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Welcome

Thanks for taking the time to read the SNS newsletter. This is the best place to stay up to date with all the latest initiatives and programs related to SNS.

We are delighted to introduce the new logo to promote all things relating to community soccer, LTPD & coach education. In addition, we are in the final stages of ensuring that all regions are scheduled for a Best Practice workshop this summer.

This issue of the newsletter is our biggest yet, with us reviewing a number of contemporary issues relating to Mandatory Coaching, Events aligning with LTPD for Learning to Train & the identification process for the SNS U13 Provincial program.



Mike Whyatt
Director of
Coaching

Soccer Nova Scotia Community Soccer

Soccer Nova Scotia has designed a new logo specifically for the growth and development of the game at the community level.

When you attend a Soccer Nova Scotia workshop or review documentation published related to coach & program development you will likely be presented with this new logo.



Stick Family

The logo incorporates the Soccer Nova Scotia badge along with a soccer family of four holding hands. This promotes that the game is for all ages and stages and should be inclusive and available to all. In addition, the reflection of the family holding hands shows that they are together and united, which is essential for the Soccer Nova Scotia family of regions and clubs in order to make the necessary change to improve our sport.

We must begin with making the changes as a consistent group and ensuring that the information is being communicated throughout Nova Scotia.

Best Practice

This begins this summer with attending your region/club Best Practice workshop, which will review all the material and tools as outlined in the Best Practice Manual.

[Download your copy of the Best Practice Here](#)



Coach Education

Why Soccer Nova Scotia is moving forward with Mandatory Coaching Standards at all levels of the game.

Concern

During the winter indoor season of 2014/15, SNS did a survey of coaches to see who had taken training. The results showed over 42% of coaches were untrained throughout Nova Scotia.



Soccer Nova Scotia NCCP C License Coaching Course

Soccer Nova Scotia has scheduled the first C License course for Nova Scotia during the weekends of July 25th-26th & August 1st-2nd from 8am to 6pm at the BMO Soccer Centre in Halifax. Successful applicants must complete all four days in order to qualify for their evaluation.

It is open entry to those 16 years of age or older who are serious about coaching. Preference will be given to coaches working with Tier 1 and Tier 2 players.

This program is divided into 2 parts with different fees for each part:

- 1) Workshop (\$325)
- 2) Evaluation (\$125) - Register once completed workshop and portfolio

Course fees include 40 hours of training, course materials, facilities, and more. This is a non-residential program with travel and accommodation being the responsibility of the candidate.

The level of importance associated with coach education is relatively contemporary and still under developed throughout Nova Scotia. Regardless of the sport and club, coach development is more than likely the least budgeted line of operation, least discussed topic at board meetings & least amount of operational hours that staff focus on. Yet it is the biggest factor for growth in player membership and player development, which is the main priority of all sports and clubs across Canada. Therefore, the question that we should be asking is why would we ignore the following benefits:

- Increase the base of coaches by retaining volunteers due to them gaining confidence and enjoying their coaching experience.
- Empower volunteers by feeling a part and understanding the clubs mission statement and philosophy
- Better programming due to the improved knowledge of the coach and bigger base of coaches available creating an appropriate player to coach ratio.
- Overall increase and acceleration of player development from coaches who effectively know how to challenge the players.

- Increase of player registrations, resulting in an increase in capital impacting the ability to invest in programming.

The standard practice in Nova Scotia for identifying and selecting coaches needs reviewing, it is an after thought and usually results in a parent volunteer being either: a) nervously agreeing to coach with minimal understanding of the game b) being forced into coaching otherwise their child will not have a team.

"It always seems impossible until it is done."

~ Nelson Mandela

The conclusion of this outcome means that players are more likely to have an unequal experience, based on the coach they received through the coaching lottery and ending with a coach who is more than likely never to coach again and a percentage of players who quit the game based on having a poor experience.

Details regarding this initiative to follow towards the end of 2015.

Regional Training Centre

March I.D Showcase 2015

An overview of the process to be selected for the Provincial U13 Program in 2015/16

Highlight








With over 215 players, 7 regions, 8 teams, 32 games, 1 Rex vs Provincial game & 25 junior staff, 2015 event was one of the best to-date.

