

# Kootenay Rovers FC

Fall House 2022



# Agenda

- ▶ Philosophy
- ▶ Schedule
- ▶ Format
- ▶ Coaching Behaviors
- ▶ Questions



# Philosophy

- ▶ **Vision:** Build and grow the East Kootenays to a place where it is known as a soccer region within British Columbia and Canada.
- ▶ **Mission:** To promote, develop, and facilitate the game of soccer for all players regardless of gender, age and ability.



“As many as possible, for  
as long as possible...”



# House Program Philosophy

1. **Activity time with a ball will be high**
  - ▶ Priority on developing skills and comfort with the ball
  - ▶ Relevant, game realistic skill development (ball manipulations under various game-like conditions and tasks)
2. **Training will resemble the game**
  - ▶ Perception-action coupling to solve problems (develop relationship between observation of player and action to respond)
  - ▶ Elements of attacking, defending, and transition embedded through each activity
3. **Training will be fun for everyone**
  - ▶ Create an environment with 'fun' at the core to keep kids involved and engaged long term
  - ▶ Coaches to work equally with all players, encouraging players to discover and be creative
4. **Programs will be accessible**
  - ▶ Inclusive for all abilities, ages, and developmental stages
  - ▶ Program designed to develop all players love for soccer and physical activity
5. **All players and parents will receive meaningful feedback from coaches**
  - ▶ Communication from Rovers FC officials, team managers, coaches on a regular basis
  - ▶ Effective and appropriate on field communication from coaches to players



# Schedule



# Schedule

## Monday

- ▶ 4:00- U3/4
- ▶ 5:00- U7-8
- ▶ 6:00- U11-12
- ▶ 7:00- U13+

## Wednesday

- ▶ 5:00- U4-6
- ▶ 6:00- U9-10



# Format





# Overview

## U3-12 will be station based

- ▶ Appropriate format for players in this age
- ▶ Keep engagement level high, excitement for coaches to walk through different activities
- ▶ Session designed to have a central theme, with 3-4 different activities for players

## U13+ will run as a whole group

- ▶ Sessions will be heavily game based to keep players active and challenged
- ▶ Warm up, small-sided activity, match play

## Session plans sent out weekly

- ▶ Delivered via email every Friday morning
- ▶ With questions, please reach out to TD or House Chair

