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18 KYSA Coaches Attend First Coaching Course Of 2017



PHOTO: ANDREW SNUCINS

Congratulations to the eighteen parent-volunteer coaches who attended the first coaching course of 2017 in Kamloops!
 Back row: LtoR: Kim Jensen, Scott Moisander, Monono Monono, Alex Passini, John Grover, David Ramunno, Tristan Gough.
 Middle row: Glenda MacLean, Sarin Warman, Evelyn Luce, Victor Mercuri, Edward Ashton, Rob Geiger. Front row: Mark Bell (KYSA Sr. Staff Coach), Austin Pietramala, Ian Cairns, Logan Zimmerman, Dominique Manwaring, Nick Rinaldi, Ciaran McMahon (BC Soccer Facilitator).

A total of 18 KYSA parent-volunteer coaches took part in the first BC Soccer coaching course of 2017 held in Kamloops. The Soccer For Life course was the first of many coach education opportunities scheduled this year. As has been the case for the past decade and beyond, the KYSA

will absorb the registration fee for any active KYSA coaches who wish to attend one of the courses held in Kamloops, or any other BC Soccer course held in any other community. Check page 3 for a listing of the remaining courses that are on offer in Kamloops. Register now to avoid disappointment!

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From the desk of Executive Director, Keith Liddiard...



As most of you will have noticed by now, our good friends at Chopped Leaf and Forward Law have agreed to expand their sponsorship of KYSA this year. Forward Law is front and centre on all now on the front of all U5 to U10 player jerseys while Chopped Leaf has been added to the sleeve of all House League player's shirts. Special thanks to the partners at Forward Law and Chopped Leaf owner **Brenda Chornohus** for choosing to put her promotional dollars into supporting organized youth soccer in Kamloops!

A special thank you to the folks at **Sun Rivers Golf Club** for once again making a donation to the KYSA from proceeds of the many Foot-Golf rounds that were played on the course in 2016. The club has donated a total of \$4,234 to KYSA over the past three years.

Kamloops will be the venue for two rounds of Thompson-Okanagan FC games this year. The BC Premier Soccer League club will play Coastal FC, Surrey United and Fusion FC club teams on the weekend of May 27/28 at McArthur Island and will take on Fraser Valley Premier club teams on the weekend of June 3/4 on the two fields at West Highlands in Aberdeen. The games will involve teams in the U13 up to U18 age groups. TOFC tries to hold games in communities around the Okanagan each season. Match details will be publicized closer to the dates. More information about the BCSPL is available on their new web site: www.bcspl.ca

The BC Special Olympics Summer Games are being held in Kamloops, July 6-8. The KYSA will be assisting the organizing group with staging the soccer component of the Games. All matches (7v7) will be held on Mac Mini A and McArthur Island #1 and #2.

Kamloops will be the host to the 2017 U-Sports Men's Soccer National Championships from November 9-12! As hosts, Thompson-Rivers University receive an automatic berth in the 8-team tournament featuring the top university teams in the country. It is my pleasure to have been asked to represent the KYSA on the organizing committee. All games will be played on the turf at Hillside Stadium and KYSA members can expect discounted ticket pricing should you wish to take in some or all of the matches. More information will be forthcoming soon now that the organizing committee is in full swing.

New KYSA President **Candace Dodson-Willis** is spearheading the introduction of an "adaptive soccer program" for mentally and physically challenged youth in the city. The delivery of a safe and rewarding experience for some of our disadvantaged youth is currently in the planning stage. Expect more details in the coming weeks about where and when this new initiative will kick-off. Candace and TD **Ciaran McMahon** are currently broadening their knowledge of how best to introduce this program by attending some special workshops and seminars—the next being a workshop with the theme "Supporting Kids with Autism in Sport" being held April 29 in Cloverdale. The workshop is being offered by BC Soccer in partnership with Surrey United SC, Canucks Autism Network, Vancouver Whitecaps FC, the City of Surrey and Sport Surrey.

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MISSION STATEMENT

KYSA is a volunteer organization that is dedicated to offering youth in Kamloops a positive, fun soccer environment at the recreational and competitive levels, with coaches who are dedicated to the players and their development, while at the same time promoting sportsmanship and fellowship amongst all its members.



Canada's Tournament Capital

From the desk of Technial Director, Ciaran McMahon...

The most significant challenge faced by most coaches seeking to run an effective session is our general organization of equipment, organization of session flow and organization of our own thoughts. When these three areas are not addressed in one's planning many coaches will end up with over 30 minutes of player in-activity over a 90-minute session.

As coaches we need to maximize the limited time we have with each player. Our instructions need to be brief, our feedback relevant and our organization on point. Highlighted below are some basic areas of organization that will help us be more prepared for every session so that we can improve the level of service we provide to the players in our trust.

