



Learn to Train Coaching Course

Learn to train is a course focused on athletes between the ages of 9 and 12 years old, competing in recreational and competitive environments. This course focuses heavily on planning and executing practices, using the Game, Analytic, Game (GAG) method of coaching. Also includes information on attacking and defending principles of play, which are helpful to coaches looking to introduce tactical information to young players at this age.

When: Saturday June 8th & Sunday June 9th, 9am-5pm (both days)

Where: Scotia Bank South Field (Knowledge Park Drive – beside Grant-Harvey Center)

Cost: \$80.00/Coach payable on arrival (Cash cheques made payable to Soccer New Brunswick)

To Register:

Day One:

HOURS LOCATION CONTENT

8:45 to 9:00 am	Registration and introduction
9:00-9:45 am	Classroom Where this course fits in? Timelines and objectives What is LTPD? (Stage definition) <i>5 min</i> What is Physical Literacy? <i>10 min</i> What is soccer? <i>10 min</i> Stage 3 - Player Characteristics <i>15 min</i>
9:45-10:15 am	Classroom Task 1: Role of the coach
10:15 to 10:30 am	Break Moving to field and practice set-up
10:30 to 11:30 am	Field Instructor demonstration – skill session
11:30 to 12:00 pm	Classroom Task 2: Key elements of a successful session
12:00 to 1:00 pm	LUNCH
1:00 to 1:45 pm	Classroom Task 3: Participants plan an exercise

1:45 to 4:45 pm Field **Task 4:** Participants deliver (game followed
by a planned exercise)

4:45 to 5:00 pm Classroom Review and prepare for Day 2

Day Two:

HOURS LOCATION CONTENT

9:00-9:30 am Classroom Principles of play

9:30 to 11:00 am Field **Task 5:** Attacking principles-SSG to tactic to SSG

11:00 to 12:30 pm Field **Task 5:** Defending principles-SSG to tactic to SSG

12:30 to 1:30 **LUNCH**

1:30 to 2:15 pm Classroom **Task 6:** Session/Game Management - Safety

2:15 to 3:30 pm Field Goalkeeping – The role in the 11 v 11 game

3:30 to 4:30 pm Field Simple Rules of the Game

4:45 to 5:00 pm Classroom **Task 7:** Wrap-up and evaluation