



Northville Soccer Association

Coaching Badge – Log Book

INTRODUCTION

NSA is here for its members; players, parents and coaches. The badge system is a way to positively influence its coaches who in turn will influence their players and parents. If we teach our coaches the correct way to coach at each age group, this will increase their pleasure and knowledge of the game as well as their players. The badge system has been incorporated to aid you the coach, whether you have been coaching for 20 years or you are new coach at NSA, you will learn something from the program. Here are some logistics:

How do I sign up to take a badge?

E-mail Paul Thomas @ paulthomas_08@sbcglobal.net to sign up. Upon signing up for the coaching badge you will receive a NSA coaching education t-shirt and cap.

Which badge should I sign up for?

The badge system has 5 different levels, which are age appropriate and tailored to the number of players on the field. The different levels are:

- Level 1: Appropriate for U4, U5 and U6 age groups and the 3 v 3 game
- Level 2: Appropriate for U7 & U8 age groups and the 5 v 5 game
- Level 3: Appropriate for U9 & U10 age groups and the 6 v 6 game
- Level 4: Appropriate for U11 & U12 age groups and the 8 v 8 game
- Level 5: Appropriate for U13 & Above age groups and the 11 v 11 game

Please sign up for the badge level that is appropriate for your age group.

What do the Coaching Badge's cover?

The badges have been designed to help in all aspects of coaching a recreational team at NSA. For instance getting to know your players, coaching styles, coaching organization for practice and game days, practice session planning, etc.

What coaching aids will be available to coach's during the badge system?

Once a coach signs up to take the badge they will receive:

- Age appropriate coaching manual. This includes all organizational information needed to coach at their age group.
- Premier Coaching Mentor.
Upon signing up you will be assigned a mentor who will be available to help out and answer any questions you might have. Other mentoring events include:
 - Attend a mentors training session.
 - Attend a mentor's game. Here you will be able to sit on the sideline with your mentor during one of their game and gain hands on coaching experience.
 - Mentors will also be available to aid in one of your practice's and / or game. This will have to be arranged with the specific mentor due to scheduling.
- MSYSA Coaching Events. Coaches signed up will have access to free coaching education from the Michigan State Youth Soccer Association.
- Online Recreational Coaching Library. This will have a database of session plans, articles, tips and new activities.

Do I have to be an experience soccer person to take part in and pass the badge?

NO. These badges have been designed to aid you in coaching your team, no matter what level of coach you are. We will provide support and guidance to you during your season and help wherever possible.

How much time will this take out of my busy schedule?

The badge system has been designed to be flexible around our volunteer coach's busy schedules. We will provide coaching education in a variety of ways and at different dates and times. There will be educational events to fit everyone's schedules. Check out the web site for more information on events.

How will this badge help my coaching?

Coaching is all about understanding your players and finding a way to teach them soccer in a manor that is enjoyable and interesting. The education provided by the badge system will aid a coach in finding the best way for them to teach their players.

How do I gain a badge?

To gain a badge a coach will need to accumulate 100 coaching points! Points will be awarded for the following:

- Attending a NSA Recreational coaching event.
- Attending a MSYSA coaching event.
- Attending and helping out at a Player Development Day.
- Attending a Mentoring coaching event.
- Completing a Log Book. See the log book section of this booklet.

Event Log Book

| | EVENT | DATE | NSA SIGNATURE | POINTS |
|-----|-------|------|---------------|--------|
| 1. | | | | |
| 2. | | | | |
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LOG BOOK

If a coach completes this section of the booklet they will receive 20 points towards their coaching badge. The Log Book will not only gain you 20 points towards your coaching badge but help you to be organized at your practices, which in turn will make practice run smoothly and aid in developing your players and making their soccer experience fun.

In this section you will find a 'Goal Setting Form', 'Season Plan Template' and 'Session Plan Template'. For a help in filling out this LOG BOOK please refer to the age appropriate NSA coaching manuals.

Goal Setting

When setting goals make sure you make them obtainable and realistic. The basic notion of setting goals is to keep you on task as you get into the middle and end of the season. For attainable coaching goals refer to the 'coaching topics' section of the coaching manual. These topics will give you ideas of what technical and tactical goals your players are ready for.

Season Planning

When planning your season's session topics make sure that you refer to the manual and the goals you have set for your team. The topics you choose to work on throughout the season should be related to your seasonal goals so that they you can meet those goals. Remember for age appropriate topics refer back to the coaching manuals.

NOTE: The goals you set should be the basis for your season planning. Session Topics should be planned so that you can meet the goals set. For example, if your first goal is to improve Ball Mastery don't work solely on dribble. Include activities that work on Ball Mastery early in the season.

Goal Setting Form

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| NAME: |
| TEAM NAME: |
| DATE: |

| GOALS | DATE |
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| 3. | |
| 4. | |
| 5. | |
| 6. | |

SESSION TOPIC 1:

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| Organization | Diagram | Coaching Points |
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SESSION TOPIC 2:

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| Organization | Diagram | Coaching Points |
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SESSION TOPIC 3:

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SESSION TOPIC 4:

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SESSION TOPIC 5:

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SESSION TOPIC 6:

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SESSION TOPIC 7:

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SESSION TOPIC 8:

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SESSION TOPIC 9:

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SESSION TOPIC 10:

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SESSION TOPIC 11:

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| Organization | Diagram | Coaching Points |
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SESSION TOPIC 12:

DATE:

| Organization | Diagram | Coaching Points |
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