



Coaching Requirements for U9 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 U9 Competitive

NOTE: The following applies to the U9 Competitive league. The requirements are different for coaching U9 Developmental (House League). If you want to coach U9 Developmental, please refer to that information sheet.

Step	Time Involved	Note
1	Register with the National Coaches Certification Program (NCCP).	5 minutes
2	Register as a coach in our RAMP registration system .	5 minutes
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.
4	Complete Alberta's Respect in Sport for Activity Leaders online course. ¹	2.5 hours online
5	Email all documentation to didsburysoccer@gmail.com .	5 minutes

At least one coach per team must also complete the following additional training.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	Canada Soccer Grassroots Education – FUNdamentals ^{1 3} (Coaching techniques for U7-U9)	Online + On-field workshop**	1.5 hours (online) + 3 hours (on-field)
7	NCCP Understanding the Rule of Two (Preventing risk of abuse)	Online	20 minutes
8	NCCP Making Head Way in Sport (Concussion awareness)	Online	1.5 hours
9	NCCP Emergency Action Plan	Online	15 minutes
10	NCCP Make Ethical Decisions ¹	Online	4 hours

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?

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

Tryout

Since DMSA plans to offer both a U9 House League and a U9 Competitive team, players interested in playing U9 Competitive must undergo an evaluation of skill before being selected for the U9 Competitive team. You and your co-coach will be responsible to host the tryout and select the players for the U9 Competitive team and if applicable, notify the player (and their parent(s)/guardian) who were not selected and encourage them to play in the U9 House League for the 2026 season.

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.

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 is scheduled 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 U9, coaches should aim for 70% of practice time to focus on technical skills, 17% on physical development, 10% on social skills, and 3% on tactical skills. Creating a safe and positive environment (psychological) should be a focus for all practice and game time.

Available resources for U9 coaching:

- [U9 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 “Fundament/Learn to Train” column.
- Options for [position formation for 7 vs 7 games](#).

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

Questions?

Email didsburysoccer@gmail.com