



Coaching Development Community Courses Information Brochure 2021

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L.T.P.D.
Long Term Player Development

Active Start
"First Kicks"

For coaches of U4 to U6 year-olds

2

L.T.P.D.
Long Term Player Development

FUNDamentals
"Fun with the ball"

For coaches of U6 to U8 females
and U6 to U9 males

3

L.T.P.D.
Long Term Player Development

Learn to Train
"The golden age"

For coaches of U8 to U11 females
& U9 to U12 males

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L.T.P.D.
Long Term Player Development

Soccer For Life
"Soccer for
health and growth"

For coaches of U12 and older
females & U13 and older males

Ontario Soccer to continue using Coach Centre E2E for 2021 Coaching Courses

Ontario Soccer continues to build its information management systems in an effort to streamline how the province’s coaches can access opportunities to enhance their certification levels.

Working with long-time information technology provider E2E Soccer, Ontario Soccer will continue to use the “Coach Centre” technology to facilitate our ongoing relationship with new and returning registered coaches across Ontario.

Ontario Soccer runs a schedule of more than 300 coaching courses annually, servicing over 6,000 coaches. Coach Centre enables us to manage all aspects of course management through an easy to use online system. This system benefits the 6,000 plus participants annually.

Among the specific uses, Coach Centre will:

- provide approval for course requests from Clubs and Districts
- schedule Learning Facilitators
- oversee the financial management of the courses
- manage community courses and high-level coaching courses

When coaches complete a particular course, they will then be able to take advantage of the Coach Centre technology throughout the year—notably as a resource for any required technical information and support, including assistance with Long-Term Player Development (LTPD).

Course management has become increasingly challenging in recent years, especially as a greater number of coaches seek to enhance their skills and achieve higher levels of certification across the province.



Continuing for 2021

The following clinics will be hosted on Coach Centre E2E:

- Active Start
- FUNdamentals
- Learn to Train
- Soccer for Life
- C Licence – Ontario Soccer Hosted
- Ontario Soccer Goalkeeping Diploma – Ontario Soccer Hosted
- Ontario Soccer TD Diploma – Ontario Soccer Hosted
- Soccer Fitness Trainer Diploma Level 1 – Ontario Soccer Hosted
- Soccer Fitness Trainer Diploma Level 2 – Ontario Soccer Hosted

E2E Coach Centre – Process for hosting a coaching clinic with Coach Centre E2E:

To host a coaching clinic, Clubs must visit our website at <http://www.ontariosoccer.net/>. This site will provide documents for Clubs to access to ensure their clinic management process is quick, easy and efficient.

Step 1 – Creating an Account:

- Club administrators who want to host a coaching course must request a club administrator account by going to:
<http://www.coachcentre.ca/AccountRequest.aspx?ID=2>
 - This account will then be approved or declined by Ontario Soccer. Once this happens, the club will receive notification via email.
- Once the account is approved, E2E will prompt the account holder to fill in the contact information for the Club.

Step 2 – Requesting to host a Clinic:

- Clubs will request a clinic of choice via Coach Centre E2E.
- Clubs will have two options for payment: online payment through Beanstream or to manually mail a certified cheque. Once payment is received by Ontario Soccer office, the clinic will be approved on Coach Centre. Payment must be made 30 days before the start date of the clinic. If the payment is not received, the clinic is deemed cancelled.
- Clubs will receive an automatic email once a clinic has been approved.

Step 3 – Assignment of the Learning Facilitator (LF)

- During the application process, clubs will have the opportunity to request a specific Learning Facilitator. Clubs can make this request, however, it may not always be granted. Each request will be dealt with on an individual bases.

- Ontario Soccer will review this request and assign an appropriate learning facilitator to the clinic.

