



Soccer Nova Scotia

World Cup Edition



Summer Newsletter I

July 2015

Soccer Nova Scotia and the Women's World Cup

The 2015 Women's World Cup has been an inspiring event for soccer fans across our country and around the world. Soccer NS players, coaches and volunteers had some wonderful opportunities on the pitch and in the stands. Read on to find out more inside this edition of the Soccer NS Newsletter!



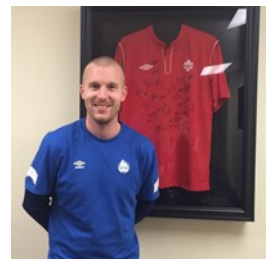
WELCOME

"Thank you for checking out the latest edition of the Soccer NS newsletter. We have had an eventful and exciting time since our last edition was released.

The Women's World Cup brought world class teams to our country. There were many moments that left us inspired as players, coaches and builders of the game. We need to take that passion and put it into everything we do as we continue to develop the game for the next generation of World Cup hopefuls.

We have been working relentlessly and are excited to be launching two new programs: The Soccer NS U12 Academy Program and the Grassroots Skills Challenge. Read on to find out more about these programs and other stories from around the province."

- Mike Whyatt, Director of Coaching



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HB Thunder FC players and staff showing their #CanadaRED spirit!



Olympian Mel Booth shows Halifax City U12 players her Olympic bronze medal from 2012.

Dartmouth United takes on WWC in Montreal

Dartmouth United U12 Girls ventured on bus to Montreal to watch our Canada WNT face off versus the Netherlands. The DU group was able to see our women bring home a 1-1 draw to finish first in their group giving them a spot in the round of 16.

The Dartmouth United players and coaches had their #CanadaRED spirit in full force dancing and singing on stages outside of the stadium, creating their own "Keep Calm We are United" t-shirts and even getting a spot on TSN.



Soccer Nova Scotia hosts Women's World Cup Events

Josée Bélanger visits Halifax

The City of Halifax welcomed Canada WNT attacker/ wing back Josée Bélanger in the fall of 2014. She spoke with our REX program and young players saying "I started the same way as all of you. I started with my club when I was five." She encouraged each player to keep working hard to reach their goals. It was a special moment this summer during the round of 16 when our Soccer NS players were able to watch Bélanger score the game winning goal versus Switzerland to give Canada a birth in the semi-finals.

WWC Trophy stops at BMO Soccer Centre

The BMO Soccer Centre hosted the WWC Trophy in April with soccer Olympian Melanie Booth and her bronze medal from the 2012 London Olympics.

During the event 10 teams took part in a WWC skills challenge working together to get top scores in dribbling, passing, shooting, goalkeeping, agility, and trivia. U16 Suburban girls came out on top winning tickets to the Moncton opening match of the WWC.

For team results for stations and age groups, click here: [WWC Skills Challenge](#).



Skills Challenge—Halifax County United U11 girls' WWC freeze frame challenge

Player Interview—Noah Lincourt

Age: 15 years **Team:** Storm SC U16 Boys **Position:** Left Defender

Nova Scotia clubs at the World Cup

There were 6 club teams from Nova Scotia that had the chance to get on the pitch during the FIFA Women's World Cup in Moncton as team escorts and flag bearers. One of the lucky athletes from Storm Soccer Club was U16 player and minis coach Noah Lincourt.

Noah's experience

Noah was a flag bearer for three matches carrying the FIFA fair play flag. He took part in the France vs Columbia and England vs Mexico group stage matches and the round of 16 Australia upset over Brazil. Being on the pitch was exciting but Noah says the comradery and team work felt in the venue was the best part of his experience.

"Just the feeling of all of us working together, to have so many teams and so many individuals come together for one goal was pretty rewarding," says Noah.

What's next

Noah says his experience at the Women's World Cup has given him a greater desire to stay involved in the game as a player. As a coach, he wants to foster that same desire in younger players.

"Seeing the passion of the players and the kids has influenced me to continue to pursue soccer later in life. Maybe at the university level or even if it's just intramural—I want to stay with the sport," says Noah. "As a coach I want to try to get the kids to love the sport and stayed involved."

