



Coaching Requirements for U5 Grassroots Developmental

Thank you for your interest in coaching U5 soccer with Didsbury Minor Soccer (DMSA). 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.

The key thing to remember is you don't have to be an experienced soccer player to coach U7 soccer. At this age, your primary responsibility is to create a fun and safe environment where players can start to build confidence with the ball. At U5, it's not really soccer – but activities with a soccer ball.

Checklist to Become a Coach for U5 Developmental

Step	Time Involved	Note
1 Register with the National Coaches Certification Program (NCCP).	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 Register as a coach in our RAMP registration system .	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 Obtain a vulnerable sector check report from the RCMP. Email didsburysoccer@gmail.com for a letter to take to the RCMP.	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 Complete Alberta's Respect in Sport for Activity Leaders online course. ¹	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 Email all documentation to didsburysoccer@gmail.com .	5 minutes	<ul style="list-style-type: none"> The Chief Coach Coordinator will confirm that all requirements have been met.

What support will be provided?

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

At the first practice, the U5 Coordinator will lead and organize all activities for that practice. After that, you and your co-coach will work together to plan 1-2 activities for each practice. All U5 teams practice in the same area and rotate through each coach's activity station. This approach reduces the pressure on coaches to have activities ready to meet the attention of players for the full hour. Instead, you will lead your activity for your team for about 10 minutes before all teams rotate to the next station. You'll then run the same activity for the next team, again for about 10 minutes. This cycle continues until you change to a scrimmage.

DMSA will provide all equipment. The U5 Coordinator will be available to offer guidance as needed.

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



Optional Training to Coach U5

The following training is *optional* for U5 coaches to learn how to run a variety of drills and create a positive environment for U5 player development.

Training	Format	Time Involved	Registration
Canada Soccer Grassroots Education – Active Start ^{1 2} (Coaching techniques for U4-U6)	Online + On-field workshop**	1.5 hours (online) + 2 hours (on-field)	Complete the online component , then register for the workshop through the NCCP Locker

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 U5, coaches should aim for 40% of practice time to focus on technical skills, 40% on physical development, and 20% on social skills. Creating a safe and positive environment (psychological) should be a focus for all practice and game time.

Available resources for U5 coaching:

- [U5 Coaching Program Curriculum](#) (Big Country Soccer Association)
- [Sample drills for U5](#) (Canada Soccer)

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

Questions?

Email didsburysoccer@gmail.com

² 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 as soon as possible, so you are eligible to participate in the workshop within our region. DMSA does not have authority to make exceptions as we do not organize the training.