

NIFA

Soccer

Program

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* To provide opportunities for aboriginal male and female soccer players
* To promote and foster soccer development within aboriginal communities
* To model and support individuals to develop their spiritual, emotional, mental and physical abilities using a holistic approach
  + To provide an opportunity for individuals to excel to their potential

(2) NIFA OATH

* “As an aboriginal person I will represent my community with pride, honor and respect”
* “As an athlete/coach I will perform to the best of my ability in the spirit of sportsmanship and fair play”
* “I will respect my opponent and above all respect the cultural diversity of the world community”

(3)

NIFA GOALS

* To develop individual skills and knowledge of soccer
* To prepare players to compete at the provincial and international level
* To provide the best environment for our athletes to be successful

(4) NIFA BACKGROUND

* The Native Indian Football Association (NIFA) was formed in 1990
* NIFA has sponsored a successful soccer program over the past 14 years
* November 2001, recognized by the BC Soccer Association
* Popularity of NIFA’s program shows a continuous increase in number of participants
* Newly formed partnership with the Whitecaps Women’s Soccer Program
* All participants of NIFA are of aboriginal descent

(5) NIFA HISTORY

* 1992 Europe
* 1994 Australia
* 1998 Florida
* 1999 Europe
* 2001 Australia, Spain, Portugal
* 2003 Argentina, Brazil
* 2006 Argentina Brazil
* 2007 Austria, Holland, Germany Italy
* 2009 Cuba

(6) NIFA’S VISION

* It is critical that NIFA fully align the sport of soccer to one vision and one strategy
* NIFA’s vision is to see aboriginal athletes competing internationally
* NIFA’s goal is to support and guide players through this process
* Recruit, support and provide training for aboriginal coaches, trainers, medical staff, etc.

(7) NIFA’S BELIEF

* We believe that:
* *Soccer is the world’s greatest game*
* *We will increase the number of aboriginals involved in the game of soccer*
* *We will create a path for our athletes to be competitive*
* *We will deliver a high quality soccer program to support and develop promising young players*

(8) NIFA PROGRAM

* Since inception, NIFA has spread its program to BC communities
* NIFA supports aboriginal communities that commit to host try-out and training camps
* NIFA’s role is to identify high level athletes
* Select players to commit to NIFA
* Provide teams with exposure to test their skills by competing at various elite levels
* Expand program to include international competition
* Players are selected not only for their soccer abilities but their desire to represent their First Nations in a manner that will make our elders and leaders proud
* Prepare teams for the friendly competition in Brazil in August 2011
* Prepare teams for the World Indigenous World Cup Soccer Competition in Brazil 2013

# (9) NIFA CODE OF ETHICS

1. All NIFA participants are expected to conduct themselves at all times in a sportsmanlike and responsible manner. Participants include; players, coaches, managers and chaperones.
2. As a NIFA member your personal conduct reflects you as a person, your family, your community and the organization you represent. Each member will conduct themselves in a manner that will bring credit to themselves and their communities.
3. Each member of NIFA will carry out duties of their position honestly, conscientiously, loyally, and without prejudice.
4. Each member of NIFA will respect the confidentiality of information that they are privy to, thus protecting the rights and privacy of all who are part of our organization.
5. Foul language will not be tolerated at any time.
6. Excessive drinking when representing NIFA will not be tolerated.
7. Absolutely **no alcohol** will be consumed by under aged players
8. The use of illegal drugs at any time will not be tolerated.
9. Physical or verbal attacks towards others are not acceptable.
10. Misrepresentation of NIFA logos, programs and philosophies for personal benefit will not be tolerated.
11. In action and words, all coaches, players and trainers will uphold the integrity and dignity of NIFA, its programs and participants.
12. Coaches, players and trainers will be courteous to each other and the public at all times.
13. Players will respect any curfews and/or physical restrictions that may be imposed from time to time in order to assure top performance during competition.
14. All evaluations and assessments of players done by coaches will be kept in the strictest confidence.
15. Players, coaches and trainers will not publicly criticize other players, trainers or coaches at any time.
16. Each player, coach and manager will work closely with each other in an efficient manner with the development of an effective team.
17. When appropriate, all coaches, players and trainers will wear equipment designated by NIFA. (Track suits, uniforms, socks and jackets etc.)
18. All coaches, players, trainers and others associated with NIFA will promote the organization in a positive manner.
19. All players, coaches and trainers will always be cognizant of the fact that we are representing our communities, elders and respective nations at all times and do so in a manner that will make us all proud.

