



COACH EDUCATION

CHILDREN'S DIPLOMA SYLLABUS



COACH PROFILE

The coach profile is a combination of the knowledge, skills, and attitudes that we hope the coach develops or has reinforced upon completion of the Children's Diploma.

Grassroots Coach

- Facilitates a fun, challenging learning and playing environment
- Creates fun and memorable experiences for children
- Provides a player centred approach through design and delivery
- Inspires a lifelong passions for the game through a LTPD process

Players and Team

- Focuses on theoretical components on all aspects of development
- Ensures every young player is given opportunity to fulfill potential
- Develops positive values and attributes towards the game

Training Environment

- Uses various and adaptable ways to develop children
- Provides challenges for players to solve individually and in groups
- Uses positive communication and interactions

Match Performance

- Understand the outcomes from small sided games
- Raises motivation through transformational behaviors
- Uses various ideas and interactions to teach the game of soccer

LEARNING OUTCOMES

Competences	Module	Hours of Education
Understanding the role of a grassroots coach in Canada	Welcome & Philosophy of Canada Soccer Children's Diploma	3.0hrs
Understand the Children's Diploma Coach Profile		
Intrinsic and extrinsic motivation – what it is and factors	Managing Motivation	4.0 hrs
Identify whether a task will raise or lower motivation		
Why children play soccer		
Maintaining motivation through design and coaching		
The benefits of unstructured sports	Practice Theory	4.0 hrs
How learning environment influences skill development		
A nonlinear approach to learning		
Develop understanding outcomes & returns from practice	Design Effective Practices	4.0 hrs
The rationale for using different practice types		
Understand the value of planning and design		
The value of repetition & realism through play		
Understand why children like challenges	Challenging the Player	4.0 hrs
Consider how we can add challenges into design and coaching		
Link challenges players top principles of play and moments of the game		

LEARNING OUTCOMES

Competences	Module	Hours of Education
Review of practice spectrum and session parts to enhance skill	Developing Skillful Players	4.0 hrs
Define what skill means and how might it look		
Define Technique and how might it look		
Constraints based approach (design)		
What is creativity	Creativity	4.0 hrs
Understand how to encourage and facilitate the environment for kids to be creative		
Understand obstacles to creativity		
Factors to consider when attempting to facilitate creativity		
Creativity in children through an enskilment approach		
Definition of mental health	Maintaining Mental Health	3.0 hrs
Identify obstacles that impact our ability to live healthy lives		
Identify strategies to overcome mental health obstacles		
Support mechanisms		
Understanding and facilitating effective coach-athlete relationships	Transformational Coaching	3.0 hrs
How to use and integrate transformational behaviors into coaching		
Identify and understand transformation leadership applied through transformational coaching		

LEARNING OUTCOMES

Competences	Module	Hours of Education
Considerations when creating safe sport	Ensuring Sport is Safe	3.0 hrs
Our roles as coaches and leaders to create a safe sport environment		
Our contribution to building a legacy and process of safe sporting environments		
Identify and provide safe sport resources and process the coach has/will use to ensure safe sport within the Environment		
Knowing the role of the Grassroots coach	The Role Of the Grassroots Coach	3.0 hrs
Understanding development milestones		
Understanding the coaching process		
The coaching environment through the child lens		
(Plan, Do Review Framework)	Learning Through Reflection	3.0 hrs
Key elements to becoming an exceptional coach		
The value of reflection		
Move from describing events to analyzing them		
Understand successful communication with children and the person Identify obstacles to communication	Effective Communication	3.0 hrs
Concise communication tips		
Identify styles of communication		
Examine ideas to add to the environment to make it more exciting for children		

LEARNING OUTCOMES

Competences	Module	Hours of Education
Understand ways to group players	Grouping Players	3.0 hrs
Understand the impact grouping and learning have		
Effective strategies to group players		
The meaning of "Talent" as it relates to children's soccer	Talent Identification	3.0hrs
Personal beliefs about the concept of "Talent"		
The risks associated with talent identification		
Short term v medium term outlook at talent identification		
Piaget's stages of development	Stages of Development (Working together)	3.0hrs
Interacting with others		
Introduction to small group play		
Nature v Nurture		
Types of Play		

