

Team Official Meeting
U4 & U5

Outdoor 2024



Governance of Soccer



www.canadasoccer.com



www.albertasoccer.com



www.emsamain.com

www.emsasouth.com





EMSA South Board of Directors

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Tournament Chairperson
Email: tournament.mwsa@gmail.com

Heather Manchester
Casino Chairperson
Email: socceroffice@millwoodssoccer.ca

Balbir Deol
Volunteer Chairperson
Email: volunteercoordinator.mwsa@gmail.com

Ricardo Lodhar
Merchandising Director
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Stephen Andrews
Member at Large
Email: stephenandrews0305@yahoo.com

Erin Brown
Member at Large
Email: erinbrown@yahoo.com

<https://emsasouth.com/about/board-of-directors/>

EMSA South Age Director

- Volunteer
- Acts as liaison between the Zone Board and the communities on matters pertaining to the respective age group.
- Main contact for Coaches: Address any issues with your Age Rep or Community Rep first.
- Assist in team formation and issues resolution.

EMSA South Age Directors

AGE REPS

Kirsten Nelson & David Moawad

MW Area

U4 & U5 Boys and Girls

Email: office@emsasouth.com

dmoawad03@gmail.com

Tannis Tulis – SE Area

U5 & U7 Boys and Girls

Email: ritchie@emsasouth.com

Erin Brown – MW Area

U7 Boys and Girls

Email: erinbrown@yahoo.com

Roger Pelletier – MW Area

U9 Boys and Girls

Email: rcpelletier@shaw.ca

Shelley Svidal – SE Area

U9 Boys and Girls

Email: capilanosoccer@shaw.ca

Lindsay Leduc – MW Area

U11 Girls

Email: leducfam@outlook.com

Stephen Andrews – MW Area

U11 Boys

Email: stephenandrews0305@yahoo.com

David Bucknell – SE Area

U11 Boys and Girls

Email: rec@strathearnc1.org

Ryan Orr & Matthew Moawad

MW Area

U13 Boys & Girls

Email: communitychair@emsasouth.com

matthewmoawad01@gmail.com

Corey Wispiski – SE Area

U13 Boys and Girls

Email: cwispinski@hotmail.com

Stephen Andrews – MW & SE Area

U15 Boys and Girls

Email: stephenandrews0305@yahoo.com

Angie Sych – MW & SE Area

U17/U19 Boys and Girls

Email: angie@emsasouth.com

Kyle Denam

Selects FC Director

Email: selectsfc@emsasouth.com

EMSA South Community Reps

COMMUNITY REPRESENTATIVES

Ryan Orr
Community Chair
Email: communitychair@emsasouth.com

Boris Vajsabel
Avonmore Representative
Email: sports@avonmore.org

Martin Carnegie
Beaumont Representative
Email: president@beaumontsoccer.com

Ian Gray
Bonnie Doon Representative
Email: soccer@bonniedoon.ca

Roger Pelletier
Burnewood Representative
Email: rcpelletier@shaw.ca

Shelley Svidal
Capilano Representative
Email: capilanosoccer@shaw.ca

Jenn Parsonage
Ellerslie Representative
Email: president@ellersliecommunityleague.com

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Leslie Krukoff
FT Heights Representative
Email: soccer@forestterrace.org

Kyle Jarvis
Fulton Meadows Representative
Email kjcoz87@gmail.com

Richard Hedley
Holyrood Representative
Email rwhedley@gmail.com

Ryan Orr
Horizon Representative
Email: communitychair@emsasouth.com

Cindy Breadner
Knottwood Representative
Email: cindy.breadner@gmail.com

Lindsay Leduc
Lakewood Representative – (acting)
Email: leducfam@outlook.com

Deanne Whalen
Laurel Representative
Email: programs@laurelcl.com

Erin Brown
Leefield Representative – (acting)
Email: erinbrown@yahoo.com

Stephen Andrews
Meadows Representative – (acting)
Email: stephenandrews0305@yahoo.com

