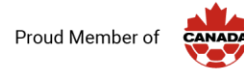




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INFORMATION BULLETIN

Bulletin #: I2019-043
Date: Oct. 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 Level 2

Ontario Soccer is pleased to announce the date and location of upcoming Soccer Fitness Trainer Diploma Level 2. Please see below for course details and registration information.

This is a Diploma course produced by Ontario Soccer, as a second level to the Soccer Fitness Trainer Diploma Level 1 course, which combines theoretical and practical components of Soccer Fitness Training.

What do you learn? Course components will touch upon of the following:

- Anatomy, physiology and biomechanics for soccer
- Fitness assessments
- Periodization of training
- Monitoring training and games using technology
- Position-specific aerobic and anaerobic training
- The role of a fitness coach

What are the course pre-requisites?

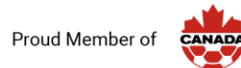
Prior to applying to the Soccer Fitness Trainer Diploma Level 2 course, a coach must have completed the Soccer Fitness Trainer Diploma Level 1 Course, and provide proof of successfully taking one of the following:

Learn to Train, Soccer for Life, C License or B License **and** Make Ethical Decisions, Respect in Sport, and Making Head Way in Soccer.

Structure of the Soccer Fitness Trainer Diploma Level 2 Course



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Pre-Course Webinar #1: Tuesday, Nov.12: Introduction: 12-1 p.m.

Pre-Course Webinar #2: Thursday, Nov. 14: Soccer Anatomy: 12-2 p.m.

Live Weekend: Day 1: Saturday, Nov.16: 9 a.m.-5 p.m. (**Ontario Tech, Oshawa**)

- Soccer Physiology, Soccer Biomechanics, Technology, Aerobic, Anaerobic Energy System

In-Course Webinar: Tuesday, Nov. 19: Advanced Periodization of Training: 12-2pm **Assignment #1:**
(After Tuesday, Nov. 19, DUE Saturday, Dec. 14)

- Create a 1-week Micro-cycle for your team during an assigned phase of training

Live Weekend: Day 2: Dec. 14: (Ontario Tech, Oshawa)

- Monitor Data, Soccer Nutrition, Periodization, Practical, Session Planning

Assignment #2: (After Saturday, Dec. 14, DUE by Feb. 28, 2020)

- Create a 1-month Macrocycle, comprising four, 1-week Micro-cycles, for your team during an assigned phase of training
- Video record and submit 1 training session that was included in the Macrocycle

What is the cost?

\$475.

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. Coach Centre will send an automated email to the coach stating that the application has been submitted.

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

