

## SWSC Coach Training Fall 2016

There are multiple training opportunities for Head coaches and Assistant coaches. **If any dates/times/locations for training change, they will be listed here:** <http://www.somersetwestsoccer.org/wp/wp-content/uploads/2016/07/FallCoachTraining.pdf>

1. In early August, we will have three 90-minute coach training with UK International Soccer coaches. This training is targeted by age group and coaches will learn many fun and effective drills that can be used for practices. We've had this training the last couple of years and it has been effective. Coaches will participate in the on-field sessions. Bring a 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).
  - a. Aug. 2<sup>nd</sup> 5:30-7:00 PM for Grade2 & Grade3 (Rock Creek Elem North)
  - b. Aug. 3<sup>rd</sup> 5:30-7:00 PM for Grade4 & Grade5 (Rock Creek Elem North)
  - c. Aug. 4<sup>th</sup> 5:30-7:00 PM for Grade6-8 (Rock Creek Elem North)
2. THJSL & OYSA/Portland Timbers will provide league level training on:

August 6th 9 AM – 1 PM for Grade2-8 and Micro coaches (PCC Rock Creek)

This is a free half-day coaching clinic and will prepare you for running effective developmentally-appropriate practices. This is a great chance for new and experienced coaches to develop their coaching skills and meet coaches from neighboring THJSL clubs. Coaches will participate in the on-field sessions. Bring a 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).
3. We will have UK International Soccer coaches 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, skills development and effective age-appropriate drills. Grade2 and new coaches will get the priority for getting this assistance from the UK coaches but others can request help with team training by contacting me at [coach@somersetwestsoccer.org](mailto: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.
4. We will hold special Goalkeeper/Striker training for Coaches and Players in these four sessions:
  - a. Aug. 19, Aug. 26 5-6:30PM Grades 2-4 6:30-8PM Grades 5-8 (Powerlines #1)
  - b. Sep. 9, Sep. 16 5-6:30PM Grades 2-4 6:30-7:30PM Grades 5-8 (Powerlines #1)
5. We have some great resources on the SWSC Website Coaching Page: [http://www.somersetwestsoccer.org/wp/?page\\_id=48](http://www.somersetwestsoccer.org/wp/?page_id=48). With our partnership with UK International Soccer, you also access great content on [www.uksoccer.com](http://www.uksoccer.com); follow the links to their 'Online Curriculum' then enter Username: SWSC, Password: uksoccer. Check out their great drill animations!
6. Somerset West Soccer Club will reimburse fees spent for completed coaching license clinics by active club coaches. Details are on [http://www.somersetwestsoccer.org/wp/?page\\_id=48](http://www.somersetwestsoccer.org/wp/?page_id=48).

Have a great season and contact me if you have any questions.

Stuart Frische SWSC Head Coach [coach@somersetwestsoccer.org](mailto:coach@somersetwestsoccer.org)