



Overview of CRYSA for Coaches and Volunteers

2015

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INTRODUCTION

The Campbell River Youth Soccer Association (CRYSA) is a sporting organization in Campbell River that delivers a broad array of soccer programs for children ages 4-18 over the Spring and Fall seasons and camps in the summer months.

We operate under a mandate which is inclusive and ensures all kids are able to play. This is attained by managing our resources well, a low cost of entry and to remove any barriers (i.e. equipment, financial) which may limit a child's ability to participate.

Teamwork, fair play, sportsmanship and leadership are at the core of our programs. Part of our mandate is to teach the beautiful game of soccer to our children in a way which will help them to grow as individuals as well as athletes. These programs are designed to accommodate all skill levels from the social soccer player to the highly motivated and skilled player.

Our programs train players, coaches, referees, and parents about soccer and sport in general. These programs are overseen by a volunteer board/executive and are delivered by a group of dedicated volunteers. The technical side of soccer is overseen by our Technical Director.

The purpose of this document is to introduce coaches and volunteers to the Campbell River Youth Soccer Association. It outlines the associations guidelines and procedures on various topics related to coaching and/or volunteering.

CRYSA'S website (www.crysa.bc.ca) offers information on its policies and bylaws, schedules, field closures, and contact information. All program registration is done online through the website.

CAMPBELL RIVER YOUTH SOCCER ASSOCIATION MISSION STATEMENT

Our Mission is to promote, develop, encourage and educate young players in soccer by providing an environment which fosters the enjoyment of the sport along with team spirit, sportsmanship, fair play and which affords all players the opportunity to reach their full potential. To achieve our goal we shall endeavor to provide education, training and leadership to our volunteers as we strive to reach the highest standards in amateur sport within our community.

OVERVIEW OF THE ORGANIZATION

The Campbell River Youth Soccer Association (CRYSA) is an incorporated association with an executive and board of directors. CRYSA is governed by its' Directors who meet minimum once per month. CRYSA is governed by the Upper Island Soccer Association. BC Soccer Association oversees all soccer activities in British Columbia.

DIRECTORS AND AREAS OF RESPONSIBILITY

The duties of organizing Campbell River Youth Soccer are shared amongst the Executive, Directors, Administrator and Technical Director.

Executive:

President
Vice President
Secretary
Treasurer

Directors of:

Development
Accelerated
Club Operations
Coaches
Event Management
Legal Advice
Equipment
Referees
Uniforms
Volunteers
Clubhouse

Committees:

Registration
Discipline
Nominations

Administrator:

The Administrator is CRYSA's manager and coordinator for all soccer activities. The Administrator reports to the CRYSA Executive and Directors.

Technical Director / Head Coach:

The Technical Director (TD) is responsible for developing and implementing the CRYSA Curriculum and delivery of summer camps and academy programs. The TD works with coaches and athletes to build playing skills and habits that develop the athlete holistically.

CONTACT INFORMATION

	CONTACT	PHONE	EMAIL
President	Al Rimell	(250) 204-4060	rimella@agi.ca
Vice President	Jordie Sorensen		Jordie.Sorensen@gov.bc.ca
Secretary	Neil Ogg	(250) 923-3401	Neilogg4@gmail.com
Treasurer	Vacant		
Administrator	Carol Johnson	(250) 923-0491	crysa@shaw.ca
Technical Director	Kevin Lindo	(250) 716-6849	klindo@pacificsport.com
Director - Development	Jordie Sorensen		Jordie.Sorensen@gov.bc.ca
Director - Accelerated	Stephen Hall	(250) 923-7595	stephen.hall@marineharvest.com
Director - Club Ops.	Chris Flood	(250) 923-9205	thebcfloods@shaw.ca
Director - Coaches	Andrea Dirom	(250)-923-0929	adirom@telus.net
Director - Event Mgmt	Andrea Dirom	(250) 923-0929	adirom@telus.net
Director - Legal Advice	Sid Shook	(250) 923-7828	sbshook@shaw.ca
Director - Equipment	Chris Flood	(250) 895-0077	thebcfloods@shaw.ca
Director - Referees	Bill Kennedy	(250) 923-6294	bgken@telus.net
Director - Uniforms	Susan Leask	(250) 923-3702	keivers@shaw.ca
Director - Volunteers	Chris Flood	(250) 923-9205	thebcfloods@shaw.ca
UISA Rep.	Sean Arbour	(250) 286-7226	sean@pace-west.com
VIPL Rep.	Stephen Hall	(250) 923-7595	stephen.hall@marineharvest.com
Director - Club house	Jodi McConochie	(250) 914-3772	derrickwingert@hotmail.com

