

Soccer Nova Scotia

Coach and Player Education



Spring 2016

Soccer NS partners with Vancouver Whitecaps FC

On May 31st, Soccer NS hosted a press conference to announce the signing of a partnership with the Vancouver Whitecaps FC.

"I think it's exciting on both sides," said Cindy Tye, coach of the girl's soccer team for the 2017 Canada Games. "It's definitely important and it gives (the players) something they can see and they can aim for. That's going to be something very powerful for a small province." **Read more on pages 2 & 3**



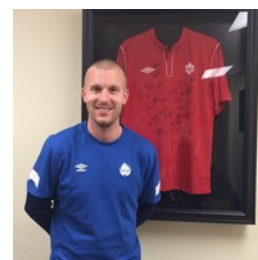
WELCOME

"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.

There has been a big push on coach education across the province. We are proud to have trained over 626 coaches province-wide from April to June this year. This is a massive achievement for our coaches and the benefit will show this summer through our players' development.

Enjoy this edition of our coach and player education newsletter!

- Mike Whyatt, Director of Coaching



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Whitecaps FC president Bob Lenarduzzi with Soccer NS president Steve Allt



Soccer NS partners with Vancouver Whitecaps FC

Growing local talent

"Soccer Nova Scotia has produced soccer talents over the years such as former Canadian men's national team player Ante Jazic," said Whitecaps FC president Bob Lenarduzzi. "Our aim is to make sure that future aspiring young players have a pathway to reach their potential. We're excited to work with Soccer Nova Scotia to grow the game and provide those opportunities."

Development program

As part of the partnership, Whitecaps FC and Soccer Nova Scotia will collaborate on high performance programs, including plans to run prospects programs for boys and girls ages U-13 to U-17, as well as pre-prospects programs at the U-12 level. The top players from the province will be monitored and evaluated for the full-time professional club environment in Vancouver, the Whitecaps FC Residency and Girls Elite REX programs. Whitecaps FC Vancouver staff will make regular visits to Nova

Clear development pathway

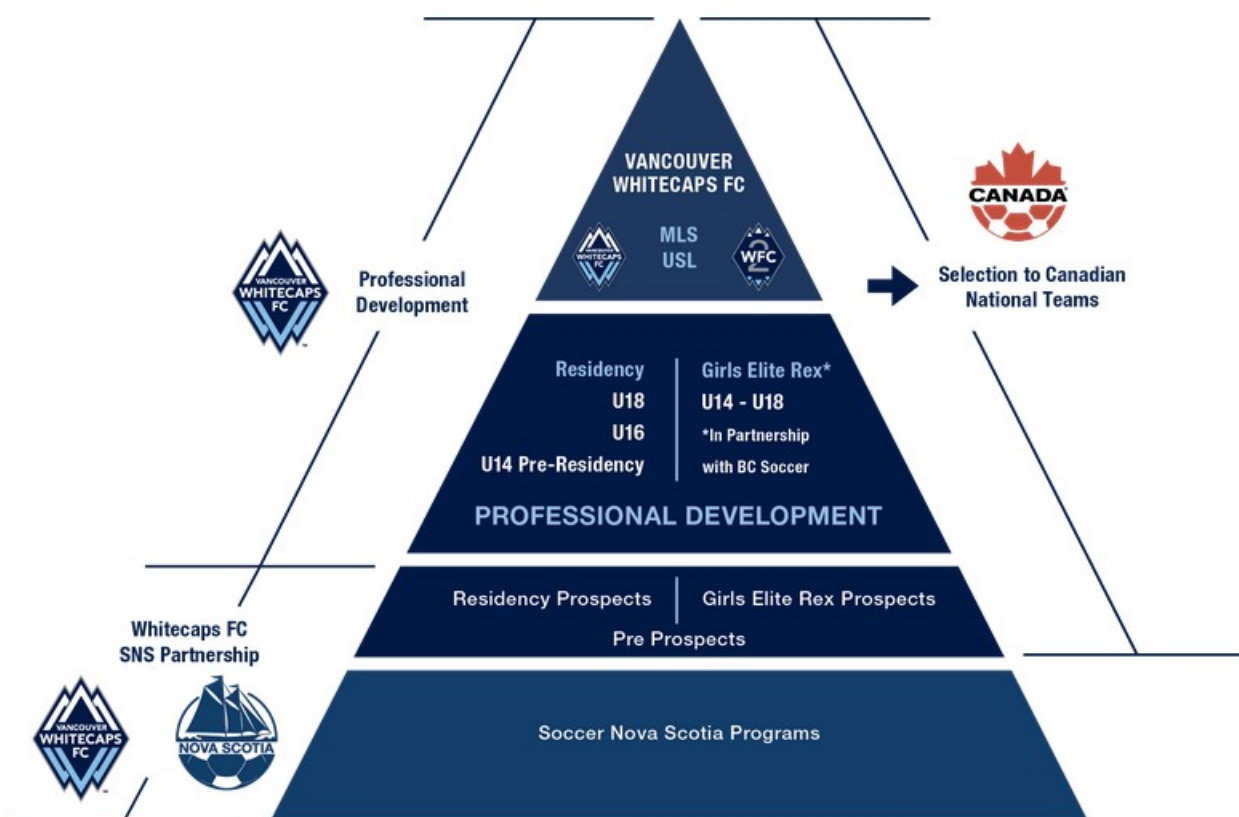
"The new partnership with Vancouver Whitecaps FC allows Soccer Nova Scotia to create a clear development pathway for our players, from grassroots to the professional level," says Soccer Nova Scotia executive director Brad Lawlor. "We are very excited to work with Whitecaps FC, and for the opportunities that this partnership will create for young soccer players throughout Nova Scotia."



