



## COWICHAN VALLEY SOCCER ASSOCIATION

Dear Coaches and Coordinators,

For those of you who don't already know, we have signed up for the On-line Coaching Program, BYTE SIZE COACHING PROGRAM so that our coaches can use this site. The site has been updated and you will need to contact Anne Waiters if you have not been updated with the new platform – [anne@worldsoccer.com](mailto:anne@worldsoccer.com)

You will find the coaching program by going to <http://www.bytesizecoaching.com> and entering our username and password. You can access the username and password from your coordinator or email [vicepresident@cowichansoccer.com](mailto:vicepresident@cowichansoccer.com)

This gives practice plans and curriculum specific to the age groups that you will be coaching (from U6 through to U 18).

All of the material is printable and for the U7 to U12 age groups there are one-page printable Session Plans that you can fold, put in your shorts or tracksuit pocket and take to the practice field.

For those of you that do not have easy access to an on-line computer and/or printer, we suggest that you ask one of the team parents or the team manager to print off the appropriate age-lesson plans for you – including the Activity Pages, the 12-Session Schedule, the 12 Session Plans for your age group and the Progressions that go with each activity. There is a print button for the Lesson Plans, but you will have to “Copy and Paste” the Progression pages. Put the information in a 3-ring binder.

Coaches, don't be afraid of looking at the practices suggested for the older age groups for additional ideas. As well, don't think you are being negative by looking at the practices for younger groups. Many of these small sided and overloaded number practices for the 6, 7 and 8 year olds are used by professional clubs as part of their practice schedule.

Remember these Practice Plans are just a tool.

CVSA will provide hands-on mentoring and clinics in the near future and you will be advised in due course.

As well as the players, make sure **you** have fun. The Byte Size Coaching program will help you do that.

Any comments or suggestions are welcome.

Yours in Soccer,  
Bill Keserich, CVSA President