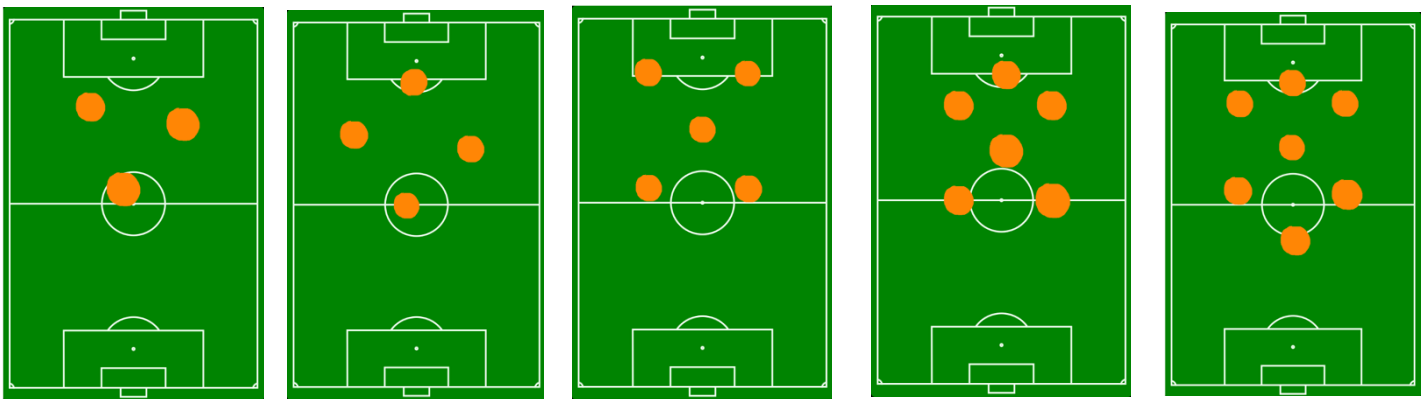
5 Core Club Non-Negotiable Pieces of Advice for Success

- Strive to ensure the ball and athletes are in motion at least 80% of training session.
 - Ensure your session design has the athletes actively engaged at least 80% of the session. This includes movement training, technical training, and small sided games.
 - Ensure each athlete is provided at least a ¼ of the training session, individual time to get as many touches as possible on the ball.
 - No Lines/No Laps/No Lectures
- Keep the information simple.
 - When providing feedback be sure to keep it simple and provide only one or two pieces of information at a time.
 - Make sure the session design on the pitch is color coded, to make it easy for young athletes to differentiate boundaries, zones, etc.
 - Use contrasting colors so athletes with color blindness can differentiate.
 - Have pinnies laid out in the field area the athletes to position themselves.
 - Adjust the size of the grid to keep the athletes challenged and active.
- Maintain positivity and let the small stuff go.
 - Try to put a positive spin on any constructive criticism.
 - Focus on your topic and focus less on irrelevant actions.
 - Athletes make mistakes. Encourage them to experiment and express.
- Reinforce development is a long-term investment.
 - Soccer is a very complex game and takes years to learn. Educate the athletes so they understand how to learn from errors and mistakes.
 - Reinforce hard work through effort-based feedback and not talent-based feedback.

- Praise process and not just the end result.
- Guide and Facilitate the Learning.
 - Don't just give the athletes the answers. Make sure they work for it and think critically.
 - Give the athletes time to work through problems themselves and discover solutions. Who says we are right? Many times, we can learn from the athletes, as they are the ones actually involved and integrated in a session or a match.
 - Lead and Guide instead of Dictate.

PREFERRED CLUB DEVELOPMENT FORMATIONS (NOT INCLUDING GOALKEEPERS)

3V3 - 4V4 - 5V5 - 6V6 - 7V7 - 8V8



9V9 - 10V10