OVERVIEW OF THE PROGRAMS

DEVELOPMENT LEAGUE (TOTS & U5-U12)

The Development league follows the Long Term Player Development model in these age groups:

- Active Start "First Kicks" (U4-U6)
- Fundamentals "Fun With the Ball" (U7-U9)
- Learn to Train "The Golden Age of Learning" (U10-12)

UNDER 13 – UNDER 18 DEVELOPMENT LEAGUE (U13 – U18)

The players in this age bracket may play in combined age groups depending on registration numbers. This league interlocks with the Comox Valley Soccer Association. Travel is required.

UNDER 12 JUNIOR DEVELOPMENT

This development team prepares players for the Rep League. Games are played in the Upper Island league. Travel is required.

REP LEAGUE (DEVELOPMENT "UISA B")

This league includes Under 13 to Under 18 boys and girls teams. This league plays games on Saturday and/or Sunday and requires traveling. The season runs from early September to March. Tryout camps for all age groups are usually held in the month of August.

VANCOUVER ISLAND PREMIER LEAGUE (VIPL) U14 –U17 Boys and Girls

The Upper Island Riptide teams are select teams comprising of players from Powell River, Comox Valley and Campbell River. Try outs usually occur in May and June. The league runs from September to July. Travel is required.

UPPER ISLAND SOCCER ASSOCIATION (UISA)

CRYSA is governed by the Upper Island Soccer Association. The Upper Island Soccer Association is comprised of clubs from Mid-Isle, Port Alberni, Campbell River, Comox Valley and Powell River. The Upper Island Soccer Association governs all soccer activities from U12 to U18. The BC Soccer Association is the overall governing body with the Upper Island Soccer Association (UISA.ca) representing CRYSA interests in the BC Soccer Association.

SCHEDULE OF PROGRAMS AND TRAINING

FALL DEVELOPMENT LEAGUE - September to December - 10 to 11 weeks (no long weekend play).

REP SEASON - UISA "B" Cup - September to March

FALL ACADEMY - Mid October to mid December - 8 to 11 weeks - all age groups.

BREAK - Mid December to Mid January.

FUTSAL - January to March - usually 10 weeks - Friday Nights 6 pm to 9 pm.

SPRING ACADEMY - April through June - usually 8 to 11 weeks - all age groups.

SPRING DEVELOPMENT LEAGUE - April through June 10 - 11 weeks (no long weekend play).

SUMMER CAMPS - one in July and one in August - all age groups.

SEASON ACTIVITIES & EVENTS

ANNUAL GENERAL MEETING

The Annual General Meeting (AGM) is a meeting held in July to elect a Board of Directors and inform our members of previous and future activities. It is an opportunity to review fiscal information from the past year and begin to consider and plan for the upcoming seasons.

MINI WORLD CUP

The Mini World Cup is a fun tournament for U8 – U10 teams. The mini world cup is rotated through Upper Island communities each year. It is a weekend long tournament held in May. It is open to all players of any skill level. Registration is held 60 to 90 days prior to the event.

WIND UP DAY

A Wind-Up Day usually highlights the conclusion of the Fall and Spring season. The format and timing of Wind-Up Day varies from year to year and division to division.

TAG DAY

Tag Day is a fundraising day where anyone who makes a financial contribution to CRYSA is given a tag (CRYSA sticker). This fundraiser event is held once a year. TOTS to U10 participation is required. Each team is normally given a 1 hour time slot at various businesses around town. Coaches are expected to have their players in uniform at the allotted time and place for tagging.

PHOTOGRAPHS

Team and individual photographs take place in both Fall and Spring sessions. Advance notice will be given. Coaches are advised that if they cannot attend the scheduled photo session that alternate arrangements with the Administrator. Coaches will notify their players and have them in attendance suitably uniformed. Both teams and individual photographs are provided to players at a small cost, but are not mandatory. Please keep in mind, even if players are not purchasing photos it is important the athlete participates in the team photo. Team photographs are given to sponsors and are kept in files at the clubhouse.

AWARDS

CRYSA acknowledges its valued volunteers and player achievements. Memorial awards and certificates of appreciation are awarded to volunteers selected by the CRYSA Awards Committee at the yearly Wind Up Day at the conclusion of the Spring session. .

