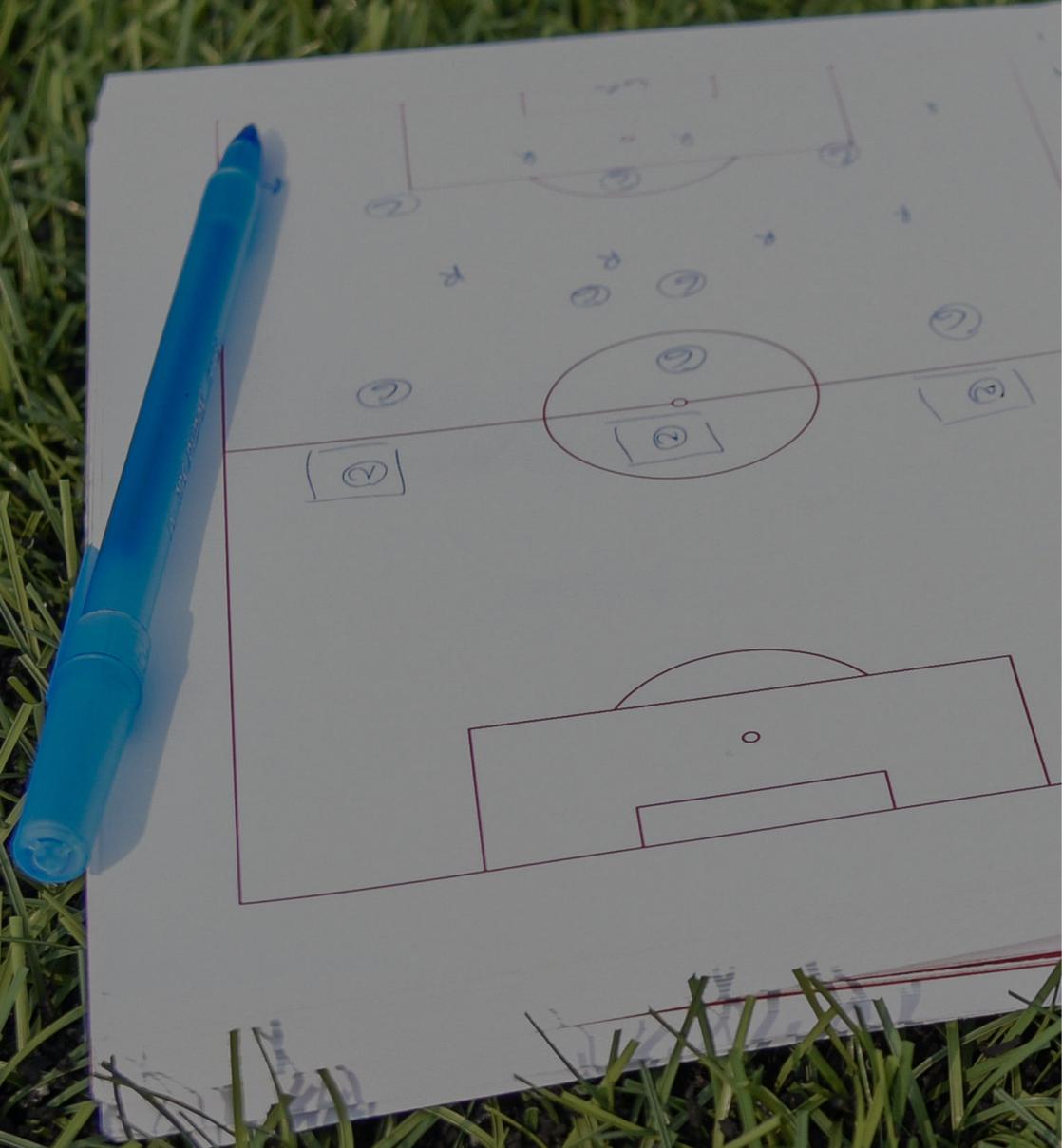




COACH EDUCATION

B DIPLOMA SYLLABUS



Concacaf

COACH PROFILE

Canada Soccer B Diploma holders will have a clear understanding of player, team and staff development at the youth and amateur senior level, and must demonstrate competency in the following areas:

