



south



Coach Meetings U4 – U7
Indoor 2024/2025

Governance of Soccer



www.canadasoccer.com



www.albertasoccer.com



www.emsamain.com

www.emsasmain.com





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

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

EMSA South Age Rep

- 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 Rep

Matthew Moawad – MW & SE Area

U4 & U5 Boys and Girls

Email: matthewmoawad01@gmail.com

Tannis Tulis – SE Area

U7 Boys and Girls

Email: tpeterki@ualberta.ca

Erin Brown – MW Area

U7 Boys and Girls

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U9 Boys and Girls

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Shelley Svidal – SE Area

U9 Boys and Girls

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Lindsay Leduc – MW Area

U11 Girls

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U11 Boys

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Ryan Orr – SE Area

U11 Boys and Girls

Email: Ryan.stewart.orr@gmail.com

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U13 Boys & Girls

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U13 Boys and Girls

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Stephen Andrews – MW & SE Area

U15 Boys and Girls

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Angie Sych – MW & SE Area

U17/U19 Boys and Girls

Email: angie@emsasouth.com

Kyle Denam

Selects FC Director

Email: selectsfc@emsasouth.com

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Ian Gray
Bonnie Doon Representative
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Roger Pelletier
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VACANT
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Tannis Tulis
Ritchie Representative
Email soccer@ritchie-league.com

Raelene McCallum
Southwood Representative
Email mccallumraelene@gmail.com

Jennifer Costigan and Cheryl West-Hicks
Strathcona Representative
Email soccer@strathconacommunity.ca

VACANT
Strathearn Representative
Email rec@strathearnrd.org

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

EMSA South Staff



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EMSA SOUTH



1

PARENT
Has concern, first step is to talk to the Coach or the Age Rep

2

COACH
If they cannot rectify the situation they should go to the Age Rep for guidance

3

AGE REP
If they cannot rectify the situation they should reach out to the EMSA South office for help

4

EMSA SOUTH ZONE OFFICE
If they cannot rectify the situation the Discipline Committee get involved

5

EMSA SOUTH DISCIPLINE COMMITTEE

Equipment Pick up & Return



-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.
Return Dates for return TBA

Pick up date: Sunday, September 29, 2024,
3:00 PM to 4:15 PM – all U4/U5/U7 teams

Equipment

- **If a Coach is coaching more than 1 team they will be able to pick up both of their teams' equipment at the same time they arrive for one of their age groups.**

All Equipment Handouts and returns are done at the EMSA South Equipment warehouse located at the north side of the building at 9904 - 71 Ave NW. The warehouse has a mural of Joey Moss on it and faces 99 St.

- Equipment pick-up is on the north side of the building at the overhead doors. **Free Parking is available at the Russel Metals Parking lot located on the west side of 99 St on 71 Ave. Please advise your coaches they can not park in the back alley behind the equipment warehouse while picking up equipment.**

Team Equipment

- For all age groups **indoor balls will be issued for this season.**
- Tim Horton's sponsors these age groups, each team will be issued jerseys, socks, shorts, and Tim Horton's balls which are a keepsake for the players. All other equipment issued needs to be returned on one of the equipment return dates, to be announced.
- issued size 3 indoor balls – 1 per player, 2 Keeper jerseys, First Aid Kit, 20 cones, and pinnies.
- no ice packs will be issued to teams

Equipment

- Coaches will not have to provide an equipment deposit for team equipment. We do however hope/expect you take care of it and return it on return date.
- EMSA South will not be laundering pinnies, jerseys or keeper jerseys moving forward. A team will require up to 2 laundry volunteers - 1 to launder the jerseys, pinnies and keeper jerseys prior to issuing them to players and either the same volunteer or another volunteer will launder the jerseys, pinnies and keeper jerseys prior to returning them to the warehouse.
- For U4 to U7 teams they will need to launder their pinnies and keeper jerseys prior to issuing them and returning them to the equipment warehouse. Upon return of pinnies, jerseys (U9 to U19), a bounce sheet will be put in the jersey and pinnie bags.
- **This INDOOR Season is the exception as all has already been laundered, although some teams when issued do this anyhow.**

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

Follow this link to learn what the requirements are for your role!



You can also discover the specific requirements for your role and age group by completing the TEAM OFFICIAL CHECK LIST

<https://forms.office.com/r/9GYDgruNgp>

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. It potentially addresses 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 coaching professional (parent or volunteer) present.
- Allow training environment to be used for observation.
- Ensure a participant never interacts without with another adult present.
- Consider the gender of the participants when assigning the screened coaches and guardians who are present.
- Eliminate one-to-one electronic messaging. Ensure that all electronic communications and group e-mails include parents.