At the end of the REP season (April), REP teams are invited to attend a wrap-up celebration. Prior to the celebration, coaches put names forward to the CRYSA Awards Committee for various awards.

The awards distributed include:

1. **The Marthinsen Cup** recognizes the years of devotion and service provided to CRYSA by both Trig and Zula Marthinsen. The Marthinsen's were instrumental

in the development of CRYSA and spearheaded the building of the clubhouse. The Award is presented to a deserving player who exhibits the following qualities: sportsmanship, dependability, leadership, academics and progression of skills. The players length of involvement in youth soccer and participation in league activities such as coaching and refereeing are also important.

2. **The Herbert Hall Memorial Trophy** is in memory of Herbert Hall who died in 1988. During his lifetime Herbert Hall devoted much time and energy to youth soccer. The Memorial Trophy is given to the person the Board of Directors feels has done the most to further youth soccer for the year. This may be given to a player, coach, parent, referee, director or any other person dedicating service to youth soccer.
3. **The Desmond Caldwell Trophy** is awarded to a player who excels in goal keeping. This trophy is in memory of Desmond Caldwell who lost his life in an airplane.
4. **The Barb Stewart Trophy** named in her memory is awarded for the outstanding volunteer.
5. **The Steve Marshall Cup** was donated by Ernie Alberty and Neil Van Ierland and is awarded to the most valuable female player.
6. **The Jim Humphries Tug and Barge Trophy** is awarded to the most inspirational female player.
7. **The Dick Button Memorial Trophy** is awarded to the most improved youth referee.
8. **The Malcolm Cowie Memorial Trophy** is awarded to the referee of the year.
9. **The Farren Cup** is awarded each year to the most valuable male player.
10. **The Stephan Stock Memorial Trophy** is awarded each year to the most inspirational male player.
11. **The Beth Hamilton Award** is awarded to the most inspirational player in spring league soccer.
12. **The Graham Sibley Spirit Award** is awarded to the most outstanding advocate for the improvement of youth soccer, and promoted the integrity of the Association in the community.

CLUBHOUSE

The CRYSA clubhouse is available for use by coaches for team building exercises, team related meetings, etc. and can be booked through the Administrator.

RISK MANAGEMENT

CRYSA is committed to providing a safe environment for players and volunteers. Our policy and procedures are designed to protect our children from exposure to unnecessary risks to their health and safety.

All volunteers **must** complete a Criminal Record check. In order to provide accurate, quick, and reliable background Criminal Record checks CRYSA has partnered with BackCheck - myBackCheck.com an online, comprehensive solution for volunteer screening in the Not-For-Profit sector.

Once an individual has been identified to CRYSA as a coach / assistant coach / manager / volunteer, the CRYSA Administrator will email an electronic invitation to direct the person to the myBackCheck site. The person will be responsible for filling out the form and submitting it on line. CRYSA will sponsor the cost of the check. The Administrator will be informed of the BackCheck results.

When a criminal record check identifies problem areas for an individual, the CRYSA Administrator will contact the individual for additional information. If the identified problem poses a risk to program participants, an individual may be prevented from working with participants. Individuals affected by this process may appeal by contacting the CRYSA Executive, and will be directed through the appeal process.

Coaches are encouraged to **always** have another responsible adult present at all games, practices and other CRYSA activities. This gives added protection to the players and protects the coach and volunteers from unjustified complaints. CRYSA endorses the presence of a female adult if there are female players and an all male coaching staff. Please ensure that you do not turn your responsibilities over to an unscreened individual.

SAFETY AND FIRST AID

As a coach, you are the adult person in charge of your players at practices, at games and out of town travel to and from games. You have accepted the role of supervisor by coaching and are therefore responsible for your players' safety. This includes a legal obligation. Please don't be apprehensive about your legal obligation. The law expects you to act with reasonable care in the circumstances. You also have insurance protection through CRYSA. Parent helpers and other volunteers are also covered. Here are some simple guidelines:

1. First, make all reasonable effort to prevent injuries from happening. This includes checking out the play area before it is used. Please remedy any hazardous and/or dangerous situation before allowing play to begin. Check that all goals in use are anchored.
2. Plan and supervise the players' activities responsibly. Don't allow the children to conduct themselves in a manner likely to endanger others. Young players can and often will get into hazardous situations if left unsupervised.
3. Part of your supervision requires making sure the children get home from the games and

practices. It is the **parents'** responsibility to get their children to and from games and practices or make alternate arrangements. However, there are times when the parent fails to show up in a timely fashion, **do not leave the child unattended**. Either wait with the child or make arrangements for his/her safe return home.

