

CMSA Team Official Training Handbook

www.calgaryminorsoccer.com

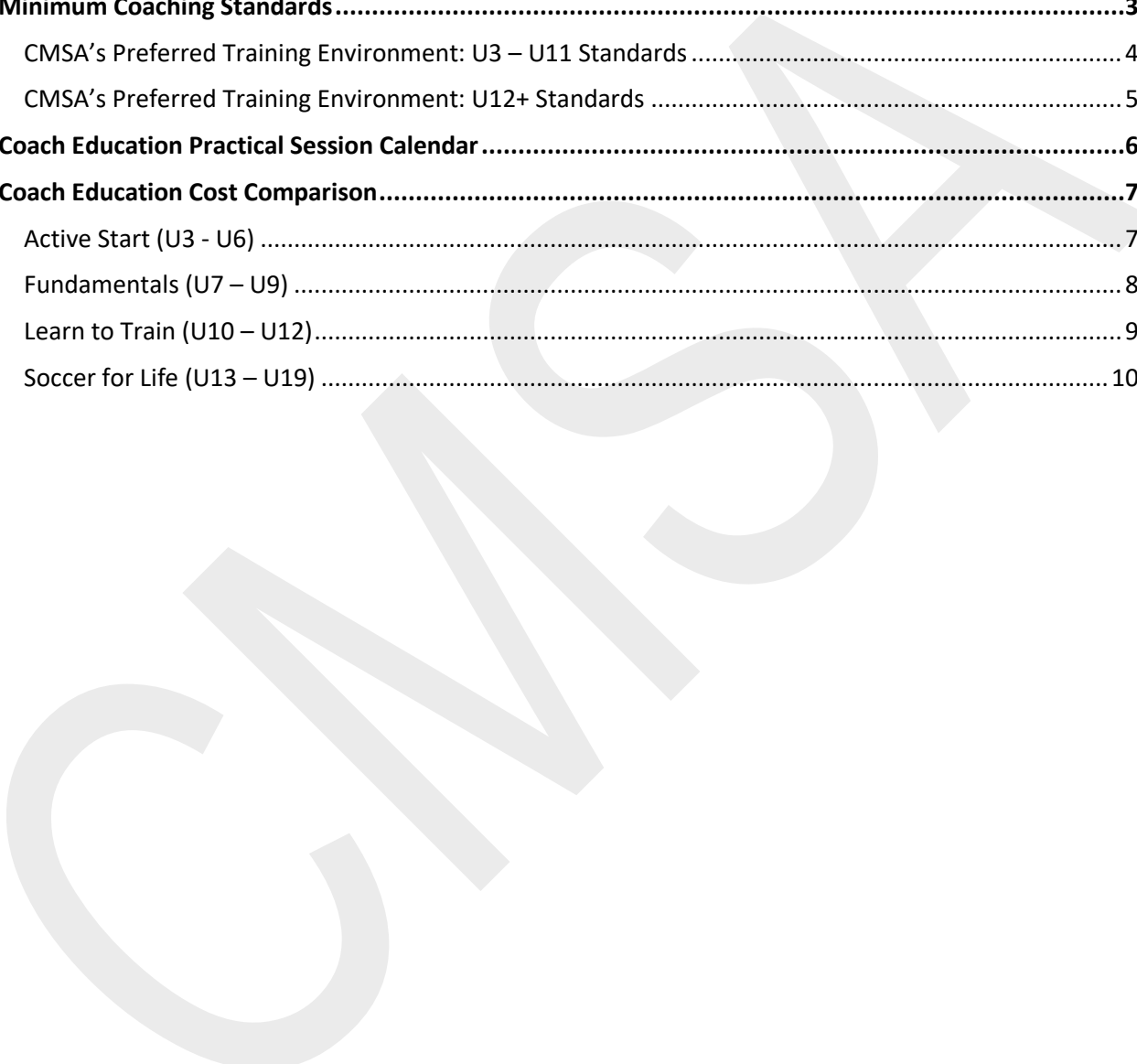


CMSA
CALGARY MINOR
SOCCER ASSOCIATION

CMSA SQS Club Handbook

Table of Contents

- Table of Contents.....2**
- Minimum Coaching Standards.....3**
 - CMSA’s Preferred Training Environment: U3 – U11 Standards 4
 - CMSA’s Preferred Training Environment: U12+ Standards 5
- Coach Education Practical Session Calendar6**
- Coach Education Cost Comparison.....7**
 - Active Start (U3 - U6) 7
 - Fundamentals (U7 – U9) 8
 - Learn to Train (U10 – U12)..... 9
 - Soccer for Life (U13 – U19) 10



