



**PROGRAM: 2009 INDOOR COACHES TRAINING PROGRAM –
“BACK TO BASICS”**

WHEN: Wednesdays

- 8 - 8:50 P.M. (Theory Instruction – Gloucester Clubhouse Conference Room) – **NEW!!!**
- 9 - 9:50 P.M. (Coaches Instruction – Gloucester Dome)
- 10-11 P.M. (Coaches Scrimmage - Gloucester Dome)

All participants are to bring “both” a white shirt and a dark shirt for the 10 P.M. scrimmage for those coaches who attend the coaches training. Only coaches attending the training may participate in the scrimmage. This is an equal playing time scrimmage.

WHO: For all Ottawa International Soccer Club coaches. Mandatory for competitive coaches but all coaches including DSP and Recreation coaches will benefit.

CLASSROOM: These sessions will consist of a short presentation followed by practical group work and free-flow discussions on various aspects of soccer.

PRACTICAL: Attending coaches will be the participants on a volunteer basis. This will permit coaches to experience first hand what is expected of their teams and players. Some sessions may require youth or adult teams.

FOOTWEAR: Indoor soccer boots or cleats.

THEORY FORMAT: Sessions will consist of short presentations, video, discussions and debate.

| Date | Theme/Session | Instructor | DETAILS |
|------------------|--|-----------------------------|--|
| 07 Jan Theory | Shooting & Finishing | Hillier & Jean Berchan | Review the principles of shooting |
| Practical | Shooting & Finishing | Hillier & Jean Berchan | Establishing good shooting and finishing habits |
| 14 Jan Theory | Feints & Tricks | TBD | This session will review the vast variety of feints & tricks available and which all modern players should learn. |
| Practical | Feints & Tricks | Various Coaches | Coaches will have the opportunity to have fun trying some of these moves and learn how to teach them and incorporate them into practices. |
| 21 Jan Theory | Attacking Principles | Ben Robert | This session will examine the Principles of Attack including shape, balance, width etc. |
| Practical | Attacking Principles | Ben Robert | Combination play, creating space & support, using the flanks |
| 28 Jan Theory | Defending Principles | Ali Arshibekash | This session will focus on individual and team defending. Keeping team shape, pressuring the ball and defending in numbers. |
| Practical | Defending Principles | Ali Arshibekash | Individual & Team starting from 2v1s and progressing to team defending. |
| 04 Feb Theory | LTAD | Hillier/ Lane MacAdam | This session on Long Term Athlete Development will discuss LTAD and its implications for training soccer players. Pres & Discussion. Coaches should plan their season from this session. |
| Practical | Dribbling | Hillier | Technique & Drills – Teaching players how and when to dribble |
| 11 Feb Theory | Play through the Middle or the Flanks | Hillier | When would you play through the middle, the flanks? Quality of players required for each choice. |
| Practical | Goal Keeping Basics | TBD | Goal Keeping Basics for every practice Ways to incorporate your keeper into a drill at every practice. |
| 18 Feb Theory | Fitness Essentials - The theory behind the practice | Hillier | Fitness = Winning. This session will examine the components of soccer essential to winning. |
| Practical | Fitness in every practice – With and without the ball | Hillier | Ways to ensure your players train for FITNESS all season. Fitness is not a pre-season project. |
| 25 Feb Theory | Running Effective Tryouts | CHC & VPs | Methods, Expectations, Player Evaluations |
| Practical | Skills Testing for Tryouts | Selected coaches | A variety of skills tests that will assist in player evaluation. |