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## **PHILOSOPHY**

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*It has always been the philosophy that playing for fun and playing fair is the two prime concerns. As well, the good of the House League also takes precedence over Provincial Teams.*

*Playing for fun is more than just having a good time. It also involves trying your very best, being modest in victory, gracious in defeat and playing fair. Teach your players the discipline required to play the game, as you want them to play it: Teach them not to gloat when they win, nor to cry or hang their heads when they lose. Teach them to respect the rules and especially those that enforce them ..... 'the officials'. Teach them to respect you as their coach and leader and the other team as their opponents .... for the game is much more fun when all these aspects are present.*

*Similarly, playing fair is more than just playing by the rules. It means treating others, as you would like them to treat you. It means not arguing over bad calls, because we all make mistakes. It means passing the ball to the weaker players, because that is how they improve and soccer is a team game. It also means instilling in your players and especially their parents, that fun and fairness are more important than winning.*

***Loud, rude or objectionable behavior should not be tolerated from the fans and will not be tolerated from players and coaches.***

## **COACH'S OATH**

- I understand that coaching with the CODIAC SOCCER ASSOCIATION is a privilege not a right.
- I will treat all people involved in CODIAC SOCCER ASSOCIATION both children and adults, with respect.
- I will treat the fields, equipment, and facility's custodial staff with appropriate respect.
- In the event that I do not act in an appropriate manner such that the discipline committee of the CODIAC SOCCER ASSOCIATION must investigate my action

**I will abide by their decision even if it means removing me from coaching for the remainder of this soccer season.**

Coaches Name: \_\_\_\_\_

Date: \_\_\_\_\_

Division: \_\_\_\_\_

## **DUTIES OF THE COACH**

Players should leave the fields or facility as soon as possible after their session ends. It is very important that players not be left alone inside or outside the facility after a practice or game. It is the parent's responsibility to be on time, or early to pick up their child. Failure of a parent to arrive at the end of the practice means that the coach should wait with the child. It is strongly suggested that this eventually be covered during the first meeting between the coach and the parents.

- Provide leadership appropriate for each occasion.
- Create opportunities for players to learn and to develop soccer skills, sportsmanship, and the values of athletic competition.
- Involve parents of players in the management of the soccer team in such areas as: assistant coach and telephoning.
- Select qualified assistant coaches and always have at least one, preferably two, helper's at practices and games.
- Manage the care and use of team equipment provided by Codiac Soccer Association.
- Ensure that each player plays at least one half of the game before any player plays the entire game.
- Encourage players and parents to notify the coach when a player must be absent from a practice or a game.
- Have practice and game strategies prepared before you arrive at the field.
- Encourage each player to bring his/her own soccer ball to practice.
- Encourage each player to bring water to each practice and game.
- Report all injuries requiring medical attention, in writing, to the Association President.
- If inclement weather occurs during a practice or game, call it a day since the health and safety of the players is more important.
- Assure control of all players at all times.

## **DUTIES OF THE COACH (continued)**

- Control your sideline spectators during games and do not allow anyone within one meter of the touchline.
- Do not argue with a referee, if there is a problem, speak to the referee after the game and report the situation to the Referee in Chief or the Association President.
- Attend coaching clinics when possible.
- You are encouraged to attend meetings called by the Association President.
- The Association President has the authority to suspend players, coaches, or a team because of unsportsmanlike behavior.
- Remain at the field, practice and game, until all players have been picked up.
- Advise the Association President of any players who quit the team before or during the season.
- Player Safety - Player safety is of paramount importance. Coaches are expected to use mature judgment regarding player safety during practices and games. Report any unsafe field or equipment conditions to the Association President.
- Have an end of the season team party. At the party make sure you thank all of the adult volunteers for their time and effort. Also make sure you tell each of your players that they played well and that they improved as the season progressed.
- You have the obligation to the children to educate yourself in terms of soccer drills and strategies. This can easily be done by simply spending some time clicking around the links found on the Codiak Soccer Web page. Many good resources can also be found at local book stores and libraries. Make your practices interesting, different, and practical. Do your absolute best to help make this a great experience for our kids.