(10) DISCIPLINARY PROCEDURES

1. Any incident shall be reported to the NIFA Head Coach.
2. The NIFA Head Coach will review the case in question, investigate further if necessary, and meet with the disciplinary committee to resolve the situation.
3. The disciplinary committee will include the NIFA Head Coach and two other staff members. If required or in case of a conflict of interest additional members may be added to review, access the situation and make recommendations.
4. Disciplinary action will take the necessary steps to ensure a prompt and impartial decision is made within a reasonable time frame
5. The committee will then present their findings to the necessary person/s involved and ensure the final decision is agreeable. If necessary documentation will be included with correct dates and signatures.
6. The decision-making body will respect the confidentiality clause and other applicable policy or laws.
7. The NIFA Head Coach will ensure that players in question will be permitted to participate until a decision is made.

# (11) PRACTICE ETHICS

1. All players are expected to be at the practice facility at least thirty (30) minutes before the designated time for practice.
2. All players will be dressed, warmed up and ready to start at the designated time for practice.
3. Players requiring medical attention (taping, massage, etc.) will make the necessary arrangements with trainer(s) and allow for time necessary to start on schedule.
4. Players, coaches and trainers are expected to attend all training sessions for the full time scheduled.
5. Players, coaches and trainers are required to notify the **Senior Coach** with their reasonsif she/he is not able to attend any training session.
6. Players missing training sessions **may** be placed on a lower priority list when roster selections are made.
7. Players **will** be evaluated at all training sessions.
8. Time is limited and the best utilization of time by all is encouraged by:

* Being on time
* Not disrupting practice for personal issues
* Being available immediately for all drills and exercises
* Paying close attention to instructions
* Not talking when coaching trainers is giving instructions

1. Coaches and trainers will use the time in an efficient manner by preparing properly.
2. Players will play for the NIFA when exhibition games are arranged for NIFA camps.
3. Players are expected to work on their own fitness and will be evaluated at each camp on their progress.

(12) TRADITIONAL AND ENVIRONMENT POLICY

* The Native Indian Football Association endeavors at all times to provide an environment that is supportive of the equal treatment and growth of all members of the aboriginal soccer community.
* It also promotes relationships based on mutual respect, co-operation and understanding.
* NIFA and its Partners do not condone behavior that is likely to undermine the dignity, self-esteem, integrity or development of any officer, staff member, official, volunteer, coach or athlete.
* Sexual, racial or religious harassment violates the human rights of all persons and undermines the fundamental/traditional values of the NIFA, including the values/morals it places on a high standard of personal and professional integrity and responsibility of all its members.
* All members and Partners of the community have a mutual responsibility to promote an environment free of harassment and racism on and off the playing field.
* NIFA supports the informal resolution of problems associated with such offensive behavior where appropriate.
* Nevertheless, the NIFA considers racism and harassment in any form to be a serious offense, which may lead to a range of disciplinary measures up to, and including suspension, dismissal and legal means.
* Traditional ways of support will be used.

# (13) PROVISIONAL PLAYER SELECTION CLAUSE

NIFA goes to great lengths to ensure that every player has the opportunity to try out for a team and be fairly evaluated. Because this process involves a degree of subjectivity, some players inevitably are not placed on a team.

The philosophy of NIFA is that each player deserves the chance to try out for a team on an annual basis. Efforts are made to avoid “tracking” of players and to recognize that a player’s skills and motivations change over short periods of time.

NIFA’s format in the player selection process will include a set of skilled stations as well as a series of small-sided soccer games (4v4, 6v6). Each of these sessions is watched by a group of evaluators who are experienced coaches and when possible are not directly connected or interested in the players trying out. Coach’s evaluations from prior sessions are not used in this process so that players start each session with a ‘clean slate’.

NIFA organizers try to organize tryouts in a way that will lessen anxiety among players and their parents. Parents are asked to refrain from cheering or making any comments. Coaches do encourage parental support and involvement at the tryouts. Any type of tryout involves some level of anxiety, and it is important to have the support of parents to keep things in perspective.