Jorge Rojas
Millhurst Representative
Email: coachjorgerojas@gmail.com

VACANT
N. Millbourne Representative – (acting)
Email: ed.mwsa@millwoodssoccer.ca

Corey Wispinski
Ottewell Representative
Email cwispinski@hotmail.com

Candace Sargeant
Ridgewood Representative
Email: dcsarg@hotmail.com

Tannis Tulis
Ritchie Representative
Email: ritchie@emsasouth.com

Raelene McCallum
Southwood Representative
Email mccallumraelene@gmail.com
Jennifer Costigan and Cheryl West-Hicks
Strathcona Representative
Email soccer@strathconacommunity.ca

David Bucknell
Strathearn Representative
Email rec@strathearncl.org

Bob Graham
Woodvale Representative
Email: bob.graham@albertahealthservices.ca

EMSA South Staff



Angie Sych

Executive Director/Registrar

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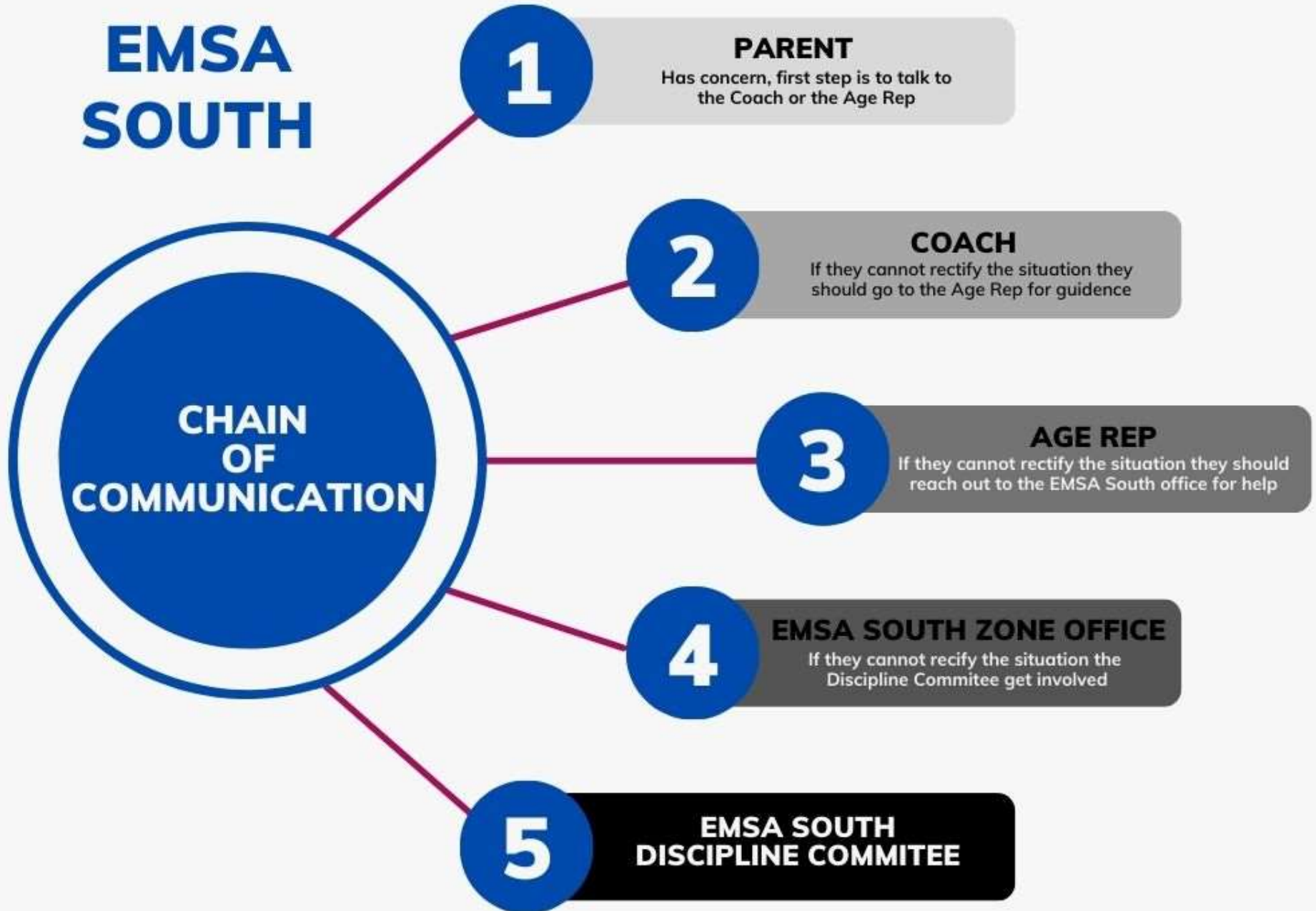
Kirsten Nelson