Step 4 – Registration for Participants in coaching Clinics:

- Participants **must be 16** years of age on or before the start date of the clinic they are attending.
 - Candidates older than 14 years of age may enrol in Canada Soccer Community Coach Workshops; however, these individuals will not be recognized as having completed this training until their 16th birthday.
- Participants are to visit the following link to search and register for Ontario Soccer coaching clinics: <http://www.coachcentre.ca/PublicCourseSearch.aspx?ID=2>
- Once participants request/apply to participate in a coaching clinic, the club will receive an email notifying them that an application was received. The Club must then sign in to Coach Centre E2E and approve or decline the application. The club **MUST** choose one or the other.
- It is the club's responsibility to manage the class list of the clinic they are hosting. They are fully responsible and are required to add and/or remove participants who did not show up or not attend the clinic. If a Club does not complete this activity, they may be subjected to pay for the individual once the clinic has concluded.

Step 5 – The facilitation of the clinic:

- Once the Learning Facilitator is assigned to a clinic, they will now have access to the club's contact information, so they can work together on E2E to ensure specific clinic needs are met.
- The Learning Facilitator will also have access to the class list and ability to contact all participants. This is to open the lines of communication between everyone.

Step 6 – Completion of the clinic:

- The Learning Facilitator will finalize participant attendance and clinic details on Coach Centre E2E.
- Participants are required to sign on to their E2E account and complete the LF evaluation.

Step 7 – Certificates and Final Clinic Invoices and payments

- Once participants complete the LF evaluation on their E2E profile, they will be able to sign onto their account. From there they can view and print their certificate of completion.
- The second and final invoice will be sent via email through the E2E Coach Centre system to clubs for their outstanding balance owed to the Ontario Soccer

New for 2021

In mid-2020, the Canada Soccer Community Courses were modified for partial online delivery.

The theory components of each Community Course, which were previously delivered in a classroom setting, are now completed online by the course participants via Google Classroom. The host club administrator will be granted access to the Google Classroom by the Ontario Soccer Coach Development Coordinator. The course's Learning Facilitator will have access to the Google Classroom and will be available to respond to course participants' inquiries and concerns.

The practical components of each Community Course must still be completed on-field and led by a Learning Facilitator.

When applying to host a Canada Soccer Community Course, clubs will have to **provide a start date and an end date**.

- The start date will be the first day that course participants can access the theory component via the Google Classroom
- The end date will be the day when the on-field practical component will take place

The above dates should be explained in the 'Additional Notes for Students' field when creating the course on Coach Centre.

It is recommended that course participants' be given at least two weeks to access and complete the theory component prior to the date of the on-field practical component.

Costs for Coaching Clinics

Courses	On-Field Practical Duration	OSA Per Person Rate	Minimum Course Deposit	Additional post clinic payments
Active Start	2 Hours	\$78.00	\$1,170.00	\$78/coach after first 15
FUNdamentals	2 Hours	\$108.00	\$1,620.00	\$108/coach after first 15
Learning to Train	4 Hours	\$232.00	\$3,480.00	\$232/coach after first 15
Soccer for Life	4 Hours	\$232.00	\$3,480.00	\$232/coach after first 15

FOR YOUR SAFETY

Ontario Soccer would like to ensure that the safety of all course participants is first and foremost. Therefore, it will be mandatory that all coaches be required to have correct footwear and shin pads when attending any of the Community Coaching Courses.

Footwear can consist of indoor or outdoor soccer shoes, or running shoes depending on the course layout and design.



Active Start

Stage 1 of Long Term Player Development, Wellness to World Cup, is called Active Start and it is designed for U4 to U5 female and male players. It has also been called "First Kicks".

Soccer contributes to the well-being of children by engaging them in the sport while teaching them basic movements. At this introductory level, the objective is to get them moving and to keep active. Coaches working with young players in this stage should enroll in an Active Start coaching course.

Course	Ages	On-Field Practical Duration
Active Start	U4-U5 female/male	2 hours

The course will provide information on the following: information on Canada Soccer's Long Term Player Development model "Wellness to World Cup".

- Develop a basic understanding Physical Literacy
- Information to help coaches understand the development stage of the children they are working with
- How to plan coaching sessions considering the development stage of the children coaches are working with
- Consider the safety factors involved in running a coaching session
- How to manage coaching sessions using appropriate content and methodology
- Provide coaches with a resource that they can use to plan their sessions
- Provide coaches with advice they can use to work with players and parents in this stage
- The participants will gain access to the course material through the Google Classroom, which will be provided to the Host by the Ontario Soccer Coach Development Coordinator
- Upon completion of the course **and** the Learning Facilitator evaluation, participants will then have unlimited access to their course certificate

Clinic Costs:

Active Start module is uniquely different from all other modules when it comes to applying to host.