Players are strongly encouraged to attend the scheduled tryouts because tryouts are an important part of assuring that players are properly placed. Players are required to attend at least **one** of the tryout camps. Players selected to attend the final camp will be notified by email and a formal letter.

In the event of illness or other absences which may include injury, family loss, employment, or commitment to another organized team (ie. University, Provincial, IPL, Super Y, Team BC, NAIG) game that may be scheduled at the same time, it will be at the discretion of the NIFA Head Coach and/or advisement from other NIFA coaching staff to warrant the opportunity of players receiving an invitation to the final camp selection. Consideration will be given to those players who have demonstrated a commitment to NIFA representative teams as well as their skill level and soccer ability.

It is important that players communicate in advance if they are unable to attend a camp so that the coaching staff has a reasonable amount of time to assess the situation and make an impartial decision.

(14) BARRIERS

* Lack of funding and poor economic conditions on most BC reserves is a major barrier that prevents many talented athletes from moving forward
* Only 60-70% of participants can afford to attend training camps

(15) FINANCIAL STRUGGLES

* Lack of long-term funding has resulted in challenging financial situations, at all levels
* To date, funding has been the sole responsibility of the participant

(16) SPONSORSHIP

* NIFA has started to build relationships with key stakeholders in the hope they will continue to join in the journey
* It is also critical that NIFA continue to invest in recruiting additional resources
* Develop a limited group of major sponsors who can all benefit
* Build up reserves and ensure all areas of the game are financially viable
* Increase revenue to achieve financial sustainability

(17) OUR PROPOSAL

* These initiatives are part of our overall mandate of NIFA
* We ask that your company or organization support our dream and become part of our team
* NIFA is requesting sponsorship and financial support from your company
* It is with greatest respect that we request a cash contribution or other donation from your organization to support the realization of aboriginal players at the highest level of competition in Canada
* We are very much interested in discussing the possibility of entering into a sponsorship agreement

(18) WHAT’S IN IT FOR YOU?

* Support the Native Indian Football Association
* Support aboriginal youth
* Advertising for your business
* Appreciation and gratitude from participants
* Ease financial constraints
* Inspire youth to continue being positive role models in their communities and encourage them to follow their dreams!

(19) SPONSORSHIP PACKAGE

#### Striker Level

##### Sponsorship greater than $20,000

### Company name to be displayed on International uniforms

* Cooperation of NIFA for agreed promotional initiatives
* Public acknowledgement at all NIFA events
* Company logo to be displayed at all NIFA events
* Logo displayed on NIFA website
* Acknowledgements in all NIFA newsletters

**Midfielder Level**

## Sponsorship of 15,000 to $20,000

* Cooperation of NIFA for agreed promotional initiatives
* Public acknowledgement at all NIFA events
* Logo displayed on NIFA website
* Acknowledgements in all NIFA newsletters

**Defense Level**

**Sponsorship of 10,000 to $15,000**

* Public acknowledgement at all NIFA events
* Logo displayed on NIFA website
* Acknowledgements in all NIFA newsletters

#### Goalkeeper Level

**Sponsorship of 5,000 to $10,000**

* Public acknowledgement at all NIFA events
* Logo displayed on NIFA website
* Acknowledgements in all NIFA newsletters