Regional Training Centre

Under the Direction of Soccer Nova Scotia's Technical Department, Regional Training Centres have been established in seven centres across the province. The aim of these programs is to develop both players and coaches at the regional level. The Regional Training Centre Program also provides consistent development for selected U12 players, with an aim of improving clubs, districts and provincial teams.

Schedule

All regions U12 RTC programs will train a minimum of once per week over a 15 week period starting November and ending in March. The centres in operation are:

-  Cape Breton
-  Halifax
-  Harbour East
-  South Shore
-  Suburban
-  Valley
-  Highlands



March ID Showcase

On March 21st & 22nd the Province's best players at U12 on both the male and female sides attended a two day I.D. showcase event at BMO Soccer Centre to compete against the regions best across Nova Scotia.

The format of the showcase is for each team to play four games over the weekend and with the alignment to LTPD and the removal of recognizing a winner allows the players the opportunity to express and showcase their abilities without any added pressure.

Furthermore, the event this year added a showcase event

for those aspiring players and to observe the standard of play in the Provincial & REX programs with the REX girls facing the U14 Provincial boys squad.

Congratulations

Congratulations to every player who attended the event, as they held themselves to a very high level of performance and demonstrated that the quality at the U12 level is improving from year to year.

In addition, we were very grateful to the volunteer provincial players, who spent the entire weekend assisting with the smooth running of the event, ranging from selling tickets, assisting teams and managing the entertainment system.

Sackville United



www.sackvilleunited.ca



Contact Info: Nicole Gaudet
programadmin@sackvilleunited.ca



Members: Sackville, and surrounding areas



Membership: Approx. 800



Club TD: Nicole Gaudet



Senior Technical Staff – Summer 2015:
Chad Denny, Kevin O'Carroll,
April Trowbridge and Melissa Gaudet



Sackville United Soccer: is committed to offering high quality programming in a fun, safe environment and provide opportunities for players of all ages and all skill levels to participate in the sport and grow in the soccer community.



Sackville United Bruce Wagner Tournament: August 7-9th 2015

Sackville United currently has 800 members across U4 to seniors.



Club Under the Spotlight

Sackville United Soccer Club is a local non-profit organization based in Sackville, Nova Scotia that offers programming for players of all ages U4-Senior. SUSA is committed to offering a fun, positive and safe environment and strives to provide high quality programming to our players and ensuring our players have an enjoyable soccer experience! Sackville United is a member of the Suburban region and is committed to offering our players various levels of training opportunities.

Our technical focus is to ensure our players are developing: technically, physically, mentally and socially while still maintaining players are having fun within our programs! We want our players to represent SUSA in a positive and respectful manner in training, league play and tournament play both on and off the field.

We encourage our players to train hard, play with intelligence and implement individual skills and team tactics instead of measuring success by team wins and losses. This philosophy has allowed our programs to expand and become more enjoyable and in turn – more successful.

We are anxiously looking forward to kicking off the 2015 Summer season with expanded programs - ensuring that we are able to offer programs for all players at most levels in every age division! We have also added new and exciting training program enhancements for our academy and recreational players to assist them in further developing their skills and optimizing their club experience in addition to their regular club programming! We have also added a new senior co-ed team to our programming to ensure that players of all ages and skill levels have the opportunity to participate in the sport to encourage 'soccer for life'.

Sackville United will again be hosting our Annual Bruce Wagner Soccer Tournament that is set to take place August 7-9th in Lower Sackville, Nova Scotia! We hope to see your club presence there!

SUSA would like to thank the club executive members and the volunteer coaches at the club that dedicate countless hours to ensuring our club is a success! We would like to also wish all clubs a successful 2015 summer season!



Coach Interview - Sean François

An interview with Dartmouth United Mini Coach.



Biggest role as a coach at the younger age groups?

I believe a coach's biggest role at the younger age groups is to be an advocate of the game by teaching the basics and fundamentals, all while making the game fun and enjoyable. By helping to foster a love of the sport even in the early stages and modified versions of soccer that the younger kids are first exposed to, they are building the foundation and path to continued participation; whether recreational or competitive but for the long term.

How do you measure success of a session at the young age groups?