## **FAIR PLAY FOR CODIAC SOCCER COACHES**

- I will remember the other interests and obligations of my players.
- I will teach my players to play fair and respect the rules of the game as they are written.
- I will ensure that all my players get equal instruction, support and playing time and I will avoid the over playing of talented players. All players deserve equal time and attention!
- I will recognize and reward all achievements other than just scoring points.
- I will never ridicule or yell at my players for making mistakes, performing poorly or losing.
- I will remember that children play to have fun and satisfaction and must be encouraged to have confidence in themselves.
- I will teach my team to respect the opposing teams, judgment of the referees and league administrators and will lead by example.
- I will follow a physician's advice to decide when injured players are ready to play again.
- I will remember that children need a coach they can respect.
- I will be generous with deserved praise and set a good example.
- I will keep informed on sound coaching techniques based on the principles of growth and development of children and continue to upgrade my coaching skills.
- I will plan my season in advance and ensure I share it with my players and parents, particularly at the beginning of the season.

*'As a coach,  
you are one of the most influential people in a child's life.  
Your job is not only to teach the game of soccer,  
but also to teach how to win and lose graciously.  
You must also remind your athletes that sports is meant to be fun.  
The athletic skills these young people learn from you  
may only be used for a few years, the attitudes they develop toward  
themselves and others will last a lifetime. "*

## **CANCELLATION POLICIESS**

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### **Outdoor Soccer Cancellation Policy**

Outdoor games are ***only cancelled*** due to thunderstorm activity, excessive rain (causing water accumulation on the field) and Town Field closures.

***Games or practices should not be held if there is lightning.***

### **Indoor Soccer Cancellation Policy.**

Indoor soccer is only cancelled if the Indoor facility is closed due to holiday or other reason not related to the weather.

### **Game Day Cancellation**

If a game is to be cancelled due to weather, the coordinators will advise the coaches who will, in turn contact their players. If games are not cancelled but the weather conditions deteriorate during the day, the game or practice can be cancelled for severe weather by agreement between the Game Official and/or Coaches.

***If a coach cannot attend a practice due to weather, illness etc. and cannot get another adult to run the practice - It is the coach's responsibility to inform the players.***

## **OVERVIEW**

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Coaching children less than six years of age presents some additional challenges due to their immaturity, short attention span, and less developed muscles. You will also need to deal with a great variation between personalities, physical size, and abilities. Your objective should be for all of the kids to have fun, make friends, and learn some soccer skills that will help them should they decide to continue to the next level. You should not expect to win all of your games or expect everyone to listen to long lectures. Your goal is to introduce them to basic concepts like dribbling and kicking and make it enough fun that they want to keep playing as their bodies and minds mature. Go down to their level of thinking. Don't try to bring them up to yours. What was fun when you were four years old? The kid who is watching seagulls will tell you were the greatest coach in the world if he had fun. He will have fun when he kicks the ball or at least when he makes an attempt and gets praise instead of criticism.

### ***Here are some good principles to follow:***

- Keep practices and matches fun. Play "games" that cause kids to learn skills, not "drills." If practice is fun, the kids will want to attend.
- Maximize touches on the ball per player in practice. Avoid lines.
- Minimize lecturing - they have very short attention spans. You have maybe ten seconds to make your point.
- Play lots of small-sided games. 3v3 is ideal for this age. Why doesn't 7v7 or 11v11 work at this age? Imagine putting 14 or 22 six-year-olds on the field to share one toy.
- Concentrate on improving individual skills, i.e., dribbling, trapping, shielding the ball, shooting, getting around an opponent, etc. You will develop more skillful players this way and win more games in the process.
- Don't keep standings or statistics. The kids will be having fun playing something else an hour after the game, win or lose.

## **ORGANIZATION**

It's important to make sure parents understand what you are trying to accomplish and how you will be going about it. So, explain the objectives to the parents at the beginning of the season and get agreement. Some of the parents will be new to soccer, so (In addition to following the guidelines on the pre-season meeting) give the parents a written summary containing the following:

- safety rules (e.g. spikes and shin guards required at games and practices),
- the names of all children on the roster (this will help the kids get to know each other),
- the coach's rules or the additional guidelines that you ask the parents to commit to.

*Some that are appropriate for wee ones are:*

- bring water,
- need to make sure kids go to the bathroom just before leaving the house,
- you should have one ball for each child plus one for yourself. At this age group, it is more important than ever to get a couple or more parents to help with the practice. Believe me, you will need extra help to chase balls, tie shoes, and wipe noses to allow you to move among the kids to ensure they are practicing what you instructed.