#### Substitute Level

**Sponsorship of less than $1000**

* Logo displayed on NIFA website
* Acknowledgements in all NIFA newsletters

*(The sponsor will provide all promotional materials)*

(20)BRITISH COLUMBIA SOCCER ASSOCIATION AND NIFA

COMPETENCIES AND VALUES EXPECTED OF A COACH

|  |  |  |  |
| --- | --- | --- | --- |
| **Responsive** | Achievement | Courage | Change Orientation |
| * Understand the needs of players * Make sessions age/appropriate * Offer Positive feedback to all players | * Knowledge * Confidence * Capability * Independent * Understanding * Proactive * Respectful * Focused * High standards | * Set standards * Raise standards * Do what is right for the game * No fear of failure * Teach players how to overcome adversity in   team selection processes | * Open to new ideas * Encourage players to be open * Encourage players to take responsibility * Encourage players to get better |
| **Inclusive** | **Accountable** | **Challenging** | **Passionate** |
| * Opportunity for all * Everyone plays * Everyone * Impartial to all players | * To colleagues * To your club or association * To the game * To the players * To yourself | * Attitude * Ethics * Self improvement * Improvement of others * Open mind * Use imagination | * Love of the game * Enthusiasm * Instill this passion on others |
| **Leadership** | **Communication** | **Ownership** | **Innovation** |
| * Be positive * Leading by example * Role model * Keep everyone involved * Encouragement * Delegate * Organized and prepared | * Not just verbal * Let the game be the teacher * Listening skills * Appropriate language * No jargon! * Be clear * Make sure that the players understand you | * Take responsibility * Set an example * Commitment * Empower the players * Encourage not discourage | * Improvisation * Problem solving * Development * Thinking ahead * Continued education/ certification courses |

# (21) WHAT IS A COACH LOOKING FOR IN A PLAYER ON HIS TEAM?

1. The coach will assess physical and mental features of each individual player.
2. The physical features are most obvious and are often used without giving any thought regarding mental features. Example; Center backs = big strong players, good in heading, tackling, marking, etc.
3. The coach will also have to assess players not only as individuals but also in regard to the team’s system and formation.
4. The coaches will therefore look at;

## Drive (All Players)

* + Has a player the will power and ambition to fulfill her goal?
  + Does she play with determination?
  + Does she show fighting spirit?

## Aggressiveness (Defenders)

* Is the player tough to herself and tough to her opponents?
* Is she positive and disciplined or does she take risks?

## Determination (Attacking schemer, Striker)

* Is she ready for anything in order to achieve her goal?
* Is she always available?
* Does she always play with the best intentions?

## Responsibility (Schemer, striker and possible captain)

* Is she intelligent? Read the game well?
* Does she have good anticipation?
* Does she have a commanding influence on her teammates?
* Is she ready to compromise with teammates, opponents, and referees?

## Leadership (Midfield schemer, possible captain)

* + Is she an intelligent player?
  + Is she an outstanding player?
  + Is she able to guide and convince other players?
  + Is she always composed?

## Self Control (Defender)

* Does she accept referees decisions?
* Does she never retaliate?
* Does she always come out of a conflict situation?

## Self confidence (Problem player)

* Does she inspire teammates with her confidence? Is it not a front?
* Is she over confident?
* Does she believe she is the best player on the team?
* Does she appear to be selfish?
* Is she not easy to coach?
* Does she always belittle opponents?

## Mental Toughness (All Players)

* Must be acquired by all players.
* Always give her best?
* Cool and composed?
* Never gives up?
* Always ready for any situation?
* Accepts challenges?
* Tough under any conditions?

## Coachable (All Players)

* Is self-motivated.
* Always ready to improve.
* Attentive.
* Eager to commit herself.
* Likes discussions to improve her.
* Is creative, progressive and constructive.
* Is sensitive with a high rate of excitement.
* Very impulsive.

Note: Players are in constant need of reinforcement and need a lot of support. Coach must give player confidence.

## Trustfulness (All positions)

* Player is respected and can raise team spirit.
* Player is reliable and quietly confident.
* Player is composed, calm, but very determined.
  1. All players have some stated characteristics but not everyone is a leader or composed or calm.
  2. It is up to the coach to counsel players and work on their shortcomings.
  3. It is up to the player to take the advice and apply it to their game.
  4. Players who do not want to take a coach’s advice for reasons of their own (like being immature, stubborn, knowing all) will find it very difficult to succeed in our game.

(22)Player Evaluation Form

RATING SYSTEM: 1. BASIC – Correct skill application in a stationary position

2. FAIR – Correct skill application at practice speed

3. GOOD – Correct skill application at practice speed with opponent pressure

1. **INDIVIDUAL SKILLS** 4. SELECT – Correct skill application at game speed with light opponent pressure

5. BEST – Correct skill application at game speed with full opponent pressure

**SHOOTING 1 2 3 4 5**

* + - 1. Instep shooting with the right foot \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
      2. Instep shooting with the left foot \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
      3. Inside of foot shooting with the right foot \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
      4. Inside of foot shooting with the left foot \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_ Player Name:
      5. Accuracy to open space with right foot shot \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
      6. Accuracy to open space with left foot shot \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
      7. Power of right foot shot \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      8. Power of left foot shot \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
      9. Volley shot with right foot \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
      10. Volley shot with left foot \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
      11. Preparation: first time shooting \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
      12. Preparation: setup from ground ball \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
      13. Preparation: setup from air ball \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_