Minimum Coaching Standards

	Through CMSA	Respect Group	NCCP Certification				Canada Soccer Coach Education Program								
	e-PIC	Respect in Sport	Making Ethical Decisions	Making Head Way	Rule of Two	EAP	Active Start		Fundamentals		Learn to Train		Soccer for Life		C-License Certified
							Theory	Practical	Theory	Practical	Theory	Practical	Theory	Practical	
U7 - U9	✓	✓							*	+					
U10 - U11	✓	✓	+	+							*	+			
U12	✓	✓	*	*	*	*					*	*	OR	*	*
U13 Tier II, III, IV	✓	✓	*	*	*	*							*	*	+
U13 Tier I	✓	✓	*	*	*	*							*	*	+
U15+ Tier II, III, IV	✓	✓	*	*	*	*							*	*	+
U15, U17 Tier I	✓	✓	*	*	*	*							*	*	+
House Leagues Age & Stage Appropriate	✓	✓	+	+			*	+	*	+	*	+			

Safe Sport

Technical Coaching Training Requirements

- ✓ Required for all team officials (coaches, assistant coaches, team managers)
- * Required education for coaches and assistant coaches
- + Recommended coach training

CMSA's Preferred Training Environment: U3 – U11 Standards

For coaches in all CMSA House Leagues (Club ran or Community Association), the CMSA Grassroots League (U7-U9), and U10/U11 Developmental and Developmental Plus+, the below standards will apply to all coaches for the Outdoor 2023 and Indoor 2023/24 Seasons. Head Coaches and Assistant Coaches will be held to the same standard. For CMSA's purposes the divisions and ages outlined above will be "Grassroots Community/Community Stream" as per Canada Soccer's [Full Safe Sport Roster](#) requirements.