PLEASE NOTIFY THE PARENTS OF YOUR POLICY AT THE START OF THE SEASON REGARDING THIS ISSUE.

4. Check to ensure that equipment including players' is in good condition. Outline in your parent meeting what proper soccer attire and equipment is and about the importance of being hydrated. This may require occasional check ins and reminders at the beginning of practices and games.
5. Every team is required to have contact information including important medical information recorded for each player. This information should be on hand at all times.
6. Be prepared for an emergency. Have a cell phone available. In cases of potential head, and neck injuries call **911**.
7. **Know your limits**. Don't attempt treatment if you are unqualified. Often there is someone around with first aid training. If you are not sure of the seriousness of the injury, treat it as a serious injury.
8. **Be over cautious about injuries**. Don't encourage or **allow** a player to return to the field if he is injured. Notify parents of any injuries, particularly any head injuries which occur in games or practices.
9. Encourage parents to be at games and practices. This needs to be enforced and is especially appropriate for the younger age groups.
10. Please follow through on injuries of any player. If in the event of a serious incident, you are required **to fill in an incident report**.

GOAL POSTS

CRYSA goal posts are located on most soccer fields and are to be secured to a stationary fixture with a lock and chain. After removing the lock, please make sure that the lock and chain are locked to the stationary fixture, otherwise locks are stolen. Please ensure goals are put back and locked up. Unlocked posts may get damaged, but more importantly pose a threat to others who may use the field (i.e. unsupervised children). If posts are on school property and not securely locked, CRYSA could lose the right to use their facilities.

GOALS MUST BE ANCHORED DOWN DURING GAMES AND PRACTICES. IT IS THE RESPONSIBILITY OF COACHES AND REFEREES TO ENSURE THEY ARE ANCHORED DURING GAMES.

INSURANCE COVERAGE

You are insured if you are a coach, manager, volunteer, referee, player, parent or Director. acting within the authority of the Campbell River Youth Soccer Association.

Presently we are insured for third party liability. This means that if someone is injured as the result of negligence of a coach or player, the insurance will pay all legal costs plus any judgment rendered against a coach or player up to five million dollars.

Coaches and players are also covered for accidental injuries occurring in soccer activities. If a player suffers a serious injury please report it to the Administrator immediately and follow up with an incident report.

Please remember **unregistered players are not insured**. Insurance coverage ends at the end of the season and Cup play unless the club is still involved with sanctioned activities.

DISCIPLINE

Campbell River Youth Soccer has a Disciplinary Committee to ensure its' rules, guidelines and policies are adhered to. Misbehavior may be from a Coach, Director, player or parent and can take many forms, such as abusive language, refusal to obey rules and/or guidelines, or fighting. Whatever form of misbehavior, it will be dealt with the Disciplinary Committee.

Players who misbehave on the field may be given yellow or red cards by the referee. These players may be called upon to appear before the Disciplinary Committee, which has the power to impose penalties such as suspensions. Suspensions are normally handed out in accordance with the BC Soccer Association Disciplinary Guidelines.

Three Strike Rule

The Three Strike Rule applies to players, coaches, parents and directors. If the conduct of any of the above is inappropriate this may initiate the Three Strike Rule. A letter is sent out to initiate the First Strike. If he/she is given a Second Strike notice due to unacceptable behavior, a second formal letter is sent out and the person must appear in front of the Discipline Committee. If a Third Strike is issued the person will be notified in writing that his/her membership with CRYSA is terminated. If he/she is a player they will be suspended from all CRYSA soccer activities without refund of registration fees.

Drugs and Alcohol

The use of and possession of drugs and alcohol shall not be tolerated in any activity associated with Youth Soccer. The Discipline Committee shall deal with breaches of this rule on an individual basis.

SCHEDULING

Coaches will be provided with a schedule at the beginning of the season. The Scheduler has absolute authority concerning cancellations or rescheduling of games. The only exception is that the referee may cancel the game on site if he/she deems weather and field conditions unsafe. The City of Campbell River may also close the fields due to poor field conditions. Please check the website for up to date information on field conditions.

RULES OF THE GAME

Referees will be supplied for all games starting at U9/10.

If you, or someone you know, is interested in refereeing please contact the Director in charge of referees to obtain information on clinics and certification.

