



COACHES AND MANAGERS HANDBOOK

Updated: September 2021



BOWEN ISLAND FC – MISSION STATEMENT

To promote the development of soccer on Bowen Island in a healthy and safe environment for all those who desire to be involved in the Beautiful Game.

Bowen Island Football Club is a non-profit, volunteer-based soccer club formed in 2007. All BIFC Board Members, Coaches, Managers and Staff agree to promote BIFC Values and sign the Code of Conduct as their commitment to you.

BIFC WILL STRIVE TO PROMOTE

- ✓ A life-long love for the game
- ✓ Positive attitudes, constructive and reflective of good sportsmanship on and off the field
- ✓ A safe playing environment
- ✓ Development of all players to their maximum potential by providing positive opportunities for all participants
- ✓ Gender-equal opportunities to participate
- ✓ Respect for fellow players, teams, game officials and for the laws of the game





BOWEN ISLAND FC – ROLE OF THE COACH

✓ **Represent BIFC as a Community Development Club**

BIFC is a community club. Its main goal is to encourage and develop young soccer players. The coach leads the team and represents BIFC values. Every player must be coached according to skill and ability.

✓ **Read and Respect the Parent & Player Code of Conduct**

✓ **Prepare for and conduct practices**

Seek out assistance of Club TD to help you prepare and/or make use of the club resources (Soccer Tutor) and prepare your sessions so they run smoothly and efficiently. Limit water breaks to two minutes and ensure the players stay focussed.

✓ **Communicate with players and parents, proactively seeking feedback including hosting a season kick-off meeting for parents (zoom)**

Host a parents meeting at the beginning of the season to set expectations about how the season will work: your role, the manager's role, using TeamSnap to communicate and your expectations for parent and player participation. Please read communications from BIFC so we are all on the same page.

✓ **Encourage family participation**

This club is based on community participation. The more people we can get to volunteer the better.

✓ **Coaching Certification**

Coaches are encouraged to seek their coaching certification. The Club will support this by paying for required certification courses and whenever possible will attempt to provide courses on island.





BOWEN ISLAND FC – COACHING RESOURCES

Coaching Support

BIFC is committed to supporting its coaches with technical help and advice as well as coaching tips for helping you handle all aspects of dealing with youth players. Coaches are encouraged to reach out to the Club TD for advice and support on all matters (i.e. discipline, drills, challenges from coaching players of diverse ability etc.)

Soccer Tutor

The Club has purchased a license to use Soccer Tutor which will help deliver specific drills and training sessions to our coaches (see attached). Drills will be sent to coaches to integrate into their training plans and can be designed to address specific training plans – dribbling, shooting, possession, ball mastery etc. The drills will include descriptions, coaching points and progression possibilities.



Tactics Manager

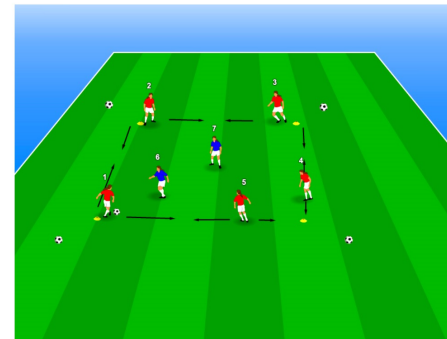


Coach: Morgan Quarry
Club: Bowen Island FC
Role: GM/TD
Qualif: None (Canada)

Date: 2/08/20 **Duration:** 1:30 hour **Session:** Defending Transition
Time: 11h 00m **Age/Level:** U11 - U14 **Objective:**

MQ Player Group Session No 1

Rondos



Description:

Set up a 10 x 10 grid and position 5-6 players around outside of the grid with 1-2 defenders
First pass is always free (no defending) to start the round
Players around the outside pass the ball without the defenders touching or intercepting it
If a player makes a bad pass (or it is intercepted) they replace a defender
Ball (and players) must stay inside the grid

Coaching Points:

Encourage players to move to be available
Count the number of passes the players can make before they give it away. If they can get to 10 then players in the middle must stay in for another round.
Encourage players to make themselves available and demand the ball
Encourage players to be creative
Encourage players to try to split the defenders with a pass
Ball should move quickly and stay on the ground

Octagon defending open goals



Description:

3-4 Defenders defend 5-6 goals (red cones) and can only move around the outside of the grid.
Attacking player (No 2) receives the ball from Player 1 and then must dribble through an open goal before a defender blocks it by standing between the cones.
Attacking player only has 5-10 seconds to score before next player (No 1) take his place and tries.
Player No 2 then goes behind player No 3.
Two minute round and then switch attackers/defenders
Attackers count the number of "goals" they can get.