Coaching Requirements

REMINDER USE THIS LINK BELOW
TO CHECK OFF ALL ITEMS ON
THE LIST OF REQUIREMENTS



<https://forms.office.com/r/9GYDgruNgp>

- 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 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 office@emsasouth.com for the code
- Complete the NCCP Coach Pathway Course
<https://canada-soccer.myshopify.com/collections/grassroots-coaching-education-program>
 - Active Start – U4/U5
Fundamentals – U7 to U9
 - Learn to Train – U11
 - Soccer for Life – U13 and up

Respect in Sports



The Respect in Sport program will be implemented in a tiered approach for Team Officials over the next few months and fully by the 2023 Outdoor season.

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/>

Coaching Pathway

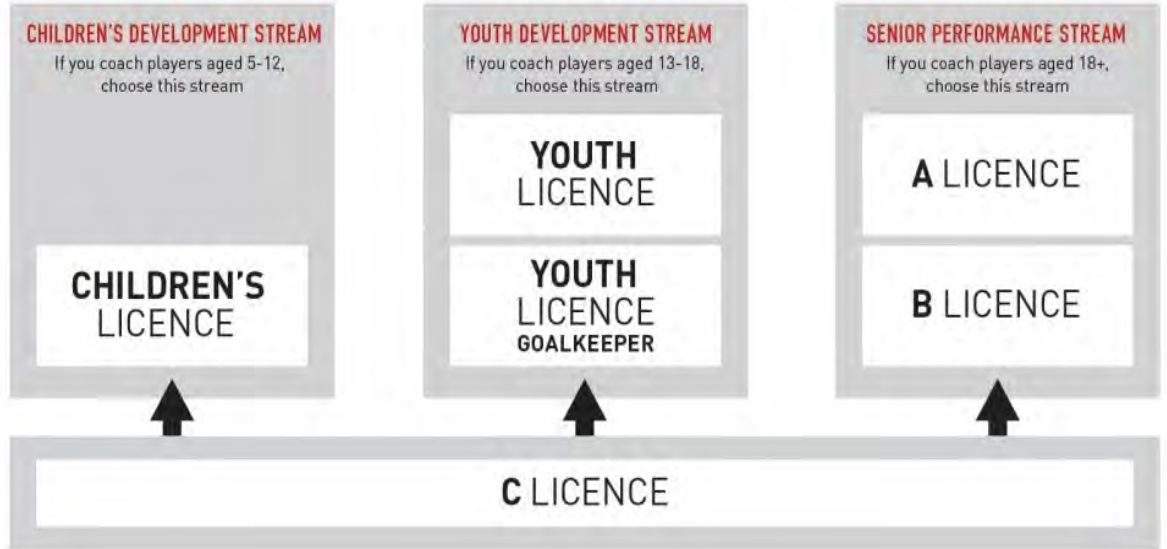


CANADA SOCCER COACH EDUCATION PATHWAY



LICENSING STREAM WORKSHOPS

ONLINE MODULES + PRACTICAL WORKSHOPS + EVALUATIONS



You are here
(Active Start)





Community Stream Workshops

- Active Start (U4 – U6)
- FUNdamentals (U7 - U10)
- Learn to Train (U11 - U13)
- Soccer For Life (U15 – U19)

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 3 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 Team Officials

It must be FUN!

Be the Trusted Adult

Inspire, share knowledge, build confidence

Be positive, encourage and praise

Teaching techniques is not a priority

Everyone has a ball

Be energetic

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

U4 & U5 Format

- Main focus is FUN!
- Station Rotation – Build activities to promote general movement, coordination, and small sided games.
- Physical Literacy is Key.
- Size 3 ball
- Curriculum will be supplied
- U4 & U5 Game Rules [U5 Indoor Laws](#)

U7 Format

- Main focus is FUN!
- 20-minute age-appropriate drills and skills, often done through gameplay with the ball.
- A 30-minute game is then played, with two 15-minute halves. Field dimensions are reduced, and the rules of the game are limited to enable the players to focus on developing movement patterns rather than game and tactics.
- Physical Literacy is Key.
- Size 3 ball
- Curriculum will be supplied

U7 Format (con't)

- 5 v 5
- Substitutions during any stoppage, unlimited
- Equal playing time
- 55 minute session.
- Skills and Drills – 3 fun activities 7 minutes each
- Small sided game – 2 15-minute halves.
- U7 Game rules [U7 Mini Rules Regs Indoor 2022 2023](#)

Players 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
- Socks that cover shin pads
- Indoor soccer shoes (cleats not allowed)
- Water Bottle

EMSA Main organizes U7 Soccer in the Indoor Season.

