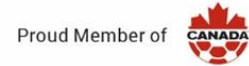




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INFORMATION BULLETIN

Bulletin #: I2019-023
Date: April 9, 2019
To: Ontario Soccer, District Membership, ORA, Associate Members
CC: Ontario Soccer Board of Directors, Staff
From: Dave Kelly, Manager, Coaching Development
Subject: Soccer Fitness Trainer Diploma Course

Ontario Soccer is pleased to announce the date and location of upcoming Coach Development opportunities. Please see below for course details and registration information.

Soccer Fitness Trainer Diploma Course

Ontario Soccer is currently accepting applications for the Soccer Fitness Trainer Diploma course. This is a diploma course produced by Ontario Soccer that combines theoretical and practical components of Soccer Fitness Training.

Course Pre-Requisites

Prior to applying to the Soccer Fitness Trainers Diploma course, a coach must provide proof of successfully taking:

- One of the following: Learn to Train or Soccer for Life.
- All three of the following: Respect in Sport, Making Ethical Decisions and Making Head Way in Soccer.

Coaches must provide the required documentation in their application that is completed on Coach Centre. Once the coach's application has been approved, they will then be granted access to register for the course.

The Soccer Fitness Trainer Diploma course schedule will be as follows:


- **Online Learning Workshop #1:** Introduction (May 15 - 2 hours)
- **Online Learning Workshop #2:** Periodization of Training Theory (June 19 - 2 hours)
- **Online Learning Workshop #3:** Special Considerations Theory (July 3 - 2 hours)
- **Live Weekend: Day 1: (Soccer Centre, Vaughan - July 13)**



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- 8 a.m. - 9 a.m.: Warm-Up and Motor Skills Theory
- 9-10 a.m.: Fitness Assessment Theory
- 10-11 a.m.: On Field: Fitness Assessment
- 11 a.m. – 12 p.m.: Lunch
- 12-2 p.m.: Aerobic and Anaerobic Energy System Training Theory
- 3-4 p.m.: On Field: Warm-Up and Motor Skills
- 4-5 p.m.: On Field: Aerobic and Anaerobic Energy System Training
- **Live Weekend: Day 2: (Waterloo - August 17)**
 - 8 a.m. – 12 p.m.: On Field: Candidates' Practical Sessions with Feedback
 - 12-1 p.m.: Lunch
 - 1-5 p.m.: On Field: Candidates' Practical Sessions with Feedback
- **Video Feedback:** Coaches will record themselves applying with their learning with players within 4 weeks of the course following the Live Weekend, and will receive feedback on their performance from the Ontario Soccer Coach Developer.

How to apply

Coaches create an account on [Coach Centre](#) if they do not already have an existing account. Applications will only be accepted via E2E Coach Centre.

If you have any further questions, please contact [Lyndon Hooper](#).