Office Assistant

Ph: 780-468-5233 ext 2

Email: office@emsasouth.com

EMSA SOUTH



What is the EMSA Soccer Portal?

The EMSA Soccer portal is an EMSA Program in which we register players, & coaches, track CPIC information, coach trainings, form team rosters, schedule league games & update standings.

Coaches will use the EMSA Soccer Portal to:

- See Your coach Trainings and PIC Expirations
- Get your Team List & player information
- Download your Alberta Soccer Official Roster
- View Game Schedule (which you will want to input into Team Snap)
- Input Game Scores (U11 & up Teams)
- Download Game sheets (U9 & up Teams)

www.emsasoccerportal.com

Communication with Coaches & Parents

All communications/correspondence from the EMSA South office will be sent out via Teamsnap. It is up to coaches and parents to check the app for updated league information.



Once rosters are confirmed we will set your team up with an account, you and your parents will receive an invite!

We use your soccer portal email so Please ensure that your email is up to date in the emsa soccer portal.

Once you have been invited you can begin adding the league schedule, practices, snack assignments and communicating with your team!

Uniforms & Equipment



We provide each team with uniforms & equipment. You should recruit an Equipment Manager volunteer to manage the team's equipment during the season.

The equipment warehouse is located at 9904 71 Ave, entrance way is on the north side of the building at the overhead doors. The warehouse faces 99 Street and has a large mural/painting of Joey Moss on it. Parking is available at the Russel Metals parking lot, on the west side of 99 Street on 71 Avenue.

All equipment handouts and returns occur at this location.

Tim Horton's sponsors the U4, U5 & U7 groups. Jerseys, socks, balls are a keepsake for the players.

Equipment Handout Date & Times

The 2024 Community Teams Equipment Handout is on **Saturday, April 20, 2024** and the schedule is as follows:

- U9 teams - 9:30 AM to 12:15 PM

12:15 PM to 12:45 PM - NO EQUIPMENT HANDOUT at this time

- U11 teams - 12:45 PM - 2:45 PM

- U13 teams - 3:00 PM to 4:30 PM

The 2024 Community Teams Equipment Handout is on **Sunday, April 21, 2024** and the schedule is as follows:

- U7 Teams - 9:15 AM to 12:15 PM

12:15 PM to 12:45 PM - NO EQUIPMENT HANDOUT at this time

- U4 & U5 teams - 12:45 PM to 3:00 PM

- U15, U17 & U19 teams - 3:15 PM to 4:30 PM

Coaching Requirements

By committing to be a Team Official (Coach, Assistant Coach or Manager). You are committing to providing a safe place for youth in Sport.

You commit to a Code of Conduct + to obtain the required certifications in order to provide the level of training for our athletes that is safe, fair, age appropriate and engaging.

Please be advised that all required Coach Training courses are fully refundable back to you once you have successfully completed!