LEARNING OUTCOMES

Competences	Module	Hours of Education
Awareness of outside influences, such as parental pressure, agents and social drugs that give rise to negative behavior and have implications for individual and team performance	Social/Emotional Development	3.0hrs
Developing player's growth mindset and its elements of curiosity, learning, commitment, effort, resilience and self-regulation		
Building a strong team ethic through positive behavior, actions and communication		
Communicating effectively with different players, people and support staff in various situations		
Understanding the complexities of social media and its impact on youngsters		
The importance of play in child development	Development Through Play	3.0hrs
Environments to enhance risk and play		
Why play is thrilling and exciting to children		
Physical development and the role of maturation	Role of Maturation	3.0 hrs
Attainment of size (Mature v Nature)		
Relative age effect Research and theory		
Understand the realism of your practice	Developing a Theme & Topic	3.0 hrs
Key objectives, related concepts and goals		
Preparation techniques and considerations		
The individual session components and how they can be structured		

LEARNING OUTCOMES

Competences	Module	Hours of Education
Game formats	Game Understanding	3.0 hrs
Process and performance measurables		
Game day management		
Game day tools to support learning objectives		
Canada Soccer Grassroots Standards		
Analyze the benefits and risk of completion	Appropriate Competition	3.0hrs
Identify the value of meaningful competition		
How to use competition as a positive development tool		
Types of completion and the outcomes		
Establish what success looks like in the Grassroots game.	Analyzing The Grassroots Match	3.0hrs
How your observations and evaluation inform your session design		
Identify: What you're looking for, what you want to see & what you expect to see		
Understand the child brain and its growth	The Child Brain & Risky Play	3.0hrs
Why children take risks		
How coaches and adults stifle risk taking		
Learning from risk		

LEARNING OUTCOMES

Competences	Module	Hours of Education
The Gamblers fallacy	Gamification	3.0hrs
Recipe for a good game		
How do we apply to practice		
Similarities between gaming and soccer		
Why Canada Soccer Skills Centre are important for the development system	Canada Soccer Skills Centre	5.0hrs
Outline goals and guiding principles of a skill center		
Examine the structures and process of a successful skill Centre		
Creating a plan to implement a skill Centre into a Grassroots program		
Identify ways to create a positive environment	Managing Mistakes	4.0hrs
Recognizing mistakes can be a supportive learning tool		
Examining why mistakes occur		
Challenges and beliefs about effective approaches when introducing passing & receiving	Passing & Receiving	4.0hrs
Considerations of a problem-solving approach about passing & receiving		
Consider strategies to modifying activities or games to align with developing passing and receiving techniques		

LEARNING OUTCOMES

Competences	Module	Hours of Education
Trends of the game scoring	Goal Scoring	4.0hrs
Holistic qualities of a goal scorer		
Developing practices to focus on goal scoring		
Create environments to support goal scoring		
What is defending at Grassroots level – The lens through their game vs. our game	Introduction to Defending	4.0hrs
What defending skills are important and why		
Defending principles of play		
Designing defending activities games		
What the game looks like for the Grassroots player	Small Sided Games	4.0hrs
Understand what the game looks like for the coach		
Understand 4 corner returns from small sided games		
Benefits for technical and tactical outcomes		
What is Play		
Understands the elements of a game plan at the grassroots level.	Prepare and Manage Game Day	4.0hrs
Aligning the weekly training objectives and the game plan.		
Understands different game formats -		
Understands the internal and external factors that influence the game plan.		
Cooperating & organizing volunteers & support staff to support game plan.		

ASSESSMENT OF COMPETENCY

Canada Soccer Children's Diploma holders will be required to complete formative and summative assignments demonstrating understanding and application of essential theories and practices:

Grassroots Coach

- Show an understanding of theory and practical relating to the young player
- Use an appropriate variety of coaching styles and interactions
- Communicate positively throughout the course
- Evaluates own performance

Players and Team

- Encourages responsibility, decision making and problem solving
- Shares learning outcomes through the practice and play
- Manage mistakes to the player's advantage
- Effectively manages differences within the group
- Delivers challenges that are varied, interesting & fun

Training Environment

- Sessions are developmentally appropriate and methodology sound
- Environments are realistic, fun and affords multiple ways to solve soccer problems through game-based activities
- Detailed diagrams ensuring plans are clear, concise and coachable
- Use activities that support the principles of play
- Can link sessions together to support learning

Match Performance

- Understands the principles of play and moments of the game
- Analyzes the performance of the player & team
- Demonstrates transformational behaviors to support learning and fun