Noah says he is excited to continue coaching and plans to get his provincial B license in the future. He's seen first hand the power of one ball on a pitch to bring so many individuals together. Now his job is to keep that ball rolling for the next generation of players.



Noah Lincourt (far right) and Storm SC players at FIFA WWC

"Seeing the passion of the players and the kids has influenced me to continue to pursue soccer later in life"

Coach Interview—Joey Lombardi



Joey Lombardi is currently the Regional EXCEL Talent Manager for the Canadian Soccer Association. He holds CSA A License, USSF A License, USSF National Youth License and NCCP Level 3 Theory. During the Women's World Cup he was an opposition scout for the WNT which entailed preparing videos and reports for the WNT staff on future opposition.



How long have you been coaching for and how did you get started?

I have been coaching for 15 years. I started coaching alongside my father with an U12 boys team in my home town of Brampton, Ontario. I assisted my father for three years and in the meantime, I was in the process of completing my coaching qualifications. I went on to then work for Ontario Soccer and stayed there for eight years before moving into my current position with CSA.

What is your philosophy for coaching?

My personal coaching philosophy is based on the following principles:

A - Players first approach "Players are always at the heart of all decisions and we as coaches need to cater towards their developmental needs"

B - Develop creative and skillful players "Train players so that they have the tools to dominate the ball, be proactive and read the game effectively"

C - Attacking style of play "Possession based approach that is fluid, progressive and purposeful. When defending, we want to win the ball back immediately, disrupt the opponents build up and deny penetration towards our own goal"

THE PROGRAM AIMS TO DEVELOP MORE SINCLAIRS, MORE OFTEN. BY DESIGN AND NOT BY CHANCE.

You currently manage all REX centres across the country, what key values do you hope to ensure are created through the program?

- Alignment across the country (national curriculum being delivered nationwide)
- Best with best on a daily basis (high quality training contacts on a regular basis)
- More Sinclairs, more often (develop players through a designed program and not by chance)
- Four corner development and support
- Consistency in the coaching methods and approach that we use to develop players (player centered coaching)

Due to your position and need to travel, how do you manage your personal and professional life?

I do travel quite a bit and have been away from home for the past four months. My family is very understanding and supportive of my professional life, which takes a lot of the pressure off my shoulders. I've learned very quickly that work and life balance is fundamental to any successful person or else the light will eventually burn out. Exercising, reading or listening to music are the activities that I normally do during my down time to get some relaxation.

REX Female Coaching Symposium

BMO Soccer Centre Halifax—August 3rd to 5th, 2015

Soccer NS and the Canadian Soccer Association (CSA) are pleased to announce for the first time a unique coach development opportunity for female coaches. The symposium will take place during August 3rd-5th, 2015 from 9am to 4pm at the BMO Soccer Centre, Halifax and will be conducted during an official CSA licensed Women's Regional EXCEL Program identification camp.

Licensed by Canada Soccer and delivered through provincial/ territorial member associations and partners, Women's Regional EXCEL Centres provide talented U-13 to U-18 players with a year-round, comprehensive program based on a standardized national curriculum. This allows them to begin to develop world-class attributes in the four corners of development and accumulate high-quality training hours on par with leading European nations.



The coaching symposium will include the CSA's Joey Lombardi, Regional EXCEL talent manager with the potential of more CSA staff to be announced. In addition, Graham Chandler, High Performance Director for Soccer Nova Scotia, Mike Whyatt, Director of Coaching for Soccer Nova Scotia will assist with the delivery around the following themes:

Player centered coaching, match/training analysis, session planning and preparation, session organization and on-field delivery and post session coach reflection process and review.

The workshop will require an application of registration by forwarding an email with the following details to coach@soccerns.ns.ca: full Name, DOB, email, phone, club and team (including tier).

Cost of the symposium for three days is \$50 and can be paid at the location. This opportunity will be cancelled if we do not meet the minimum candidates.

U12



SOCCER NOVA SCOTIA ACADEMY

Soccer Nova Scotia is excited to introduce the U12 Soccer Nova Scotia Academy Program starting in the fall of 2015. The U12 Academy Program will replace the current Regional Training Centre (RTC) program and U12A league.

