



The New Community Stream Coaching Education Program

The Learning to Train Coaching Course – Target Age Group: U8 - U13

Introduction:

Aligned with the Long Term Player Development model, the Learning to Train Coaching Course (L2T) is designed to give coaches a thorough understanding of the psyche and needs of players in the U8-U13 age brackets. The new format is more interactive, with coaches getting time to conduct practical sessions and receive peer feedback.

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 15 continuous hours on 1 weekend, for example: Friday night, Saturday and Sunday, or Saturday and Sunday. The third and recommended method is for the delivery to be executed in a modular format over a longer period of time (see format below).

Feedback from coaches over some 25 years has shown that many feel that the continuous 15 hours of intense instruction leads to a feeling of information overload and fatigue. In addition, many have complained about having to commit to a full weekend of training which impinges on work, sport and family time.

In the interests of ensuring that Saskatchewan coaches acquire a solid background in teaching the game, the modular method is recommended for the following reasons:

- Instructors are less rushed when presenting each module, allowing for better knowledge sharing with the coaches
- Coaches do not have to commit to a full weekend
- Modules may be completed in any order
- Coaches have the time to apply the knowledge before returning for more information
- Coaches have time to practice coaching at the course, rather than simply watching
- Ability for District Associations to offer modules more often

- Flexibility in terms of availability of instructors, dates and times
- Better completion rates: currently, many coaches who miss sections of the course never complete it
- Easier to cater to larger groups without sacrificing quality or time spent with each coach

Modular Format and Details:

| Module Name | Time Required | Content Delivered | Time Allocated | Facility |
|--|---|--|-----------------------|-----------------|
| Understanding Coaching within the LTPD Model | 5 Hours - Approximately Depending on Group Size | Registration and Introduction | 0.5 | Classroom |
| | | Course Timeline and Objectives | 0.25 | Classroom |
| | | What is LTPD (Stage Definition) | 0.25 | Classroom |
| | | What is Soccer? | 0.25 | Classroom |
| | | What is Physical Literacy? | 0.25 | Classroom |
| | | Stage 3 LTPD Player Characteristics | 0.5 | Classroom |
| | | Role of the Coach | 0.75 | Classroom |
| | | Demonstration of Skills (Instructor) | 1.5 | Field |
| | | Key Elements of Successful Training Sessions | 0.5 | Classroom/Field |
| Planning and Running Effective Coaching Sessions | 5 Hours - Approximately Depending on Group Size | Methodology and Planning Practices | 1.0 | Classroom |
| | | Delivering Effective On-Field Sessions (Practical delivery of sessions by coaches) | 4.0 | Field |
| Principles of Play and Game Management | 6 Hours - Approximately Depending on Group Size | Introduction to Principles of Play | 0.5 | Classroom/Field |
| | | Coaching Attacking Principles in SSG | 1.25 | Field |
| | | Coaching Defending Principles in SSG | 1.25 | Field |
| | | Team Game Management (Safety) | 0.75 | Classroom |
| | | Goalkeeping | 0.75 | Field |
| | | Rules of the Game | 1.00 | Classroom |

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

Learning to Train + MED = Trained