General Season Info:

- [City Wide Rules and Regulations Form](#) DUE October 17, 2024.
- [Tentative Indoor Playing Days](#)
- [Schedules and Season Information](#)
- [Complete EMSA Rules & Regulations](#)
- [How to Download Team Official e-Cards for Facility Entry \(U7 only\)](#)

Game Information/Rules:

- [U7-Mini-Rules-Regs-Indoor-2022-2023](#)

EMSA Team Official I.D. Cards:

- Team Officials only need EMSA I.D. cards in order to gain free access into the Edmonton Soccer Facilities. I.D. cards are not needed for league play. Players do not require cards.
- [How to Obtain an EMSA I.D. E-Card](#)

EMSA Correspondence:

- [Team Correspondence Liaison Info](#)
- [Correspondence to Teams from the EMSA Main Office](#)

Field Information & Facility Passes Boarded Edmonton Soccer Centres (East, West, South):

- [Edmonton Soccer Association Facility Maps](#)
- [Edmonton Soccer Association Facility Camera Policy](#)
- [Edmonton Soccer Association Boarded and Edmonton Soccer Dome Non Boarded Facility Pass Information](#)
- [Edmonton Soccer Association Rules and Regulations](#)

Inclement Weather Procedure/Winter Storms:

- [U7-Mini-Winter-Driving-Conditions](#)

EMSA Codes of Conduct:

- [Codes of Conduct](#)

**EDMONTON
SOCCER CENTRES
2024-2025
INDOOR SOCCER
DAILY
ADMISSIONS
POLICY**

**In Support of Soccer
Facilities
In Effect mid-
October annually**

Ages 17 and under are FREE

Ages 60 and over are FREE

Rates for the 2024-25 indoor season admissions are as follows: Daily Admission - \$7.00

Multi Facility Season Pass - \$52.00**

****Price includes 1-yr subscription to Home Team Live Streaming Service.**

(Multi pass includes entry into the three Edmonton Soccer Association Indoor Facilities, the Scottish Dome and Viktoria Soccer Club)

**PASS MUST BE SHOWN FOR ADMISSION WITHOUT
CHARGE FOR EACH INDIVIDUAL**

Players and Coaches Admission Passes are to be used by players and coaches ONLY and are non-transferable. Pass MUST be shown for admission without charge.

Issuance to:

- Adult Teams – players and coaches (20)
 - U18 Teams – coaches ONLY (3)
 - Youth Teams- coaches ONLY (3)

(Leagues will be invoiced for players and coaches' admission passes.) All evening practice rentals are required to show admissions passes. Groups that are not already registered with one of our partner leagues will be required to purchase player/coach admission passes (as above) when the payment is made for their first practice of the season.

Edmonton Soccer Association Facilities reserves the right to charge a daily admission fee for special events at all indoor facilities (i.e. Provincial Championships, Tournaments).

Admissions revenues are a critical component of facility operations and are currently required in order to balance the facility budget. All admission revenues go to support soccer facilities in Edmonton.

Edmonton Soccer Centre is operated by Edmonton Soccer Association Facilities, a non-profit organization. Edmonton Soccer Association Facilities is a partnership of Edmonton Minor Soccer Association and Edmonton and District Soccer Association. In most cases, the leagues that you play within are partners in Edmonton Soccer Facilities.

Admissions revenues go towards:

- Operating costs of the facility: utilities, repairs, janitorial & supplies, labour, insurance, etc.
- Improvements to existing soccer facilities and further development of additional future facilities.

City of Edmonton Ice Arenas receives significant annual operating subsidies from property tax levies. Edmonton Soccer Centres DO NOT.

Early notification is again being provided to teams so that they can be fully informed prior to the registration process.

There will be an orientation period at the beginning of the indoor soccer season to further inform customers of the admissions policy as well as to provide an opportunity to purchase season's passes.

DAILY ADMISSIONS POLICY WILL GO INTO EFFECT OCTOBER 19, 2024

If you have any questions, comments, or suggestions please forward them in writing to Administration Manager, Edmonton Soccer Centres 12720 Victoria Trail, Edmonton, Alberta T5A 5G4, or leave your written submission with the Building Attendant who will forward them to the Administration Manager.

On duty Building Attendants are carrying out their instructed duties and are not responsible for setting the admissions policy.

Gym User Rules & Regulations

Facility doors will be opened (10) minutes before and re-locked (10) minutes after the commencement time on the license agreement.

All groups shall vacate the booked space no later than the end on their license agreement and vacate the facility no later than (10) minutes after the end time on the license agreement.

