



GRASSROOTS COMMUNITY SOCCER

2013 INTRODUCTORY GUIDE

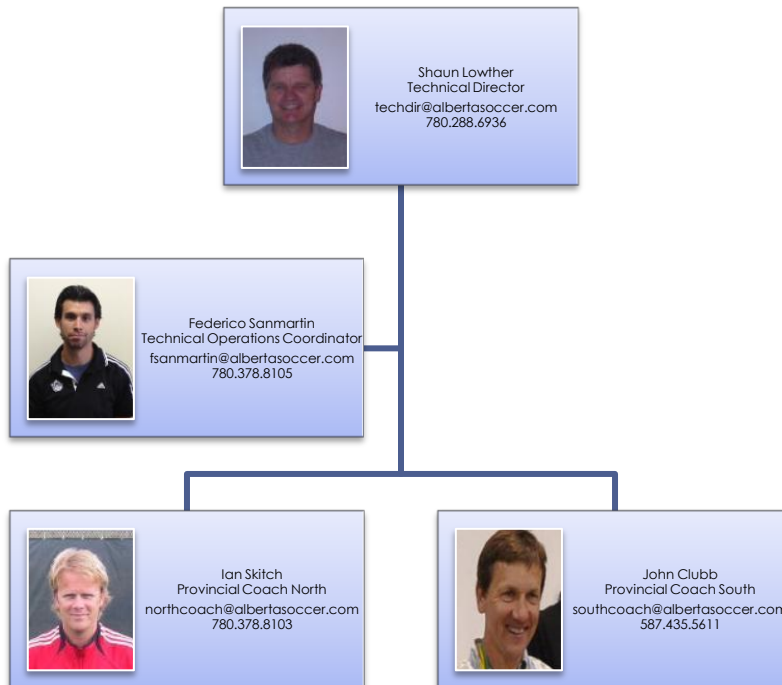




GRASSROOTS COMMUNITY SOCCER

2013 INTRODUCTORY GUIDE

Technical Department Contacts:



Mission Statement:

The ASA Technical Department seeks to promote personal development and well-being through the provision of soccer participation opportunities for all within Alberta. The sport of soccer provides a lifetime of opportunities for players, parents, coaches, officials and administrators: the ASA Technical Department seeks to provide guidance and support to all those wishing to embrace the sport that has become the World's Game.

© THE ALBERTA
SOCCER
ASSOCIATION

9023-111 Avenue

Edmonton AB T5B 0C3

Toll Free: 866.250.2200

Office: 780.474.2200

Fax: 780.474.6300

Web: albertasoccer.com

Email:

technical@albertasoccer.com



INTRODUCTION

The sport of Soccer has evolved to proudly boast itself as the World's Game. However in order for any sport to grow, it must provide a vibrant and active entry level of performance: The Grassroots of Sport.

The game of soccer has developed over the years and is presented in many different formats and name adaptations today. Some of these adaptations are for better and some a twist on an existing theme. This document aims to provide an insight and guidance on "The Alberta Way". A game plan to take the sport of soccer forward in Alberta for all those involved.

As the governing body for soccer in Alberta, ASA holds responsibility for developing and administrating the game at all levels. The technical coaching team has specific responsibility for nurturing the development of coach and player pathways.

Presented on the ASA website are a series of informational documents to support your understanding and development as a player, coach or parent/guardian supporter of grassroots soccer. The goal is to offer a series of practical informational documents to support your enjoyment and experience within soccer, without presenting a comprehensive digest of the rules and tactics etc. There are some obvious cross-overs between each of the documents, but feel free to browse and use these documents to support you understanding and the development of players coming into the sport.

This document will illustrate the opportunities that exist to enable the presented mission statement to be fulfilled. If there are any questions relating to the information provided here within or coach/player pathways please contact the technical team at Alberta Soccer.





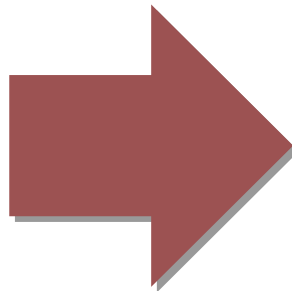
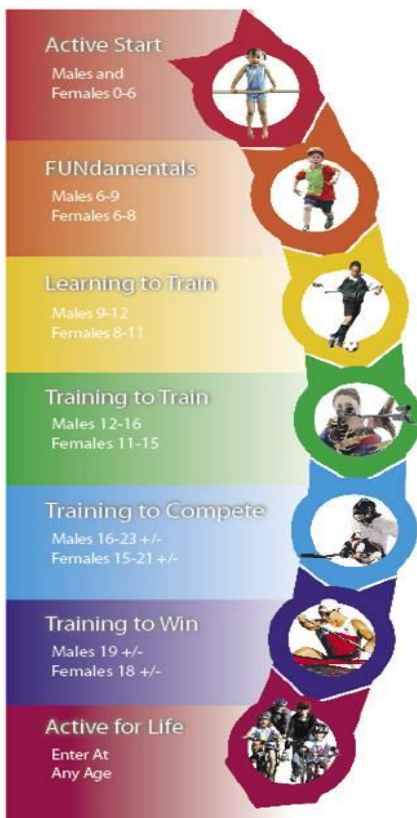
"THE ALBERTA WAY"

The principle objective of this document is to offer a standard guide to support the many players, parents, coaches and administrators that promote the game at a Grassroots level of participation. It is recognized that this entry level of participation is critical for the players and game as a whole, where all those introduced to the game may be offered the opportunity of nurturing a lifelong passion for the sport.

Therefore this guide should be used to promote a standardized program of play across Alberta, in the hope that when players from different clubs, associations, districts and regions of the Province come together; they have all been afforded the same opportunities and framework within which to participate. All current coach and player programs are being aligned with the Canadian Soccer Association model of Long Term Player Development. This is a framework that was developed by Sport Canada as Long Term Athlete Development and provides guidance to support children and adults in terms of their physical, tactical, technical and psychological development. For further information on the model of Long Term Player Development please visit:

www.canadasoccer.com/wellness-to-world-cup

7-Stages of LTAD



7-Stages of LTPD





WHAT IS GRASSROOTS SOCCER IN ALBERTA?

As soccer has evolved into many varied formats, so have definitions of what is ‘grassroots soccer’. Within Alberta Soccer we recognize a need for clarification of this and the following definitions are offered to define the three streams of soccer development within the Alberta Way:

GRASSROOTS COMMUNITY: Soccer programs that promote active participation opportunities and programs that do not lead to Provincial competitions.

The LTPD focus within this stream ranges through: Active Start, FUNdamentals, Learning to Train and Soccer for Life, dependent upon the age of the participants.

GRASSROOTS COMPETITIVE: Clubs, associations and districts that introduce players to competitive opportunities that may lead to provincial representative competitions.

This competitive stream focuses upon Learning to Train, and Soccer for Life components of the LTPD Framework.

These may be child and adult, club, association and district programs. Some club’s provide opportunities within both Grassroots community and competitive streams; however there is a clear distinction between the ideologies of both programs and the pathway they are pursuing. It is also important to recognize that in defining these pathways, many clubs may adopt differing philosophies towards development and competition. The responsibility of all parties (players, parents and coaches) is to ensure that these philosophies are recognized and agreed upon in order to ensure an enjoyable and positive experience for all.

EXCELLENCE: This stream is representative of a provincial high performance competition exceeding LTPD excellence criteria, and falling within the national player development programs; specifically incorporating Provincial, National and Professional associations.

Excellence programs support the Training to Train, Training to Compete and Training to Win components of LTPD

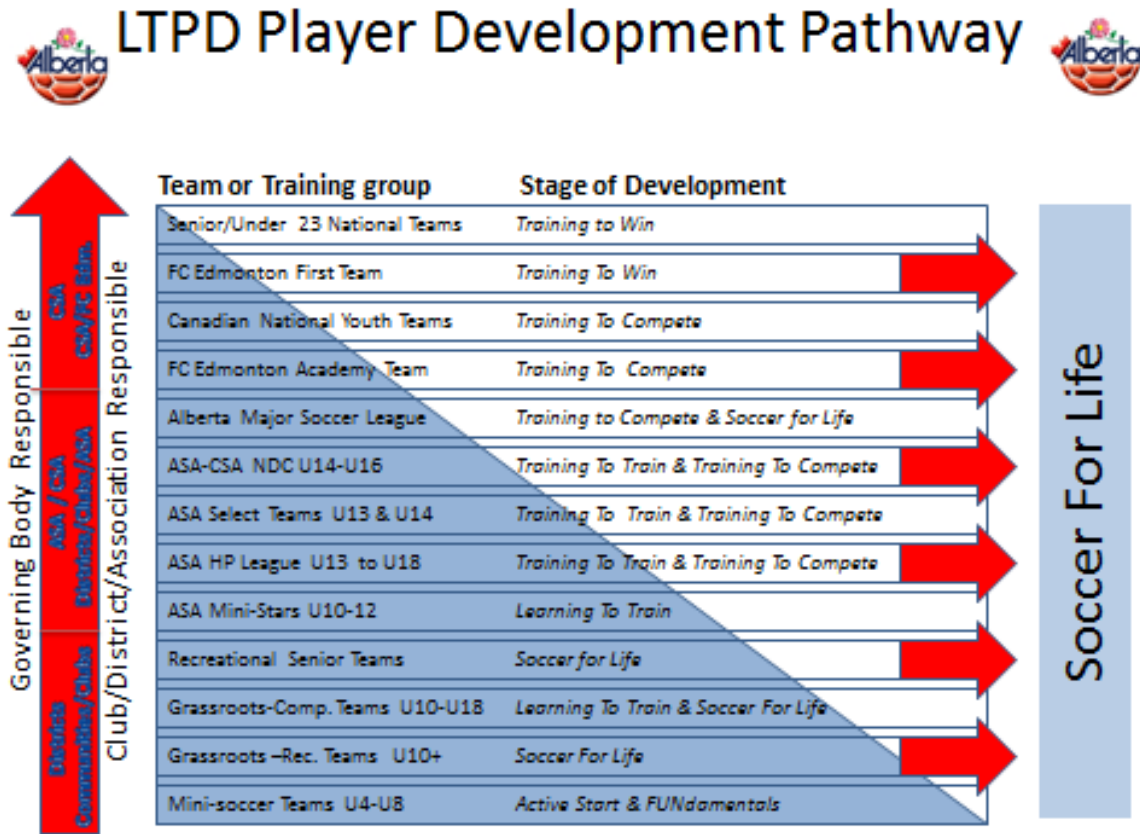
Selection and support for these programs is usually governed by the National Sport organization (Canadian Soccer Association).





PLAYER PATHWAY

The player pathway depicts how players entering the sport may progress through the relative stages of youth/adult development to the excellence programs. However Alberta Soccer Association recognizes its significant role to support and nurture the Grassroots of Soccer – in order to develop a lifelong passion for Soccer.



The true test of any development program is to enhance the retention of players through their development and into the Soccer for Life phase of the player pathway. Hence, as players develop through the model, they are excelling and progressing towards National representation, thus the nature of the training will be tailored to meet these increasing demands. However, regardless of the level a player achieves, the goal is that each player aspires to maintain a lifelong passion for the game within Stage 7 of the LTPD – Soccer for Life.



COACH PATHWAY: COACHING THE COACHES

The Alberta Soccer Association oversees the development of soccer coaches within the province. The technical department has developed a comprehensive range of support programs that may be tailored to meet the needs of each independent district and community. Below is a model of the coach qualification streams available to coaches through the Canadian Soccer Association and NCCP.

The courses available through the Community Stream are linked directly to the Long Term Player Development program. These are aimed at coaches coaching at a community level and seeking additional information and support in terms of their personal development as a coach. Coaches are advised to seek the course that corresponds with the age group they are coaching (i.e. coaching U4 should participate within the Active Start program). Each program will present age appropriate information and support on their role as a coach within their respective age group. This will include information on child maturation, how to plan a session and a series of drills to support your program development and delivery.

The Excellence stream is for those coaches who are typically coaching within more competitive environments and have prior coaching experience. These courses are educational and assessment based. They provide coaching support on more technical aspects of the game from performance to tactical and educational aspects of coaching.