**PASSING 1 2 3 4 5**

1. Inside of the foot passing with the right foot \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_ Date:
2. Inside of the foot passing with the left foot \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
3. Accuracy of inside foot passing – right foot \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
4. Accuracy of inside foot passing – left foot \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Crossing/chipping with the right foot \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
6. Crossing/chipping with the left foot \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
7. Accuracy of right foot cross/chip \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
8. Accuracy of left foot cross/chip \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
9. Proper pace of right foot passing \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
10. Proper pace of left foot passing \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_

**RECEIVING 1 2 3 4 5** COMMENTS

1. Inside of the foot trapping – right foot \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
2. Inside of the foot trapping – left foot \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
3. Trapping air balls – right foot roofs \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
4. Trapping air balls – left foot roofs \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
5. Controlling air balls – right thigh \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
6. Controlling air balls – left thigh \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
7. Controlling air balls – chest \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
8. Preparation (first touch) for pass/shot – ground ball \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
9. Preparation for pass/shot – air ball \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_

**DRIBBLING 1 2 3 4 5**

1. Comfort with the ball under pressure – shielding \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
2. Comfort with the ball under pressure – using both feet \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
3. Comfort with the ball under pressure – finding space \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
4. Ball movement – turns/cuts to left or right \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
5. Ball movement – reverses \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
6. Ball movement – beating opponent in 1v1 \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
7. Ball movement – change of pace \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
8. Control runs with the ball in space \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
9. Accuracy of play after dribble – passing/shooting \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_

**HEADING 1 2 3 4 5**

1. Passing with the head – ball to the ground \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
2. Clearing with the head – ball away in the air \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
3. Shooting with the head – ball to open space in goal \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
4. Accuracy of heading – general abilities \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
5. Power of heading – general abilities \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
6. General heading ability while in the air-leaping \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
7. Controlling air balls – chest \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
8. Preparation (first touch) for pass/shot – ground ball \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_
9. Preparation for pass/shot – air ball \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_

# (23) ATHLETE PROFILE

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age: \_\_\_\_\_\_\_\_\_\_ D.O.B. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Aboriginal Descent: First Nations ❒ Métis ❒ Other \_\_\_\_\_\_\_\_\_\_\_\_ Non-Status ❒

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Postal Code: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cell: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Community living in: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Registered with: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Status #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Medical Concerns: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Current Club Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Position: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ # of years with Club \_\_\_\_\_\_\_\_\_\_\_ Dominant Foot \_\_\_\_\_\_\_\_\_\_

**Previous Clubs:**

Club Name Position Level Year

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Major Competitions:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Academic Honors:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Athletic Honors:**

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**Ambitions:**

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# (24) PLAYER DEVELOPMENT

**Here are some general guidelines for coaches and players to follow, regardless of the system of play:**

**First and foremost – Read the GAME by thinking of the 3 main moments:**

* When you or your team is in possession
* When the opponent is in possession
* The moment the ball is won or lost (transition)

# Opponents in Possession: Goalkeeper

* Be alert – follow the play even if it is in the opposition half
* Act as a sweeper when your team is pushed up
* Get off your line quickly and decisively when long balls are played forward
* Deny goals
* Give direction to your defenders

# Right & Left Defenders

* Prevent crosses, shots
* Squeeze the play away from goal
* Do not drive in on tackles, do not foul, keep your man in front of you
* Closer to goal, the tighter the marking/be aggressive but not reckless, mark on the inside line
* Close down the ball between the ball and the goal
* Cover when central defenders are challenging
* Do not fall behind the Center backs. Hold the line
* When right side defender is challenging, tuck inside and cover the line
* Understand your recovery lines if beaten

# Central Defenders

* Prevent shots on goal
* Tight marking close to goal
* Keep the defensive line compact
* Do not allow the player with the ball to turn. Keep your man in front of you
* Anticipate the pass and intercept. Be aggressive but not reckless
* Do not foul
* Challenge in the air and head up and out
* Cover
* Mark on the inside, line on the same side of the ball
* Stay between ball and goal
* Understand your recovery lines.
* Look to play forward
* Switch the play
* Push yourself and the line up where possible
* Support in depth
* Recognize when to join the attack from deep
* Be demanding