I feel that a session is successful when the players are showing signs of improvement in their fundamentals and understanding of basic rules/laws, when they have learned a new skill or are attempting to use new skills, and that they are having fun while doing it. Seeing teamwork in action during scrimmages or any team oriented drills/games always excites me.

How do you manage your time with volunteering as a coach and your personal life?

Life is all about having a balance, and you can achieve that more easily through positive support and encouragement from the likes of family, friends, and your employer. Ensuring you make time for yourself, family, and friends off the pitch and outside of work is important as well. Those outside influences, interests, and experiences can help provide different perspectives which can, in turn, positively impact one's coaching mentality and approach.

Biggest challenge in soccer you have seen?

The biggest challenge I've seen in soccer is ensuring that ALL of the children participating at Mini & Grassroots levels receive a similar level of coaching instruction. Many of the coaches at the mini level are parent or youth volunteers who may or may not have been formally involved in soccer previously, and may not have the same level of coaching experience.

I believe that the Canadian Soccer Association coaching certifications and new stations/circuit model adopted by Soccer Nova Scotia and the CSA will and have already gone a long way to improving this, by ensuring that children across the board at the Mini level are getting a more standardized & increased level of coaching no matter which club or association a child participates in.

Describe your most rewarding moment as a coach?

My most rewarding moment as a coach was having the opportunity to coach a young player, over a span of 2 seasons at U6 & U8, who has Down syndrome. I wanted to ensure she had the same level of fun and overall experience as all of the other players on her team. Her teammates treated her like every other teammate, but also gave her encouragement. It was a pleasure to coach this young player, and I was always excited to see her engage in the various games, drills, and scrimmages all while helping to provide her with a fun, positive experience as she learned & built new skills along with her teammates.

“The biggest challenge I've seen in soccer is ensuring that ALL of the children participating at Mini & Grassroots levels receive a similar level of coaching instruction”.



Soccer Nova Scotia Player Development Pathway

An overview of the revised SNS player development pathway.

Highlight

Clear diagram showing the process from starting in soccer to playing in adulthood.

Reviewed Pathway

Soccer Nova Scotia has reviewed the player pathway and made contemporary changes to reflect the inclusive nature of player development.

The main key changes displayed:

- Three streams of participation: Foundation/Community, Academy & Performance

- Outlining Nova Scotia program terminology into the LTPD stages

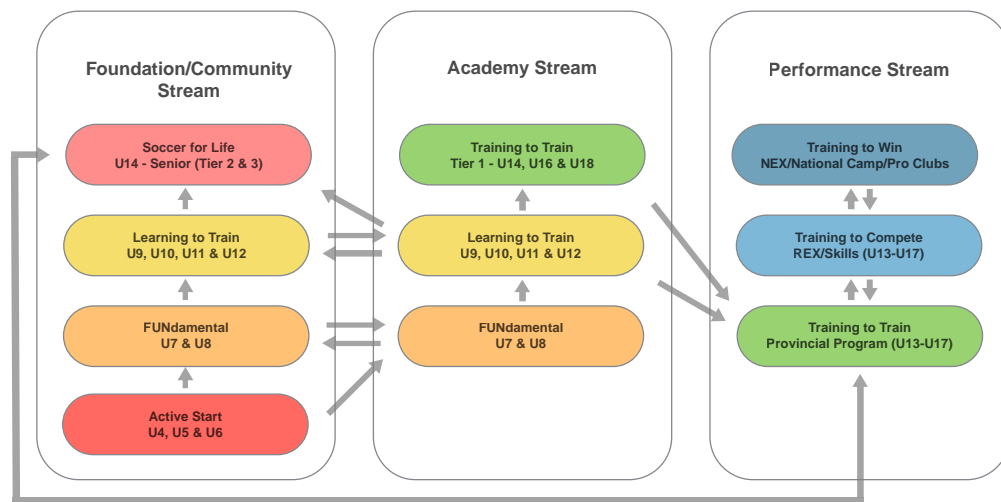
- Identifying the process with clear in & out opportunities and the direction to the top

Three Streams

LTPD is a best practices framework but there is a need to reflect and understand what our players need and be adaptable where necessary. In the earlier stages of FUNdamentals & Learning to Train, programs must adhere a development philosophy and ensure that the love for game is obtained.

