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7601 Martin Grove Road, Vaughan ON, L4L 9E4
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INFORMATION BULLETIN

Bulletin #: I2020-065
Date: June 17, 2020
To: Ontario Soccer; District Membership, ORA and Associate Members
CC: Ontario Soccer Board of Directors, Staff
From: Gabriel Assis, Senior Manager, Player Development Program
Subject: Soccer Fitness Trainer Diploma – New Courses Announced

Ontario Soccer is pleased to announce dates and locations for two **new** Coach Development opportunities for coaches to improve their knowledge and understanding of theoretical and practical components of soccer fitness training.

Soccer Fitness Trainer Diploma Level 1

This Diploma course combines theoretical and practical components of Soccer Fitness Training.

Course Curriculum includes:

- Strength training
- Fitness assessments
- Periodization of training
- Monitoring and training male and female players
- Aerobic and anaerobic energy system training
- Coordination

Course pre-requisites

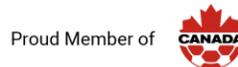
Prior to applying, coach must provide proof of successfully taking the following:

- Learn to Train or Soccer for Life or C License or B License **and** Make Ethical Decisions, Respect in Sport, and Making Head Way in Soccer.

NEW - Structure of the Soccer Fitness Trainer Diploma Level 1



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Online Workshop #1 - Introduction	July 9 – 12 p.m. to 2 p.m.
Online Workshop#2 - Warm-up, Coordination Theory	July 14 – 12 p.m. to 2 p.m.
Online Workshop #3 - Aerobic & Anaerobic Energy System Theory	July 16 – 12 p.m. to 2 p.m.
Online Workshop #4 - Fitness Assessment Theory; Periodization of Training	July 21 – 12 p.m. to 2 p.m.
Online Workshop #5 - Strength Training Theory, Special Consideration	July 23 – 12 p.m. to 2 p.m.
Mid-Course Assignment	TBC
In-Person Workshop (Vaughan or Durham Region)* *Pending facility availability at the target date	August 15 – 9 a.m. to 5 p.m.
Final Course Assignment	Due November 30

Soccer Fitness Trainer Diploma Level 2

This Diploma course is a second level to the “Soccer Fitness Trainer Diploma Level 1”

Course Curriculum includes:

- Anatomy, physiology and biomechanics for soccer
- Fitness assessments
- Periodization of training
- Monitoring training and games using technology
- Position-specific aerobic and anaerobic training
- The role of a fitness coach

Course pre-requisites

Prior to applying, coach must have completed the “Soccer Fitness Trainer Diploma Level 1”, **and** provide proof of successfully taken one of the following:

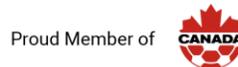
- Learn to Train or Soccer for Life or C License or B License **and** Make Ethical Decisions, Respect in Sport, and Making Head Way in Soccer.

NEW - Structure of the Soccer Fitness Trainer Diploma Level 2

Online Workshop #1 - Introduction	July 10 - 12 p.m. to 2 p.m.
Online Workshop#2 - Anatomy, Physiology Theory	July 15 - 12 p.m. to 2 p.m.
Online Workshop #3 - Biomechanics, Nutrition and Hydration Theory	July 17 - 12 p.m. to 2 p.m.



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Online Workshop #4 - Advanced Periodization of Training	July 22 - 12 p.m. to 2 p.m.
Online Workshop #5 - Advanced Energy System Training, Using Technology	July 24 - 12 p.m. to 2 p.m.
Mid-Course Assignment	TBC
In-Person Workshop (Vaughan or Durham Region)* *Pending facility availability at the target date	August 16 - 9 a.m. to 5 p.m.
Final Course Assignment	Due November 30

Cost

Soccer Fitness Trainer Diploma Level 1: **\$535**

Soccer Fitness Trainer Diploma Level 2: **\$535**

How to apply?

Coaches create an account on [Coach Centre](#) if they do not already have an existing account.

Applications will only be accepted via E2E Coach Centre. Coach Centre will send an automated email to the coach stating that the application has been submitted.

For further questions, please contact [Lyndon Hooper](#), Coordinator, Coach Development.

Ontario Soccer recently [announced Return to Play](#) on a regional basis for the sport of soccer in our province. Ontario Soccer will be mirroring the Government of Ontario regional approach for the restart to sports this summer. Clubs and Academies have received information on the steps they must follow in order to Return to Play. If you believe your organization has not been contacted, please review this [information now](#) and have your President, or organizational lead, follow the steps and contact [Ontario Soccer](#) after doing so.

For further questions, please refer them to the latest bulletin, the [COVID-19 Updates](#) page, which has all the latest information from Ontario Soccer, as well as resources for your members. Please consider placing a dedicated link to the [COVID-19 Updates](#) on the homepage on your website.

If you have not subscribed to our weekly e-Newsletter, [please do so here](#).

If you have any questions, please contact [Patty Forbes](#), Director of Administration.