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Happy New Year

We are entering another year and Soccer Nova Scotia are working behind the scenes to make 2015 one of the most successful years to date.

The following initiatives/events to look forward to in 2015:

- **Launch of the Best Practice Manual**
- **Launch of the new CSA C License coaching course**
- **Continued travel opportunities for our provincial programs**
- **Introduction to online workshops and seminars for coaches & administrators**
- **FIFA Women's World Cup**

We look forward to the challenges ahead and continued efforts to develop and move the game forward.



Mike Whyatt
Director of Coaching

Importance of Coach Education...

Coach Education is critical to the success of soccer in Nova Scotia and across Canada. Why it is important for anybody who is coaching players to have the appropriate certification.

Most youth sports coaches are unprepared for their position. Studies show that only 5-10% of youth sport coaches have received any relevant training. We know most coaches sign up because their own child is on the team and no one else volunteered. The next thing they know it is the first day of practice and they have a whistle and clipboard – but no formal training. Why does this matter? Why be concerned about providing coaching education or certification to coaches?

Quality trained coaches benefit children, youth sports programs and communities in countless ways. If volunteer coaches are comfortable and confident in their abilities to work with children and coach the sport, they will feel like – and be – an extremely valuable part of the youth sports program.



Soccer Nova Scotia provide through the seven regions across the province the CSA Community Coaching Courses: Active Start, Fundamental, Learning to Train & Soccer for Life.

These courses will be announced around the middle of February and are usually held in the spring and summer months.

Please refer to your regional organization website or www.soccers.ns.ca for more information related to these programs.



CSA Preferred Training Model for Grassroots

An overview of why clubs should adopt the efficient preferred training model

Highlight

With over 250 players and 26 coaches over ten teams. SNS will take each team away travelling to enhance their development by playing against the best competition.



Soccer Nova Scotia March Break Soccer Camp 2015

Soccer Nova Scotia's Technical Department is pleased to be offering our 13th annual five-day March Break soccer camp from March 16th – 20th. The aim of the camp is to provide an opportunity for players between the ages of 9 and 12 to be involved in a positive soccer camp experience in a fun and enjoyable environment.

Information & Cost

Each participant will receive:

- Camp T-shirt
- Umbro Ball

Fee \$145

Register online or using the form available at
www.soccerns.ns.ca

Maximum number of registrants is
50 boys and 50 girls.

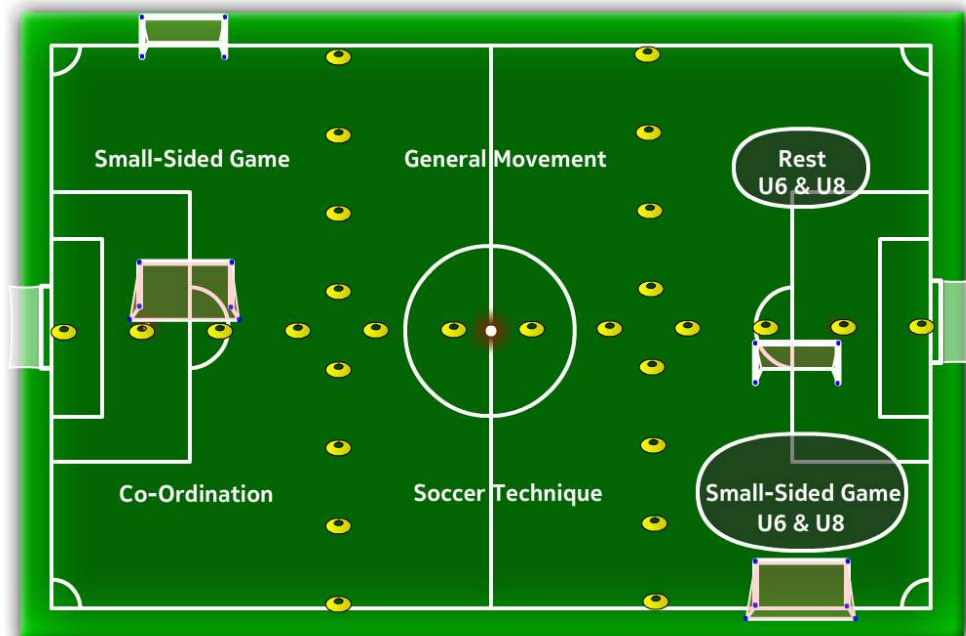
CANADA SOCCER PATHWAY: OUR PREFERRED TRAINING MODEL

Canada Soccer recommends a “station” approach to training. Players move from one skill-building activity to the next at regular intervals. The time spent on each activity varies based on the age of the player.

This method is not only more fun for young players who tend to have short attention spans but also allows training sessions to be tailored to a

team's individual needs, depending on the number of players, the number of parents and coaches present, and the available facilities.