Coaching Points:

Encourage attackers to dribble at pace and change direction
Encourage defenders to communicate with one another and slide to cover open goals





BOWEN ISLAND FC – COACHING RESOURCES

Coaching Resources

The best form of coaching is through emulation. Good drills and coaching habits can be found in lots of places these days. Coaches are encouraged to connect with the Club TD for session ideas and to attend/help at Skills sessions.

Coaching web sites

- [64 Small-Sided Games Manual](#)
- www.soccerxpert.com
- www.saysoccer.org
- www.youthsoccer.org
- www.ayso.org
- www.bcsoccer.net/resources-manuals
- www.footyforkids.com





BOWEN ISLAND FC – ROLE OF THE MANAGER

Responsibilities

- ✓ Monitor emails from Club Coordinator and Club GM/TD.

Manage Teamsnap for your Team

- ✓ Input schedules
- ✓ Send messages to the team
- ✓ Check Rosters
- ✓ Obtain Emergency contact info
- ✓ Ensure First Aid kit is monitored and up to date
- ✓ Ensure parents/players are updating their Health Check on Teamsnap (when applicable).

Be the Main Contact Person for Your Team

- ✓ You are the first point of contact for players, parents and the other team (when applicable).
- ✓ General communication
- ✓ Organize Parent Volunteers
 - Snacks for game
 - Field Set-up on game days





BOWEN ISLAND FC – TEAMS NAP BASICS

TEAMS NAP

- Use the Help and Support Function
- Contact the Club Coordinator for admin and support (info@bowenfc.com)

teamSNAP Products **NEW!** Pricing Why Company Resources Find My Team [Sign up](#) [Log in](#)

NEW! Assignments has a new look!
Check out this feature before your next event!
[Learn how](#)

Take the Work Out of Play™

Sports are fun. Organizing each season is not.
TeamSnap makes it easier.

[Get started](#) [Watch our video](#)





BOWEN ISLAND FC – TEAMS NAP BENEFITS

Please use TeamSnap to save yourself some time:

- Use TeamSnap to send team emails. Decide as a team when/how
- Keep your schedule up to date
- Post appropriate pictures if you have the permission of the parents.
- Let parents know that this will be your main method updating them.
- Use the refreshments tab & make lists for anything you are tracking, volunteering or field set-up.



U11-U13

2020 Summer Skills August Sessions | Bowen Island Football Club

Howdy, Morgan! Welcome to TeamSnap

Create New Team

My Teams & Orgs ▾

Account ▾



Home



Roster



Schedule



Availability



Tracking



Invoicing



Statistics



Assignments



Media



Messages



Preferences



Manager





TEAMSNAPE COMMUNICATIONS

PLEASE DON'T:

- ✓ Add or delete players from your roster. All players must register via bowenfc.com.
- ✓ Share the personal information contained in Teamsnap
- ✓ Use the contact information on BIFC Teamsnap to connect with families for anything other than BIFC business.
- ✓ Inundate your families with Teamsnap emails

The screenshot shows the Teamsnap interface for a team named "Group 1 - The Avengers". At the top left, there is a soccer ball icon and the text "Group 1 - The Avengers" followed by "2020 Summer Skills Training | Bowen Island Football Club". To the right, a welcome message says "Howdy, Morgan! Welcome to TeamSnap". Below this are three buttons: "Create New Team" (green), "My Teams & Orgs" (with a dropdown arrow), and "Account" (with a dropdown arrow). A horizontal navigation bar contains icons for Home, Roster, Schedule, Availability, Tracking, Invoicing, Statistics, Assignments, Media, Messages, Preferences, and Manager. Below the navigation bar, there is a "Send Emails" section with buttons for "Inbox", "Sent", "+ New Email", and "Delete". To the right of this section are buttons for "Emails", "Chat" (with a "NEW" badge), "Alerts", and "Posts".





BOWEN ISLAND FC – HEALTH AND SAFETY

Emergency Contact Info

- ✓ Each team will have a list of Emergency Contacts and health information for the players on their team. This is to be kept in the Cambie bag.

✓ Criminal Record Checks

Each manager and coach needs to have a current Criminal Record Check on file with BIFC. Coaches can obtain one at the RCMP office and/or contact the Club Coordinator for more details.

✓ First Aid on the Field

Each team needs someone with First Aid at their sessions and/ or games.

✓ Attendance Sheets

All coaches (and/or managers) must maintain an accurate and up to date attendance sheet for every session/game.





BOWEN ISLAND FC – CLUB PHILOSOPHY

✓ **Possession-based**

- Training sessions to focus on possession drills (less scrimmages) with players learning to be proficient both in group and individual possession
- Players must learn to play away from pressure

✓ **Playing out of the back**

- GKs not allowed to punt or throw the ball overhand (must roll it out).
- Defenders will learn to be patient and use their GK and other defenders rather than kicking the ball up the field.

✓ **Embrace Risk**

- There's always a risk we will lose no matter how well we play so embrace risk and be brave





BOWEN ISLAND FC – CLUB PHILOSOPHY

✓ Total football (all players involved)

- Defenders/fullbacks get forward
- CB/FBs must be good on the ball
- Rotation through the back 4

✓ Teach and Encourage

- Its not enough to teach a skill, coaches must also encourage it!

✓ Play with Joy

- When you ask Brazilians to define in one word why they are so good at soccer, the answer is: **“JOY”**





BOWEN ISLAND FC – SKILL DEVELOPMENT

✓ **Competency with both feet**

- Players must learn to be efficient with both feet with first touch, passing and shooting

✓ **Fitness, Speed and Agility**

- Games are often decided in late stages...a player's touch often deserts them when fatigued...players should never stop moving in training

✓ **Receiving the ball on the back foot**

- Players must learn how to receive the ball on the back foot, so they are facing forward rather than negative

✓ **Strong Soccer IQ**

- Encourage players to watch games, follow on Instagram etc.

✓ **Pass Appreciation**

- Knowing where to place pass and the velocity (turn or bump)

✓ **Shielding The Ball**

- Keeping body between the ball and defender





BOWEN ISLAND FC – SKILL DEVELOPMENT

✓ Evasive Dribbling

- Outside hook, pull backs, stepovers, Cruyff turns, Maradonas, etc.
- Using both feet and dribbling with the inside and outside of the feet
- Stepping on the ball
- Turning with the ball
- Changing pace with the ball
- Pull back
- Crossovers
- 1 v 1 dribbling

✓ Communication/Talking

- Knowing what to say and when (soccer terms such as man on, turn, square, split, line)





POSSESSION / PLAYING OUT OF THE BACK





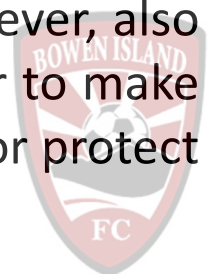
BOWEN ISLAND FC – FOCUS AND GOALS

BALL MASTERY

Ball Mastery is just that - complete mastery of the ball. This is illustrated in a player's ability to manipulate the ball with total ease, whether it's juggling the ball in the air, tapping the ball behind the planting foot, dragging the sole over the top of the ball, or numerous other manipulations using either foot. A player's ability to master the ball is essential in becoming a complete player.

DRIBBLING/PROTECTING THE BALL

This ability involves keeping hold of the ball and getting around or avoiding opponents. The ability to beat a player 1v1 is one form of dribbling. This is an invaluable skill that can devastate the opposition as it unbalances defenders and creates attacking opportunities. Dribbling, however, also involves getting away from opponents or simply changing one's angle or direction in order to make a pass. This is the more common form of dribbling. A player must have the ability to keep or protect the ball by dribbling if there's no immediate pass to be made.





BOWEN ISLAND FC – FOCUS AND GOALS

❑ RECEIVING AND STRIKING

This layer encompasses a variety of critical skills in the game. The ability to receive the soccer ball is one such critical skill. Often referred to as “touch”, it’s the ability to quickly get the ball under control and take it into a positive direction. This is ideally performed with as few touches on the ball as possible - preferably one. A player must have the ability to receive the ball on the ground or in the air with different parts of the body. Striking involves any form of strike on the soccer ball whether it’s a pass, a shot on goal, or a defensive clearing. Accuracy and power are two vital qualities with this skill whether shooting on goal or making a pass.

❑ SPEED/AGILITY/STRENGTH

Speed on and off the ball can be devastating to any opposition whether it’s a player’s ability to get behind the back line and run to goal or a player’s ability to recover and defend. A player, however, must also be agile, accelerating quickly and changing direction. Agility is usually measured in the first 3 steps of a player’s movement. This can often be the difference between keeping or losing possession of the ball. Lastly, a player also requires raw strength to win and keep the ball.





BOWEN ISLAND FC – FOCUS AND GOALS

GAME AWARENESS/TACTICAL UNDERSTANDING

In essence, it's the ability of a player to make appropriate decisions on and off the ball. A player's success in this area is measured differently with age. For example, this ability in an older player may involve switching the ball from one side of the field to the other in order to relieve pressure. In a younger player, it may simply involve the right pass at the right time. During the course of a game, a player is continually presented with options and therefore decisions have to be made. The quality of those decisions is what ultimately reveals a player's awareness of the game.

COACHABILITY/COMPETITIVENESS/DESIRE

This focuses on key behaviours and characteristics that help propel a player's development. Players who attend training and games with a strong desire to make themselves better are often the ones who advance at a faster rate. A player needs to be a conscious learner, listening to coaching points, and having the courage and thoughtfulness to apply what is being taught. On top of that coachability, there must exist a strong competitive spirit, a desire to want the ball, to not back down from a challenge. Players who have completed this layer are the ones who continually say to themselves: "Today, I am going to be the best player in the group."





BOWEN ISLAND FC – 2021-2022 PATHWAY

BIFC is essentially a development club. Our goal should be to instill a life-long love for the game in all our players. The Club has a responsibility to develop players to the best of their ability while at BIFC. Our desire is to move players on to other clubs with a solid soccer foundation including competency with both feet, high soccer IQ, ability to receive the ball on the front foot and most importantly with a positive mindset and strong work ethic.

BIFC will strive to develop players whenever possible in a like-minded and level specific training environment. Our primary focus must be to meet the desires and potential of all our players. Our players will train and play regularly in their age-appropriate teams and will be given the opportunity to improve their skills through extra Academy training for all those who want it.

Additionally certain players who meet clearly defined and communicated criteria will be invited to join Academy Selects training. The Club TD (in regular consultation with coaches) reserves the right to extend (or rescind) a BIFC Academy Selects invitation at any time. Players will be continuously evaluated and their placement in the Academy will depend solely on where they will benefit the most. Occasionally players may be invited to join Academy Selects to see how they respond. This will be an ongoing process.

These are some of the characteristics the Club TD and coaches will be assessing in their evaluations:

- **Coachability** – Attentive at training, never a distraction, applies and adapts to coaching points quickly
- **Effort:** Works hard in training and in games
- **Passion for soccer:** Shows a love and understanding of the game
- **Accountability:** Shows up on time ready to train, responds well to being coached/positive critiquing
- **Character:** Supports his/her teammates, helpful at training, good body language, focussed
- **Ability:** Shows a degree of talent, athleticism and technical skill





BOWEN ISLAND FC – 2021-2022 PATHWAY

U9 – U12

BIFC Youth (League) Play (Choice)
BIFC Academy Pele and Messi (Choice)
BIFC Academy Zidane (Invite Only)



U7 - U15

Private Academies (TSS/Roman Tulis) - (choice)
Vancouver Whitecaps Academy (choice)
North Shore Girls - Academy (U4-U18) / North Shore Girls Pee-Wee (U6-U12) – choice

U8 – U10

North Van FC - Development and House Teams (choice and select) / Academy / HP (selection from teams and Academy)
West Van FC - Mini Program (choice and select) / Academy (choice) / Select Teams

U11 – U12

North Van FC - Division 1, 2 and 3 / Academy (choice) / HP (selection process from teams and Academy)
West Van FC - Division 1, 2 and 3 / Academy (choice) / Select Team (selection process from teams and Academy)

U13 – U18

North Van FC - Division 1, 2 and 3
West Van FC - Division 1, 2 and 3
North Shore Girls - Divisional Play
Mountain United FC, North Van FC, TSS Rovers etc – BC Soccer Premier League (starting with intake team (U13) tryouts. February 2022 will be 2009s)

Choice = Open Selection

Select = Invite Only





Bowen Island Football Club

Pathway 2021-2022



CANADIAN NATIONAL TEAMS (U15, U17, U20, SENIOR)



WHITECAPS ACADEMY BOYS AND GIRLS ELITE SUPER REX (U13-U18)



BC SOCCER HIGH PERFORMANCE PROGRAM (U13-U16)



BC SOCCER PREMIER LEAGUE (U13-U18)



BCCSL - DIVISION 1 (FORMERLY METRO) (U13-U18)



BCCSL - DIVISION 2-3 (U13-U18)



BOWEN ISLAND FOOTBALL CLUB PROGRAMMING (U5-U12)

ACADEMY (U9 - U12)

YOUTH LEAGUE (NSYSA) TEAMS (U9 - U12)

MINI HOUSE (U5 - U8)





BC SOCCER PATHWAY

ADULT

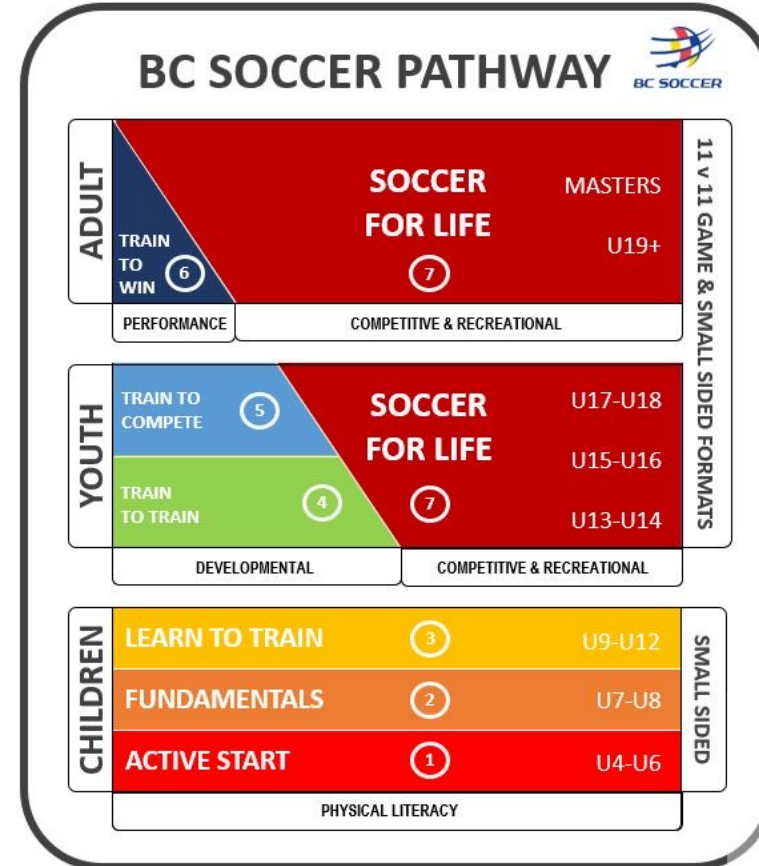
TRAIN TO WIN	Senior National Teams Program, Professional and Semi-Professional Leagues
SOCCER FOR LIFE	University Leagues, Adult Competitive and Recreational Leagues, Para-Adaptive and Disability Soccer

YOUTH

TRAIN TO COMPETE	Youth National Teams Program, WFC Academy, REX Girls Elite, Provincial Program & the BC Soccer Premier League
TRAIN TO TRAIN	
SOCCER FOR LIFE	In-District, Inter-District Activity/Leagues, Internal Programs, Para-Adaptive and Disability Soccer

CHILDREN

LEARN TO TRAIN	In-District, Inter-District Activity/Leagues, Internal Programs, Para-Adaptive and Disability Soccer
FUNDAMENTALS	In-District Activity, Internal Programs, Para-Adaptive and Disability Soccer
ACTIVE START	Internal Programs, Para-Adaptive and Disability Soccer



Player Pathway



Pathway



*A number of player development environments support the high performance player pathway, including district associations, affiliate soccer clubs in BC and BC Soccer associate member organizations.