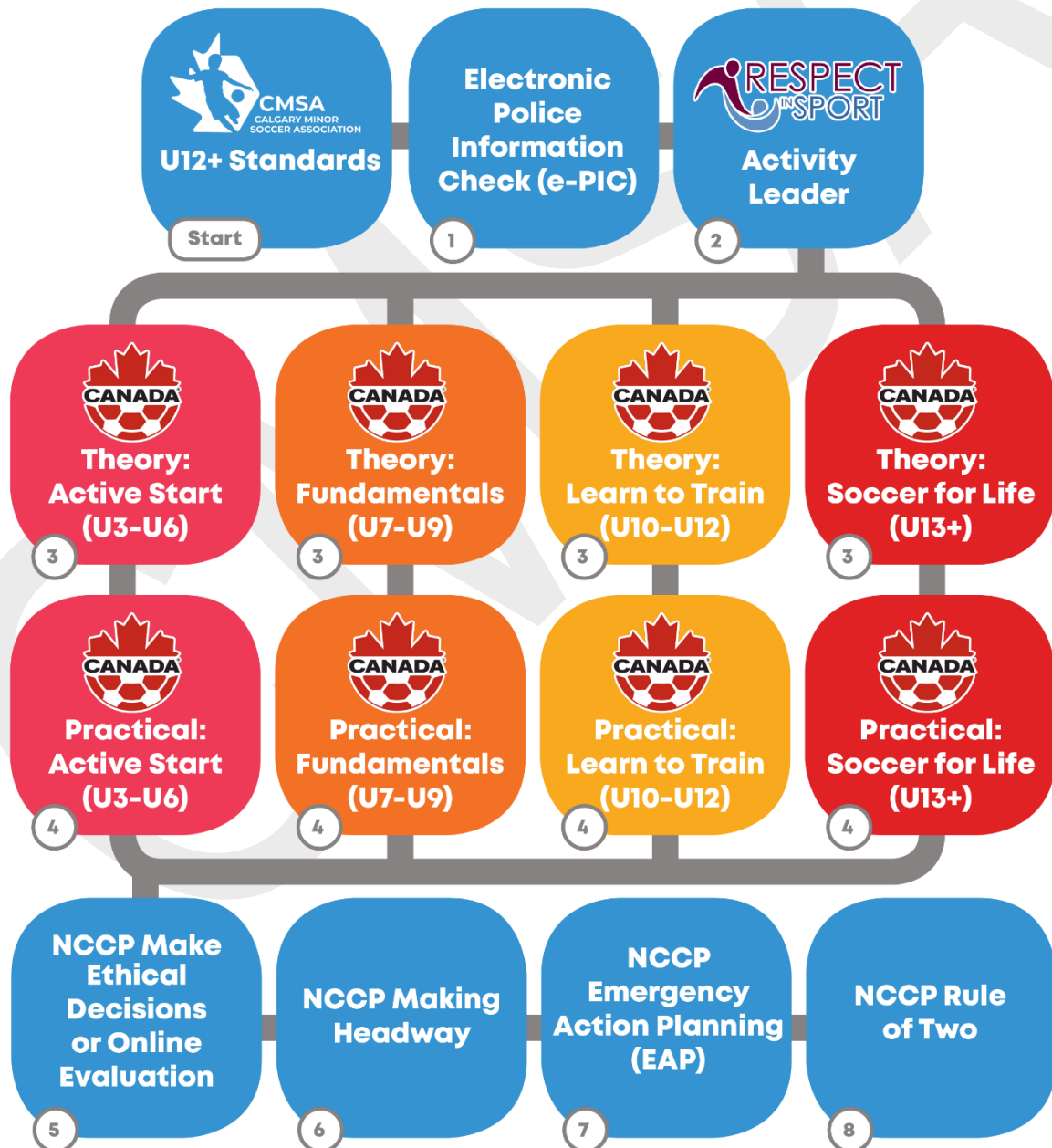
Please reference the table on page 3 for the age/stage appropriate education required/recommended for the age group you are working with. Click on any of the buttons below to access the information/module.



CMSA's Preferred Training Environment: U12+ Standards

For coaches in all the following CMSA Leagues, tiers, and genders (U12, U13, and U14-U19) the below standards would apply to all coaches for the Outdoor 2023 and Indoor 2023/24 Seasons. Head Coaches and Assistant Coaches will be held to the same standard. For CMSA's purposes, the divisions and ages outlined above will be considered "Grassroots/Competitive Stream" as per Canada Soccer's [Full Safe Sport Roster](#) requirements.

Please reference the table on page 3 for the age/stage appropriate education required/recommended for the age group you are working with. Click on any of the buttons below to access the information/module.



Coach Education Practical Session Calendar

The dates below outline the on-field practical sessions offered this outdoor season. Remember, participants **MUST** register **AND COMPLETE** the online theory portion of the Canada Soccer Grassroots Coach Education Program before registering for the on-field practical session. Please [CLICK HERE](#) to register for the online theory.

OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	AS	FUN	L2T	S4L	27	28
29	S4L	30	31			

NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			FUN	L2T	AS	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	S4L	L2T	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

AS = Active Start
FUN = Fundamentals
L2T = Learn to Train
S4L = Soccer For Life

* Coaching course dates are tentative. Please check the CMSA website for course dates

Coach Education Cost Comparison

The tables on pages 9 - 12 outline the total cost for each coach to become fully trained to meet SQS requirements.

Active Start (U3 - U6)

Coach Training	Cost	CMSA Facilitated	CMSA Cost to Facilitate per Coach	Cheapest Total	Provided By	Time
Required						
e-PIC	\$0	Yes	\$0	\$0	CMSA/CPS	0
Canada Soccer Grassroots Coach Education - THEORY	\$20	No	N/A	\$20	Canada Soccer	1.5 hrs
Respect in Sport	\$30	No	\$0	\$30	Respect Group	3 hrs
Total	\$50			\$50		4.5 hrs
Highly Recommended						
Canada Soccer Grassroots Coach Education - PRACTICAL	\$15*	Yes	\$40	\$15	ASA/CMSA	2 hrs
Recommended						
Make Ethical Decisions with online Evaluation	\$45 or \$85**	Can be	\$15	\$15	Alberta Sport/ NCCP	4 hrs
Making Headway	\$0	No	\$0	\$0	NCCP	1.5 hrs
Emergency Action Planning	\$0	No	\$0	\$0	NCCP	15 min
Rule of 2	\$0	No	\$0	\$0	NCCP	20 min

* Cost if facility and equipment are provided by the club.