Whitecaps FC president Bob Lenarduzzi at Soccer NS press conference

Scotia, while players will also have the opportunity to travel to Vancouver for tournaments, to watch first team matches at BC Place, and to be invited for further evaluations. All new programs are to begin this coming fall.

WHITECAPS FC AND SOCCER NOVA SCOTIA DEVELOPMENT STRUCTURE



Whitecaps FC Academy Centres are a network of regional training hubs linked through key staff, curriculum, and standards that provide professional supplemental club training for serious, motivated players. Planning and curriculum are overseen by Bart Choufour, director and head coach of Whitecaps FC Academy Centres. The Whitecaps FC academy network currently extends across seven provinces, including Manitoba, Saskatchewan, Ontario, Nova Scotia, Newfoundland and Labrador, Prince Edward Island, and 10 locations throughout British Columbia.

In the past year alone, more than 40 Whitecaps FC youth players have been selected to Canadian national teams. Currently among Whitecaps FC Academy Centre players, London Youth Whitecaps goalkeeper Rylee Forster is a member of Canada's U-20 women's national team. On the boy's side, players from the club's academy centres in British Columbia, Saskatchewan, and Ontario were recently selected to join the Whitecaps FC professional Residency program in Vancouver this fall.

"Our aim is to make sure that future aspiring young players have a pathway to reach their potential"



Nova Scotia Academy @WFCNovaScotia · May 31

"We will develop athletes not by accident, but by design" -Graham Chandler - Director of High Performance @SoccerNS

Soccer NS LTPD Initiative: Retreat Line

FUNdamentals and Learning to Train Stages

What is the Retreat Line?

The retreat line is a coaching tool rather than a new rule.

The retreat line will come into play:

- when the ball has gone out of play for a goal kick OR
- when the goalkeeper has the ball in his/her arms

All opponents must be behind the retreat line and cannot cross the retreat line until:

- the moment the keeper has played the ball from a goal kick OR
- the goalkeeper has released the ball from his/her hands when in possession



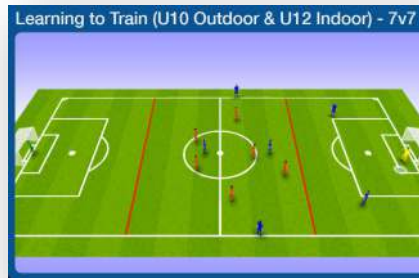
Why have the retreat line?

