



Coaching Development Policy

General: The simplified mission for CW3 is to provide a soccer program for the kids in our community. Regardless of the fields we play on, the quality of the referees, the straightness of the lines on the field, or the quality of the uniforms, CW3 can only accomplish its mission when our own coaches provide the right environment for the kids to have fun, learn soccer, and develop their desire for the game. CW3 will make every effort to ensure that our coaches receive all the necessary support to guarantee their success. We will begin to accomplish this goal by providing the following:

- 1) **Progressive Coaching Education Program**
- 2) **Support and Mentor Program**
- 3) **Coaching Standards and Expectations**
- 4) **Clinics and Trainer Program**

Purpose: The Goal is to ensure that all of our coaches are fully prepared to be successful at their next coaching endeavor. If we perform our responsibilities correctly, all of our coaches will want to stay involved with Coaching and will be willing to seek out, pursue and acquire the additional knowledge necessary to be a successful coach. Although not implemented immediately, we would hope this leads to all coaches who coach a U10 or older team, to acquire their "E" license. The following information is an evolving guide designed to give our kids the best possible CW3 experience, while at the same time providing every coach with a personally rewarding educational growth opportunity.

1) **Progressive Coaching Education Program**

CW3's coaching education program is designed to cumulatively build the knowledge and experience of our coaches. We intend to transform a brand new coach, new to soccer, into a seasoned coach with a passionate, deep respect, and commitment to the game over the course of 3 to 4 years. The coaching education program will consist of Mini-Courses, which coaches will take once, or maybe twice each season. These Mini-Courses will not only provide coaches with all the expertise they need to teach essential soccer skills at the appropriate ages, but also provide coaches the understanding of how these skills can and should be taught.

These Mini-Courses will continually be refined and altered as necessary based on feedback from our coaches. These Mini-Courses are defined in Appendix A and are not intended to be given to any coach all at one time but to be slowly, cumulatively, and steadily introduced. The following chart illustrates when CW3 recommends that coaches receive this training to keep coaches prepared for the age group that they are about to coach. This progression considers time constraints of our coaches but more importantly allows coaches to learn, absorb, and put knowledge into practice at a comfortable pace.

Coaching Development Policy (Cont.)

Recommended Coaching Education Progression

Experience* (seasons coached)	Age	Season	Mini-Course
0	U6	Fall	100 & 101
1	U6	Spring	200
2	U8	Fall	201
3	U8	Spring	202
4	U8	Fall	300
5	U8	Spring	301
6	U9	Fall	203 & 302
7	U9	Spring	400
8	U10	Fall/Spring	E-License
9	U11	Fall	303 & 401

*A Season is considered 8 games Spring or Fall Season

2) Support and Mentor Program

- Coaches will continually be monitored and supported by their Age Group Directors throughout the season. Whether by direct support or by ensuring that a struggling coach receives all the right resources and attention that a coach might need, Age Group Directors are directly responsible for their coach's success.
- All coaches will receive a Mentor who will be available to help you with everything from team management, handling a challenging player, handling a challenging parent, or to provide guidance on how to develop your players and team.

3) Coaching Standards and Expectations

- Provide Coaches with clear goals, based on the age of their players, on what and when skills should be introduced, taught, and mastered by players, as well as when and what tactical knowledge needs to be introduced to properly perform as a team. This would provide all players a minimum exposure to all the necessary skills to successfully advance to the next level. This includes everything from practice frequency and duration to age appropriate stretches and game warm-up.
- Coaches will also be provided with defined expectations from their role as a coach. From what coaches should expect from CW3, parents, and players to what those same players, parents and CW3 should expect from their coaches. (Appendix B: Coaching Expectations and Training Curriculum)

Coaching Development Policy (Cont.)

4) Clinic and Trainer Program

Besides friendly advice over the phone, coaches will receive direct support in the form of clinics or special team practices. This is intended to support coaches on how and what to teach your teams, as well as provide you with examples of how to conduct a good practice session. This advice and support may also include specific training sessions that address continued development problems that coaches may be struggling to resolve on their own.

Evaluation and Modification: This policy was thoughtfully constructed to provide our coaches with all the knowledge and support possible to help ensure their success. CW3 understands that this policy will evolve and change, every season if necessary, to fulfill our commitment to our coaches. The evolution of this policy will be based on feedback from surveys received from coaches who attend Mini-Courses, end-of-season surveys from all coaches, and knowledge gained from International and National player development trends and philosophies.

Coaching Development Policy (Cont.)

Appendix A: Mini-Coaching Courses

Below is the current Mini-Coaching Courses that are offered by CW3. Each mini-course is appropriately named and the intended coaching audience and course length is defined. Coaches are not limited to only one course per season but are encouraged to take these mini-courses in the order in which they are listed due to the cumulative nature of the course material. Mini-Course dates and sign-up will be listed on our website. We strongly encourage coaches to attend these courses but understand that coaches may not be able to attend their recommended class due to personal or business requirements. We appreciate your time and commitment to coach for CW3 Soccer Association and we will try our best to work with every coach. Please contact you Age Group Director for help if you are having difficulty attending to your desired mini-course.