The Next few Slides will go through the requirements for Team Officials

Coaching Requirements

RULE OF TWO

The goal of the **Rule of Two** is to ensure all interactions and communications are open, observable and justifiable. Its purpose is to protect participants (especially minors) and coaches in potentially vulnerable situations by ensuring more than one adult is present. There may be exceptions for emergency situations.



GOOD RULE OF TWO IMPLEMENTATION PRACTICES

- The coach is never alone and out of sight with a participant without another screened coach or screened adult (parent or volunteer) present.
- Allow training environment to be open to observation.
- Ensure a participant rides in a coach's vehicle with another adult present.
- Consider the gender of the participant(s) when selecting the screened coaches and volunteers who are present.
- Eliminate one-to-one electronic messaging. Ensure that all communications are sent to the group and/or include parents.

Learn more: coach.ca/responsiblecoaching



Coaching Requirements

- Register as a Team Official in the EMSA Soccer Portal www.emsasoccerportal.com
- Obtain a Digital EMSA ID Card (valid 3 yrs) email emsa.ecarding@emsamain.com with your picture and government ID
- Become Screened and obtain a valid Security Clearance (valid 3 yrs) email Kirsten at office@emsasouth.com
- Obtain a NCCP Number to set up a Team Official Transcript. <https://thelocker.coach.ca/account/login?ReturnUrl=%2f>
- Complete the Respect In Sport email Kirsten at office@emsasouth.com for the code
- Complete the NCCP Coach Pathway Course <https://canada-soccer.myshopify.com/collections/grassroots-coaching-education-program>
- For Head Coaches and Assistant Coaches: Complete the NCCP Coach Pathway Course (Active Start) <https://canadasoccer.myshopify.com/collections/grassroots-coaching-education-program>
- For Head Coaches and Assistant Coaches: Complete Safe Sport Roster Training <https://thelocker.coach.ca/account/login?ReturnUrl=%2fonlinelearning>
 - NCCP Making Head Way Module
 - NCCP Emergency Action Planning Module
 - NCCP Rule of Two

Respect in Sports

- All team officials require this Respect in Sports course as per Canada Soccer (Including Team Managers)
- Much like what is already in effect within the Hockey community, Soccer will be adopting this training mechanism as a tool to make the soccer pitch a fun and friendly environment, free of abusive behavior.

This will only lend itself to making our game what it is intended to be... "The World's Beautiful Game."

<https://emsasouth.com/coachref/coachs-corner/respect-in-sport/>

This course is valid for 5 years after successful completion.