The full initial deposit is required to host the course. It is important that clubs register a minimum of 15 participants when hosting a clinic. If there are more than 15 coaches in attendance, a balance is due at the conclusion of the course.

It is the club's responsibility to manage the class list of the clinic they are hosting. They are fully responsible and required to add and or remove participants who did not show up or not attend the clinic. If they do not do so, they club may be subjected to pay for the individual once the clinic has concluded.

The host is solely responsible for collecting registration and payment from participants.

Theory Component (Online):

The theory component of the Active Start course is now completed online via Google Classroom by the course participants at their own pace. It is estimated this should take between 1.5 – 2 hours. There are three modules that must be completed by the course participants prior to the date of the practical on-field component.

The Learning Facilitator will have access to the Google Classroom and will be available to respond to course participants' inquiries and concerns.

Active Start Modules

Guide to Completing the Modules

Introduction

1. Role of the Active Start Coach
2. Planning Fun and Safe Practice Sessions
3. Coaching Activities and Games

Facility Requirements:

The on-field practical component of the course can be held in a gymnasium, indoor soccer facility or on an outdoor soccer field. It can be held on the weekend or during a weekday evening. **You should plan to book your facility for 2 hours.**

The minimum gymnasium/field space required to run the course is 30 m x 20 m. The larger the space, the better, as more coaches can then participate in the practical activities.

Equipment Requirements:

The host must supply the following:

- One fully inflated size 3 soccer ball per participant
- A supply of 30 pinnies; 3 sets of ten, 3 different colours
- A supply of a minimum of 30 marker discs or cones
- Portable Goals

Participant Requirements:

Coaches attending the Active Start course should come prepared to attend the entire course. Be punctual and timely. They are required to:

- Wear appropriate clothing e.g. tracksuit, shorts, shirt, indoor or outdoor soccer shoes (depending on course location) or running shoes and shin pads
- Bring a supply of drinking water and snacks if required
- Material to record notes; pen, pencil, notebook

FUNdamentals

Stage 2 of Long Term Player Development, Wellness to World Cup, is called FUNdamentals. It is designed for U6 to U8 female and male players. It has also been called "Fun with the ball".

At this stage, individual player development is paramount. Coaches and teachers should create a stimulating learning environment where the atmosphere is "Freedom and Fun".

Course	Ages	On-Field Practical Duration
FUNdamentals	U6-U8 female / U6-U9 male	2 hours

Coaches working with young players in this stage are strongly encouraged to take a FUNdamentals coaching course. The course will provide information on the following:

- Information on Canada Soccer’s Long Term Player Development model “Wellness to World Cup”
- Develop a basic understanding Physical Literacy
- Information to help coaches understand the development stage of the children they are working with
- How to plan coaching sessions considering the development stage of the children coaches are working with
- Consider the safety factors involved in running a coaching session
- How to manage coaching sessions using appropriate content and methodology
- Provide coaches with a resource that they can use to plan their sessions
- Provide coaches with advice they can use to work with players and parents in this stage
- The participants will gain access to the course material through the Google Classroom, which will be provided to the Host by the Ontario Soccer Coach Development Coordinator
- Upon completion of the course **and** the Learning Facilitator evaluation, participants will then have unlimited access to their course certificate

Clinic Costs:

The full initial deposit is required to host the course. It is important that you register a minimum of 15 participants when hosting a course. If there are more than 15 coaches in attendance, a balance is due at the conclusion of the course. The balance is based on a per participant cost. Ask your facilitator to verify the final attendance numbers. Ontario Soccer will invoice the Host for balances due.

The host is solely responsible for collecting registration monies from participants The Facilitator does not collect money from individuals. The Facilitator does not register

participants.