"The current RTC model doesn't align with LTPD standards and doesn't offer consistent programming throughout the province," says Director of Coaching Mike Whyatt. "The Soccer Nova Scotia Academy will offer a more complete program for both players and coaches."

Under the direction of Soccer NS's technical department, U12 club academies will be established across the province. The aim of the academies is to develop players and coaches in both foundation and competitive programs.

The Soccer Nova Scotia U12 Academy is built on three pillars of development for improving the standard of soccer in Nova Scotia:

1. **Appropriate training and competition-** where the best players can receive stage appropriate training and matches.



Province wide standardized competency based training curriculum focussing on the four corner physical, mental, social/emotional and technical/tactical development model



Top quality coaches and programs through mandatory certification and standards



Player first mentality and LTPD certified allowing athletes more opportunity to realize their athletic potential

2

Pathway for coaching education and development - through formal certification and mentoring.



Coaching Certification Standards:

Director of Program - Regional Technical Director - B License National

Head Coach - B License Provincial (Certified)

Support Staff - C License (Certified)



Female coach and goalkeeping coach development program



Environment for mentoring and development

3

Regulates and periodizes the soccer calendar - allowing for maximum benefit to the players and the game.



Minimum 2:1 training to game ratio



One annual season following a periodized schedule with appropriate rest ratios



Entry and exit points to allow players flexibility to participate in multiple sports

"Canadian teams have never been renowned for being technically proficient - because all of our young players, both male and female, go through the same broken development system during their formative years. . . This system is starting to change through the implementation of LTPD and the introduction of standards-based high-performance youth leagues..." - **Jason deVos, TSN soccer analyst and former professional and Canada National Team player.**

Want to learn more?

[Click Here.](#)



Grassroots Skills Challenge

Setting goals and having fun

The Grassroots Skills Challenge has hit the pitch this summer throughout Nova Scotia! The program gives young soccer players a platform to showcase their talents, measure their abilities in 5 core skills and set personal goals to improve. In a fun and encouraging environment, players enhance their love of the game, develop their skills and are encouraged to practice to reach their goals.

The one-hour FREE event runs 40 soccer players through 5 stations—dribbling, speed, turning, juggling and passing. All players get a FREE t-shirt and score card with results based on provincial standards for players to set goals and measure progress.

Book an event

For more information or to book an event click the link:
[Soccer Nova Scotia Grassroots Skills Challenge](#)



High Performance Program

Spring Travel Montreal

Spring travel to Montreal was crafted to expose players to a higher level of soccer early in player development to encourage athletes to play and train outside of their comfort zones.



U13 Girls

The focus of the U13 coaching staff was to have the girls compete against players their own age who would push their abilities to the next level. The trip was also a chance for the girls to take part in their first provincial trip away from home and learn how to deal with the demands of playing while on the road.

On the pitch, the U13 girls faced teams from Rive-Sud, Concordia, and Laval. The girls defeated Concordia 4-3 while falling to both Rive-Sud and Laval. The games were both challenging and rewarding.

"Some of those teams trained every day and to have that level of competition was exciting for the girls," says U13 girls head coach Rieka Santilli. Santilli says that although the games were memorable, training outside of Saputo Stadium was a major highlight of the trip. "There were 44 players in blue and white, it was a beautiful day and the girls were just excited to be in that environment."

U14 Girls

The U14 girls had three games versus the Quebec provincial squad. The trip proved to be an excellent platform for players to build confidence and learn how to push themselves to perform under pressure. "I think the girls came home energized, ready for more training and wanting to continue to play against strong teams and compete wearing NS blue," says head coach Raeanne Fletcher. "They showed pride in themselves and their province, perseverance in the face of initial defeat, and such growth as a team, all staff involved were very proud to be a part of it."

The girls lost their first game versus the Quebec provincial squad 4-0 but battled back in game two to draw 3-3. Goal scorers for the second match were Olivia Crowe, Zaida Pierce and Katie Woodworth. As they focused on improving individually and collectively over the three game series, the squad was able to finish game three with a 3-0 win. Goal scorers for game three were Pierce, Sophia Kienast and Saorla Miller. "The highlight for me was definitely coming back from a 4-0 loss in the first game to a 3-0 win in the third," says Coach Fletcher. "Not because of the win itself, but because of the process and what happened within the team to earn that last win."