Coaching Pathway

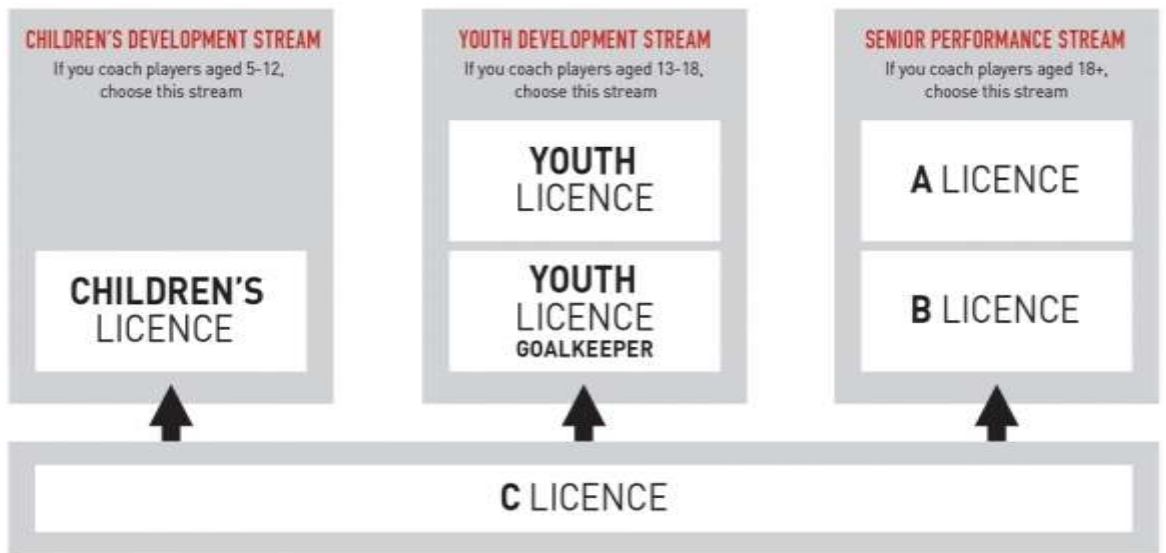


CANADA SOCCER COACH EDUCATION PATHWAY



LICENSING STREAM WORKSHOPS

ONLINE MODULES + PRACTICAL WORKSHOPS + EVALUATIONS



COMMUNITY STREAM WORKSHOPS ONLINE MODULE + PRACTICAL WORKSHOP

ACTIVE START

If you coach players aged 4-6, complete this workshop

FUNDAMENTALS

If you coach players aged 6-9, complete this workshop

LEARN TO TRAIN

If you coach players aged 9-12, complete this workshop

SOCCER FOR LIFE

If you coach players aged 13+, complete this workshop

A black and white soccer ball is positioned on a green grassy field. The ball is the classic pentagon-hexagon pattern. The image is partially obscured by a white curved shape on the right side of the slide.

Community Stream Workshops

- Active Start (U4 – U7)
- FUNdamentals (U9 - U11)
- Learn to Train (U11 - U13)
- Soccer For Life (U15 – U19)
- Making Ethical Decisions (U9-U19 Tier 4 and up)

Active Start – U4 to U7

- Our grassroots program follows Canada Soccer and FIFA endorsed Preferred Training Model. This is the Long-Term Player Development.
- Each training session is built around 4 activity stations, focusing on General Movement; Coordination; Soccer Technique; and Small-side Games.
- Focus will be building a foundation of the love of the game.

Role of the Coach

- It must be FUN!
- Be the Activity Leader
- Inspire, Share Knowledge, Build Confidence
- Be Positive, Encourage and Praise
- Teaching techniques is not a priority
- Everyone has a ball
- Be energetic
- Look like a Coach!

Player Characteristics

- Fragile bones
- Coordination difficulties
- Natural suppleness - like gymnastic type activities
- Tire easily
- Little difference between boys & girls
- Sensitive to criticism
- High degree of imagination
- Short attention span

U4 & U5 Format

- Main focus is FUN!
- Both programs will run in a station rotation format completing with a small sided game of max 25 minutes. This format has been shown to allow further development for the player which they require at this age group.
- Physical Literacy is Key.
- Size 3 ball
- Curriculum will be supplied
- Game Rules: <https://emsasouth.com/wp-content/uploads/2023/04/U4-U5-Rules-Outdoor-2023.pdf>

Equipment

Players to Bring

send an email to parents prior to the season beginning to inform everyone of the equipment requirements

- Jersey (supplied by zone)
- Shorts
- Shin Pads (mandatory)
- Socks that cover shin pads
- Outdoor soccer shoes (no cleats)
- Water Bottle
- NO hats with hard brims or jewelry



EMSA South Mini Fest Tournament

A FESTIVAL FULL OF EXCITEMENT AND FUN FOR ALL!

**All U5 to U7 Community Teams
Taking place at Meyokumin fields
(behind the Millhurst Community Hall)
5811-19A Ave**

June 1st Mini Fest – Teams will rotate around multiple stations, including a fun scrimmage at the end followed by medal presentations (located near headquarters) The fun filled day includes a BBQ with concession and bouncy castles (weather dependent)





LIGHTNING & SEVERE WEATHER POLICY



When thunder roars, go indoors!