The referee's decision is final. No criticism **WILL** be expressed to the referee in front of players and spectators. Each coach **MUST** encourage respect for the game officials. If you have a complaint or protest, it may be sent to the Director in charge of referees within 48 hours after the game.

*Please note that we have unlimited substitution in our league games to allow for maximum participation.

EQUIPMENT AND KIT (Clothing)

DISTRIBUTION AT START OF EACH SEASON

Based on requests from the Divisional Managers for each age group, CRYSA provides the required equipment to its coaches (uniforms/shirts, pinnies, cones, balls, nets, anchors). CRYSA does have additional training equipment available that can be accessed by contacting the Equipment Director. Please see the CRYSA website under "Equipment" for more details, contact information, equipment hours and FAQ's.

TOTS , U6 and U7/8 Teams

T-shirts will be given to each registered participant on the day the season starts. These shirts will be handed out by a CRYSA representative either at the field or at the clubhouse. T-shirts are for the participants to keep for both Spring and Fall Sessions.

All equipment needed to facilitate the program (balls, nets, cones, pinnies) will be made available to the teams via the Equipment Director or his/her designate and stored on site.

U9/10 and U11/12 Development Teams

At the beginning of the Fall Season each of the coaches/managers will be given a set of numbered uniforms in a tote. A sheet will accompany the uniforms outlining the numbers

given and the size distribution. The jerseys will be distributed by the coach/manager at the beginning of each game and collected at the end of the game. Under NO circumstances will the jersey leave the field with the player. Each team is responsible for maintaining the cleanliness of the jerseys. For washing, jerseys will be washed inside out, in cold or warm water and dried on a low heat setting. Please do not dry the jerseys on a high heat as this destroys the numbers.

In the Spring Season each coach /manager will be given a set of T-shirts that will be given out when the team rosters have been finalized (usually second week of season). These T-shirts are for the participant to keep.

A set of pinnies may be requested by the Coach from the Equipment Director. Issuance will be recorded to ensure return at end of season. Pinnies are provided in a mesh bag to facilitate storage. Each pinnie bag has 12 pinnies of one color and should be collected at the end of each session. Pinnies should be washed as required.

All equipment needed to facilitate the program (balls, nets, anchors, cones) will be made available to the teams via the Equipment Director or his/her designate.

U13/14 and U 15/18 Development Teams

A set of numbered jerseys will be given to each coach/manager at the beginning of both the Fall and Spring season in a tote. A sheet will accompany the uniforms outlining the numbers given and the size distribution. The jerseys will be distributed at the beginning of each game and collected at the end of the game. Under NO circumstances will the jersey leave the field with the player. Each team is responsible for maintaining the cleanliness of the jerseys. For washing, jerseys will be washed inside out, in cold or warm water and dried on a low heat setting. Please do not dry the jerseys on a high heat as this destroys the numbers.

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All equipment needed to facilitate the program (balls, nets, anchors, cones) will be made available to the teams via the Equipment Director or his/her designate.

Rep Team Kits

In order to maintain consistency in the "branding" of our rep teams, all CRYSA Rep players (tier 3) are issued a kit which consists of:

- Training Jacket (blue)
- Training Pant (black)
- 1 pair Shorts (blue)
- 2 pair Socks (1 pair blue, 1 pair white)

When Rep Team rosters are finalized, arrangements will be made to properly size all players (sample kit with range of sizes will be provided) and an entire kit order for the team will be placed with the supplier. Fees for additional items (i.e Coaches and or Managers) will be due prior to ordering. Teams that choose to fundraise to offset the costs of the teams kits may do so following the CRYSA Fundraising and Sponsorship Policies (available on web site). If the Rep team wishes to purchase other kit (i.e. rain jackets, bags, hoodies) it is at their own expense. Product should be endorsed by the club to insure branding.

Prior to the start of the season all coaches will receive their uniforms, pinnies, balls, cones, nets and goal anchors at the designated coaches meeting. Corner flags, ladders, benches, tents agility sticks etc are available upon request. Each coach / manager must sign out the equipment she or he receives.

END OF SEASON

All coaches are responsible for ensuring the return of all equipment following the soccer wind-up. It is essential that ALL equipment is handed in at the designated times so that the inventory can be tallied, reassessed and orders placed. If your equipment is defective or needs replacement through the season, please contact the Equipment Director.

ROLE OF THE FACILITATOR / COACH / TEAM LEADER

CRYSA's coaching philosophy provides a positive learning environment.

