

**CANMORE MINOR SOCCER CLUB**  
**COACHING INFORMATION**  
**U-14, U-16**

1. The goal of the program is to have all participants involved. The outcome of any game is not as important as the participation and enjoyment of as many athletes as possible. The program will use full field 11 aside soccer as its organized game.  
Every participant should be considered an equal with any player on your team. Be positive with every player.
2. If for any reason any other coach is not at the field at the start of practice/game time, please include their players in your practice.
3. There will usually be 2 teams at each field. Each team should use ½ of the soccer field for their practice.
4. The U-14 program is scheduled for 90 minutes, two nights a week. Once the schedule is set, you will know which days are to be practices and which ones are to be games. U-16 is scheduled for 120 minutes one night a week
5. On game days, use the first 15 minutes or so to warm up your team and prepare for the game. The game will consist of two 45 minute halves with a 15 minute break.
6. All players need to play the same amount of time. No player should be substituted more than any other, except for injury or for specific behavior related issues.
7. If you don't have a referee scheduled for a game, and you have a parent who wants to referee, allow them.
8. End every game with a show of good sportsmanship between the teams. Have your team cheer on the other side for competing so well. Have all players line up and shake hands and say great game to the other team. Make sure your players are showing respect to the other team.
9. The scores will be recorded at this level and standings will be kept. The aim is still player enjoyment over victories.
10. Remember that as coaches we are a team. Our goal for Canmore Minor Soccer is to ensure a great game for every player regardless of whose team they are on.
11. If a game is cancelled because of weather, there is the possibility that it will be made up. Please follow the schedule.

## **Sample practice/game schedules**

### **U-14, U- 16**

- The U-14's meet twice per week for 90 minutes per time. The U-16's meet once a week for 120 minutes.
- There will usually be 2 different teams per full field.
- Each team needs to use ½ of the field to run their practice.
- Use the scheduled practice night of the week for a practice. Talk to your team about the game and its rules, stretch, instruct new skills, run drills, and have modified competitions within your team. Don't forget water breaks.
- 90 minutes of straight practice time can be a long time. Talk to the other coach and take the last 20-30 minutes of practice time to play a modified soccer game. By dividing your team in half, you will be able to have 2 games going at once (use one half of the field for each game by playing across the field). We won't be recording the results from any games played on a practice night.
- If you would rather not play a game, have controlled scrimmages amongst your own team.
- The scheduled game night of the week will be strictly for games.
- Use 10-15 minutes to talk to your team about game situations, get your team stretched and ready to play.
- If there is no referee available, each coach needs to ref.
- For game time, we play 11 aside full field soccer. Make sure to move players around so everyone can have success at every position. Make sure everyone plays the same amount of time. Make substitutions every five minutes.
- Reinforce positive play and encourage all players from both teams.
- If possible, parent volunteers can be referee's assistants along the sideline to call when the ball is out of play. They will not be responsible for calling offside.
- Reinforce positive play and encourage all players from both teams.
- Wrap up the games with cheers and hand shakes.
- Record the score for games and send in to the coordinator.
- If a game night has been cancelled because of weather, there is the possibility of making it up.