No Loitering in hallways by Players, Coaches or Families. **NO PROPPING DOORS OPEN**

ONLY WATER is permitted during activities.

Schools and school property are no smoking & no vaping areas.

Street shoes are not permitted in gymnasiums. All footwear should be clean, non-marking and soft soled.

Indoor soccer balls are only permitted in gymnasiums. **NO OUTDOOR BALLS!!!**

Limit activities to the area assigned (actual gym) and restrict participants to this areas.

It is recommended to discourage spectators due to space constraints and the lack of insurance on guardians and loved one in the event of injury in the space.

NO SHOWS are strictly prohibited and will result in a termination of your gym time

CANCELLATION REQUESTS must be sent to the Zone office angie@emsasouth.com no later than 18 days prior to the scheduled booking. If you are unable to provide such notice you are required to find an alternate team to use your scheduled time, you must inform the office of any exchanges of gym time from one team to another:

Please contact Angie Sych angie@emsasouth.com should you experience any challenges or problems during your rental. All afterhours emails will be returned, next business day.

Communication with Coaches & Parents

TeamSnap will be the primary communication device we use at EMSA South. 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.

Due to EMSA South Policy we only add the account holder to TeamSnap. It is up to the account holder to add additional family members.

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



<https://emsasouth.com/wp-content/uploads/2024/09/EMSA-South-TeamSnap-App-Information.pdf>



Team Manager

Find one!

A good manager makes your role as a coach so much easier.

- Satisfies volunteer roles.
- Things Managers can do:
 - Team communication
 - Adding Team Game Schedules
 - Adding Team Practices (U7)
 - Pick-ups and deliveries for team
- Organizing Team photos
- Be available to listen to parents' concerns and relay these, as appropriate, to the Coach or the appropriate Community Rep.
- Be a cheerleader for the players!

Any Injury that takes a player out of play must be reported to EMSA South Zone.

Form:
<https://emsasouth.com/coachref/pdf-forms/>

Fill out the injury form and send to Angie
angie@emsasouth.com



Injury Incident Report

Player's Name & No: _____ DOB: (d) ____ / (m) ____ / (y) ____

Team Name: _____ Age Group & Gender: _____

Coach's Name: _____ Person monitoring child at scene: _____

Referee(s): _____ Opposing Team: _____

Date of Incident: ____ (d) ____ (m) ____ (yr) Time: _____ / Circle: Indoor/Outdoor, Blow to head / If Body where: _____

Describe Injury: _____ / Circle: Game/ Practice/ Other _____

Describe how it happened: _____

At the scene of the incident

Step 1: Determine if this is a medical emergency

a) Follow basic first aid: • Danger • Response • Airway • Breathing • Circulation

b) CALL 911 if the child shows any of these Red Flag Symptoms at any time.

RED FLAG SYMPTOMS

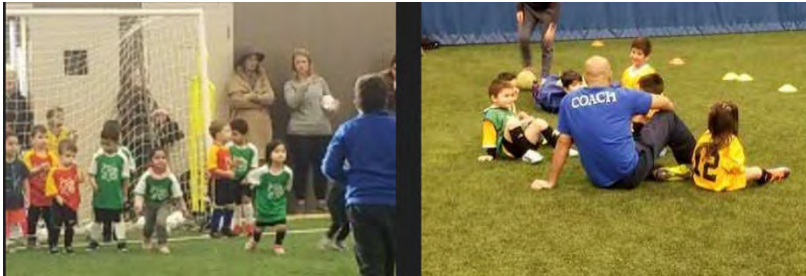
You see:	The child complains of:	The child is showing:
<input type="checkbox"/> Repeated vomiting <input type="checkbox"/> Seizure or convulsion <input type="checkbox"/> Deteriorating or loss of consciousness	<input type="checkbox"/> Neck pain <input type="checkbox"/> Double vision <input type="checkbox"/> Weakness or tingling/burning in the arms or legs <input type="checkbox"/> Severe or increasing headache	<input type="checkbox"/> Unusual behavior <input type="checkbox"/> Increasing confusion or irritability

c) If there is serious injury OR any of the Red Flags:

- Call 911
- Do not move the child



Thank you for volunteering!



Questions?



Comments?

Tasks of the Active Start Coach

THE TASKS OF THE “ACTIVE START COACH”

1. Plan the session

2. Organisation

3. Running the session

4. Manner and appearance

5. Managing the parents

6. Safety

CANADA

Programme national de certification des entraîneurs

National Coaching Certification Program

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.

Running a Session



RUNNING A SESSION – THE START



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



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.



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