## **PRACTICES**

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Keep things moving quickly. Participate in all of the warm-ups and drills -in fact; exaggerate your motions to illustrate the proper procedure. Do the actions at the same time as you are explaining a stretch or a drill (not after).

Do the same warm-ups and stretches each practice. It is less important to do a lot of stretches with U7s. A warm-up regime may consist of 5 each of inside right, inside left, outside right, outside left passes and 5 gentle chest traps.

Encourage 15 min of practice at home on the days we do not practice. You may encourage the parents to participate in the warm-up exercises with their own child. This allows the coach to teach the proper technique to the parents, too, so that if they work with their child, they will reinforce proper technique. The coach may give the parents other suggestions for at home practice, i.e. dribbling and passing (working on leading your partner).

Have the kids hold a ball for the stretches where it is appropriate. This increases the fun and familiarizes them with the ball so they won't be alarmed when the ball comes their way on game day. Avoid drills with line-ups. Try to incorporate skill development into soccer related games. They each should have the ball at their feet almost all of the time. Success is related to the attempt not the outcome. As a coach you must get excited about the attempt, not the outcome (if the attempt is genuine the outcomes will continually get better). This is difficult, because we as coaches (and parents) are conditioned to see the end results. Emphasize technique rather than speed.

## **PRACTICES (continued)**

At this age, there is less emphasis on progression than with older groups because they are too young to put several moves together successfully and they will get bored if there is not much variation between drills. For example, you may progress a drill to do it with the other foot, or complete a drill and then take a shot on net, but much more than this will bore them. However, a new drill or soccer related game can work on the same type of skill. An example might be:

1. Dribble across the field.
2. Dribble through some pylons.
3. Play "Pirate", all the kids dribble the ball in a marked area and the coach tries to kick a ball out.

Skills should be broken down into smaller components. For example, passing may be learned by one kid rolling the ball to a passer, who tries to pass it back. Then have the kids slowly push the balls with the inside of their feet and finally have them pass it back and forth at regular speed.

## **DRILLS FOR SMALL CHILDREN**

Drills for small children must be tailored to their abilities and promote the development of individual skills rather than team skills, which will come later. We've included a short collection of good soccer-related drills for children under 6.

**Tip:** Keep team numbers reasonable (avoid long boring lines), for example use two goals for two different groups so lines are half as long.

### **Run and shoot**

Have the players in two lines by the centre circle. Have a player from one line start moving towards the net and feed him/her a ball from beside the net. They have to dribble toward the net and shoot. Normally avoid any drills with line-ups, however this one works because the kids move quickly through the line. You should have lots of parents to help collect balls and keep kids moving through the lines.

### **Cone soccer**

Play 1v1 with one player against one player, each has a cone as a goal. This is every player; nobody stands and watches. The object is to hit the cone; there are no boundary lines, etc. This is nothing but 1v1 dribbling with a little bit of long passing/shooting, etc. They figure out very quickly that they have to beat their man and nothing else will do. After about five minutes, everybody switches to somebody they haven't played yet. This way nobody is hopelessly outmatched against the same player for very long. They hate to stop doing this until about forty minutes or so when their tongues are hanging to the ground (it's also a good conditioner). This also teaches individual initiative - nobody else is going to stop the opponent; nobody else is going to score the goal.

## **DRILLS FOR SMALL CHILDREN (continued)**

### **Strong sides**

The team concept is best taught with unbalanced drills (i.e., 2 v. 1, and 3 v. 2, etc.)-- this is true for players of all ages, but especially with younger players. This will make the benefit of team play obvious and it will "let the game be the teacher". Start with 2 v. 1 drills, then when the players clearly recognize the value of combining to beat one player-- either to beat and score or to maintain possession-- consider a move to 3 v. 2 (vary the amount of space the drills are carried out in-- space is almost another subject).

### **Striker!**

Divide players into two teams. Station each team at a corner post of the goal, standing off, but facing the field. Place a keeper in goal facing the field. Coach/assistant stands behind the center of the goal with a supply of balls. Coach tosses a ball over the crossbar to about the penalty spot. A player from each team both sprint to the ball and attempt to control it, turn, and get a shot off. The second to the ball defends (if he then wins the ball, then he tries to shoot). When there is a score, save, or ball goes out of play, restart the same way with a different pair of players. May want to limit amount of time each pair has to attempt to score as some kids will dribble all over the field if you let them and everyone else gets bored. Limit the area that the combatants can "fight" in to the penalty area.