- ◆ Need to service the players and give them the appropriate tools to play the game for life
- ◆ Game is evolving to more of a control technical philosophy rather than solely relying on athleticism
- ◆ Need to promote players who are comfortable in possession
- ◆ Need to promote players to make better decisions
- ◆ Understand the importance of playing through thirds of the field

The Retreat Line and Four-Corner Development

Technical Improved short passing Improved receiving the ball on half turn Improved penetration passes	Physical Improved A-B-C's Improved speed of play Improved hip flexor rotation
Social/ Emotional Improved team play Improved communication Improved co-operation Players can learn different roles	Psychological/Mental Improved decision making skills Improved self confidence Improved risk assessment skills

What does the retreat line look like?



What's been the impact on player development?



Soccer Nova Scotia

Coach Education



Mandatory Coach Training

Mandatory coach training is being rolled out this year and will be fully implemented by summer 2019 across the province. Soccer Nova Scotia's goal is to have all coaches working in the game obtain appropriate training for the level they coach. Target objectives for percentage of coaches with appropriate training have been created for HRM and rural clubs as outlined in the table below.

	2016	2017	2018	2019
HRM	60%	80%	90%	100%
Rural Nova Scotia	50%	70%	90%	100%

Having your club coaches appropriately trained not only provides incentives for your club in terms of player and coach development, but also in terms of your club's bottom line and capacity. Furthermore, Soccer NS is committed to rewarding your club's efforts through a prize lottery.

1. Coach and player development



Through NCCP community coaching courses and CSA performance stream licensing, coaches are able to develop:

- tactical and technical knowledge
- understanding of Long Term Player Development (LTPD)
- confidence in coaching ability



With trained coaches who know how to effectively challenge players, player development accelerates.

"One trait of successful coaches is commitment to self-development. Knowledge that you currently have takes you where you've already been."

2. Coach and player retention



Volunteer coaches are more likely to have a positive experience, enjoy coaching and be more likely to return if they are given the knowledge and tools to be successful.



With a bigger pool of coaches retained, clubs will create appropriate player to coach ratios resulting in better programming.



Better programming through coach education leads to a better player experience and an increased likelihood players will continue in the sport and remain at the club.

Studies show that athletes who played for untrained coaches drop out at a rate of 26%; whereas those athletes playing for a trained coach resulted in a significantly lower dropout rate of only 5%²

3. Increase club capacity



Better programming results in an increase of player registration, increasing club capital.



Increased capital allows clubs to invest into further programming and opportunities, once again bettering the overall player and coach experience.

4. Lottery incentive



Clubs who meet the mandatory coaching standards (outlined in the table) have the opportunity to be placed in a lottery for a chance to win a buy-one-get-one promotion for Umbro equipment or full kit.

What are coaches saying about Soccer NS coach education courses?

Halifax Region

"I have played competitive soccer since I was 13. I never expected to learn so much in this course. I believe it has made me better equipped to help my U14B Girls team advance their techniques and hone their tactics. I'm going to be a lot more confident going forward. The experience overall was awesome, I am looking forward to another course..."



Valley Region

"I thoroughly enjoyed the course... Martin was very prepared and kept the learning fun for the entire two days. I would definitely take another course again in the future. I feel very confident going forward with my coaching and have lots of hands on activities and drills to take on the field and put to practice."



Highland Region

"Nino did an excellent job! Great technical skills as well as great manner in presenting the information, and making it a fun environment for everyone. Really enjoyed it and would definitely go back to another course he was instructing..."

[Click here](#) for more information on mandatory coach training.

Did you know?

Since April 1, 2016 Soccer Nova Scotia has **trained over 626 coaches** across the province through NCCP coach education programs.



