



## Coaching Requirements for U13 Grassroots Competitive

The Canada Soccer Association (CSA) sets out expectations for coaches of youth soccer, which DMSA follows in partnership with the Alberta Soccer Association and our regional Big Country Soccer Association. If you have coached other youth sports, it's possible you have already completed some of the requirements.

### Checklist to Become a Coach for U13 Competitive

Step	Time Involved	Note
1	Register with the <a href="#">National Coaches Certification Program</a> (NCCP).	5 minutes
2	Register as a coach in our <a href="#">RAMP registration system</a> .	5 minutes
3	Obtain a vulnerable sector check report from the RCMP. Email <a href="mailto:didsburysoccer@gmail.com">didsburysoccer@gmail.com</a> for a letter to take to the RCMP.	Take the letter to an RCMP detachment and allow a week for processing.
4	Complete Alberta's <a href="#">Respect in Sport for Activity Leaders</a> online course. <sup>1</sup>	2.5 hours online
5	Email all documentation to <a href="mailto:didsburysoccer@gmail.com">didsburysoccer@gmail.com</a> .	5 minutes

**At least one coach per team** must also complete the additional training listed below.<sup>2</sup> If you are willing to complete this training, notify the DMSA Chief Coach Coordinator at [didsburysoccer@gmail.com](mailto:didsburysoccer@gmail.com).

Training	Format	Time Involved	Registration
6	<a href="#">Canada Soccer Grassroots Education – Learn to Train</a> <sup>1 3</sup> (Coaching techniques for U11-U13)	Online + On-field workshop**	2 hours (online) + 4 hours (on-field)
7	NCCP <a href="#">Understanding the Rule of Two</a> (Preventing risk of abuse)	Online	20 minutes
8	NCCP <a href="#">Making Head Way in Sport</a> (Concussion awareness)	Online	1.5 hours
9	NCCP <a href="#">Emergency Action Plan</a>	Online	15 minutes
10	NCCP <a href="#">Make Ethical Decisions</a> <sup>1</sup>	Online	4 hours

<sup>1</sup> DMSA will reimburse you for the cost of this course upon submission of a receipt to [didsburysoccer@gmail.com](mailto:didsburysoccer@gmail.com).

<sup>2</sup> This requirement is necessary for all teams that play within the Big Country Soccer Association league and to be able to qualify for provincials.

<sup>3</sup> There may only be one offering of the on-field workshop within our region and Canada Soccer requires that the online component be completed **at least one week prior to** the on-field workshop. Therefore, we recommend completing the online component of the Canada Soccer training as soon as possible, so you are eligible to participate in the workshop within our region. DMSA cannot make exceptions as we do not organize the training.



## What support will be provided?

If there is more than one U13 Competitive team, Didsbury Minor Soccer will have one person designated as the U13 Coordinator who will communicate with you and other coaches to assign players and coaches to each team.

You will be partnered with at least one other person to co-coach your team.

### Practices

You and your co-coach will be responsible to come to each practice prepared with drills and activities to improve the development of your players and team. Links to suggested drills are available below. If there are multiple U13 Didsbury teams, you may choose to have joint practices with the other team(s).

### Games

Once a week, your team will play a game against a team from another community. The schedule is organized by the Big Country Soccer Association. Your responsibility will be to remind your team when and where the next game scheduled is for travel purposes, fill out the player list before the game (required by the referee), coach your team during the game, and work in partnership with the referee to support a positive experience for the players.

DMSA will provide you a bin of equipment, balls, and jerseys. DMSA Board Directors will be available to offer guidance if needed.

## Coaching Resources

Our regional partner, the Big Country Soccer Association, offers a variety tips and guides to help coaches to implement the Four Corner development model to help each player build an interest in soccer for life.

### Four Corner Model

Technical/ Tactical Development	Physical Development	Social/ Emotional Development	Psychological/ Mental Development
Passing, shooting, positioning, control of the ball	Agility, balance, coordination, speed with and without the ball	Cooperation, teamwork, communication, respect, and friendship	Motivation, concentration, determination, self confidence

For U13, coaches should aim for 60% of practice time to focus on technical skills, 15% on physical development, 15% on tactical skills, and 15% on social skills. Creating a safe and positive environment (psychological) should be a focus for all practice and game time.

### Available resources for U13 coaching:

- [U13 Coaching Program Curriculum](#) (Big Country Soccer Association)
- Sample practice plans from Canada Soccer are available on the [Big Country Soccer](#) website. Scroll to the links under Sample Practice Plans and use the documents under the “Learn to Train” column.
- Options for position formation for [9 vs 9 games](#).

Other resources available at: <https://www.bigcountryrsa.com/content/bcsa-coaching-guidelines>

## Questions?

Email [didsburysoccer@gmail.com](mailto:didsburysoccer@gmail.com)