ORGANIZE YOUR THOUGHTS...

Far too much time is wasted because we do not give thought to our thoughts. Effective and efficient communication that advances a player's understanding of the game is one of the most difficult challenges of any coach. *What is your Theme for the session?* Plan each activity and every coaching point around that theme... what *one thing* do you want the players to be better at after 90 minutes?



How will you introduce your session in the most effective way? What is the least amount of information you need to convey to get the players started. Once they have started you can gradually introduce complexities, restrictions, zones etc...

How will you introduce your coaching points? What words or message gets your point across. Are we encouraging independent thought and problem solving or punishing creativity. Are we guiding a player's thoughts or controlling them?

When will you introduce your coaching points? We tend to point out failure far too early. Allow players to struggle and fail through the activity. They will problem solve on their own. Praise those who find solutions and gently nudge those who need a bit of help.

Ask don't tell. Question their decisions ("What was the purpose for that pass?", "What is another option you have available to you?") and guide their learning ("Show me how we could achieve this?") as opposed to dictating answers (don't do it that way, do it like this!). Players do not improve from how much you know about the game but by how much you can help them think about the game.

Reflect on your session. What went well, what didn't? If you ran that same session/activity again how would you improve your delivery and player engagement?

ORGANIZE YOUR SESSION FLOW...

Coaches should strive to get a good flow to their sessions. Too many water breaks, too much down time in transitions from activity to activity and too much time to explain an activity can disrupt a player's desire to perform. They want to be active, play and learn so strive for this as much as possible.

Are you getting players active and participating in your activity as soon as possible? We spend far too much time explaining every aspect of an activity before players get to experience it. Plan your activity to start with the fewest instructions necessary, let the players experience the activity then introduce layers of complexity bit by bit.

Have you planned how you will transition from one activity to the next? Strive to put down and pick up as little equipment as possible once the session starts. Can you use the same area or cones from one activity to the next? If equipment needs to be picked up or moved can you have the players do this to save the group some time?

Are you fully aware of your Work-to-Rest ratios? Player inactivity leads to boredom and a lack of focus. Managing your work-to-rest ratios can help you enhance player attention, increase touches on the ball and improve player fitness. Four players in a line where one player is active while the others wait their



The U15 Girls Team #1 were champions in their division at last year's Mike Bartram Memorial Tournament. Will they repeat their triumph at the 2017 event, May 6/7?

turn is a 1:3 work-to-rest ratio. Strive to have 3 or fewer players waiting their turn at all times. Can you add another line to get more players active? For shooting activities, can you add a second target? Can you have players negotiate an obstacle course on their path back to the line after the have taken their shot? Be creative and find ways to keep as many players active as you can.

ORGANIZE YOUR EQUIPMENT...

Are the balls inflated? Are the pinnies the correct size for the players? As much as possible set up goals (you can use corner flags as posts), pinnies and cones before the start of your session (or while players run their warm-up routine). Use different coloured cones to separate grids/activities/areas. Leave everything better than when you found it—put everything back the way it should be, make sure the players do the same.

ORGANIZE PLAYER SAFETY...

Are tripping hazards are left too close to the

playing surface (water bottles, training equipment, player bags and kit, the netting and legs from goal posts). Move these as far away from the playing area as possible. Collision hazards, such as goals you are not using, should be moved as far away as possible. Falling hazards should be addressed as soon as possible (loose tree branches, goal posts that are not anchored). Soccer socks and shin pads are *mandatory* equipment for all players. Jewellery **MUST** be taken out/off for training and games.

Look to improve in each of these four areas over the course of the season. Spend a few minutes to reflect on each practice. How was your communication? How did the session flow? Did your players seem to enjoy the practice? What would you do differently next time.

A few moments of reflection will lead to more effective coaching, more engaged players and a more enjoyable season overall.

2017 BC SOCCER/KAMLOOPS COACHING COURSES STILL TO COME!

Dates:	Course:	Tailored For:	Times:	Location
Sat., April 22 & Sun., April 23	Soccer For Life	Coaches of U13 to U18	9:00am-5:00pm 9:00am-5:00pm	McArthur Island Field #4 McArthur Island Field #4
Sat., August 26 & Sun., August 27	Learning To Train	Coaches of U9-U12	9:00am-5:00pm 9:00am-5:00pm	McArthur Island Field #2 McArthur Island Field #2

Email inquiries to KYSA Technical Director Ciaran McMahon at kysated@telus.net

REGISTER NOW AT COACHCENTRE.CA. YOU WILL NOT BE REQUIRED TO PAY THE COURSE REGISTRATION FEE UP FRONT THIS YEAR. THE KYSA WILL PAY BC SOCCER DIRECTLY.



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