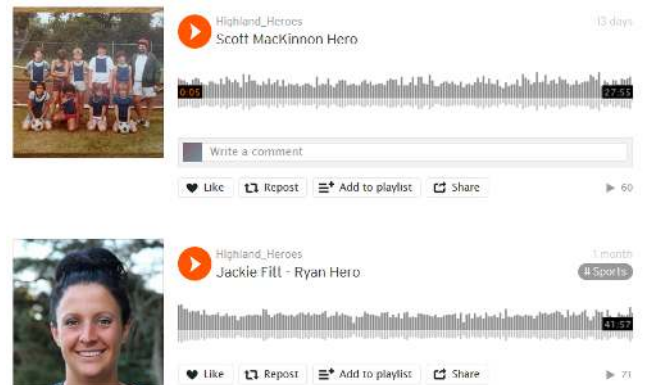
Highland Heroes

Highland region Technical Director creates podcast

Growing Together

The Highland soccer region faces unique challenges when delivering soccer programming in a geographically vast area. Highland region technical director Nino Kovacevic has given an online voice to the Highland soccer community through a Highland Heroes podcast hosted on SoundCloud.

[Highland_Heroes](#) tackles and discusses common issues concerning the organization and running of community sport, specifically soccer, while promoting local community heroes that allow for community sport to flourish.



You wouldn't send your child to school with an untrained teacher...

Why would you send your child to the field with an untrained coach?

#SNSCoached

fb.com/SoccerNovaScotia

@SoccerNS

COMMUNITY SOCCER

NOVA SCOTIA

Are you coaching this summer?

I am coaching ...	Course
U4 to U6	Active Start
U8	FUNDamentals
U10 to U12	Learn to Train
U14 to Senior	Soccer for Life

Find a course near you!



Improving the game through technology

Global Coach

Global Coach is an intuitive sports technology solution that equips clubs with the tools essential for effective squad management, training session planning and club-wide collaboration.

The program allows coaches to view and update player status quickly and efficiently. Training drills are brought to life through action movies, created in minutes and shared in seconds. Training drills are combined into sessions, allowing coaches to plan work to achieve specific training goals.

All Soccer NS clubs will have a login to access Global Coach once clubs have registered their coaches on Coach Centre.

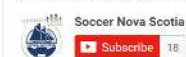


Benefits to club coaches:

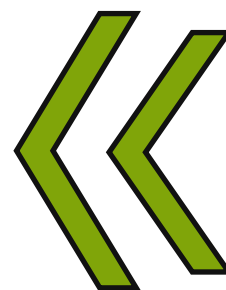
- track and manage player evaluations and feedback
- plan and store sessions in one place
- have access to a database of sessions created by your club
- animate sessions to provide clearer understanding for players
- collaborate with other coaches in your club for session design