Development Coach

- Developing or applying a club's development and coaching philosophy
- Understanding the personal development process and creating a personal development plan
- Demonstrating transformational coaching behaviours in a coaching environment
- Working with players and staff from different cultural backgrounds, of different ages and experience, in a unified and consistent manner
- Understands and assess the amateur soccer environment across Canada
- Contributing in a positive way to building mental health literacy
- Reflects on individual performance

Players and Team

- Understands the sensitivity toward talent identification/development
- Ensures participant's rights are respected throughout participation
- Supporting personal development plans for individual players
- Supporting players through their individual physical developmental changes
- Encouraging the involvement of and interaction with parents
- Understands how to create and maintain a safe environment for players and team.
- Reflects on the player and team development process

Training Environment

- Plans and designs the training cycle, week, session, and activities.
- Conducts training sessions objectives and learning outcomes appropriate to the needs and ages of the players
- Working on the individuals and the team by having a clear understanding of training session design and how it can affect performance
- Uses a player-centred approach to coaching and player development
- Understands how to plan, deliver and review training sessions in accordance with the coaches and club's playing and coaching philosophy

Match Performance

- Analyzes performance in a match
- Understands and executes a playing philosophy aligned to age, growth and maturity
- Develops a match plan to consider the experience as a tool for evaluation and learning
- Prepares the team for performance by leading a warm-up and pre-match talk
- Delivering in-match changes to positively impact the development and experience of all players, in accordance with the club's playing philosophy
- Working with staff to analyze matches to support the development of players, in accordance with the club's playing philosophy

LEARNING OUTCOMES

Competences	Module	Hours of Education
Understanding the role of a development coach in Canada	Welcome and Philosophy of Canada Soccer B Diploma	3.0hrs
Understand and review how to interpret the game		
Developing training sessions focused on decision-making which is underpinned by players using proficient technical skills	Supporting Creative and Adaptive Players	4.0 hrs
Designing reality-based training sessions that have a clear objective and learning outcomes aligned to match situations and learning outcomes to measure and support reflection		
Understanding the importance of establishing training principles		
Preparing clear outcomes for the training session	Training Methodologies and Advanced Activities	4.0 hrs
Understanding the different returns for different types of training activities and sessions		
Organize a safe, reality-based challenging and positive learning/training environment		
Develops a playing philosophy establishing: a style of play, different systems and strategies	Developing your Game Model (Part 1)	4.0 hrs
Using effective coaching styles to interact and connect with the players appropriate to their ages and ability levels	Transformational Coaching: Coaching as a Complex Social Process.	4.0 hrs
Motivating, inspiring and stretching players' limits in training sessions		
Communicating effectively with different players, people and support staff in various situations		
Understands and executes the coaching process		
Understanding the importance of post-training reflection to check for understanding		
Develops and delivers training environments aligned to their playing philosophy and positional profiles	Understanding Tactical Roles	6.0hrs

LEARNING OUTCOMES

Competences	Module	Hours of Education
Realizing children's rights to education, health and family life	Players Rights When Navigating Sports	4.0 hrs
Promoting the best interests and voice of the child		
Identify, evaluate and monitor children's rights risks		
Understanding player well-being, care and welfare	Safeguarding and Protecting Players in Sport	4.0 hrs
Protecting children from exploitation and abuse		
Develop a clear and coherent vision, values of both playing and coaching philosophies	Connected Coaching	4.0 hrs
Continuing to develop a playing philosophy establishing principle based tactics and player habits	Developing your Game Model (Part 2)	4.0 hrs
Understanding the origins associated with talent	Talent Identification/ Development: What is it? What is it not?	4.0 hrs
Exploring contemporary norms associated with talent and its impact on sport		
Cooperating with everyone involved in the talent development process		
Understanding the complexities of growth and maturation and the effects on physical performance	The Impact of Puberty: Growth Maturation on Player Development	4.0 hrs
Understanding the impact that maturation and relative age may have on individual players		
Understanding the youth physical development model		