This is the host responsibility and should be completed and returned to Ontario Soccer Facilitator a minimum of 10 days before the course start date.

Theory Component (Online):

The theory component of the FUNdamentals course can be completed online via Google Classroom by the course participants at their own pace. It is estimated this should take between 1.5 – 2 hours. The course participants must complete four modules and submit one session plan for review prior to the date of the practical on-field component.

The Learning Facilitator will have access to the Google Classroom and will be available to respond to course participants' inquiries and concerns.

FUNdamentals Modules

Guide to Completing the Modules

Introduction

1. Role of the Grassroots Coach
2. Planning Fun and Safe Practice Sessions
3. Small Sided Games Theory
4. Design and Submit a Practice Plan

Facility Requirements:

The practical on-field component of the course can be held in a gymnasium, indoor soccer facility or on an outdoor soccer field. It can be held on the weekend or during a weekday evening. **You should plan to book your facility for 2 hours.**

In good weather courses can be run outdoors on a field. If there is inclement weather you will need a backup gymnasium/indoor facility. The minimum gymnasium/field space required to run the course is 30 m x 20 m. The larger the space, the better, as more coaches can then participate in the practical activities.

Equipment Requirements:

The host must supply the following:

- One fully inflated size 4 soccer ball per participant
- A supply of 30 pinnies; 3 sets of ten, 3 different colours
- A supply of a minimum of 30 marker discs or cones
- Portable Goals

Participant Requirements:

Coaches attending the FUNdamentals course should come prepared to attend the entire course.

Be punctual and timely. They are required to:

- Wear appropriate clothing e.g. tracksuit, shorts, shirt, indoor or outdoor soccer shoes (depending on course location) or running shoes and shin pads
- Bring a supply of drinking water and snacks if required
- Bring a packed lunch
- Materials to record notes; Pen, pencil, note book

Learn to Train

Stage 3 of Long Term Player Development, Wellness to World Cup is called Learning to Train. It is designed for U9 – U12 female and male players. It has also been called "The Golden Age of Learning".

The effect of the role model is very important at this stage. Children begin to identify with famous players and successful teams, and they want to learn imaginative skills. Skill demonstration is very important, and the players learn best by “doing.” Players move from self-centered to self-critical, and they have a high stimulation level during basic skills training. This is also an important time to teach basic principles of play and to establish a training ethic and discipline. Repetitions are important to develop technical excellence, but creating a fun and challenging environment is still essential for stimulating learning.

Coaches working with young players in this stage are strongly encouraged to take a Learning To Train coaching course.

Course	Ages	On-Field Practical Duration
Learn to Train	U9-U12 female/male	4 hours

The course will provide information on the following: Information on Canadian Soccer Association’s Long Term Player Development model “Wellness to World Cup”.

- What is the game of Soccer?
- Information to help coaches understand the development stage of the players they are working with
- How to plan coaching sessions considering the development stage of the players coaches are working with
- Consider the safety factors involved in running a coaching session
- How to manage coaching sessions using appropriate content and methodology
- Provide coaches with a resource that they can use to plan their sessions
- Provide coaches with advice they can use to work with players and parents in this stage
- The participants will gain access to the course material through the Google Classroom, which will be provided to the Host by the Ontario Soccer Coach Development Coordinator
- Upon completion of the course **and** the Learning Facilitator evaluation, participants will then have unlimited access to their course certificate

Clinic Costs:

The full initial deposit is required to host the course. It is important that you register a minimum

of 15 participants when hosting a course. If there are more than 15 coaches in attendance, a balance is due at the conclusion of the course.

The balance is based on a per participant cost. Ask your facilitator to verify the final attendance numbers. The OSA will invoice the Host for balances due.

The host is solely responsible for collecting registration monies from participants. The Facilitator does not collect money from individuals. The Facilitator does not register participants. This is the host responsibility and should be completed and returned to the Ontario Soccer Facilitator a minimum of 10 days before the course start date.

Theory Component (Online):

The theory component of the Learn to Train course can be completed online via Google Classroom by the course participants at their own pace. It is estimated this should take 2 hours. The course participants must complete six modules and submit one session plan for review prior to the date of the practical on-field component.

