



OISC Club Coach Training 2011

Season Planning



OISC Club Coach Training 2011
Season Planning

- Pre-Season (General): 01 March - 17 April
- Pre-Season (Specific): 18 April - 23 May
- In-Season (League): 23 May - 15 Sep



Season Planning Framework
Season Planning


Pre-Season – (General)
1 March—17 April

Pre-Season (Specific)
18 April- May???

In-Season ???
June-15 Sep

Post-Season
16 Sep-31 Oct





OISC Club Coach Training 2011
Season Planning

- **What Must a Coach Do To Prepare for the Season?**
 - Plan the season with timelines/dates/events
 - Plan tryouts carefully – Select the team
 - Hold a parents meeting
 - Plan for emergencies (losses, loss of players, holidays etc.)
 - Be familiar with and use the CSA Long Term Player Development (LTPD) Model to develop players.

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OISC Club Coach Training 2011 Season Planning

- Pre-Season (General): 01 March - 17 April
 - Tryouts/Player Evaluation
 - Technique/Skills
 - Lots of Small Sided Games (SSGs)
 - Fitness – Basic Fitness Training using SSGs and ball work with some Strength Training using bodyweight
 - Introduce Mental Training
 - Introduce basic Nutrition
 - Exhibition Games

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OISC Club Coach Training 2011 Set Plays – In-swing Corners

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- Pre-Season (Specific): 18 April - 23 May
 - Team Building (especially if there are new players)
 - Mental Training
 - Nutrition for Training
 - Fitness: Aerobic (distance) & Anaerobic (sprints), Speed
 - Organization
 - System(s) of Play – Formation
 - Set Plays Attacking & Defending Corners, Attacking & Defending, Starting the Game/Half, Throw-ins, PKs, Attacking & Defending Free Kicks, Goal Kicks
 - How we play – Play through Middle, Use of Flanks etc.
 - Who does what? Who takes throws when & where on field
 - Select/elect Team Captain & Alternates

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OISC Club Coach Training 2011 Set Plays – Throw-In In Attacking Third - Throw Into Box


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Throw-In To Feet




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Season Planning

- WHICH TECHNIQUES TO TEACH AT WHAT AGE???????
- CSA Wellness To World Cup (Long Term Player Development Program – LTPD)
- Volume 2 (Guide To Skills By Age) is completed and gone to translation
- Expect to be ready for February 2011
- Will guide coaches in Player Development


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- In-Season (League): 23 May -15 Sep
 - Fitness: Aerobic (distance) & Anaerobic (sprints), Speed Minimum 3x Week plus Game
 - Mental Training
 - Nutrition for Training, Games & Tournaments
 - Continue to work on Organization
 - Refine Style of Play & Skills
 - Arrange Team Building Activities
 - Build in Rest & Regeneration

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- Post-Season (Fall): 16 Sep-31 Oct
 - Fall Program – Skills Once a Week
 - Engage in Other Sports
 - Rest & Regeneration (Take Care of Injuries)

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- Transition: November - March
 - Maintain Aerobic Fitness
 - Participate in Soccer Skills a minimum of Once to Maintain & Improve Ball Skills
 - Participate in Other Sports
 - Rest & Regeneration (Take Care of Injuries)

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OISC Club Coach Training 2011
Season Planning

- How To Have A Successful Season While Avoiding Disaster
 - Be "Fit" - EVERYONE
 - Be "Organized" - Attacking & Defending
 - "Play To Feet" except Flank Play & Penetrating Passes
 - Throw To Feet except in area of Box - "Throw Into the Box"
 - Practice Set Plays "every week" - Use only players involved to avoid boredom for everyone - Have Fun
 - Learn to "Team Defend" to avoid losing to better teams

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