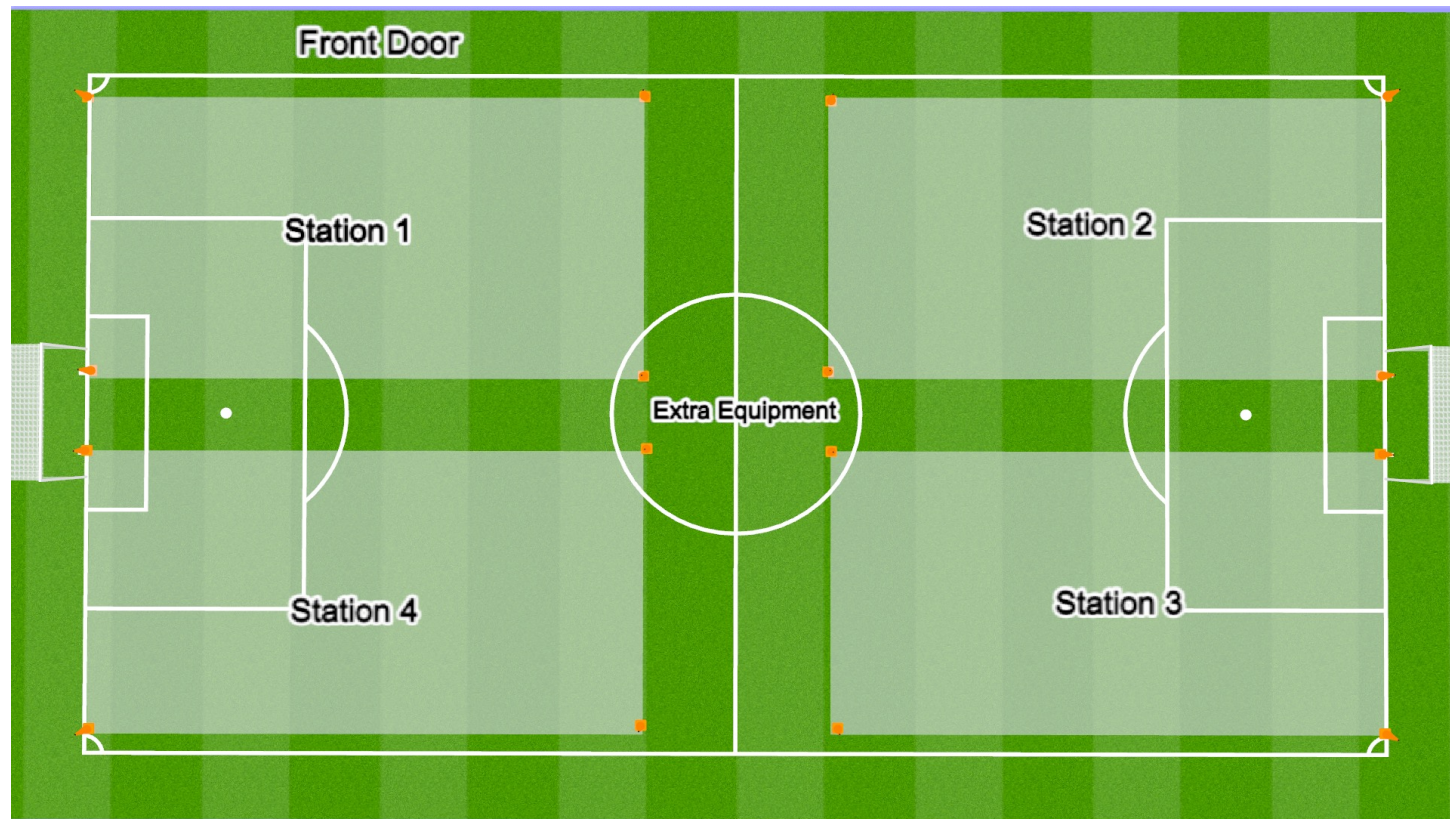


# U3-6

- ▶ Emphasis on physical literacy, play, and introduction to basic soccer actions
- ▶ "Storybook Soccer" each session has an imaginative theme that kids this age are familiar with (eg. Disney, Avengers, Pirates etc.)
- ▶ May encounter repeat activities to build familiarity, coach in line with session theme to keep it imaginative and exciting
- ▶ Encourage parent involvement for U3-4, aim to lessen at U5-6 for players who are comfortable
- ▶ 4 activities, with free play at the end
- ▶ Aim to rotate activities every 10 minutes approx.



# Set up/ Field Map

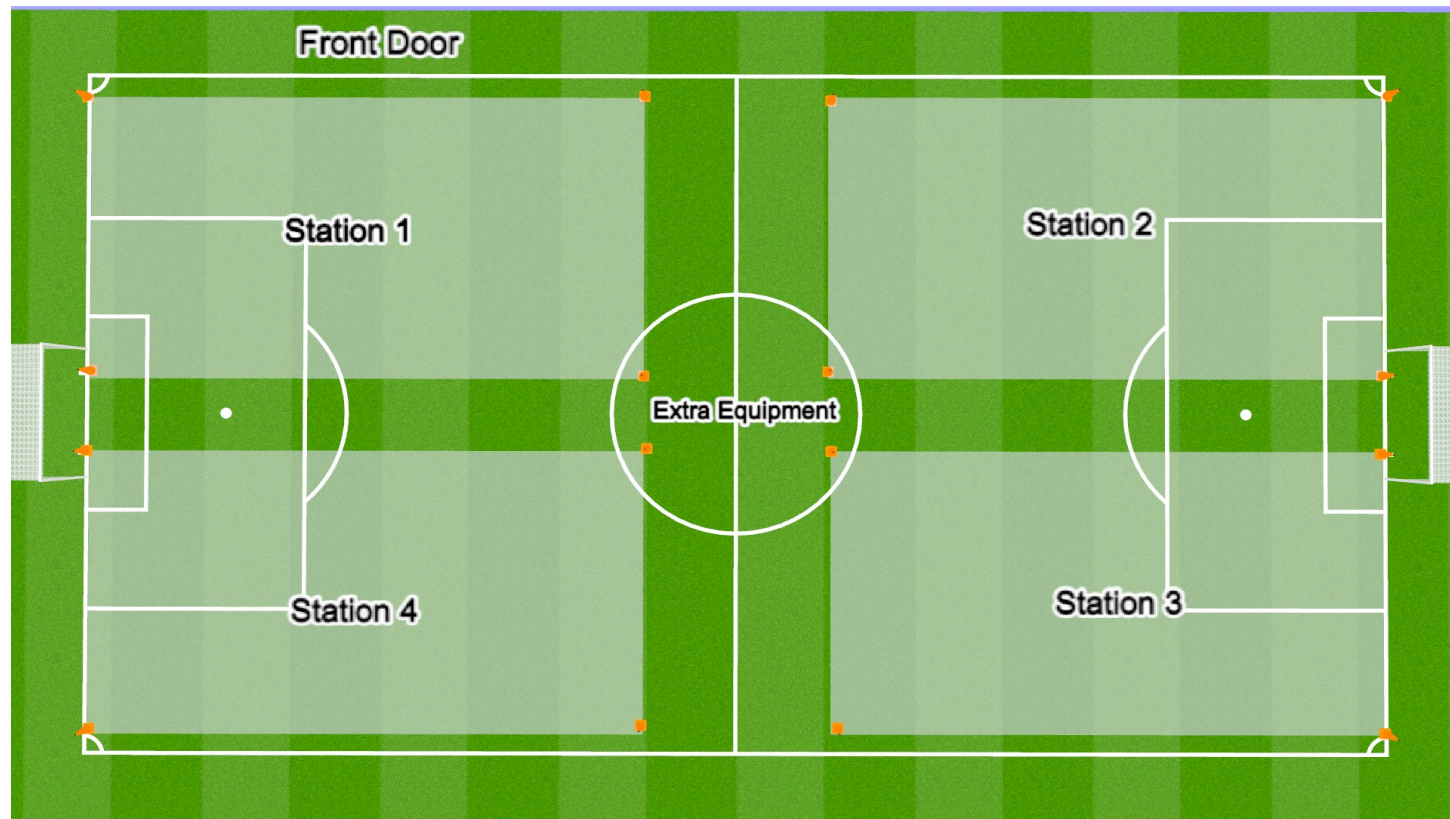


# U7-10

- ▶ "Introduction to soccer"- building familiarity with the ball and the game itself (basic player tools, game principles, competition etc.)
- ▶ Strong emphasis on building individual technique
- ▶ 4 Stations
  - ▶ 3 activities + matchplay station
  - ▶ Rotate approx. every 10-12 minutes
- ▶ Aim to arrive on time, groups will be made/ set up to occur within first 10 minutes of session



# Set up/ Field Map

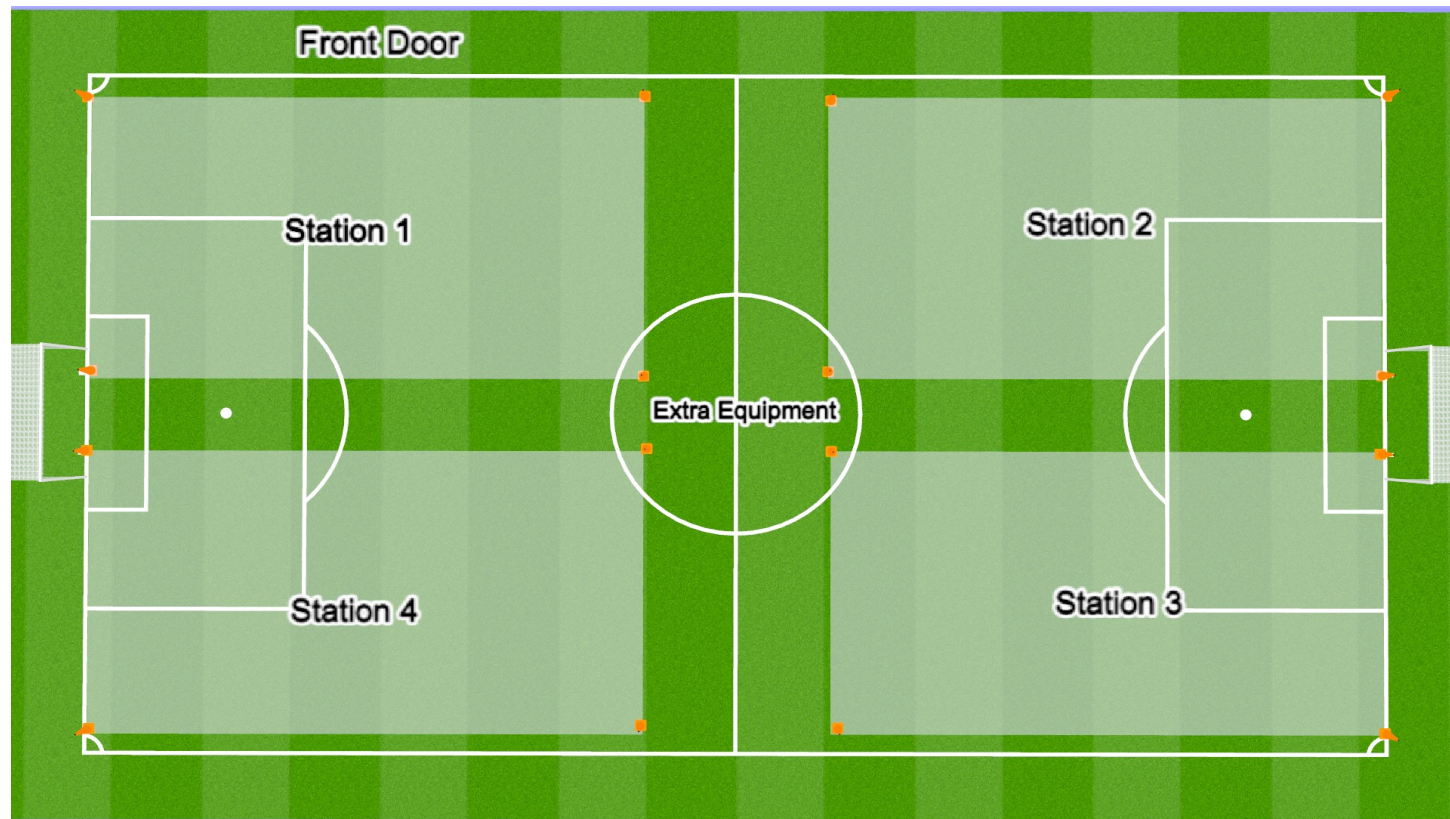


# U11-12

- ▶ "Building blocks"- growing the players enjoyment for soccer by reinforcing their learnings and strengthening their love for soccer
- ▶ Individual skill while learning how to involve teammates
- ▶ 4 Stations
  - ▶ 3 activities + matchplay station
  - ▶ Rotate approx. every 10-12 minutes
- ▶ Aim to arrive on time, groups will be made/ set up will occur within first 10 minutes of session
  - ▶ Will be dealing with players of varying ability
  - ▶ Group design will be random for first few sessions, will consider ability as we progress through the season



# Set up/ Field Map



# U13+

- ▶ "Soccer for all"- inclusive space for players to enjoy soccer as they wish
- ▶ Varying age, stage, athletic backgrounds\*
- ▶ Sessions tailored to be game based to give a more general yet wholistic experience of the game
- ▶ Whole field for session
- ▶ Adapt sessions as needed (based on player feedback/ coach discretion)





# Coach Behaviours

- 1) **Lead by example:** Demonstrate the behaviours that we would want to see in our players (eg. Showing up on time, being respectful of those around us, organized, mindful of body language, words, and actions etc.)
- 2) **Connect with the players:** Humanize and personalize the environment by getting to know the person behind the player and show care for who they are beyond the athlete (eg. get to know their names).
- 3) **Teach and inspire:** Aim to have at least one positive interaction with each player in your group by the end of the session. Athletes should have taken something away by the end of the practice and are excited to come back the next time.
- 4) **Follow the plans:** Ensure that plans are followed as best as possible. Session plans are designed with the player age and stage in mind. Discretion will be given to go off script when appropriate. Questions about session plans/ activities are to be directed to TD.



# Session Flow

- ▶ Activity must occur at least 80% of the time
- ▶ Keep coaching points brief
- ▶ Ensure that group stays together when rotating (if this pertains to your group)
- ▶ Maintain a positive, fun, inclusive environment (objective of the program is to have as many soccer athletes as possible for as long as possible. Ensure that they walk away wanting to come back).



# Questions?