Each training session is built around four activity stations, one focusing on General Movement skills, one on Co-ordination, one on Soccer Technique and another on Small-Sided Games. Addressing all four of these training “pillars” at each practice session



Bedford Soccer Association



<http://www.bedfordtitans.com/>



Club Age: 45 years old. Started in April 1970.



Members: Bedford & Surrounding Area



Core Values:

- Integrity
- Equality
- Transparency
- Excellence
- Diversity
- Inclusivity



TD: Mike Ayyash



Vision: To grow the love of soccer in our community.



Mission: To provide opportunities for our soccer community to develop its' full potential in a fun and positive environment.



Members: 1100 players from 3 to senior age

Bedford Soccer Association (Established 1970) currently has 1100 members across U4 to seniors.



Club Under the Spotlight

Bedford Soccer Association is committed to creating a fun, positive and above all, safe playing environment for our members. We believe it is our duty to provide a high quality program to each and every Titan so that they will continue to play the game "for life".

Our technical focus revolves around developing our players: technically, physically, socially and mentally. We want our teams to play with skill and intelligence, always working hard and competing in the correct spirit of the sport. One way we do this is to continually look for ways to support our coaches.

Last Spring, we rolled out the "Respect in Soccer" program, which provides fundamental training tools to enable all coaches to become better role models to young athletes in their care.

This past Fall, the board of directors hosted a Strategic Planning session and invited all interested members and volunteers to participate. The outcome was a renewed club mission, vision, core values, and four main strategic objectives for the next 5 years. Work has begun on those objectives and by Spring 2015 we will have a coaching curriculum for every age and stage, along with training sessions which can be accessed via an online session planner software tool.



Coach Interview - Yann Artur



An interview with Cape Breton FC's tier one U14 girls head coach.

Biggest role as a coach

To create an environment that is inviting, safe and conducive to learning. To find the right balance between leading, coaching while remaining compassionate towards the players.

Characteristics in a player

Their desire to wanting to be on the pitch, wanting to learn and wanting to play to their potential.

Balance between personal life and soccer

Recognizing that when I leave the pitch there is another life at home, that has been a bit of a challenge, I can be over passionate about the sport and just want to keep getting involved.

Biggest challenge

I have tendency to jump in a bit too early to provide corrections, over coaching perhaps as opposed to letting players find their own way.

Rewarding Moment

Every time I set foot on the pitch is a rewarding moment, you know at each session someone is going to do something you never expected them to do. To simply see the smiles on the kids face when they enter the field, to get the high five at the end of practice, to get to meet so many players and parents, coaches are all rewarding moments.

"Every time I set foot on the pitch is a rewarding moment, you know at each session someone is going to do something you never expected them to do. To simply see the smiles on the kids face when they enter the field, to get the high five at the end of practice, to get to meet so many players, parents, coaches all rewarding moment."



Coaching Methodology



Keep information brief and positive



Show them what you want
Demonstrate the activities and games



Parents can assist with reinforcing your coaching information



Keep the environment positive and happy



Lots of praise and celebrations
– High Fives!



Encourage and celebrate success



Be flexible, allow the players to deviate and be creative.



Keep it safe



YOUR GOALS. OUR GAME.



Download the Canadian Soccer Association Coach Tool Kit for FUNdamentals at: [http://www.canadasoccer.com/files/CanadaSoccerPathway - CoachsToolKit FUNdamental-](http://www.canadasoccer.com/files/CanadaSoccerPathway-CoachsToolKit_FUNdamental-)

FUNdamentals is stage two on the Long Term Player Development model adopted by the CSA in 2009



FUNdamentals "Fun with the ball"

Fundamentals - Best Practice

Philosophy - "Fun with the Ball"

Skill development at this stage should be well structured, positive and FUN and should concentrate on developing the ABC's of Agility, Balance and Coordination plus Speed. Coaches should create a stimulating learning environment where the atmosphere is about freedom and fun.

Introduction to SSG

Learning to understand the movements going on around them is a critical skill to be developed at this age. Playing small-sided games 3v3, 4v4 etc. can develop a player's ability to read what others are going to do (the play) based on their movements.

Let your players make decisions, expose them to working out problems.

Preferred Training Model

The philosophy underlying the Festival format is to focus on FUNdamentals and to emphasize skill development and movement through games and activities. These activities must promote a feel for the ball while teaching basic principles of play within a fun but structured setting.

Multi Sport

At this stage, players should participate in a variety of additional activities. Swimming and well-structured gymnastics programs are recommended to enhance the full range of basic movement skills and physical literacy

Practice Recommendations

- Create a stimulating learning environment where the atmosphere is freedom and FUN.
- Organize your practice to have all the children active, all of the time.
- Playing situations work best for teaching understanding and basic game sense.
- Game formats can progress from 3v3 to 5v5 as the children grow.
- During small-sided games everyone should play all positions.
- Let your players make decisions, expose them to working out problems and coming up with solutions.