## **DRILLS FOR SMALL CHILDREN (continued)**

### **Line Drills**

Although you should limit the number of line drills, the following drills are very helpful in teaching younger players important fundamental aspects of the game (all these are on a field stepped off to regulation size, preferably with a regulation goal). Players rotate positions:

Simple cut back move: 1 line. Have players start at midfield and dribble half way down sideline with coach providing minimal pressure. When coach says 'cut' the player cuts the ball toward the middle and then finishes with a shot. As season progresses, coach adds more pressure.

Reverse move (U6s can begin to do this; U7s ought to be able to do it): 1 line. Players and coach stand on endline next to goal. Coach passes ball ahead. Player has to run and reverse ball, then turn and shoot (or dribble back and shoot).

Pass to partner: 2 lines: one along sideline and another toward the center of the field. Same as above, but this time, when coach says pass, the player passes to the wide-open teammate. The teammate must be yelling 'pass it to me.' The play finishes with a shot. As season progresses, coach adds more pressure. Also, this is the foundation for 2 v 1 or 3 v 1...As season progresses, a defender is added and is coached on how to intercept/steal a pass.

Goal kick play: 3 lines: one taking goal kick and 2 lines 10 meters ahead of kicker. Kicker kicks to one of the players who, with other teammate, runs and takes a shot. Coach is lightly covering one of the targets. As season progresses, a defender is added and is coached on how to intercept/steal the kick and score an easy goal. This might be done with a dad kicking to another dad. The players are shown how to run and intercept for an easy shot.

## **SOCCER RELATED GAMES**

Soccer-related games put the fun in learning soccer skills and teamwork. We've also put together a collection of good soccer-related games for children under 6.

*Wee ones love the idea of a "new" game , so it is a good idea the change the rules of the game or chance the game every 10 minutes to keep interest. Instructions have to be broken into little steps and kept very brief. If you can not do it and show it in about 20 seconds, then do it in stages, demo part 1, then expand to part 2 etc.*

The key to little kids soccer drills is for every player to have a ball and a variety of 'games', and drills that include every player. After playing soccer related games, pick one aspect of the game (dribbling, or shooting, or passing) and build the rest of your practice session around that.

### **Numbers**

The exercise is good for 1 vs 1 dribbling skills. It is especially good on a hot day as the kids defending can rest a bit. Divide the kids into 2 groups. If you have ten kids, say, assign each kid a number between one and five. So each team has a number one, a number two, etc. Try to make sure the kids with the same number are evenly matched. Set up two very wide "goals" with pylons. Spread the five kids on each side across each goal line. Call out one or more numbers, and those kids come out to play 1 vs 1, 2 vs 2, etc. and the rest of the kids stay spread across the goal line as defenders. Throw a ball from the sideline into the centre and let them play it until a goal is scored, the defenders stop it, or it goes out of bounds.

**Variation:** Colours. Use two each of different coloured pinnies, armbands, or stickers to place on shirts, as younger kids will have trouble remembering numbers.

## **SOCCER RELATED GAMES (continued)**

### **Monkey in the Middle**

All players form a circle and choose someone (the "Monkey") to be in its center. The players forming the circle pass one ball among them while the person in the center tries to gain control of the ball. When this happens, the person in the circle who last touched the ball goes to the center. Some level of competitiveness develops but never on an individual basis and the "losers" quickly gets a chance to redeem themselves.

### **Ice Monster**

Mark off an area for the game to be played and select one kid to be the "Monster". Have the rest of the kids (each with a ball) dribble around within the area. The "Ice Monster" attempts to touch each player's ball, at which point that player "freezes" with their foot on the ball. If a player's ball goes out of bounds, they also freeze. The last remaining unfrozen player gets to be the new Ice Monster for the next round.

### **Cops and Robbers**

Have the kids (each with a ball) line up on one side of the field. These guys are the "Robbers". Have two more kids (the Cops) facing the Robbers somewhere near halfway to the other side. The object is for the Robbers to dribble to the other side without having a Cop tackle the ball away. If a robber loses his ball to a cop, he goes to jail (designate a small area off to the side or use a Goal structure.) Have the Robbers repeat the crossings until there are only 2 left. Make these guys the new cops, pull everyone out of jail and start over.

