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**We Are United**

## Swift Current United Soccer Club Coaches Manual

### Mission Statement

*To promote and foster the development of players, coaches, and team officials in a competitive environment within the Swift Current District.*

### Terms of Reference

The Swift Current United Soccer Club will operate under the guidance and policies of the Swift Current Soccer Association.

After the United coaches have been selected, they, as a group, will appoint one coach to sit as a voting member of the SCSA Technical Development Committee on United soccer program issues.

The United Coaches Committee shall consist of the head coach of each existing United team. The majority of those present will form a quorum. Assistant coaches and managers may attend and participate in meetings. Each team will receive one vote, and in the absence of a team's head coach, another member of the staff may vote in his/her place. The United coaches will appoint a member to chair its meetings as well as sit as a voting member of the technical development committee.

Four United Coaches meetings will be held each year. Meetings will be held prior to, and following, both the indoor and outdoor seasons. Proper notice shall be given to all United coaches, at which time they will be allowed to submit items for the agenda.

All United teams are required to play at the Division II level or above during the outdoor season. Only in extreme circumstances (ex. team of combined age categories) may a team request to the TDC to play in a lower division. During the indoor season, the division at which each team plays in will be left to be decided upon by the coaching staff of each team.

### Season

The Board, no later than March 15<sup>th</sup>, will appoint United Coaches.

The SCSA board will send out invitations to all registered players

Try-out times and locations must be submitted to the board prior to first practice.

Prior to submission of tryout dates and time, fields must be booked with the field assigner/scheduler.

There must be a minimum of four tryouts taking place within the 20-day period.

Coaches looking for tournaments and exhibitions should view links on [www.sasksoccer.com](http://www.sasksoccer.com).

Each team must submit the following to the Registrar prior to May 15<sup>th</sup>: roster of players and staff, tournament schedule, C-PIC.

Teams are reminded that at least one member of the staff must be the same gender as the players.

To enter in provincial competitions, each team must pay the annual fee to the Swift Current Soccer Association along with their Intent to Play Form, and Roster at least seven days prior to the deadline.

All United teams must notify the Registrar in writing of all tournaments, and exhibitions planned for each season.

If a team wishes to play out of province they must complete a permission to travel form and submit it to the Registrar three weeks prior to traveling. Forms are available from the Registrar.

Coaches are responsible for players, coaches, staff, and their behavior on and off the field.

## Player Movement

For a player to move from a United team of their own age or gender to another United team of a different age or gender, a written request must be made to the SCSA Board of Directors.

The Board will hand over the written request to the Chair of the Technical Development Committee who will call a hearing with the parents/guardian of the player, and both coaches affected by the proposed movement.

The Chair of the TDC, or his designate, will mediate and contribute information to the parents based on knowledge of the players and the United program.

The following scenarios are possible:

1. If the sending coach does not contest the issue, the transfer is completed without a hearing if the receiving coach has no objections.
2. If the receiving coach objects to the transfer, no hearing is held and the player stays on his/her original team.

3. If the hearing is held and both coaches express their concerns (pros & cons of the proposed movement) then the parents will make the decision on where the player will play and notify the SCSA Board in writing within three days of the hearing.
4. If the receiving coach is unsure of the player's abilities, he/she may request the child to attend a workout session, so as to make a fair assessment. This must be completed within one week of the hearing.

A request to transfer may not be made once a player has agreed to placement on a team.

Any requests for player movement must be completed before he/she is allowed to try-out, practice, or play with another team.

No player may play or practice or try out with any team until after such time as the proper documents are filed with the Registrar. Board approval is required for any player movement request.

Players may affiliate with other teams but are required to meet their commitments to their original team.

Requests to use guest players for tournaments must be submitted to the Registrar for approval.

## Equipment

Each team will be provided with a complete set of red and black United jerseys to be worn for all games. In the event that the opposing team is dressed in a similar color scheme, the team will be permitted to wear their alternate white jerseys, which will also be supplied by the SCSA.

All United players will be required to wear black shorts. The SCSA will make available black Umbro shorts at the cost of twenty dollars per pair.

Red and black celtic socks must also be worn by all United players as part of their game uniforms. The SCSA will make these socks available for ten dollars per pair.

The SCSA will provide each team with a medical bag, soccer balls, training vests, markers and 2 match quality balls. Each team will be responsible to cover the cost of any missing items at the seasons end.

Any teams or persons wishing to use the Swift Current United Soccer Club logo must submit all aspects of the design, color scheme and distribution of the apparel for approval by the United Coaches Committee.

## Sponsorship

Each youth team (U10-U18) shall be named the Swift Current Foresters United Soccer Club in all form of communication. This includes but is not limited to, tournament entries, media submissions, etc.

Each United coach will be required to become a member of the Foresters, at the cost of the SCSA, and submit monthly volunteer hour logs to the Foresters liaison.

At which time the SCUSC logo is converted to bear the Foresters logo, all United apparel will be required to bear the Foresters logo.

**Non-compliance with any of the above articles may result in the immediate suspension of coaches, players, or teams.**

## U10 Program

**Philosophy:** No Cuts, Equal Teams

Although we are introducing players to a competitive environment, the primary focus will be on player development. As many teams as necessary will be formed to accommodate all willing players. Teams will be created as equal as possible. Players will be assigned to teams by a minimum of 3 board members and or United coaches as selected by the Technical Development Committee.

A head coach for the program will be appointed by the Technical Development Committee. He/She will oversee the operation of all teams, but will not coach a specific team. The program head coach, along with direction from the TDC will appoint the necessary number of coaches from qualified applicants or other sources.

**Suggested Training Requirements:**  
**Skills**

The primary focus should be on individual ball skills such as shielding, dribbling, and feints. Training should provide adequate time to get many touches on the ball and players should be continually encouraged to play creatively and attack the defender. Encourage risk taking! The six surfaces of the foot that the ball can be played with should be mentioned often and drills should ensure that players use them. Players at this age should be introduced to advanced offensive techniques such as stepovers, scissor steps, the locomotive, and the Cryuff move, so that they will become comfortable executing them in game situations.

- Dribbling with both feet and utilizing all six surfaces of the feet, eventually advancing to more advanced moves such as the locomotive, the Cryuff move, stepovers, and scissor steps
- Shielding the ball from opponent, using body to hold off tackler
- Receiving the ball on the ground, in the air, and on the move
- Shooting technique, on the move, with both feet
- Passing with both feet, with different surfaces, both short and long

- Introduction to heading
- Tackling, individual technique, side on, curved run, foot in

### **Tactical**

The basics of team play should be introduced but should not be the focus of training or match play.

An attempt should be made to introduce the primary concepts of awareness of space which are width and depth, both in attacking and defensive play.

Develop a general understanding of the basic rules of the game, including but not limited to; kick offs, goal kicks, corner kicks, throw-ins.

## U12 Program

**Philosophy:** Primary objective is player development within a skill appropriate setting

A minimum of two teams will be selected and players will be placed on a Div 2 or Div 3 team according to skill level.

The head coach of the program will be appointed by the SCSA board on the recommendation of the TDC. The program coach will be the head coach of the Div 2 team, but also completely responsible for the Div 3 team, including the procurement coaches with the aid of the TDC.

**Suggested Training Requirements:**

## U14 Program

**Philosophy**

**Suggested Training Requirements:**

**Skills**

**Tactical**

## U16 Program

**Philosophy**

**Suggested Training Requirements:**

**Skills**

**Tactical**

## U18 Program

**Philosophy**

**Suggested Training Requirements:**

**Skills**

**Tactical**