LEARNING OUTCOMES

Competences	Module	Hours of Education
Applying basic tools and methods to build players' confidence and self-esteem	Mental Health and Coaching Soccer	4.0 hrs
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		
Understanding the complexities of social media and its impact on youngsters		
Understanding the social influences that impact the players and teams	Coaching through Transitions of Adolescence	4.0 hrs
Building rapport with players and among teammates		
Understands the men's national team's programs playing philosophy and development priorities	Men's Excel Overview	4.0 hrs
Understands the women's national team's programs playing philosophy and development priorities	Women's Excel Overview	4.0 hrs
Ability to analyze and evaluate the performance of own players and team in cooperation with support staff	Analyzing Individual Performances: Connecting the Dots to their Development Plan.	4.0 hrs
Analyzing the players' individual performances in relation to their learning progress		
Understanding how to design individual development plans	Effective Feedback to Players: develop and manage individual development plans	4.0 hrs
Setting and constantly reviewing goals for individual players according to ability and biological, calendar and training age		
Developing player's growth mindset and its elements of curiosity, learning, commitment, effort, resilience and self-regulation		

LEARNING OUTCOMES

Competences	Module	Hours of Education
Understands the training load model	Develops a Weekly Plan	4.0 hrs
Assessing team and individual needs based on the game model		
Establish developmentally appropriate practice session objectives and learning intentions aligned with the development of the game model in the cycle		
Exhibiting consistent match day behaviors in keeping with a learning environment	Building a Game Plan	4.0hrs
Preparing individual players and the team for matches in cooperation with support staff		
Organize the pre-match routine, warm-up and pre-match talk.		
Providing equal opportunity to practice and play based on players' needs	Transformational Coaching During the Match	4.0 hrs
Awareness of verbal and non-verbal communication		
Supporting player autonomy, involving players in decision-making and the problem-solving process		
Ability to coach the team during matches in a manner appropriate to players' ages and always in a positive manner	Coaching in a Match: Adjustments to support performance	4.0 hrs
Helping the players to evaluate their own game and guiding them to a self-regulation		
Managing half-time and preparing the team for the second half		

LEARNING OUTCOMES

Competences	Module	Hours of Education
Developing a parent-coach philosophy	Parental Involvement in Soccer	3.0 hrs
Communicating with parents and involving them in the players' development process		
Understanding the various playing positions tactical roles aligned with the coach's playing philosophy	Understanding of players' roles and responsibilities: Attacking Organization Zones 1-2	4.0 hrs
Develop position-specific session objectives and learning outcomes		
Understanding the various playing positions tactical roles aligned with the coach's playing philosophy	Understanding of players' roles and responsibilities: Attacking Organization Zones 3-4	4.0 hrs
Develop position-specific session objectives and learning outcomes		
Understanding the various playing positions tactical roles aligned with the coach's playing philosophy	Understanding of players' roles and responsibilities: Defensive Organization Zones 1-2	4.0 hrs
Develop position-specific session objectives and learning outcomes		
Understanding the various playing positions tactical roles aligned with the coach's playing philosophy	Understanding of players' roles and responsibilities: Defensive Organization Zones 3-4	4.0 hrs
Develop position-specific session objectives and learning outcomes		
Understands the principles of planning for the team and the structure of the training cycle	Develop a program: Periodization	6.0 hrs
Identifying optimal training cycles relative to the season schedule		

ASSESSMENT OF COMPETENCY

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 B Diploma.

Development Coach

- Creates a personal development plan
- Show an understanding of theory and practical in an enabled self-directed learning environment
- Reflecting on and analyzing own performance

Players and Team

- Demonstrates careful consideration of talent development
- Understanding the complexities of growth and maturation and their effects on the physical, psychological and social development of youngsters
- Goal-setting focused on the individuals' development processes
- Creates an environment aligned with the principles of safe sport

Training Environment

- Develop a training cycle and weekly plan
- Preparing clear objectives and learning intentions for the practice sessions, while understanding the different returns for different types of practice sessions
- Planning training sessions focused on decision-making development related to both the individual and team
- Using appropriate coaching methodologies and approaches
- Creating a Transformational learning climate
- Reviewing and evaluating training sessions within the learning climate

Match Performance

- Develop a clear and coherent playing philosophy understanding moments of the game, systems of play, strategy, tactics and skillsets
- Exhibiting consistent match day Transformational behaviours in keeping with a learning climate
- Analyzing the performance of both the individual and team
- Laws of the game