However, clubs must be aware that both these stages do have a separate stage:

- Recreational & Fun
- Committed & Challenging



Soccer Nova Scotia Player Development Pathway

Hence the reflection within the SNS pathway, if we don't separate these players programs will lose players!

Why? The players who are there simply there to participate at the recreational level will not get to play the game and touch the ball, if grouped with the more committed and further developed players. Furthermore, those players who need challenging will become complacent and potentially move to a program that offers the above or worse... quit!

Selection & Grouping

Therefore the confusion is then if we should have formal tryouts at U8... this would be the wrong approach and discourage players

from registering or playing. Clubs can informally separate players either after the first few sessions of the program beginning or group them on a week-to-week basis and use the CSA Preferred Training Model (outlined in last months newsletter).

Free Movement

Regardless of the direction of the club, it is essential that there is free movement between programs, teams & sessions to reflect that players develop at different stages and need to always play against their appropriate level of competition.

U10 & U12 Summer Events Aligned with LTPD

The following events have aligned themselves with LTPD for both U10 & U12 in the Learning to Train stage with having no standings, scores, overall winners and the right format of the game pertaining to size of field & numbers for that age group.



Allt Tournament

May 15th-18th @ Mainland Common, Halifax, NS

www.allttournament.com

allttournament@hotmail.com



Gunn Baluderson

July 3rd-5th @ Acadia University, Wolfville, NS

<http://www.gunnbaldursson.ca>

sports@acadiu.ca



South Shore Exchange

July 18th-19th @ Bridgewater, NS

www.sssoccer.ca

admin@sssoccer.ca



2015 will be the first year that LTPD will be implemented at the U12 age group at an event.



SNS U13 Provincial Program Identification Process, Events & LTPD Protocols

ID Selection Process

We made some necessary adjustments this year at the RTC March ID Showcase, taking into consideration the development of a player at the U12 stage. It was decided appropriate to remove creating a list of players who are invited to the August ID camp from this event. However, personal letters were sent out congratulating those exceptional players based on their performance, approx. 30 in total. SNS felt committing to approx. 120 players in March for an event that takes place five months later is not practical.

Some players simply do not perform during this weekend, therefore it is important to consider late developers and players who psychologically/mentally need more time to adjust to these types of environments. Therefore, SNS will have representation attending the listed events (on the left side menu) who have aligned themselves with LTPD Best Practice and removed standings or overall winners from their event.

Once these events have taken place, SNS will send out an invitational list to those players in July, resulting in players getting numerous opportunities to be identified and it becoming a process rather than a one shot deal.

The ID camp will take place during August 18-20th, 2015.







Rationale for No Standings or Winners

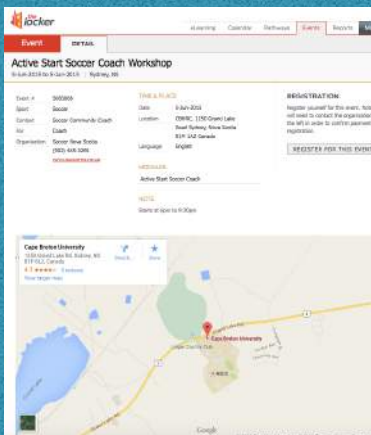
When coaches in children's leagues chase trophies and titles, and when parents criticize and pressure their children, poor player development is the most frequent result. Coaches tend to play only their strongest players, leave their "weak" players on the bench, specialize players in positions prematurely, use game tactics aimed solely at guaranteeing a win (e.g. kicking the ball down the field, not trying to create controlled buildup), and promoting a general attitude of "don't take chances – don't experiment with your skills or decisions – just play safe by kicking the ball far and away."


These problems are more easily addressed in the absence of league standings. Coaches of children's teams are easily able to justify equal playing time for all players, experiment with positions and field alignments, and promote a general willingness among players to try their skills in a game setting without being preoccupied with failing their teammates and the overall effort to "win the league."

When standings are eliminated in children's soccer below U12, games are still won and lost, and competition still takes place among the players. However, it is now far easier for coaches to pursue a broad-based approach to player development rather than a narrow view of "we must win three points today or we cannot challenge for the league title."

