

NATIONAL CAPITAL COACHING WEEKEND AND CONFERENCE
EODSA, IN PARTNERSHIP WITH NEPEAN HOTSPURS SOCCER CLUB,
IN CONJUNCTION WITH THE 40TH ANNIVERSARY OF NEPEAN HOTSPURS SOCCER CLUB

The annual visit by Canadian National coaches is now in its third year, and this year's program, planned for March 5-7, 2010, will cement this event as a standard feature in the Ottawa soccer calendar. As there are more and more quality teams coming out of Ottawa, and consequently more and more quality coaching, there is a need to enhance the capabilities of Ottawa's coaching community. As the current coaching certification provided by OSA targets mainly "soccer moms and dads", it does not provide an adequate quality of coaching for our ever-increasing youth soccer programs. There is very little understanding in the coaching community of the actual coaching needs in the different phases of youth soccer development: training to train; training to play; training to compete; and training to win. As a result, the youth soccer community is often given training that is not appropriate to the stage of the players' development – for example, coaching to win is sometimes used for players as young as 9 years old. Coaches are also forced to look for coaching resources wherever they can find them, and often rely on only their instincts and past experience. All of these factors combine to produce an environment in which coaches are left behind in their efforts to provide affordable, correct and appropriate coaching education. On top of that, they have to operate in highly competitive environment, starting at age 9, that is not conducive to the players' soccer development.

Our intention in bringing Canada's top coaches to the Capital Region is to draw the attention of Ottawa area coaches to these facts, and to provide them with demonstrations of the principles of coaching that should be used by our so-called "competitive teams" competing at the provincial and regional levels. It is also intended to spur discussion within the Ottawa soccer community on the relationship between the Canadian Soccer Association and its national programs and successful Clubs in the Ottawa region that hope to open the way for the area's best young players to pursue soccer opportunities. The event will also further enhance the ability of Ottawa area Clubs to offer quality coaching to their youth players. In addition to coaches, Club leaders and administrators would also benefit from the visit, as it would give them first-hand information on where Canadian soccer is going and what is expected from Clubs to better support Canada's National Teams and Programs.

The visit will also form part of the celebration of the 40th anniversary of the Nepean Hotspurs Soccer Club and will be promoted as such.

PROGRAM

CLINICIANS

STEPHEN HART, CSA, Technical Director, Coach of Canadian Men's National Team

TONY FONSECA, CSA, Coach of U-20 National Team

RAY CLARK, CSA, Director of Coaching and Player Development

DAVE BENNING, CSA, Director of NTCO, CSA Instructor

FRIDAY, MARCH 5, 2010:

Location: Ben Franklin SUPERDOME

- | | |
|---------|--|
| 6-7 PM: | PRINCIPLES OF WARM-UP IN SOCCER – WITH AND WITHOUT THE BALL. Dave Benning |
| 7-8 PM: | COACHING YOUNG PLAYERS ON SOCCER TECHNIQUE: TOUCH, RECEIVING, PASSING.
Tony Fonseca |
| 8-9 PM: | CENTRAL ATTACKING (SMALL SIDED GAME - 9v9 SESSION) –
ATTACKING THROUGH THE CENTRAL AREAS OF THE FIELD;
Ray Clark |

9-10 PM POSSESSION (11v11 SESSION) – COACHING A TEAM TO PLAY FROM THE DEFENDING THIRD OF THE FIELD INTO THE ATTACKING THIRD OF THE FIELD;
Stephen Hart

SATURDAY, MARCH 6, 2010

Location: Ben Franklin SUPERDOME

NOON-1 PM: DRILLS FOR IMPROVING PLAYER TECHNICAL ABILITY – LTAD CONCEPT FOR 9-12-YEAR-OLDS.

Dave Benning

1-2 PM: DRILLS FOR IMPROVING PLAYER TECHNICAL ABILITY – LTAD CONCEPT FOR 13-17-YEAR-OLDS.

Tony Fonseca

2-3 PM: POSSESSION (SMALL SIDED GAME - 9v9 SESSION) – COACHING A TEAM HOW TO “SPREAD OUT “ TO ITS ADVANTAGE.

Ray Clark

3-4 PM POSSESSION (11v11 SESSION) – COACHING HOW TO RETAIN THE BALL.

Stephen Hart

7 PM - Dinner hosted by President of EODSA and Nepean Hotspurs Soccer Club (invite only)