### **Pirate (or Monster)**

A keepaway game. Coaching points: concentrate on the player's close dribbling and screening techniques. Everybody inside a circle (center circle is fine) with a ball. One player without a ball is the Pirate. Everybody starts dribbling around. The Pirate player tries to steal a ball from any player and pass it out of the circle - now, the two players are Pirates and go after the others...then three, then four. Finally only one player is left with a ball. He/she becomes the Pirate the next game.

## **SOCCER RELATED GAMES (continued)**

### **Kick out**

Everyone dribbles and shields their ball within a circle while trying to kick everyone else's ball out, and simultaneously to protect their own. You can't kick someone else's ball out if your ball isn't in the circle. If your ball goes out you have to leave the circle it gets down to two kids in a duel. The coach may participate to keep the game from becoming too competitive, as the ones eliminated early may feel bad.

### **Give and go**

This one is good for getting the kids to move after they make a pass. It is appropriate for kids a little older, who pass the ball but like to stop and really admire their better passes. Everyone spaces themselves around the center circle. Give the ball to one person and they call out someone's name and pass to them. They then run to the receiver's position in the circle. The receiver upon hearing their name called steps forward to receive the pass and yells "I got it!"

The sequence is then repeated. Several things are accomplished besides getting them used to movement. The "I got it!" yell addresses the problem of nobody playing the ball in a game because they thought the other was going to play it. We all learn each other's names quickly.

Invariably, someone is always left out so start a countdown from 10 to 0 and they have to figure out who has been left out (the left out person should be quiet). They start yelling among themselves to figure out who it is and this fosters communication on the field. (It's pretty humorous too).

After a few practices, they get it down so they look pretty sharp. Then you toss in another ball. They love it! Now they have to think a bit because people are moving and two are busy with the other ball.

## **SOCCER RELATED GAMES (continued)**

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### **Just plain GAMES!**

For warm-ups, play games that are not soccer related, but promote physical activity and are a lot of fun. Simon says, freeze tag, team tag, take-away, etc. Remember that the kids aren't showing up to play soccer, they're showing up to have fun. Have fun with them.

### **Shark and minnows**

Teaches kids with the ball to shield it from an opponent and teaches kids without the ball how to take it away from an opponent. Use pylons to create a 15-meter square. One player, the shark, starts outside the square without a ball. All other players, the minnows, start inside the square with a ball. When the coach yells, "Shark's getting hungry!" the shark starts running around the outside of the square and the fish start dribbling around inside the square. When the coach yells, "Shark attack!" the shark enters the square and has 30 seconds to send as many balls as possible outside the square. When a ball leaves the square for any reason, the corresponding fish must leave the square and stay out until the coach gives the "Stop!" command at the end of the 30 seconds. A fish has done well if still alive. The shark has done well if few fish survived. Choose a new shark and play another round until every player has been the shark once.

### **Camp Town Races**

Line up all the players on one end of the field. They each have a ball. On the whistle, they all dribble to opposite end, shoot ball into goal, get ball out of goal, and run back and finish with a shot on opposite goal. The first one to finish is the winner. Ask them "Who is going to win the race?" They all learn to say "The player who can dribble it the straightest!" A variation is to start half at one end and half on the other. This really teaches them to try to do it fast while maintaining possession. This drill really helps players deal with the balls that pop out of the bunch.

## **GAME DAY TIPS**

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### **Ensure you are familiar with your association rules for matches.**

Some of the kids may lose their concentration as soon as the game starts. The short attention span of children this age is why kindergarten programs are generally for a half day. Kids lose focus is if they do not get to handle the ball enough. Smaller rosters and smaller sides help solve this problem. If your association rules call for a large number of players, say 7 or more, per side, try to get agreement from the other coach to play fewer players to allow all players more opportunity to handle to ball. To accomplish this, you will need some help from other coaches and parents. An ideal set-up for U5 is 4 vs 4 with no goalkeepers.

Put any difficult children in at the start of the game. That way, as they start to lose focus they can come off and you can put in more mature children who will be focused for the duration of the game. There should be unlimited substitutions at this age. Have the parents help with substitutions so you can concentrate on the game.