** \$45 for the online training course, \$85 for two attempts to challenge the Online Evaluation.

Fundamentals (U7 – U9)

Coach Training	Cost	CMSA Facilitated	CMSA Cost to Facilitate per Coach	Cheapest Total	Provided By	Time
Required						
e-PIC	\$0	Yes	\$0	\$0	CMSA/CPS	0
Canada Soccer Grassroots Coach Education - THEORY	\$20	No	N/A	\$20	Canada Soccer	2 hrs
Respect in Sport	\$30	No	\$0	\$30	Respect Group/CMSA	3 hrs
Total	\$50			\$50		5 hrs
Highly Recommended						
Canada Soccer Grassroots Coach Education - PRACTICAL	\$20*	Yes	\$50	\$20	ASA/CMSA	3 hrs
Recommended						
Make Ethical Decisions with online Evaluation	\$45 or \$85**	Can be	\$15	\$15	Alberta Sport/ NCCP	4 hrs
Making Headway	\$0	No	\$0	\$0	NCCP	1.5 hrs
Emergency Action Planning	\$0	No	\$0	\$0	NCCP	15 min
Rule of 2	\$0	No	\$0	\$0	NCCP	20 min

* Cost if facility and equipment are provided by the club.

** \$45 for the online training course, \$85 for two attempts to challenge the Online Evaluation.

Learn to Train (U10 – U12)

Coach Training	Cost	CMSA Facilitated	CMSA Cost to Facilitate per Coach	Cheapest Total	Provided By	Time
Required						
e-PIC	\$0	Yes	\$0	\$0	CMSA/CPS	0
Canada Soccer Grassroots Coach Education - THEORY	\$30	No	N/A	\$30	Canada Soccer	2.5 hrs
Respect in Sport	\$30	No	\$30	\$30	Respect Group/CMSA	3 hrs
Total	\$60			\$60		5.5 hrs
Highly Recommended						
Canada Soccer Grassroots Coach Education - PRACTICAL	\$25*	Yes	\$70	\$25	ASA/CMSA	4 hrs
Recommended						
Make Ethical Decisions with online Evaluation	\$45 or \$85**	Can be	\$15	\$15	Alberta Sport/ NCCP	4 hrs
Making Headway	\$0	No	\$0	\$0	NCCP	1.5 hrs
Emergency Action Planning	\$0	No	\$0	\$0	NCCP	15 min
Rule of 2	\$0	No	\$0	\$0	NCCP	20 min

* Cost if facility and equipment are provided by the club.

** \$45 for the online training course, \$85 for two attempts to challenge the Online Evaluation.

Soccer for Life (U13 – U19)

Coach Training	Cost	CMSA Facilitated	CMSA Cost to Facilitate per Coach	Cheapest Total	Provided By	Time
Required						
e-PIC	\$0	Yes	\$0	\$0	CMSA/CPS	0
Canada Soccer Grassroots Coach Education - THEORY	\$30	No	N/A	\$30	Canada Soccer	2.5 hrs
Respect in Sport	\$30	No	\$30	\$30	Respect Group/CMSA	3 hrs
Canada Soccer Grassroots Coach Education - PRACTICAL	\$25*	Yes	\$70	\$25	ASA/CMSA	4 hrs
Make Ethical Decisions with online Evaluation	\$45 or \$85**	Can be	\$15	\$15	Alberta Sport/NCCP	4 hrs
Making Headway	\$0	No	\$0	\$0	NCCP	1.5 hrs
Emergency Action Planning	\$0	No	\$0	\$0	NCCP	15 min
Rule of 2	\$0	No	\$0	\$0	NCCP	20 min
Total	\$130 or \$170			\$100		15.5 hrs

* Cost if facility and equipment are provided by the club.

** \$45 for the online training course, \$85 for two attempts to challenge the Online Evaluation.

CMSA