CRYSA will host educational opportunities which will cover the contents of the handbook and CRYSA Curriculum. It addresses the tips on preparation and how to progress and regress your session at each age group. In order for you and your players to get the full benefit of the CRYSA Curriculum and BC Soccer documentation it is vital you attend and participate, as it will be an excellent opportunity for you to work together with coaches from your neighborhood and club, and begin or progress your Coaching Education.

Code of Conduct:

Many of the coaching activities, exercises and games have their origins from street soccer, providing children an opportunity to play soccer for the love of the game and the pleasure it brings them. Added pressure placed on young children, to win at all costs, puts an over emphasis on short term achievements. Unfortunately, for some, this added pressure from adults can reduce the joy of participating and being part of a team, club and possibly the larger soccer community.

<p><u>Code of Conduct - Adults</u></p> <p>Coaches and parents attending games should:</p> <ul style="list-style-type: none"> • Give positive feedback • Be patient • Ensure evenly matched games • Emphasize good behavior and sportsmanship • Be supportive of good play from both teams. <p>Coaches and parents should not:</p> <ul style="list-style-type: none"> • Shout abuse • Emphasize results 	<p><u>Code of Conduct - Players</u></p> <p>Children should be encouraged to:</p> <ul style="list-style-type: none"> • Display fair play and sportsmanship at all times • Shake hands with the opposition after the game • Accept the match supervisor's decision • Play to the best of their ability • Experiment with skills and moves • Have fun
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COACHING TECHNIQUES

In order to maximize learning coaches should adopt a balanced approach to each coaching situation through Question & Answer, One on One, Trial & Error and Command & Guided Discovery. Each player may learn differently so ensure you explain your points clearly, demonstrate and let them play the game to make their own decisions. Avoid continually directing the players as they need to make mistakes to grow within the game.

Coach Characteristics:

- Dress like a coach.
- Arrive early for set-up and preparation.
- Be prepared for the task at hand.

Start Simple. Proceed from the simple to the difficult. Corrections should be made one at a time, using positive and constructive feedback.

Maximize Participation. When children are practicing, give them as many opportunities as possible to repeat the skill. Organize the players into small manageable groups. Avoid long lines as these hinder a child's concentration and can lead to distractions and boredom. Involve all players in practices and games.

Demonstration Position.

- Coach must see every player. Do not speak until all players are in front of you and standing still. Players nearest should crouch down.
- Do not speak into strong wind.
- Players should not be looking into the sun. It is better than that the sun is in the coaches eyes.

- Speak with authority. Only one person speaks at a time.
- Speak when still. If you are demonstrating, a brief explanation before and after is best.
- Coaching feedback should be clear, emphasizing the positive where possible and observed from outside the activity.

Active Coach. Let the game teach the players through game-play. COACH at the appropriate times, not all the time.

Immobilize all Soccer balls. When speaking to the children, the coach must have the attention of the whole group. The ball is a distraction and should be still and if necessary kept out of the reach of players.

Adapting your Practices. It is very important the coach continues to re-evaluate how the practice is running, so to provide players the opportunity to progress or regress if necessary. Some examples of adapting activities and exercises:

- Use of different body parts e.g. inside/outside of weaker foot.
- Modify the distances involved.
- Taking more or fewer touches of the ball.
- Increase/decrease time.
- Vary the height of the ball.
- Vary the complexity of the skill (e.g. turning).
- Increase or decrease the amount of players involved.

PREPARATION AND ORGANIZATION OF A TRAINING SESSION

Before arriving (CRYSA coaches arrive 15 - 20 minutes early) to your training session as a coach, you must ask yourself:

1. What will be the theme of this practice (i.e. skill development).
2. What do I hope my players will achieve from this practice.
3. How can I make it engaging and fun for all?

It is important that Coaches give structure to the training session, so that young players learn to identify the relationship between linking themed activities and exercises to the game.

When preparing and organizing your training session, consider the following to ensure the quality and effectiveness of each session during the season:

- Use available resources to prepare each training session in advance.
- Pay particular attention to equipment, for instance, that the balls properly inflated (average 9.5 -11 lbs)..
- Ensure warm-up and cool-down activities are carried out - dynamic stretching, no static stretching.
- Ensure that all players get maximum participation - no one sitting out.

- Show patience and understanding at all times.
- Be aware there may be various skill levels within your group, practices should be adapted accordingly.
- Keep instructions clear, simple and precise.
- Set realistic targets for the players.