Player Interview

Denis Kaptain of Dartmouth plays for Dartmouth U14 Boys and is a current member of the SNS U13 Provincial Boys Program.

How did you get started in soccer?

When I was really young my favourite game was kicking the ball against our basement walls with my grandfather. So my parents found a club that I could really kick the ball.

I started to play when I was four years old with Dartmouth United just to have fun with the ball and play with friends. I have stayed with Dartmouth United and now with DFC for almost 8 years.

Did playing other sports help improve your skills as a soccer player?

I also run and ski.

I do longer runs, local youth marathons like Bluenose, Natal Day Run and participate in Youth Running Series every year. In running I learn to pace myself which compliments soccer very well. I learn to control my energy for longer time periods and accelerate when needed. Also running is an individual sport which helps me to learn to focus and handle pressure in competition.

I do recreational down hill skiing which is fun and requires me to make quick decisions, a lot of attention and balance. It helps me to overcome my fears and think really fast going down the slopes.

Who is my favourite soccer player?

Messi is my favourite player now-a-days but he is not the only one. I like a lot of soccer players from different eras because of their different skills or style of play.

Like, Yaya Toure, Cristiano Ronaldo, Ryan Gigs, Paul Scholes, Eden Hazard, Alexis Sanchez, Diego Maradona, Dennis Bergkamp, Zinedine Zidane and many more.



You have recently attended Manchester United Soccer School in the UK, what can you tell us about the experience?

At the Soccer School Camp in Manchester, I got to meet lots of different young soccer players from around the world. Even though we all play "football" I thought that every country player had a different style of play that I got to experience. I learned that strategy is as important as skill and being an explosive and fast player is the key which I am working on every day!

At the end of the camp, being selected as the best player and invited back to Manchester to compete at World Skills Challenge was a moment that I will never forget in my life!

When I returned in November and getting the chance to meet some of my heroes like Van Persie, Rooney, Di Maria, Mata and getting the chance to be a spectator at a professional game with hundreds and thousands of people was an incredible experience.

NEXT ISSUE



SNS Best Practice



Social Media Generation



Coach Interview



Player Interview



Best Practice - Learning to Train



Club under the Spotlight



Coach SNS U13 Provincial Staff

Session Date 17th January, 2015

Theme Individual Defending - Technical - Closing Down

Team/Age Group SNS U13 Boys



Notes/Coaching Points

Defending Technique - Three/Four Groups

Players work to the three cones in the correct defensive stance depending on which cone they close down.

- 1) Through the gate, turn and recovery run
- 2) Header
- 3) Get across to stop the goal
- 4) 1v1
- 5) *No crossing

Coaching Points:

Close down, Slow Down, Get Down & Stay Down



1v1 Championship - Two Groups

Players score a point every time they score in 1v1 game (Below).

Players get to join the 1v1 game by scoring three times in a row in their 1v1 game (Top). They nominate a player to leave the 1v1 and replace them.

Coaching Points:

As above plus patience and wait for a poor touch to win the ball. Recognize players weaknesses and force them to play on them.



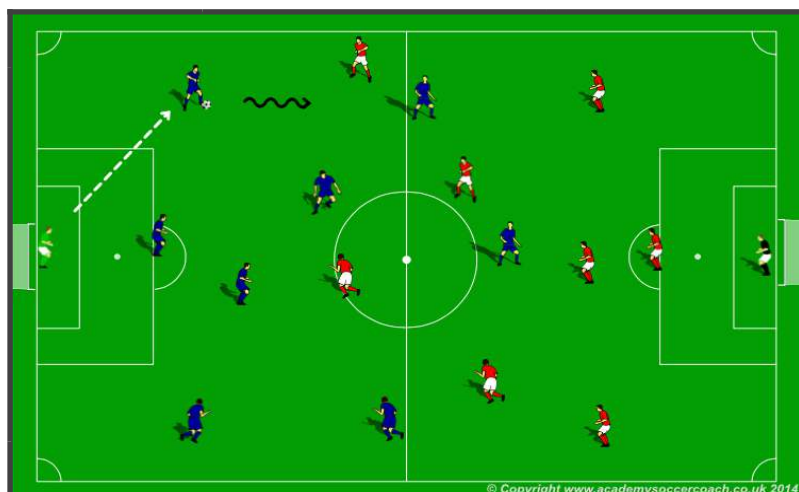
Defending SSG

Split the squad into four teams of four plus two keepers (two groups).

Two teams play and the other two wait at the opposite ends of the pitch. One team starts on the centre line and attacks the goal defended by the other team who are in play. If the attacking team scores they get two points and if the defending team clears the ball they get one point.

After each attack the forwards become defenders at the opposite to the one they were attacking and the defenders swap with the team waiting at the end that attacked. The game continues in this way with a series of end-to-end attacks.

Coaching Points: As above & introduce cover.



9-side SSG

Finish the session with a 9-side scrimmage. Re-enforcing the coaching points made throughout the session.