

Pickering Soccer Club



2009 - Recreational Coaching Program

The Pickering Soccer Club has scheduled a number of coaching sessions for Recreational coaches during the spring and summer of 2009. The objective is to provide all coaches, from the beginner to the more experienced, with theoretical and practical knowledge of the game and methods of training.

The sessions are conducted at three different levels and emphasize field instruction in the areas of technique, tactics, coaching methodology, and team management.

Each session is three hours in length.

At the completion of session 1, coaches will receive a “PSC Level 1” Coaching Badge and a PSC coaching manual.

At the completion of sessions 2 and 3, coaches will receive a “PSC Level 2” and “PSC Level 3” Coaching Badge.

The sessions will focus on the following topics:

Level 1

- What is a good coach
- Coach as a Role Model
- Factors that influence Learning
- Stages of player development
- Designing a training session
- The main areas of a practice session...how to set up and run a practice session
- Practical training Sessions....
- Warm up, passing, dribbling, shooting, small sided games....
- Laws of the Game



Level 2

- Key factors to successful coaching
- Passing
- Dribbling
- Receiving the ball
- Running with the ball
- Shooting
- Heading
- Support Play
- Combination play
- Laws of the Game



Level 3

- Individual Defending
- Group defending
- Team defending
- Midfield play
- Attacking
- Team tactics / Team Formations
- Set plays
- Laws of the Game



Schedule of Coaching sessions

Date		Time	Location
Level 1	Saturday May 23	9:00am – 12 Noon	Kinsmen Small
Level 2	Saturday May 30	9:00am – 12 Noon	Kinsmen Small
Level3	Saturday June 6	9:00am – 12 Noon	Kinsmen Small

In addition to the above sessions, PSC has also scheduled a series of **FREE** clinics for boys and girls enrolled in our recreational program.

All players from 6 to 15 years of age are invited to participate.

This is a great opportunity for young players to learn the basic skills and techniques of the game in a safe and FUN environment.

Coaches are also invited to participate in these sessions and work alongside our Technical Team Coaches to learn new drills and activities that can be applied to their own team.

Goalkeepers training sessions will also be offered on the dates below.
All **GOALKEEPERS** are invited to attend!

These clinics will run on Saturday mornings at **Kinsmen 1** on the following dates:

June 20 June 27 July 11 July 18 July 25 August 8 August 15