The Learning Facilitator will have access to the Google Classroom and will be available to respond to course participants' inquiries and concerns.

Learn to Train Modules

Guide to Completing the Modules

Introduction

1. Role of the Grassroots Coach
2. The Practice Session (Methodology)
3. The Practice Session (Planning and Principles)
4. Safety, Injuries and Liability
5. Game Management
6. Design and Submit a Practice Session Plan

Facility Requirements:

The practical on-field component of the course can be held in a gymnasium, indoor soccer facility or on an outdoor soccer field. It can be held on a Saturday or Sunday. **You should plan to book your facility for 4 hours.**

The course can be held in a gymnasium, indoor soccer facility or on an outdoor soccer field. In

good weather, courses can be run outdoors on a field. If there is inclement weather you need a backup gymnasium/indoor facility.

The minimum gymnasium/field space required to run the course is large triple gymnasium or large indoor field. Due to the type of activities the coaches will be performing a larger area is required, than was needed in previous courses.

Equipment Requirements:

The host must supply the following:

- One fully inflated size 4 soccer ball per participant
- A supply of 30 pinnies; 3 sets of ten, 3 different colours
- A supply of a minimum of 30 marker discs or cones.
- Portable Goals

Participant Requirements:

Coaches attending the Learning to Train course should come prepared to attend the entire course, be punctual and timely. They are required to:

- Wear appropriate clothing e.g. tracksuit, shorts, shirt, indoor or outdoor soccer shoes (depending on course location) or running shoes and shin pads
- Bring a supply of drinking water and snacks if required
- Bring a packed lunch
- Materials to record notes; Pen, pencil, notebook

Soccer for Life

Stage 7 of Long Term Player Development, Wellness to World Cup, is called Soccer for Life. It is designed for female and male players aged 13 and older. It has also been called "Soccer for health and grass roots growth".

At any stage in the LTPD model, regardless of their level of ability, players may decide to play soccer as a purely recreational sport so they can continue to enjoy the game and maintain lifelong wellness. They might be youth players who decide not to pursue high performance, or they might be top players from senior clubs, colleges, universities, and semi-professional teams who enjoy competition but do not intend to play at the international level. They might also be complete newcomers to the game who discover an interest in soccer in late adolescence or adult life. Players at all levels should have opportunities to become active in soccer coaching, officiating and administration. The recruitment and retention of players, coaches, match officials and administrators is key to the ongoing development of both grassroots and elite soccer in Canada.

Coaches working with players in this stage are strongly encouraged to take a Soccer For Life coaching course.

Course	Ages	On-Field Practical Duration
Soccer for Life	U13+ female/male	4 hours

The course will provide information on the following:

- Information on Canada Soccer’s Long Term Player Development model “Wellness to World Cup”
- What is the game of Soccer
- Information to help coaches understand the development stage of the players they are working with
- How to plan coaching sessions considering the development stage of the players coaches are working with
- Technical/Tactical development
- Consider the safety factors involved in running a coaching session
- How to manage coaching sessions using appropriate content and methodology
- Provide coaches with a resource that they can use to plan their sessions
- Provide coaches with advice they can use to work with players and parents in this stage

- The participants will gain access to the course material through the Google Classroom, which will be provided to the Host by the Ontario Soccer Coach Development Coordinator
- Upon completion of the course **and** the Learning Facilitator evaluation, participants will then have unlimited access to their course certificate

Clinic Costs:

The full initial deposit is required to host the course. It is important that you register a minimum of 15 participants when hosting a course. If there are more than 15 coaches in attendance, a balance is due at the conclusion of the course.

The balance is based on a per participant cost. Ask your facilitator to verify the final attendance numbers. The OSA will invoice the host for balances due.

The host is solely responsible for collecting registration monies from participants. The Facilitator does not collect money from individuals. The Facilitator does not register participants. This is the host responsibility and should be completed and returned to the Ontario Soccer Facilitator a minimum of 10 days before the course start date.