100 Help! Someone volunteered me to Coach

Ages: U6 and U8 (30 minutes)

This course is for beginners designed to help coaches understand how kids at this age learn soccer by visual and audio means, and will also highlight how gender influences development. Everything from teaching basic ball skills, team management (including a snack schedule☺), to practice and game management will be reviewed.

101 Ball Mastery

Ages: U6 and U8 (90 minutes)

Review simple coordination drills to make sure players get the experience using all necessary surfaces of their feet. This course will also review basic dribbling to simple turning techniques. The basics for both proper passing and receiving will also be reviewed. Sample training sessions will be discussed and reviewed to demonstrate how these skills can be introduced properly to players. The beginnings of a practice plan moving from simple to complex, or small sided games to a 'big game' format.

200 Basic Techniques (Change Direction and Shielding)

Ages: U8 and U10 (90 minutes)

This course is a step up from basic Ball Mastery and will teach coaches basic change of direction techniques. This is the cornerstone for effective ball control and dribbling. Everything from coordination skills to quickly, efficiently changing directions on a dime will be taught. Just as important is learning how to correctly and legally use your body to shield and protect the ball from your opponent. Along with teaching coaches how to coach and correct these critical fundamental skills, training plans will be presented to support all of these topics.

Coaching Development Policy (Cont.)

201 Basic Techniques (Passing, Receiving, & Shooting)

Ages: U8 and U10 (90 minutes)

This course will teach other methods of correctly passing a ball besides the fundamental push pass. The full spectrum of receiving technical skills will also be reviewed by using a player's first touch to gain the immediate advantage over an opponent. Basic Shooting techniques will also be introduced. Along with teaching coaches how to coach and correct these critical fundamental skills, training plans will be presented to support all of these topics.

202 Basic Techniques (Standard Moves)

Ages: U8, U10 and U12 (90 minutes)

This course will integrate basic change of direction skills with deception to help players create space to shoot, attack, or pass the ball. Taking touches away from pressure, and proper execution of the Step Over, Scissor, Cryff, and Revalayno (Ravioli) will be thoroughly taught. Every coach will be able to teach these moves and introduced to training sessions that allow players to successfully learn these specific moves.

203 Basic Techniques: (How to Coach a Goal Keeper)

Ages: U9 and U10 (90 minutes)

This course will teach coaches some basic fundamental principals in how to coach your keeper. Basic techniques and tactics will be discussed along with defining common language regarding a keepers position, skills and techniques. Coaches will also be introduced to techniques on how to include your keeper in your standard training plans without having to create custom practice sessions for just your keeper.

300 Advanced Techniques (Passing, Receiving, and Heading Lofted Balls)

Ages: U10 and U12 (90 minutes)

This course will teach the basics on how to properly deliver lofted balls and more importantly how to control those balls when received, either by trapping, heading or finishing. Coaches will be taught these skills and introduced to training sessions that teach and reinforce these techniques.

301 Advanced Techniques (Shooting vs. Finishing and Goalkeeping)

Ages: U10 and U12 (90 minutes)

This mini-course teaches shooting and demonstrates the distinction of finishing. Coaches will understand how and when to use these different skills and be introduced to training sessions that teach and reinforce these techniques. Along with Shooting and Finishing, basic Goal Keeping skills and knowledge will be provided for coaches. Coaches will learn how Goal Keeper training can be taught and reinforced within your current practice plans and training schedules.

Coaching Development Policy (Cont.)

302 Basic Tactics (Attacking and Defending)

Ages: U10 and U12 (90 minutes)

This course will teach the basics on how we defend and attack in soccer. Besides the basics, we will demonstrate how to properly transition from one to another. Basic formations for the 6v6 and 8v8 game will be discussed and coaches will learn when and how to apply these formations based on the type of players they may be coaching.

303 Advanced Techniques: (How to Coach 8v8 format)

Ages: U11 and U12 (90 minutes)

This course will teach how coaches should approach the 8v8 format game that is introduced at U11. With the introduction of two additional field players, a larger field, and offside now being called by referees, there tactical knowledge required of a coach that wants to coach at this level. Basic understanding of the rules, differences in coaching and identifying differences in how a coach should focus training are all discussed in this course.

400 “E” License Preparation

Ages: U10 and older coaches (120 minutes)

This is a relaxing small group discussion on what to expect from the “E Licensing Course. Subject matter and course agenda will be reviewed so that our coaches feel very comfortable in that environment and will not be surprised by any topics, testing, or licensing evaluation processes.

401 Intermediate Tactics (Attacking & Defending – 1st and 2nd Principles)

Ages: Rec Travel Teams (120 minutes)

This is the beginning of how to successfully attack and defend as a team in soccer. At some point, the game becomes less about an individual players ability to exploit the other team in the attack or defense and shifts to the team’s ability to read and react to conditions on the field that give your team the advantage. Besides the conceptual understanding, basic combination plays will be introduced for attacking; and defending roles will be clearly discussed. Some basic practice sessions for all these concepts will be introduced.