Lightning Policy
/ Air Quality

- Lightning Policy
- Air Quality Index

https://emsamain.com/wp-content/uploads/2023/01/ASA-Lightning-Safety_Severe-Weather-Policy-Compressed.pdf

<https://emsamain.com/wp-content/uploads/2024/03/COMMUNITY-Air-Quality-Index-Procedure-2024-1.pdf>

GAME DAY WEATHER

CITY OF EDMONTON – FIELD STATUS

The City of Edmonton determines every day at 2:00p (weekdays) and 10:00a (weekends) if the City of Edmonton fields are playable. The City of Edmonton has the final determination on this.

Every coach/manager/assistant coach/parent MUST check the status of the City fields before each and every game (if the weather has been bad) to determine if the fields are open or closed.

The status of the field can be checked at www.edmonton.ca or by phone at: 780.496.4999, dial 1

You can also subscribe to e-mail notifications with the City of Edmonton.

- If the Zone Cancels the games due to inclement weather where the city has not canceled the fields – Team Snap notice will come at 4:30pm
- If issues such as Lightning / air quality / extreme heat occur refer to policies for next steps
- If there is standing water or unsafe field conditions, it is suggested you move to a clear greenspace location nearby to continue training.
- If there is a game both home and away team must agree to cancel or if there is unsafe playing conditions on a field, please send an email to angie@emsasouth.com advising the office of the decision to call the event.
- UNLESS THE CITY OR THE ZONE HAS CANCELLED THE GAME YOU AND YOUR TEAM MUST ALWAYS SHOW UP TO YOUR SCHEDULED GAME OR SESSION TO ASSESS THE SITUATION WITH THE OPPOSING TEAM –ONCE ON THE FIELD ONLY THE COACHES CAN CALL THE GAME

CITY FIELDS ARE CLOSED

If the City of Edmonton closes the fields, the game will be replayed as per the Automatic Reschedule Process.

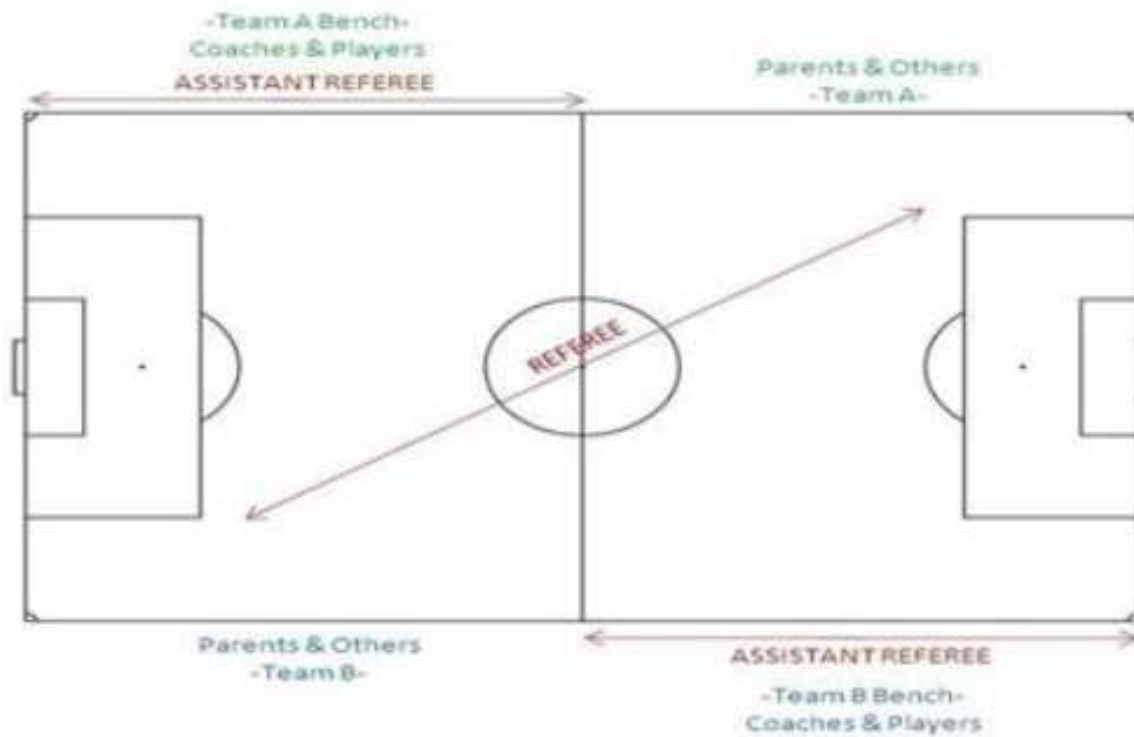
Games not played due to field closure should be played on Saturday at 10:00 a.m. on the same field.