Each training session needs to be tailored to the abilities of the players you are working with. By being well prepared - tailoring the training session becomes much more manageable.

LONG-TERM PLAYER DEVELOPMENT

Long-term player development (LTPD) is a program for soccer player development, training, competition, and recovery based on biological age (i.e. physical maturity) rather than chronological age. It is player centered, coach driven, and administration, sport science, and sponsor supported.

LTPD:

- Eliminates gaps in the player development system.
- Guides planning for optimal athlete performance at all stages.
- Provides a framework for program alignment and integration, from volunteer club coaches to national and professional teams.
- Follows scientific principles and practical coaching experiences.

Benefits for Players & Parents:

- Better understanding of what makes a good soccer program.
- More players learning at their level and having fun.
- Appropriate game and league structures (e.g. size of balls, goals, field, etc.)
- More opportunity for players to realize their athletic potential.
- More coaches who are knowledgeable in leading safe, effective practices.

Benefits for Coaches & Clubs:

- Information and education on effective coaching and practice methods.
- Guidelines for appropriate game structures.
- Guidelines on appropriate competition levels.
- Established pathways for player development for all levels of ability and ambition.
- Affirmation of best practices for coaches and club administrators.

Benefits for All:

- Competitive behavior is fostered in players, while over-competitive behavior is discouraged in adults (e.g. coaches and parents).
- Players, parents, coaches, and administrators understand that players are unique and therefore different in interest and aptitude.
- Players stay involved in the sport throughout their lives (as players, coaches, referees or club administrators).

- Soccer grows, and lifelong wellness is promoted for players of all ages, genders, and levels of ability and disability.

For more information on Long Term Player Development please visit www.bcsoccer.net

RETREAT LINE U9 – U12 MINI SOCCER

The retreat line initiative is designed to encourage and foster improvements in the following areas of mini soccer:

- Elimination of deliberate high press defensive tactics
- Constructive and technical build-up starting in the defensive third of the field
- Building confidence in our young players by allowing them more time and space when receiving a goal kick
- Goalkeepers taking the goal kicks. Note – Any player is allowed to take a goal kick however we want to encourage our goalkeepers to take as many as possible.
- This initiative is for GOAL KICKS ONLY.
- U10 Development, U11 and U12 the retreat line / offside line is the line marking the attacking 1/3 (see diagrams below).
- U10 House (non-development) the retreat line / offside line is the half way line.

Below is information pertaining to the implementation of the retreat line into the U10 – U12 mini soccer game format.

Retreat Line Procedure:

The Retreat line comes into play when the ball has gone out of play for a goal kick. All opposing players will retreat back behind the offside line / retreat line on the field. The opposing players may not pressure the ball until:

1. The player taking the goal kick has successfully put the ball into play and it is touched by their teammate (on their side of the offside line / retreat line).
OR
2. The ball is played beyond the offside line / retreat line into the middle third of the field.
OR
3. The ball leaves the field of play.

If a team decides to take the goal kick quickly, they are allowed to and the ball will be in play once it leaves the penalty area. The opposition's position on the field will not come into effect.

Encroachment of retreat line:

If the defending team encroaches across the retreat line before the ball is touched by an opposition player then the referee blows the play stopped and issues a re-take of the goal kick.

Making the Right Decision:

At times, the correct pass is a long one, players need to recognize the positions of the opposing team and act accordingly. If there is an opportunity to play quickly to create a counter attack, it should be encouraged. This scenario should be coached in practice so that players learn to make their own decisions in this situation.

SUMMARY OF COACH RESPONSIBILITIES AND DUTIES

1. Create a team list with team contacts including emails, phone numbers and medical information for each player. Ensure the Association and Technical Director has your contact details.
2. Plan a parent meeting prior to the season start to review procedures and expectations. Go over your coaching philosophy and guidelines
3. Assign a parent Team Manager to assist with the communication and organization of the team throughout the season. Determine the best means of communicating with your parents.
4. Assign one or two parents to be Assistant coaches. **ALL** volunteers must have criminal record check filed with CRYSA.
5. When choosing your practice night, to avoid conflicts please take into consideration CRYSA programming such as Academy and inform the Administrator of practice times and locations.
6. Access the Coaches Zone on the CRYSA website where you will find Coaching Resources and the CRYSA Curriculum for your age group. Please familiarize yourself with the Coaching, Playing and Practice Habits within the curriculum. There is also information on positions, soccer on a global stage, the benefits of small sided games and the FIFA11 warm up.
7. Undertake your responsibility to check the fields and follow the guidelines outlined for equipment.
8. Anchor goals down and lock up after use.
9. Teach sportsmanship and lead by example.
10. Ensure fair play. Don't overlook breaches of rules.
11. Be inclusive, involve all players.
12. Attend ongoing coach education hosted by the CRYSA. There will also be additional opportunities to receive accreditation.

