



# CANADA SOCCER GRASSROOTS COACH EDUCATION

*NLSA's Hybrid Model*



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# Our ‘Why’

The Newfoundland and Labrador Soccer Association believes that positive player experiences begin with educated, confident, and qualified coaches. Coaches play a critical role in shaping not only player development, but also safety, enjoyment, and long-term participation in the game.

Investing in and adapting our coach education program benefits our soccer system in two main ways:

1. Creating safer, age-appropriate, and developmentally sound learning environments
2. Improving training sessions and match experiences, leading to more skillful and tactically aware players

To support clubs and communities across the province, NLSA has adopted a ‘hybrid model’ to delivering the practical components of grassroots coach education. This model increases accessibility, affordability, and flexibility for coaches by allowing member associations to deliver in-club group or individual workshops, while the NLSA continues to support and deliver group workshops for clubs or regions that are unable to do so independently.

This approach ensures that every coach—regardless of location—can have access to meaningful, high-quality education that supports positive player development.

# Canada Soccer Grassroots Workshop Overview

## ■ Courses

- *Active Start (U4-U6)*
- *Fundamentals (U6-U9)*
- *Learn to Train (U10-U13)*
- *Soccer for Life (U13+)*

## ■ Components

- *Online (Theory) Component (register via Canada Soccer)*
- *In Person (Practical) Component*

*Note that the Canada Soccer Safe Sport Roster should also be completed:*

- Making Ethical Decisions
- Making Headway in Sport
- Emergency Action Plan
- Rule of 2
- Respect in Sport
- Background Screening

# In Person Component Options

## Group Setting

- *NLSA delivery*  
*or*
- *Club delivery*
- Active Start & Fundamentals Workshops = 3h
- Learn to Train & Soccer for Life Workshops = 4h

## Individual Setting

- *Club delivery*
- Active Start & Fundamentals = 2 sessions
  - *1<sup>st</sup> session: Learning Facilitator led*
  - *2<sup>nd</sup> session: Student Coach led*
- Learn to Train & Soccer for Life = 3 sessions
  - *1<sup>st</sup> session: Learning Facilitator led*
  - *2<sup>nd</sup> session: Co-coach by Learning Facilitator and Student Coach*
  - *3<sup>rd</sup> session: Student Coach led*

# Coach Process

1. Register for and complete the online component of the Canada Soccer Grassroots Workshop(s) that are applicable to your context.
2. Attend and participate in the in-person component:
  - *NLSA Group Setting (candidates who have completed the appropriate online components will be emailed directly once a course is available)*
  - *Club Group Setting (clubs will need to apply for this delivery method and it needs to be approved by the NLSA prior to the delivery)*
  - *Club Individual Setting (clubs will need to apply for this delivery method and it needs to be approved by the NLSA prior to the delivery)*
3. Once steps #1 & #2 are complete, and Canada Soccer Safe Sport modules are complete, the coach becomes 'trained'.

# Learning Facilitator Standards/Requirements

## ■ Requirements

- *Valid C License/Diploma Certification or Higher*
- *NCCP Content Training for Learning Facilitators*
- *Safe Sport Roster*
- *Letter of Support from Region or Club*

## ■ Training Process

- *Complete Context Specific Training with Mentor and Minimum 1 Micro Facilitation (complete minimum theory component of workshop)*
- *Complete 1-2 Co-Deliveries with Mentor (NLSA Staff Member)*
- *Workshop Delivery (solo)*
- *Evaluation (after a minimum of two workshops)*

# How to Host a Workshop

## *Group Setting*

### ■ Pre Workshop

- *Formal Letter of Intent (via Google Forms) that requires the following information:*
  - Date of delivery
  - Time of delivery
  - Location of delivery
  - Facilitator(s)
  - Candidate list with emails (minimum 12)
    - *Online component must be completed prior to application being submitted*
  - Administration fee of \$15/candidate needs to be submitted once application has been approved
- *\*NLSA must receive the formal letter of intent with all relevant information a minimum of 3 weeks prior to course delivery.*
- *Google Forms link: <https://forms.gle/HxnKiP3SdyFAaB8W7>*

### ■ Post Workshop

- *Submit the following information to the NLSA:*
  - Overview/reflection of workshop (start, stop, continue)
  - Picture with all candidates that were present at the course
- *NLSA will update the Smarter U portal & internal databases*



# How to Host a Workshop

## *Individual Setting*

- Pre Workshop
  - *Formal Letter of Intent (via Google Forms) that requires the following information:*
    - Dates of sessions
    - Times of sessions
    - Location of sessions
    - Facilitator
    - Candidate Name & Email
      - *Online component must be completed prior to application being submitted*
    - Administration fee of \$20 needs to be submitted once application has been approved
  - *\*NLSA must receive the formal letter of intent with all relevant information a minimum of 2 weeks prior to the first session.*
  - *Google Forms link: <https://forms.gle/ExddF7wQ72rr9dxu6>*
- Post Workshop
  - *Submit the following information to the NLSA:*
    - Overview/reflection of process (start, stop, continue)
    - Observation template
    - Submission of all sessions
  - *NLSA will update the Smarter U portal & internal databases*