U13 Boys outside of Saputo Stadium

U13 Boys

The U13 boys took on two matches and one day of training while in Montreal. Echoing Santilli's sentiments, the U13 boys coaching staff highlighted the excellent training environment. "Having the opportunity to practice on a state of the art training facility with Saputo stadium in the background was inspiring for everyone involved," says U13 boys head coach Mike Whyatt.

The boys had a challenging first game versus Etoiles de 'Est, dropping the decision 5-0. The boys went on to win their final match versus Bourassas 5-4. Mykeo Parker-Christmas, Yianni Trihopoylos and Calum Anthony all netted one goal while Marcos Valera had two. "The boys' had success and growth from game-to-game and now understand that the finer details of the game, the tactical team specific understanding, is essential for their success," says Coach Whyatt. "They are past the stage of simply being able to play the game as an individual. Each player clearly understood that he held a very important role and had responsibilities to ensure the success of the team."

U14 Boys

The U14 boys played a single game versus the Montreal Impact Academy team and a three game series with the Quebec provincial squad. "For many of the players on our squad, these were the best teams that they have played against up to this point in their soccer careers," says U14 boys head coach Mark Sweetapple.

Game one saw the boys fall to Quebec 4-1 with Abdullah Nimer netting the lone goal for NS. In the second game, Montreal Impact came out on top 4-2; Logan Harrington and Max Van Zyl both scored. Matt Fielding scored for Nova Scotia in a 2-1 loss to the Quebec in game three while Gustavo Ferrari was Nova Scotia's only goal scorer in the final match, a 6-1 loss vs Quebec. "The speed of the game was much quicker than our players were used to and they had to learn to play with fewer touches and to know what they wanted to do with the ball before they received it," says coach Sweetapple. "The Quebec Provincial team were excellent at keeping possession, so when we did get the ball we had to make sure we were able to use it effectively and not give possession away too easily."



Club Under the Spotlight

Soccer represents just part of the tapestry of recreation and cultural activities in Annapolis Royal. Here, at the birthplace of Canada, where inflated pigs bladders were no doubt punted around by early settlers and their children, our soccer club endeavours to provide an affordable, accessible, purposeful and healthy summer activity to local kids and families. There is also an associated mid-week Seniors Soccer group, who utilize the school gyms in the winter for indoor play – where players age from 14 to 64!

Initially founded as a joint venture by the County and Town recreation departments, the Club has been for several years a self-sustaining group. Following the resignation of the previous Board of Directors in 2014, a group of a dozen or so motivated parents and players rallied round to ensure the continuation of this vital summer activity.

Since none of us have the time, energy, experience or enthusiasm to adopt formal Board titles and positions, we are all agreed to be equals as Directors-at-Large. Decision making by mass-committee brings its challenges, but since everyone takes a small portfolio role of the work required, the Club can continue.

In a town with a population of 500, where the head-count of potential U4-U18 players barely reaches 20, we are delighted each summer that well over 100 youngsters sign up and participate from the surrounding villages and communities – many of whom travel up to half an hour for practices. Since that represents 15-50% of the school roll in each age group this seems to achieve a high level of participation for this rural area. This season we are able to field five teams in the VDSA leagues.

We aspire to be able to facilitate accessible soccer for every youngster that wishes to play. Thus, inevitably, each year there is need for some players to move up an age group, or for us to share combined teams with our neighbouring clubs in Digby and Bridgetown.

Since our regional soccer centre in Kentville is over an hour away in fair weather, few players or families are able to engage with the academy tier. This does mean that we enjoy a wide cross-section of ability within our teams, and it is a great opportunity to encourage the principles of inclusion and appreciation of different strengths in our players and coaches!

Fair play and fun are the cornerstones of our activity; and if some go on to play soccer in adult years, or encourage their own children in turn, so much the better.

Soccer NS Newsletter Next Edition

- Soccer NS Best Practice Visits
- Coach Interview
- Club Under the Spotlight
- Atlantic Championship Results

Know an athlete or club we should highlight? Have a story that should be featured in an upcoming edition?

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