GlobalCoach Session Animation - Example



1 view

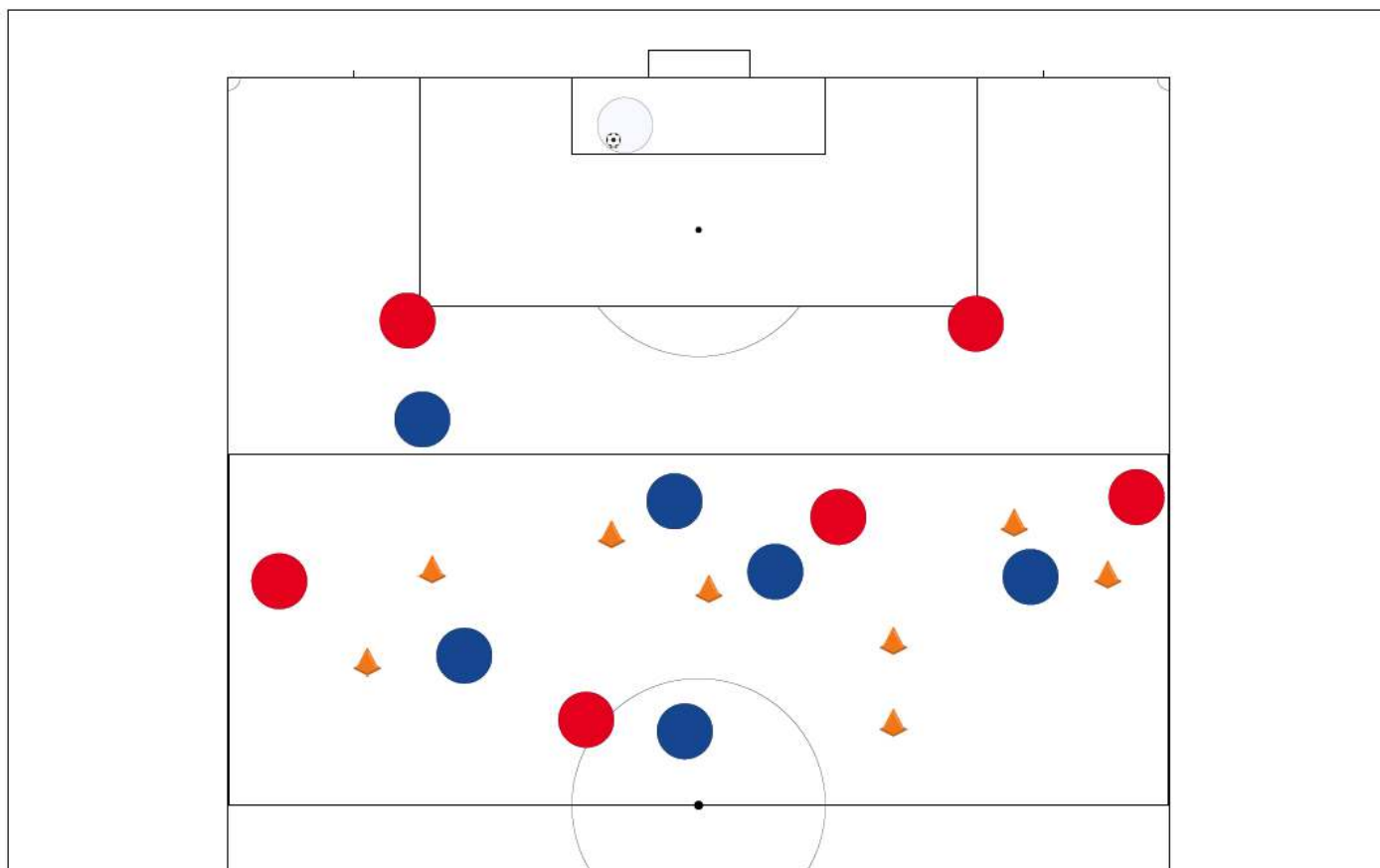


Click on the video to the left for an example of a session animation designed in Global Coach and find the accompanying session plan on the following page.



COUNTER ATTACKING 1

globalcoach



NOTES

● TRAINING TEAM A

● TRAINING TEAM B

Setup:

- 50x35
- 6v6 with one goalkeeper
- Two zones
- Small goals randomly placed

Objective:

- One team tries to defend the small goals whilst the other defends the normal goal
- Team playing to small goals score a point by passing through the gate
- Team playing to the normal goal tries to win the ball and counter attack
- Roles reversed after 8 minutes

Coaching Points:

- Transition
- Accurate, quick & incisive forward ball movement to get into shooting range
- Look to penetrate long and short only if necessary
- Ensure a minimum of three lanes are covered out of the four

Progressions:

- Team playing to small goals must dribble through the gate and complete a pass to score a point
- Team playing to small goals score a point if they perform a take over in any of the gates

Duration:
0

Fixture:

Competition:

Skill Level:
N/A

Conditions:
N/A

Repetitions:
0

Functional:
N/A

Physical:
N/A

Set Pieces:
N/A

Tactical:
Counter Attack

Technical:
Shooting

Psychological Practices: