

SWSC Coach Training Fall 2023 (Updated 9/14/2023)

There are multiple training opportunities for Head coaches and Assistant coaches. **If any dates/times/locations for training change, the latest information will be online at this link:**

<http://www.somersetwestsoccer.org/res/FallCoachTraining.pdf>

- THJSL & OYSA/Portland Timbers will provide two league-level training sessions. We have 2 dates for THJSL Coach training sessions run by the Portland Timbers/Thorns.:
 - **Aug 5** at Conestoga Middle School; 9AM – 1PM
 - **Aug 23 (Wed)** at Highland Park Middle School; 5 – 8PM
DETAIL: Play Practice Play Training - 5-6:30pm will be 4v4/7v7 - 6:30-8pm 9v9/11v11
These clinics will prepare you for running effective developmentally-appropriate practices. Great for new and experienced coaches to develop their coaching skills and meet coaches from neighboring THJSL clubs. Coaches participate in the on-field sessions. Bring notepad, pencil, water, soccer ball (size 5 preferred), and shoes/clothing appropriate for playing. (Coaches not interested in playing can still attend and watch from sidelines).
- We'll hold club level training for SWSC new and returning coaches. A UK International coach will deliver this training:
 - **Aug 1** G2-G4 ages 5:30 – 7PM Location [Powerlines #1 Field](#)
 - **Aug 3** G5-G8 ages 5:30 – 7PM Location [Powerlines #1 Field](#)
Coaches participate in the on-field sessions. Bring notepad, pencil, water, soccer ball (size 5 preferred), and shoes/clothing appropriate for playing. (Coaches not interested in playing can still attend and watch from sidelines).
- We will have a UK International Soccer coach participate with club coaches and players during scheduled team training sessions in August and September. This will be a great opportunity to get assistance with practice structure, skill development and effective age-appropriate drills. Grade2 and new coaches will get priority for this assistance from the UK coaches but others can request help with team training by contacting me at coach@somersetwestsoccer.org. This training will occur during your scheduled practice time/location. I want feedback from our club coaches who are able to take advantage of this opportunity, so let me know how your team training session with UK International Soccer goes.
- We will hold special **Friday Goalkeeper/Striker training** sessions for Coaches and Players on these dates in September; no cost and no registration required. Please abide by the **Grade Restrictions**:
Location - [Powerlines #1 Field](#)
 - **September 15** – 5-7PM **Grades 6, 7, 8 ONLY**
 - **September 22** – 5-7PM **Grades 4, 5 ONLY**
 - **September 29** – 5-7PM **Grades 2, 3 ONLY**
- We have some great resources on the SWSC Website Coaching Page:
https://www.somersetwestsoccer.org/wp/?page_id=48#coach-training.
- Somerset West Soccer Club will reimburse fees spent for completed coaching license clinics by active club coaches for Grassroots and D License level. Contact coach@somersetwestsoccer.org BEFORE you register. Details are on https://www.somersetwestsoccer.org/wp/?page_id=48#coach-training.

Stu Frische SWSC Head Coach (coach@somersetwestsoccer.org)