



The New Community Stream Coaching Education Program

The Active Start Coaching Course – Target Age Groups: U4 - U6

Introduction:

Aligned with the Long Term Player Development model, the Active Start Coaching Course (AS) is designed to give coaches a thorough understanding of the psyche and needs of beginner players in the U4-U6 age brackets. The new format is more interactive, with coaches learning how to conduct 1 with 1 training, where parents work with their children to deliver the content.

It is the Saskatchewan Soccer Association’s belief that coaches should take their time to fully absorb the materials before putting them into practice in the club environment, so that the long term effect is the development of players in Saskatchewan who are both technically and tactically proficient.

The Active Start Course may be delivered over approximately 4 hours as a stand-alone course or combined with the FUNdamentals Coaching Course for a total of approximately 12 hours.

Course Content:

| Content Delivered | Time Allocated | Facility |
|---|-----------------------|-----------------|
| Registration and Introduction | 0.25 | Classroom |
| What is LTPD (Stage Definition) | 0.25 | Classroom |
| Stage 1 LTPD Player Characteristics | 0.50 | Classroom |
| Role of the Coach | 0.50 | Classroom |
| Instructor Demonstrations | 0.75 | Field |
| Group Exercise: Practice Planning | 0.50 | Classroom |
| Practical Coaching Sessions (Participants to deliver) | 1.00 | Field |
| Review and Evaluation | 0.25 | Classroom/Field |

The NCCP – Making Ethical Decisions (MED) module is mandatory for all Soccer Coaches regardless of Level of Training.

Active Start + MED = in Training