



The New Community Stream Coaching Education Program

The FUNdamentals Coaching Course – Target Age Groups: U6 – U9

Introduction:

Aligned with the Long Term Player Development model, the FUNdamentals Coaching Course is designed to give coaches a thorough understanding of the psyche and needs of players and the knowledge of how to provide them with a sound fundamental technical base. The new format is more interactive, with coaches learning how to conduct interesting and exciting training sessions for young players.

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, regardless of the division in which they play.

The course may be delivered over approximately 8 hours (in 1 or 2 days) or combined with the Active Start course for a total of approximately 12 hours, which can be run in the following formats: 4 hours on Friday and 8 hours on Saturday, or 4 hours on Friday, 5 hours on Saturday and approximately 5 hours on Sunday.

Course Content:

Content Delivered	Time Allocated	Facility
Registration and Introduction	0.25	Classroom
What is LTPD? (Stage Definition) Where does this course fit in?	0.50	Classroom
What is physical literacy?	0.25	Classroom
Setting the scene (Task 1)	0.50	Classroom
Stage 2 LTPD Player Characteristics/Practice Recommendations	0.75	Classroom
Role of the Coach (Task 2)	0.50	Classroom
Instructor Demonstrations	1.25	Field

Group Exercise: Practice Planning (Task 3)	0.75	Classroom
Practical Coaching Sessions (Participants to deliver) (Task 4)	2.00	Field
Small Sided Games (Task 5)	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.

FUNdamentals + MED = Trained