



PROGRAM: **2010 INDOOR COACHES TRAINING PROGRAM –
“FROM BASICS TO ADVANCED”**

WHEN: **Wednesdays**
Start Time: 7:30pm

- 8 - 8:50 P.M. (Theory Instruction – Louis Riel Dome Conference Room) – **NOTE CHANGE OF LOCATION**
- 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 fun 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.**

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

FOOTWEAR: **Indoor soccer boots or cleats.**

Date	Theme/Session	Instructor	DETAILS
06 Jan Theory	Decision Making/Perception	Hillier	How to Improve on the #1 Problem in Sport – Decision Making. Help players improve their decision making on the field
Practical	Decision Making Training	Hillier	Drills and activities to improve decision making by players.
13 Jan Theory	Shooting – Taking shooting opportunities	Tony Harrison (Harrison Soccer)	Participants will see videos of effective shooting and discuss what constitutes good shooting opportunities.
Practical	Shooting	Tony Harrison (Harrison Soccer)	All aspects of shooting will be shown.
20 Jan Theory	Game Analyses	Bill Dickson	How to analyze games – What to look for. Videos will be used for classroom practice by coaches.
Practical	Game Analyses	Bill Dickson	A game will be played by OISC players with coaches using a game analyses sheet for practice. What are you seeing?
27 Jan Theory	The Evolution of Soccer	Boris Bajagic CHC Nepean Hotspurs	An overview of soccer’s evolution from a foremost soccer historian – Fun session with stories to match.
Practical	The Evolution of Soccer Systems	Boris Bajagic CHC Nepean Hotspurs	Practical session dealing with how soccer systems evolved over time and their strengths and weaknesses.
03 Feb Theory	Player Development	Colin Walker	Effective use of various sports resources to improve team and individual play. This session will deal with player physical & psychological development in accordance with the LTAD (LTPD).
Practical	Practical Training for Young Players	Colin Walker	Activities to guide young players to reach their potential in accordance with LTAD (LTPD). Of interest to all coaches.
10 Feb Theory	Transition	Roy Hillier	Training for Transition – The 4 Phases of Transition and Drills to work on it.
Practical	Supporting Forward Passes	Traian Mateas (CHC Capital United)	Focusing on the Type of Runs
17 Feb Theory	Soccer Psychology - FOCUS	Lionel Wolfe	This hands-on session will give you some tools to help your players get focused & remain focused throughout a competition
Practical	Goal Keeping Essentials To	Jean Berchan & Alena Hope-Gregory	What do you need to know about goal keeping? Warm-ups and training.
24 Feb Theory	Fitness Training – The theory behind the obvious	Hillier	Fitness – Coaches Ignore Science and Game Fitness at their peril. The theory and practical drills to get your players fit.
Practical	Physical Fitness Testing	Hillier	What tests to use – Do they measure what you want to measure? Pre-Season, In-Season and Post-Season