# Defenders

* Left/right create width in the build up (this will force pressuring players to make a decision)
* Central move away
* Recognize the moment to go forward and join the attack
* If left side is on the attack, right side must tuck inside
* Support behind the side midfielder

# Central Midfield

* Long range shooting from layoffs
* Try to get into scoring position of attach through combining with strikers
* Play your position in the build up phase
* Link defenders to midfield (stand sideways on) link midfield to attack
* Support central strikers
* Don’t move forward to early or without caution. Remember the space behind you
* Look to be available to switch the point of attack

# Midfield – Left & Right

* When attack is on the other side (Flank) look to arrive into the penalty area late
* Avoid crowding the winger, by drawing defenders into his space, especially when the winger is in a 1vs 1 situation (support in depth at the correct distance)
* Maintain good positioning and distance in relation to defenders, wingers, etc.
* When the winger is outnumbered; i.e. 1vs2 destroy the cover with runs off the ball
* Recognize when the ball needs to be switched (avoid square passes)
* Weigh the risk of running with the ball in midfield
* When you cut inside look to combine with strikers

**General:**

* Observe the game around you. Do not simply look at the ball.
* Do not let balls bounce
* Be first to the ball
* Move to the ball
* Attempt to lose your marker (stay out of their vision)
* Your movement dictates the pass
* Close to the ball mark tight
* Furthest from the ball cover space
* No pressure on the ball be aware of the space behind you
* Be prepared to work harder (run), communicate more (organize) and think faster when the opposition have the ball!
* Dare! Play! Have confidence in yourself!
* We all prefer a player who demands the ball and loses it, than one who hides because of fear of losing it!
* Lose the ball in the Attacking 1/3 through risk, rather than hesitation
* Communication all the time



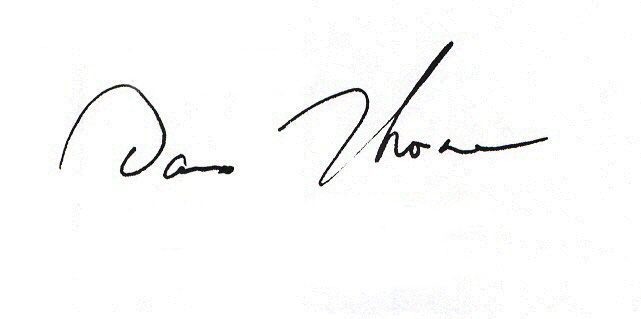
Dano Thorne, Head Coach William Wasden Sr.

NIFA Team Leader Coach U-19

Email [nifa\_dano\_4@hotmail.com](mailto:nifa_dano_4@hotmail.com)

Website: www.nifa.ca

Native Indian Football Association



To Whom It May Concern,

Re: 2010/11 NIFA Membership

As the NIFA Team Leader, I am pleased to confirm that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, is a member of the Native Indian Football Association.

NIFA Society is a registered provincial women’s soccer program (S-57304) affiliated with BC Soccer since 1992.

Player’s selected to NIFA will compete in the upcoming International Soccer and Cultural \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

NIFA recognizes that participation in sport and recreation fosters individual and community wellness. It improves physical health and quality of life as well as offer vital opportunities for developing leadership skills.

Our NIFA membership is a delegation of athletes between 13 to 33 years of age and represents 20 aboriginal communities in British Columbia.

Athletes who have qualified to play at NIFA’s elite level will require the utmost commitment and dedication in order to prepare their physical, mental, spiritual and emotional well being. The benefits of the NIFA program will also give players opportunities to be positive role models in their communities and be ambassadors for other up and coming athletes.

Preparation for athletes will include: a rigorous on-line daily training schedule, weekly online diary submission, monthly training camps, various soccer competitions, individual skill development, team building, game tactics and numerous fundraising events.

The NIFA Women’s Soccer Program is a high-performing and dedicated group of aboriginal athletes who will participate in a tremendous soccer experience.

If you have any questions about our program please contact me, Dano Thorne at 250-732-6191 or Bill Wasden at 250-974-8108.

Respectfully,



Cowichan Village—3065 Thorne Road Duncan, BC V9L 6V9