Spectator and Team Locations / Field Lining

Home Team Chooses the side they would like to sit on. Home & Away spectators must sit on opposite ends of the field. No one can sit behind the net.

Both teams will set up a technical area placing a cone 4 meters from the center flag and 4 meters from the corner flag. Coaches can only coach in this area.

EMSA South will line the City fields 3 times per season. Beaumont & Leduc Cities line their fields



FIELD CONDITIONS

LONG GRASS

If you attend the field and the grass is very long – please feel free to put in a call to the City of Edmonton - 311 (out of town call 780-442-5311) and ask them to mow it. You do not need to contact the office regarding this as we have no influence with the City when it comes to mowing.

The City of Edmonton cuts grass on a rotating basis and can take weeks for them to return to a specific field or area.

If the grass is too long on your field, feel free to move to the green space next to the field if that is better.

FIELD LINING

EMSA South has crews that come out to line the fields. This happens three times a season. If it has been really dry or wet, lines can fade. Please use cones if needed for your game.

CLOSED FIELDS

The City may close a field for rest from time to time, these fields will be marked by a metal sign on the goal post DO NOT use any fields marked as closed

Field Etiquette and Information

Field Do's & Don'ts

- Do Walk the field when you first arrive looking for any unsafe items such as glass
- No pets of any kind are to be attending soccer matches; City of Edmonton Bylaw 2202
- No smoking/vaping at the games/sidelines especially by the coaching staff. City of Edmonton Bylaw 14614
- Clean up after yourselves, keep fields clean and safe.
- Sunflower seeds: if your parents are bringing these to snack on at the games, please ask them to bring a baggie for the shells being left behind. Not only are the shells creating a huge mess, but they are attracting birds which are snacking on them and then leaving their own "mess" behind.
- All other snacks and drinks – please remind your families to clean up after themselves. There have been many wrappers/napkins/juice boxes and general garbage being left behind on the fields.
- Set up a parent meeting prior to the season to discuss responsible field use focusing on the items above, assign a parent to ensure rules are followed.

When Can I use a Field?

- The zone will assign sports fields which are reserved for your scheduled games.
- Practices are not scheduled by our zone, except for the rain out days. We encourage the use of greenspace for practices, if you choose to arrange practice on a field, GAMES come first.
- The City may close a field for rest from time to time, these fields will be marked by a metal sign on the goal post DO NOT use any fields marked as closed.
- **How to find a field location?**
<https://emsamain.com/wp-content/uploads/2021/01/How-to-Find-Field-Addresses-and-Maps.pdf>

Injury Reporting

If a player is injured on the field, we ask all coaches complete the South Zone Injury Report Form.

- This form will direct the team officials as to what steps to take for the type of injury
- It will advise the office of any incidents
- Provide a report for the parent to use for any Dr. visits/medical treatments and appointments.
- Form: <https://emsasouth.com/coachref/pdf-forms/>
- Head injuries should be taken seriously even if they may seem minor, in some cases the Zone office may ask for Doctor clearance before an athlete may return to play.



Team Manager

Find one!

Bribe one!

A good manager makes your role as a Coach so much easier!

