



Coaching Requirements for U13 Grassroots Regional (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 Regional (Competitive)

Step	Time Involved	Note
1	5 minutes	<ul style="list-style-type: none"> Any training you complete as a coach will be linked to your NCCP account. If you have coached other sports, you may already have an NCCP #.
2	5 minutes	<ul style="list-style-type: none"> Use the same login you used to register your child for soccer. Select "Coach/Staff Registration". Select the division you want to coach. Fill out the form including your NCCP # and select any of the coach titles.
3	Take the letter to an RCMP detachment and allow a week for processing.	<ul style="list-style-type: none"> DMSA will accept an existing report if it is less than 3 years old. Skip this step if you previously coached soccer with DMSA as your report will be on file.
4	2.5 hours online	<ul style="list-style-type: none"> If you coach other sports and previously completed this course, just email the course completion confirmation to DMSA for credit.
5	5 minutes	<ul style="list-style-type: none"> The Chief Coach Coordinator will confirm that all requirements have been met.

At least one coach per team must also complete the additional training listed below.² If you are willing to complete this training, notify the DMSA Chief Coach Coordinator at didsburysoccer@gmail.com.

	Training	Format	Time Involved	Registration
6	NCCP Understanding the Rule of Two (Preventing risk of abuse)	Online	20 minutes	On demand in the NCCP Locker
7	NCCP Making Head Way in Sport (Concussion awareness)	Online	1.5 hours	On demand in the NCCP Locker
8	NCCP Emergency Action Plan	Online	15 minutes	On demand in the NCCP Locker
9	NCCP Make Ethical Decisions ¹	Online	4 hours	Select dates run by AB Sport
10	Canada Soccer Grassroots Education – Learn to Train ^{1 3} (Coaching techniques for U11-U13)	Online + On-field workshop**	2 hours (online) + 4 hours (on-field)	Complete the online component , then register for the workshop through the NCCP Locker

¹ DMSA will reimburse you for the cost of this course upon submission of a receipt to didsburysoccer@gmail.com.

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

³ 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.bigcountrysa.com/content/bcsa-coaching-guidelines>

Questions?

Email didsburysoccer@gmail.com