



Coaching Requirements for U7 Grassroots Developmental

Thank you for your interest in coaching U7 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 stimulating learning environment where players can build their confidence with the soccer ball.

Checklist to Become a U7 Coach

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.

What support will be provided?

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

Practices

At the first practice, the U7 Coordinator will lead and organize all activities for that practice. After that, the coaches for all U7 teams will decide if each team wants to practice together using a station model² or if each team will practice independently.

Games

Once a week, your team will play a game against another team. Your responsibility will be to assign players to positions, ensure that a parent will be a linesperson to support the referee, and coach your team during the game.

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

² The station model reduces the pressure on a coach to have multiple drills planned for the entire practice. Instead, you will lead your team through your drill (station) for 10-15 minutes. Then all teams rotate to the other coach's station, and you run the same drill for the next team, again for 10-15 minutes. This cycle continues until you change to new drills or start a scrimmage. The disadvantage of the station model is you get less time coaching your own team to learn about your players, how to communicate with them, and address gaps in player/team development that is specific to your team.



DMSA will provide all equipment. The U7 Coordinator and DMSA Board Directors will be available to offer guidance as needed.

Optional Training to Coach U7

The following training is *optional* for U7 coaches but is recommended if you have an interest in coaching soccer long-term. If you plan to coach at higher age levels in the future, the NCCP courses are required for U11 and up.

Training	Format	Time Involved	Registration
Canada Soccer Grassroots Education – FUNdamentals ^{1 3} (Coaching techniques for U7-U9)	Online + On-field workshop**	1.5 hours (online) + 3 hours (on-field)	Complete the online component , then register for the workshop through the NCCP Locker
NCCP Understanding the Rule of Two (Preventing risk of abuse)	Online	20 minutes	On demand in the NCCP Locker
NCCP Making Head Way in Sport (Concussion awareness)	Online	1.5 hours	On demand in the NCCP Locker
NCCP Emergency Action Plan	Online	15 minutes	On demand in the NCCP Locker
NCCP Make Ethical Decisions ¹	Online	4 hours	Select dates run by AB Sport

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 U7, coaches should aim for 50% of practice time to focus on technical skills, 30% 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 U7 coaching:

- [U7 Coaching Program Curriculum](#) (Big Country Soccer Association)
- Sample drills – [Moving with the ball](#) (Canada Soccer)
- Sample drills – [Ball dribbling and control](#) (Canada Soccer)

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

Questions?

Email didsburysoccer@gmail.com

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, if you want to take the Canada Soccer training, we recommend completing the online component 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.