How to Register for a course

-  Visit www.soccerns.ns.ca
-  On the Coaches Menu click on Course Information & Schedule
-  Select the Region you are from
-  Select the Workshop 'Register Here' button
-  Once at the NCCP the Locker website you will need to Login or Register
-  Click 'Register for this Event'



 If you are unsure what NCCP Community Workshop you should attend please [click here](#)

What course is right for me?



The National Coaching Certification Program (NCCP) is here to help you be the best coach that you can be. When you take an NCCP clinic, you'll gain soccer technical abilities as well as leadership and decision-making skills. NCCP training will open doors to new opportunities in coaching and in life.

Where do you start? It's easy! Use the tool below and you're only 5 clicks away from your future as an NCCP coach!

Tell us your coaching goals

1. Select your coaching location
2. What gender are you coaching?
3. Choose your coaching division
4. Choose your coaching level
5. Choose your coaching role

Learning to Train is stage three on the Long Term Player Development model adopted by the CSA in 2009



NCCP Community Coaching Workshops

	Cape Breton	HRM	South Shore	Valley	Highlands
Active Start	<ul style="list-style-type: none"> • June 4th 	<ul style="list-style-type: none"> • May 24th • May 26th • May 28th • May 31st • June 12th • June 14th • June 19th 	<ul style="list-style-type: none"> • March 28th 	<ul style="list-style-type: none"> • May 28th 	TBD
FUNDamental	<ul style="list-style-type: none"> • June 5th 	<ul style="list-style-type: none"> • May 1st & May 2nd • May 5th & 12th • May 30th • June 12th 	<ul style="list-style-type: none"> • May 30th 	<ul style="list-style-type: none"> • May 23rd • May 30th 	TBD
Learning to Train	<ul style="list-style-type: none"> • June 13th & 14th 	<ul style="list-style-type: none"> • May 16th & 17th • June 5th, 6th & 7th 	<ul style="list-style-type: none"> • May 9th & 10th • May 23rd & 24th 	<ul style="list-style-type: none"> • May 8th & 9th 	TBD
Soccer for Life	<ul style="list-style-type: none"> • June 13th & 14th 	<ul style="list-style-type: none"> • May 29th, 30th & 31st • June 20th & 21st 	<ul style="list-style-type: none"> • May 9th & 10th • May 23rd & 24th 	<ul style="list-style-type: none"> • April 24th & May 3rd 	TBD

For more information related to times and exact locations, please visit:
www.soccerns.ns.ca

Player Interview

Adam Harvey of Fox point, South Shore plays for South Shore United FC U18 Boys and a current member of the SNS U16 Provincial Boys Program (Canada Games).

How did you get started in soccer?

I was enrolled in multiple house league soccer associations including Tim Bits at the age of seven and I felt I needed a bigger challenge so my mom put me in the RTC program at HB Studios in 2009.

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

Yes I do, I play Volleyball and Badminton and they help me as a goalkeeper for fast reflexes and quick bursts of speed

Who is my favourite soccer player?

My favourite Soccer player is Iker Casillas, Goal Keeper Real Madrid. He is an amazing leader no matter what level of competition he is playing

What has been your best experience as a player to date?

I have had many experiences but the one that stands out the most was when I was asked to tryout for the U15 East Canadian National Camp in Montreal. It was my best because I learned more of being independent and becoming a leader and I met some great people.

What are the most important traits a goalkeeper should have at a younger age?

...the most important trait a goal keeper should have at a younger age is 'not being afraid of the ball.

What are your expectations for the upcoming Canada Games program in Winnipeg in 2017?

I expect that the best players will be selected not just on skill but a great attitude also. Expectations for myself is to continue to work really hard and train and keep developing to earn a spot on the Canada Games Team.

Who has been your role model to date?

...my role model to date is my mother because of how hard she works and how much she pushes me in everyday life.

NEXT ISSUE

 Soccer Nova Scotia Provincial Spring Travel Review

 U15, U16 & U17 Atlantic Championships Results

 Provincial B License & E-Learning

 Coach Interview

 Player Interview

 SNS Best Practice Visits

 Club under the Spotlight