Theory Component (Online):

The theory component of the Soccer for Life course can be completed online via Google Classroom by the course participants at their own pace. It is estimated this should take 2 hours. The course participants must complete six modules and submit one session plan for review prior to the date of the practical on-field component.

The Learning Facilitator will have access to the Google Classroom and will be available to respond to course participants' inquiries and concerns.

Soccer for Life Modules

Guide to Completing the Modules

Introduction

1. Role of the Coach
2. The Practice Session (Methodology)
3. Safety, Injuries and Liability
4. Principles of the Game
5. Systems and Styles of Play
6. Design and Submit a Practice Session Plan

Facility Requirements:

The practical on-field component of the course can be held in a gymnasium, indoor soccer facility or on an outdoor soccer field. It can be held on a Saturday or Sunday. **You should plan to book your facility for 4 hours.**

In good weather courses can be run outdoors on a field. If there is inclement weather you need a backup gymnasium/indoor facility.

The minimum gymnasium/field space required to run the course is large triple gymnasium or large indoor field. Due to the type of activities the coaches will be performing a larger area is required, than was needed in previous courses.

Equipment Requirements:

The host must supply the following:

- One fully inflated size 5 soccer ball per participant
- A supply of 30 pinnies; 3 sets of ten, 3 different colours
- A supply of a minimum of 30 marker discs or cones.
- Portable Goals

Participant Requirements:

Coaches attending the Soccer for Life course should come prepared to attend the entire course. Be punctual and timely. They are required to:

- Wear appropriate clothing i.e. tracksuit, shorts, shirt, indoor or outdoor soccer shoes (depending on course location) or running shoes and shin pads
- Bring own water, snacks and lunch
- Materials to record notes; pen, pencil and notebook

Coaching Clinic Checklist for Hosts

72 hours before the practical on-field component course

- Have you updated your class list and approved or declined your clinic participants?
- Do you have a permit for your facility?
- Does facility meet the size requirements for the type of course you are hosting?
- Have you communicated with your Learning Facilitator?
- Have you communicated with all your participants?
- Have you told your participants what they need to bring and how to come prepared for the course?

24 hours before the course

- Final communication with Learning Facilitator and course participants
- Start/end time
- Reminder of what to bring and wear with them

Frequently Asked Questions – Coaching Development Department

The Locker & NCCP

Question: What is my NCCP (National Coaching Certification Program) # and how do I access the Locker?

To retrieve your NCCP # you can contact NCCP directly – www.coach.ca. Ontario Soccer would like coaches to become familiar with using the Locker on a regular basis. You can contact NCCP for assistance if you would like access to the Locker and require assistance.

Question: I took my community course with Ontario Soccer several months ago and it is still not on my profile on the Locker. Who do I contact?

You can expect your Locker to be updated within 2-4 weeks after completion of the course. If this does not appear, please contact the Ontario Soccer Coach Development team.

The certificate will appear in your Coach Centre account, after you have completed the course feedback.

Host FAQs

Question: I do not have 15 participants in my coaching clinic; can I run the clinic anyways?

No. Unfortunately, all clinics need a minimum of 15 participants. This rule needs to be enforced because the sessions require this many participants. This is also to ensure the sessions are run correctly and that the participants/coaches receive the best training for their registration fee.

Connect with neighbouring Clubs in your area, collaborating together to host one clinic could be an option.

Participant FAQs

Question: What happens if I show up on a course and I am not registered?

All participants are required to register themselves before the clinic takes place on Coach Centre E2E. Just because they requested to take the course, does not mean they are registered for the course. The applicant status should say “approved”. You have the option of registering yourself immediately at the clinic via E2E, and then have the host approve you. If you do not register, the LF will not allow you to attend the course.

Question: What happens if I miss half the course?

Participants are required to attend the course entirely. There are no exceptions to this rule.

Question: When and where is my course certificate?

Participant’s certificates are available once the participant completes the evaluation on the LF that conducted their course. The evaluations are on the coach’s profile on Coach Centre E2E.

Question: Where can I find CSA Coaching material specific to the course I have registered for?

You can find the course specific material on your Coach Centre profile under “My Documents” then “Documents”.