



CUFC Role Description – Junior Coach

December 2014

Junior Coach – Reports to Grassroots Co-ordinator

DUTIES:

- Must adhere to Chestermere United FC Core Values, Vision, and Mission Statement.
- Must agree to and follow the Chestermere United FC Code of Conduct.
- Be familiar with the CUFC Strategic Plan and comply with its mandate.
- All CUFC information is to be considered confidential and must be treated in accordance with the CUFC Confidentiality Policy.
- Attend CUFC Junior Coaches' meetings.
- Pursue continuing education opportunities related to coaching.
- Understand the FIFA Laws and all local the rules of the game, e.g. ASA and CMSA.
- Pick up team equipment, safety kit and soccer balls prior to your first practice of the season.
- Request any additional equipment required at the CUFC office.
- Advise the CUFC office of any lost or damaged equipment.
- Return team equipment, safety kit and soccer balls at the end of the season.
- Attend scheduled practices for your assigned team(s).
- Attend occasional games for your assigned team(s).
- Understand the CUFC Style of Play and team formations.
- Review assigned session plans for each practice and make sure that you have all equipment needed to run these sessions.
- Advise the Grassroots Co-ordinator a minimum of seven days prior to any practices that you are unable to attend.
- Arrange for a replacement Junior Coach from the approved CUFC Junior Coaches list to cover any session that you are unable to attend, after first informing the Grassroots Co-ordinator.
- Arrange to pass on your equipment to the replacement Junior Coach when needed.
- Advise the Team Co-ordinators of the sessions being run in each practice.
- Guide less experienced Junior Coaches and Team Co-ordinators to encourage them to assist in the sessions.
- Discuss any coaching issues with the other Junior Coaches and try to come up with solutions together.
- Discuss with the Grassroots Co-ordinator any coaching issues that cannot be addressed with the Team Co-ordinators.

- Foster an atmosphere of encouragement between players to build their relationship as a team.
- Immediately address any negativity, discrimination and/or bullying, as this will not be tolerated at CUFC.
- Focus on the overall health and safety of players, building on physical literacy and conditioning, as well as soccer skills.
- Inform players of the importance of proper nutrition, hydration and sleep patterns, and encourage them to take responsibility for these factors on their own.
- Teach and enforce proper warm-up and cool-down for all practices and games.
- Ensure that you provide instruction on how to perform the steps of each activity, to create an environment that allows players to succeed.
- Be prepared to adjust sessions as you go, advancing and breaking down activities to suit player needs.
- Focus on player progress, recognizing the exact time when they are doing it right, to facilitate learning.
- Provide one-on-one feedback to players, as well as team examples, as required.
- Follow the CUFC Nutrition Guide and inform players of the importance of proper nutrition, hydration and sleep patterns, and encourage them to take responsibility for these factors on their own.
- Ensure that you enforce proper warm-up and cool-down procedures for all practices and games.
- Follow the CUFC Injury Treatment Guide if an issue arises at a practice or game.

Signed:_____ Dated:_____