Depending on your local club rules, at this age both coaches may be on the field for games. Note this is an exception to normal guideline of no coaches on the field. For the first couple of games you will have to give some direction ("the goal is the other way, Johnny") but you should reduce this as soon as possible to allow the kids to find their own. At the beginning, to get them to actively participate you may only need to point at the ball or tell them to "go get it".

However remember that it is not your game! Avoid active coaching on the field as it only encourages the kind of shouting that continues on into older age groups. If the coach does the thinking for them, they will never learn to do it for themselves. Same principle applies for doing the talking for them.

## **GAME DAY TIPS (continued)**

As the adults on the field, both coaches should assist kids on both teams. Each coach should cover one half of the field. Try to rotate throw-ins and free kicks among all of the kids, and give the ball to a nearby kid to reduce the time wasted. It serves no purpose at this level to call most fouls as they would be called at higher levels. Allowing the play to continue keeps the kids interested and provides a much better learning experience than for the players whistling down every foul and lining up for free kicks. At this level, the idea of "keep it safe, keep it fair, keep it moving" generally applies.

Don't spend too much time setting up formations at the beginning of the game or set plays. A simple "spread out" or "give five big steps for the free kick" is enough. At this age there is a universal tendency for the kids to bunch-up around the ball. You will see a swarm of kids move around with the ball popping out occasionally. This is normal and there is nothing you can do to prevent it, so don't worry about it or try to correct it. You may assign some kids to defensive duties but they are likely to make a run for the ball like the rest when they see it.

Under 5 (3 or 4 years old) is generally too young to expect any teamwork. Even Under 6 is pushing it! If you see a pass, it is more likely than not an errant shot on goal. Where goalies are used, the selection of a goalkeeper may create some competition among the kids. In general, let every kid have a chance in practice. For games, putting a kid who is not capable in goal may hurt their confidence and cause resentment from the other players. Tell the players that goalie is an important position and you will watch them playing and select the kid who you believe is trying the hardest. If you chance the goalie, tell him or her they did well in net and now you want them to help the team by scoring some goals.

Remember the objective:

**HAVE FUN!**

## **INFORMATION ON FORMS / HANDOUTS**

You will also find accompanying this manual, handouts to complement this manual. The handouts are to inform you on various subject related to conduct and responsibilities of the coach, the players and the parents.

***Here are the handouts that you will find:***

- Fair Play
- 80 ways to say “Very Good”
- Suggestions for dealing with parents
- The responsible coach

In case of Incident “ON” or “OFF” the fields, we now have incident forms that can be filled out by coaches, players or parents for accidents or behaviors that are inflicting with the code of conduct of the City of Moncton and the Fair Play Code of the Codiac Soccer Association.

Theses forms should be filled and dropped at the Codiac Soccer Association Office or at the Mailboxes Inc. facility on Elmwood Road in Moncton.

## **RESOURCES**

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### **List of Soccer Coaching Books**

- **[Coaching Youth Soccer: A Complete Guide for Coaches, Players and Parents](#)** by Terry Butcher and Howie Thompson (Paperback - May 2002)
- **[Coaching Youth Soccer : An Essential Guide for Parents and Coaches](#)** by Denis Ford (Paperback - Jan 1 2001)
- **[Complete Idiots Guide To Coaching Youth Soccer](#)** by Dean Duerst (Paperback - May 6 2003)
- **[Coaching Soccer For Dummies](#)** by National Alliance for Youth Sports (Paperback - Feb 17 2006)

### **Coaching Assistance Program**

Coaches will be advised on upcoming clinics

### **Helpful Websites**

For coaches who enjoy surfing the web and/or would like additional coaching information:

- Codiac Soccer Association Website  
**<http://www.codiacsoccermoncton.com/coachescorner.html>**
- Coach's Manual Website  
**<http://www.ucs.mun.ca/~dgraham/manual/>**
- Canadian Soccer Association  
**<http://www.canadasoccer.com/>**
- Decatur Sports Manual web page  
**<http://www.decatursports.com/drills/manuals.htm>**
- Soccer Coaching Basic web page  
**[http://www.footy4kids.co.uk/soccer\\_coaching\\_downloads.htm](http://www.footy4kids.co.uk/soccer_coaching_downloads.htm)**
- Alberta Soccer Association Website  
**<http://www.albertasoccer.com>**



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