ALWAYS BE POSITIVE WITH YOUR PLAYERS

Positive encouragement will produce more improvement and better results.

CODE OF CONDUCT FOR ATHLETES

1. I will participate because I want to, not just because my parents or coaches want me to.
2. I will play by the rules, and in the spirit of the game.
3. I will only use positive and supportive words with my teammates.
4. I will respect my opponents.
5. I will do my best to be a true team player.
6. I will remember that winning isn't everything - that having fun, improving skills, making friends and doing my best are also very important.
7. I will acknowledge all good plays / performances – those of my team and of my opponents.
8. I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.
9. I will arrive at practice on time and be ready to practice to the best of my efforts.
10. I will inform my team (via email, text or phone to the Team Manager) if I am unable to attend a practice or game at least 24 hours in advance or as soon as is possible.
11. I understand that my attendance at practices and efforts on the field for practices and games is directly correlated to my playing time at games.
12. I will keep my soccer kit clean and presentable at all times – wearing the appropriate colours and kit for games.
13. I will be an ambassador for Campbell River Youth Soccer, the Upper Island Soccer Association and the game of soccer.

Player's Name:

Date:

Player's Signature:

CODE OF CONDUCT FOR PARENTS

All parents must abide by Canadian Soccer Association Code for Parents which is as follows:

1. I will not force my child to participate in sports.
2. I will remember that my child plays sport for his or her enjoyment, not for mine.
3. I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
4. I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game/event.
5. I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
6. I will never ridicule or yell at my child for making a mistake or losing a competition.
7. I will remember that children learn best by example. I will applaud good plays/performances by both my child's team and their opponents.
8. I will never question the officials' judgment or honesty in public.
9. I will support all efforts to remove verbal and physical abuse from children's sporting activities.
10. I will respect and show appreciation for the volunteer coaches who give their time to provide sport activities for my child.

I understand and will abide by the Canadian Soccer Association Code for Parents. I will:

- Comply with rules, policies and procedures of the team and Club as they apply to me
- Familiarize myself with the Laws of the Game
- Support the coach, manager and the team
- Volunteer my services and talents to the club when possible
- Discuss my child:
 - only with the coaching staff and or team manager
 - only at a time mutually agreed upon with the coaches or team manager never prior to, during or directly after a game

Coaches are not to be approached by parents at training or games either before or afterwards concerning players. This is a time for both the coach of the team and the players to be focused on the task at hand. If you have a coaching concern please contact the coach or team manager via phone or e-mail to arrange a meeting at a mutually agreeable time.

Further, I will never:

(1) Engage in dissent directed toward an official, coach, parent or player. Referees are not to be abused in any way.

(2) Engage in any kind or type of unsportsmanlike conduct with any official, coach, player or parent

(3) Interfere at any time with the duties and responsibilities of the coach or manager, including no coaching from the sidelines during games or practices. At training, we ask that all parents respect that the players are training and to stay a good distance from the fields during all training sessions.

(4) Act in any manner that is detrimental to the team or the Campbell River Youth Soccer Association.

Parent's Name:

Date:

Parent's Signature:

CODE OF CONDUCT FOR COACHES/TEAM MANAGER

1. I will ensure that all players are treated with respect.
2. I will teach my players to play fairly and to respect the rules, officials and their opponents.
3. I will be reasonable when scheduling practices remembering that young players have other interests and obligations.
4. I will ensure that proper training and game time is provided to match the needs and abilities of the athlete.
5. I will not ridicule or yell at my players for making mistakes or for performing poorly.
6. I will remember that children play to have fun and must be encouraged to have confidence in themselves.
7. I will make sure that equipment and facilities are safe and match the players' ages and abilities.
8. I will remember that children need a coach they can respect. I will be generous with praise and set a good example.
9. I will obtain proper training and continue to upgrade my coaching skills so as to meet the needs of my players and the requirements of the Campbell River Youth Soccer Association.

Coach's Name:

Date:

Coach's Signature: