



**ONTARIO
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Coach Evaluation Guide

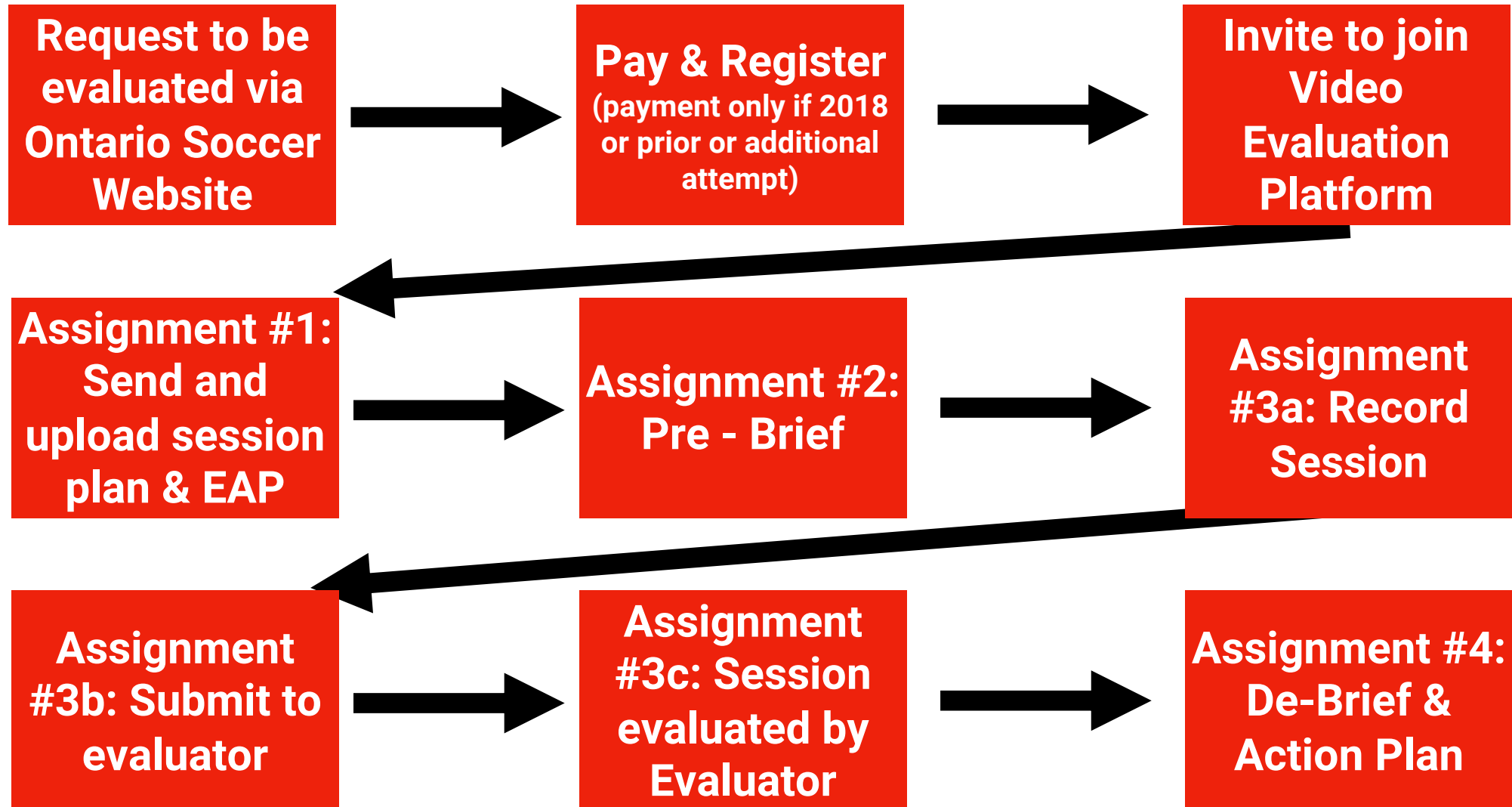
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Overview for Coach Evaluation



Whole Process



Top Tips for success

- **Plan your session on the Ontario Soccer Interactive Session Plan using the Session Planning software while you still have access to the tool**
- **Practice your session before the evaluation**
- **Practice recording yourself, play around with different camera angles and be comfortable having a microphone on while coaching**
- **Schedule the exact session when you want to be evaluated. This will be after you have had your pre-brief. You may need to speak with your club's Technical Lead to ensure you have enough space or access to the facility on the day you need**
- **Take the opportunity during the video call to engage with your evaluator on any questions you may have as well as take on any feedback relative to your session plan**



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Requesting an Evaluation

Requesting an Evaluation

- All coaches requesting an evaluation must go to the Ontario Soccer Website to register for the appropriate/desired block ([click here](#))
- We cannot accept any other form of request for registrations

Evaluation Blocks

- **Please see the Evaluations webpage for exact Block dates**
 - **Block 1 (January – March)**
 - **Block 2 (April – June)**
 - **Block 3 (July – September)**
 - **Block 4 (October – December)**



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Registering for an Evaluation

Registering for an Evaluation

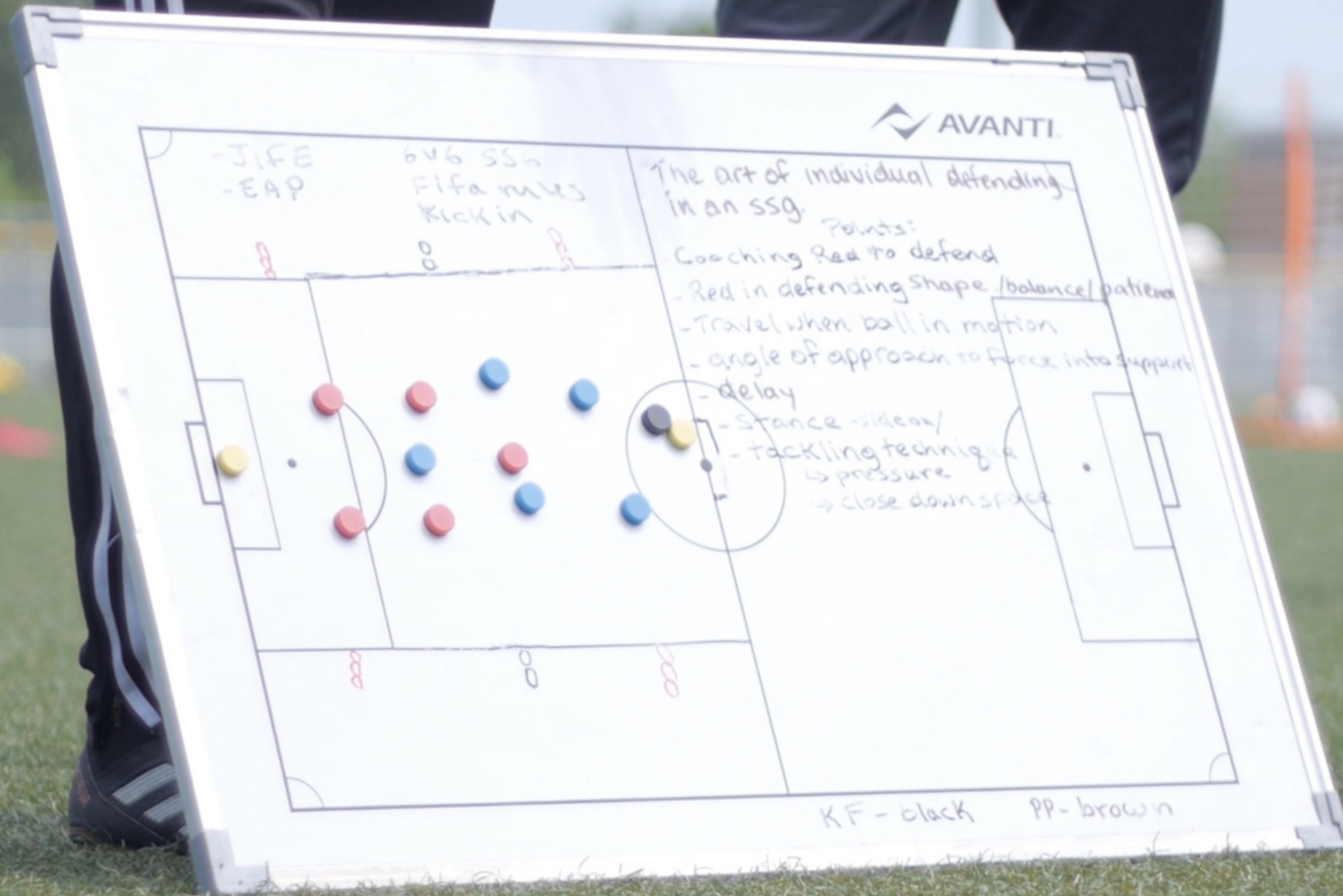
- Registration & payment is currently completed via Jotform online
- Coaches who took the course in 2018 or before will have to pay (\$250) for a coach evaluation. Coaches attempting the evaluation for their second or third attempt will also have to pay \$250 per coach evaluation.
- Coaches who took the course in 2019, or after, will have paid for a single coach evaluation as part of their course fee. This fee is not transferable.
- Before registering for an Evaluation Block, please ensure you have access to the facilities, players and recording equipment. There are fees associated with the withdrawal or transfer between blocks.

Final Confirmation

- Approximately one week prior to the start of your evaluation block, you will receive an email invitation to join the Ontario Soccer's Video Evaluation Platform
- If you have not received this invitation, please contact [Lyndon Hooper](#)



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Planning the Session

Planning the Session

- Use your access to the session planning software on the Ontario Soccer Online Learning Platform, immediately when allocated your session topic on the C Licence Training course, before your access expires to the platform.
- Type the session out fully on the Ontario Soccer Interactive Session Plan. This will save you time at the start of the evaluation block
- If you have not done this, you will have a few days at the start of the evaluation block in which to plan your session and submit to your Evaluator
- Only when your Evaluator has received your session plan & EAP, will you be assigned the Pre-Brief scheduling opportunity
- The submitted session must be on the Ontario Soccer Interactive Session Plan. You must include a diagrams and Coaching Points for every section
- The session plan should include movement lines and realistic scenarios. Your "Global / Game / Whole" diagrams should not just show the formation at kickoff or the beginning of the Analytical Activity



ONTARIO SOCCER C- LICENCE SESSION PLAN



Session No.	1	Date:	21 Nov 2020	Theme:	Running with the ball	Players:	12	Duration:	1 hour
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Key Factors	Technical	Tactical	Physical	Psychological	Social
	First touch out of your feet Head in a position to see the space in front and see the ball Use the last three toes to maneuver the ball. Longer touches to allow fast speed of running before contact with the ball.	Look to see when you can break the opposition lines by running with the ball.	Accelerate quickly in to space Move your head to look around for space to run in to Allow your hips to be in a position to receive and move quickly	Be positive and take risks to find out when running with the ball will help you and your team.	Encourage your team mates when you see them breaking the opposing team's lines when running with the ball.

Objectives	Time	Diagram	Instructions	Key factors for application
Warm up: Continuous Movement	5 mins		Organization: A 30 yard x 30 yard area. Players will do the following; Walking swinging arms Jogging multi directions Open gate, Over the gate, Leg swings, Mock strikes, Knee up and out. Equipment: 6 cones. 6 Red Bibs, 6 White Bibs.	N/A

Warm up: Neural Preparation	5 mins		Organization: The same 30 yard x 30 yard area. Players will do the following; Increase movement from 25% to 50% When the coach holds up a coloured cone, They will run at 75% (orange), 90% (blue) and then 100% (yellow). Equipment: 6 cones. 6 Red Bibs, 6 White Bibs.	N/A
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Warm up: Technical Preparation	5 mins		Organization: x2 (30x20 yard areas) x2 2 minute games. 1 minute rest to swap over opponents. The players will play a game where they must leave one player in the opposing team's half at all times. The game starts from a team getting the ball out of their end zone and into the opposition end zone. They can only do this by running with the ball in to the opposition's end zone. Equipment: 6 cones. 6 Red Bibs, 6 White Bibs. x 12 Size 5 balls.	N/A
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Situation Small Sided-Game Initial Game	12 Mins		Organization: 6v6 - 50 yards x 44 yards. Red Team: 1-2-2-1, White Team: 1-2-2-1 Normal rules apply except, Pass or Dribble instead of throw ins. No corners, if the ball goes out, it starts on the ground with the goalkeeper. Teams score by scoring past the opposition's goalkeeper. When the goalkeeper has the ball, teams will drop to the line of engagement / retreat line as shown on the diagram. Equipment: x2 6v6 goals. 5 Red Bibs, 5 White Bibs. 1 Yellow Bib and 1 Green Bib. x 12 Size 5 balls.	Look to see when you can break the opposition lines by running with the ball. Be positive and take risks to find out when running with the ball will help you and your team. First touch out of your feet. Accelerate quickly in to space. Encourage your team mates when you see them breaking the opposing team's lines when running with the ball.
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Situation Analytical	12 Mins		Organization: The whole area is 36x25. Each third is 12 yards x 25 yards. The two teams in the end zones pass the ball to each other, as the ball is traveling to them, they must check to see if the line is clear from them to run with the ball across to the opposition end zone, to score a point. Player with the most points wins. The players in the middle are doing some ball mastery skills and turns of their choice. Swap middle players after 90 seconds. Progression: Middle players have to tag the players who cross the middle zone, while maintaining control of their ball, then they swap roles. Play for 2 minutes and find a winner. Equipment: 4 Red, 4 White and 4 Green bibs.	Head in a position to see the space in front and see the ball Use the last three toes to maneuver the ball. Longer touches to allow fast speed of running before contact with the ball. Move your head to look around for space to run in to. Allow your hips to be in a position to receive and move quickly.
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Situation Small Sided-Game Global Final Game	12 mins		Organization: 6v6 - 50 yards x 44 yards. Red Team: 1-2-2-1, White Team: 1-2-2-1 All normal age and stage rules apply. Teams score by scoring past the opposition's goalkeeper. Scores carried over from Game 1. We will look to review how well the players are applying running with the ball at advantageous moments. Equipment: x2 6v6 goals. 5 Red Bibs, 5 White Bibs. 1 Yellow Bib and 1 Green Bib. x 12 Size 5 balls.	N/A
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Situation Cool Down	5 mins		Organization: 30 yard x 30 yard area. All players in the area and light jogs, followed by walking, slow dynamic stretches continue to static stretches, finish off with a walk and shake the arms of legs. Equipment: 6 cones.	N/A
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Comments/Session Review				



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Session Plan Checklist

Have you filled in ALL areas of the Session Plan?

Do your Diagrams show

- ☒ **all players involved in the session**
- ☒ **the movement of all of the players, and the ball, in a game like scenario according to your theme? (not the formation at kick off)**
- ☒ **your coaching position?**
- ☒ **field size(s)?**
- ☒ **your equipment layout?**
- ☒ **colours of the teams with goalkeepers in different colours?**

Does your Session Plan

- ☒ **Contain all of your coaching points in all areas of player development**
- ☒ **Explain the rules of the activity or game.**
- ☒ **Explain how team score and beat their opponent.**
- ☒ **Contain activities that show contain opposition and all 4 moments of the game?**



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- Reading the attacker / anticipation -
 - Approach / stance - How
 - Delay of play / space - How
 - Preventing goals - What
 - Reading attacker to an area
the pitch - How
 - Winning the ball -
 - Travel as the ball travels - w
 - Attackers + defenders - What
- Zones

Preparing for your Evaluation

Preparing for your evaluation

- Practice the session and work out how it will flow
- Record your practice, take the time to self reflect on the session. This will also get you used to coaching with recording equipment before the actual attempt
- Have your Technical Director, or a Canada Soccer-licenced coach, to look at your recorded session for any feedback.
- Click on the link below for a step by step guide to recording yourself coaching: [How to record yourself coaching](#)



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Introduction to your Ontario Soccer Coach Evaluator



JOHN VIAN

Coach

Introducing you to your Ontario Soccer Coach Evaluator



- **Once on the Video Evaluation Platform, you will see who your assigned Ontario Soccer Coach Evaluator is**
- **You will be provided the opportunity to connect with them directly on your scheduled Pre-Brief (Assignment #2)**
- **Instructions will be available as PDF's within the Video Evaluation Platform's Assignment #1**



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The Pre-Brief

The Pre-Brief

- **The Pre-Brief will be a maximum of 40 minutes**
 - **It will take place by video call on Zoom**
 - **This will allow the sharing of screens and view in real-time of your session plan**
- **People tend to learn more when they see and hear something and are also in a position to apply what they are learning right away after feedback**
 - **Ensure that you are sat at a computer in a quiet room and at a desk and allow time after the call to make changes to your plan**
- **Only when you have completed your pre-brief with your evaluator, will you be given the go ahead to record your session**
- **Please note that your evaluator cannot go over the 40 minute allocation and is unable to provide feedback outside of the 40 minute pre-brief.**

Questions for Consideration

- **How are you going to introduce your activity or game to your players? What visuals will you use? Walk-through? Mini field? Tactics boards?**
- **How will you ensure the area is safe?**
- **What order are you going to deliver in?**
- **Have you practiced the session before doing this?**
- **How are you going to deal with the transition from one activity?**
- **What coaching position will you take up?**
- **How comfortable are you with using the coaching methodology?**
- **Which coaching styles might you consider using?**
- **How will you record the video and audio? Have you practiced with the recording equipment already?**



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Recording the Session:
Can we see it? Can we hear it?

Can we hear it?

- **The voice of the coach must be audible at all times. This means that a portable microphone must be used. Portable microphones are easy to access via smart phone apps and headphones that have a microphone**
- **Background noise should be minimal**
- **The video must have quality sound; videos that are difficult to hear will not be evaluated. In cases where the coach cannot be clearly heard or understood, the video will be returned and will need to be re-filmed**

Can we see it?

- **Use a tripod to record the session, shaky videos will not be reviewed; it is important we can see clearly to give you the best possible feedback**
 - **Where possible, a Hi-Pod, VEO or Drone (and other tools) should be used to achieve an elevated view of the pitch**
- **Use an elevated view (as high as possible). Avoid zooming in on the play**
- **Cameras that have a 'fish eye' lens like a go-pro camera will not be evaluated, as it does not allow the evaluator to see the opposite side of the field clearly**
- **The camera focus must be on the coach and players (please do not zoom in only on the coach!) during any conversation. The Evaluator must be able to see the majority of the players on the field. Please ensure that the evaluator sees the coach and the group of players involved in the intervention. If it's zoomed in too close, we cannot see it or evaluate it!**

Can we see it?

- The camera should use a wide angle shot to capture the players as they perform the game/game like activity as well as on the coach. Ideally, viewing both teams' defensive lines
- There should be no other players working on the soccer field other than those players and the coach involved in the review session
- The end result needs to provide the Coach Evaluator with a clear and cohesive view of the session given. Here are some positive examples



In this example, the camera would have to pan to follow the play







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Submitting the Session Plan



Once you have your Video and your Sound

Once you have got your video and your sound. You will need to sync the two together.

[How to record yourself coaching](#)

[Windows Movie Maker Guide](#)

[iMovie Guide](#)

Submitting the Session

In order to submit the session, the coach must send the following items;

- ☑ **Completed 'Video Evaluation Form.'**
- ☑ **Completed Session Plan.**
- ☑ **Emergency Action Plan (EAP) - for the facility and players that appear in the video.**
- ☑ **Video Declaration form - from a witness at the session (e.g.: Technical Director)**

(the above documents are provided to you via the assignments on the Video Evaluation Platform)

- **If you do not send all the information, the session cannot be evaluated**

Submitting the Session

- **Once submitted, the evaluator will be prompted that your assignment is ready for review;**
- **Once they have reviewed your session, they will assign you the Debrief assignment whereby you can schedule another video call**



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The Debrief

The Debrief

- **Watch your session video in full in the hour leading up to your de-brief**
- **You must take the opportunity for a video call**
- **Your evaluator will ask you about some of the interventions or coaching behaviours they observed**
 - **Playing the video back to you, be prepared to answers questions about what happened and how it went.**
- **The de-brief will be no more than 40 minutes**

The Action Plan

- You may have met or exceeded the standard, in this case, upon successful completion of all course requirements, you will be issued a Coaching Licence
- Your evaluator will recommend a timeline on your next steps for your development
- Both Ontario Soccer and Canada Soccer will expect you to work to these timelines
 - **Examples could be:** "...wait 12 months before applying for a Canada Soccer Children's License" **or**, "...take the Youth License at the next available opportunity". **Start to work with the age and stage of players you are aiming to work with.** (e.g.: players over the age of 18 if pursuing a B License)
- In some cases, you may have to make some adjustments based on the feedback and re-submit another video for evaluation. This will be recorded as 'approaching the standard.'
 - Your evaluator will discuss your next steps with you during the debrief

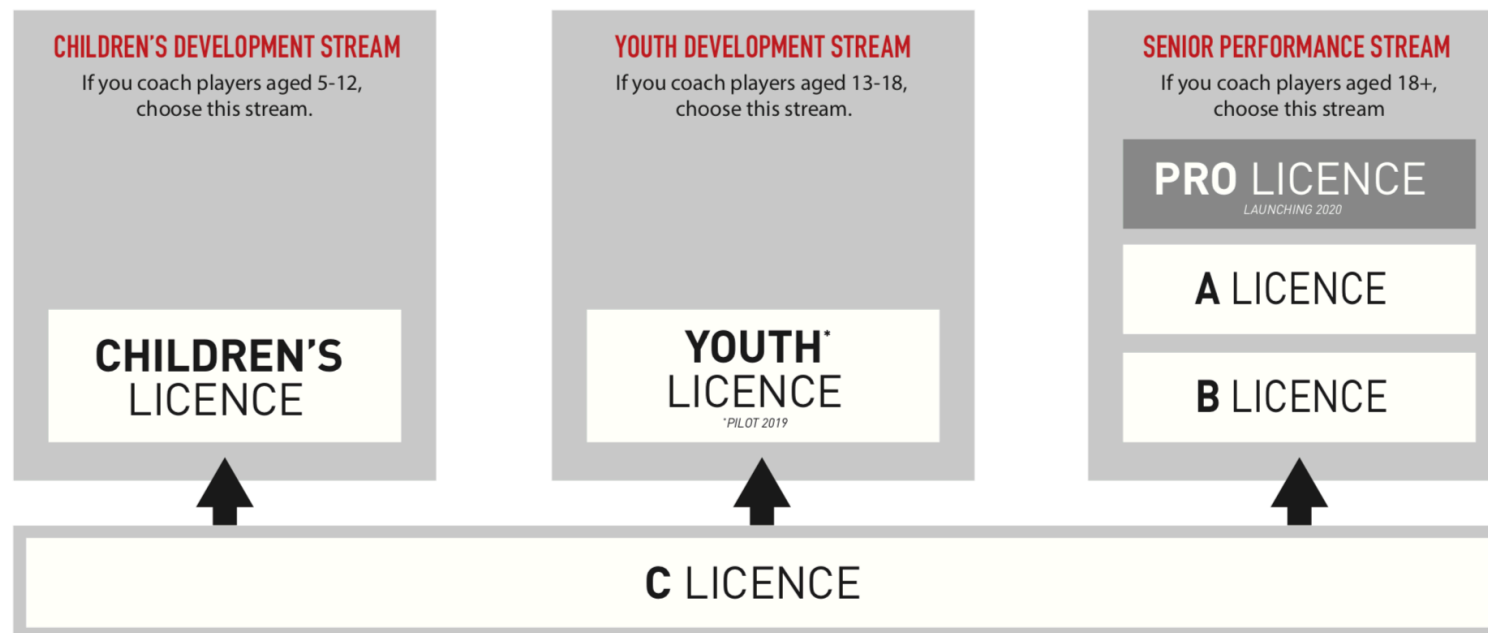


CANADA SOCCER COACH EDUCATION PATHWAY

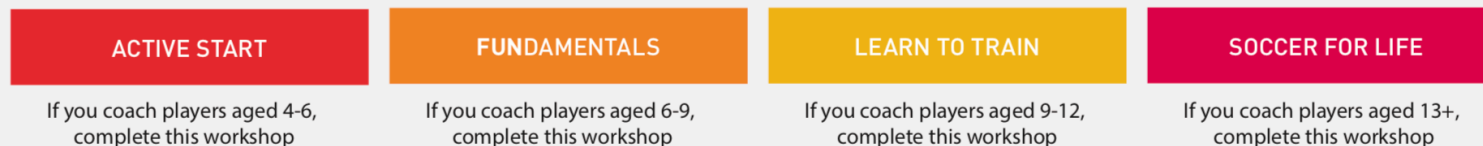


LICENSING STREAM WORKSHOPS

ONLINE MODULES + PRACTICAL WORKSHOPS + EVALUATIONS



COMMUNITY STREAM WORKSHOPS ONLINE MODULE + PRACTICAL WORKSHOP





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Frequently Asked Questions

FAQ's

- **What if I register and then I don't communicate from that point?**
- You may ask to be removed or re-allocated from your evaluation block without penalty prior to the first day of the block. Any request received within after the start of the block will be subject to a \$250 fee. Coaches who fail to complete the process within the allotted time (*see more on this below*) will have failed their evaluation and will have to request to be re-evaluated in a future block. No exceptions will be made.
- **What if I start the process and do not finish?**
- Any coach who does not complete the process within their block will have to go through the process again and pay for another coach evaluation.
- **What if I send a session plan that is not in the format requested or is incomplete?**
- If it's not filled out or not in the format requested, it will not be accepted and you will be asked to re-submit

FAQ's

- **Will the evaluator provide me with multiple bits of feedback on my session plan?**
- The evaluator will provide you with feedback on the session plan you submit. Any changes will be expected to be made on submission. They are not able to keep providing feedback on multiple session plan submissions
- **I cannot remember bits of the course and want to talk it over with someone?**
- Take the time to review your course material. If you still are unsure, this is what the pre-brief is designed for
- **Can my Technical Director be on the pre-brief and de-brief calls?**
- Yes, notify your Coach Evaluator and they will make arrangements.



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OFFICIAL SUPPLIERS



SOCCER X



PREMIER PARTNER



SPORT PARTNERS



COMMUNITY PARTNER



Thank you to our Partners who help us #PlayInspireUnite