The Team Manager plays a vital role in keeping the team organized and running smoothly. They will support the coaches by performing the following expected duties and responsibilities:

- Upload the team schedule (games/practice days/events) on TeamSnap.
- Be the “pulse” of the team. Listen to parents concerns and convey them to the appropriate person (Coach or Soccer Director)



Questions?

Comments?

Resources

Governing Bodies:

- <https://emasouth.com/>
- <https://emsamain.com/>
- <https://albertasoccer.com/>

Coach Kit (must review)

<https://emsamain.com/seasoninfo/outdoorseason/team-official-resources/>

EMSA Rules and Regulations

<https://emsamain.com/about/rules-discipline/emsarules-discipline/>

Field Closure Lines

<https://emsamain.com/seasoninfo/outdoorseason/rain-out-lines/>

Rules Acknowledgement Form (DUE April 25th at 9:00am)

https://docs.google.com/forms/d/1o4KM0gq9mEi6rjCz1iz4aeAspS0B27wiOgGrt5I2o/viewform?edit_requested=true

Post Season Commitment Form (DUE June 10th at 9:00am)

https://docs.google.com/forms/d/1NWCe3KPNv4RW_JojKHBZpKcJ4iaVUIrC2J1675dr3X4/closedform

Active Start (required for Head Coaches & Assistant Coaches)

<https://canada-soccer.myshopify.com/collections/grassroots-coaching-education-program>

Safe Sport Roster Training (required for Head Coaches & Assistant Coaches)

<https://thelocker.coach.ca/account/login?ReturnUrl=%2fonlinelearning>

1. NCCP Making Head Way Module
2. NCCP Emergency Action Planning Module
3. NCCP Understanding the Rule of Two

Making Ethical Decisions (required for Head Coaches & Assistant Coaches) Making Ethical Decisions – <https://coach.ca/nccp-make-ethical-decisions>



Thank you for volunteering!

Tasks of the Active Start Coach



Selecting the Activities



SELECTING THE ACTIVITIES



- **Choose and familiarize yourself with the session before the practice**
 - Using the practices in the Canada Soccer coaching resource provided by your club or region
- **Do not be afraid to repeat the same exercises week after week**
 - Think how children learn through familiarity; introduce new exercises with care when players are ready for the challenge.
- **Take a copy of your session plan to the session**

Organization



ORGANISATION

Show up early to allow time to set up the field and equipment prior to players arriving.

Have a designated area they can go and practice with friends/parent while others arrive.

Define areas clearly with cones. Have a specific area set up for balls and pinnies.

CANADA

Programme national de certification des entraîneurs

National Coaching Certificate

Running a Session



CANADA

RUNNING A SESSION – THE START

Programme national de certification des entraîneurs  National Coaching Certificate

Have all players come to one central point.

Get down to the same level as players and make sure they are not facing sun/potential distractions.

Quick explanation + demonstration – “a picture paints a thousand words”.

Quickly get the players active - keep everyone moving in some type of dynamic warm up activity.

Communication

A photograph of a soccer coach in a black tracksuit talking to a group of players on a green field. The players are wearing red shorts and light blue training bibs. The background shows red stadium seats. The image is overlaid with a semi-transparent black box containing white text.

CANADA

RUNNING A SESSION – COMMUNICATION

Reinforce positively every effort – praise!

Continue to demonstrate and tell them, especially as the activities change.

Try not to use jargon.

Programme national de certification des entraîneurs

National Coaching Certification Program

The End



RUNNING A SESSION – THE END



Bring everyone (including parents) in at the end of the session.

Encourage parents to play with their children at home.

Team cheer, healthy snacks and drinks.

Managing the Parents



MANAGING THE PARENTS



Meeting set up before the start of the first activity or immediately after the 1st session

Introduce yourself and the other coaches

Parents could help with tasks during the session – child's teammate

Ask parents in advance for their vacation plan

Parents encourage their child in a positive manner