

# Coaching Manual

2026



# About the Kanata Dragons



- Formed in 2012 as a not for profit community organization
- Our goal is to offer affordable soccer programs for children aged between 3 and 11
- Our focus is on fitness and fun rather than competition
- 500 children will participate in 2026



# Run by volunteers



- Our club is run by volunteers who want to make a difference to their community
- We have 1 summer student to help work this summer



# Volunteer appreciation – keep the date



- We will have 2 tickets for each coach for an Atletico Ottawa game at TD Place
- The date is Sunday July 26 at 2pm v Pacific FC



# Coaches



- All our coaches are parents who have volunteered to coach
- Our coaches have been asked to wear a red Kanata Dragons T shirt so they are easy to spot
- Parents will be asked to help you



# Parents must help



- Please don't do it all, delegate some of the tasks

- Parents are expected to
  - Pump up balls
  - Organize the snack roster
  - Discipline their child
  - Encourage their child



- If you have a difficult parent let us know don't get into a fight

# Parents on game day



- We are not a drop off service
- Parents are expected to stay with their child on game day
- With the under 3 and under 4&5 age groups parents will be required to participate in the drills with their children
- Coaches may ask parents to help in any age group



# Sessions



- Each session starts at 6:00pm and lasts for 1 hour
- Be on time
- Be organized
- Enjoy yourself
- Let the kids exercise
- Keep the chat to a minimum



# The team talk



- Get down to the kids level when you do talk
- But this is recreational soccer keep the team chats very short



# Equipment



- Each team has a kit bag containing
  - Spare balls
  - Cones
  - Pump
  - Pinnies
  - Pug nets



# Snacks



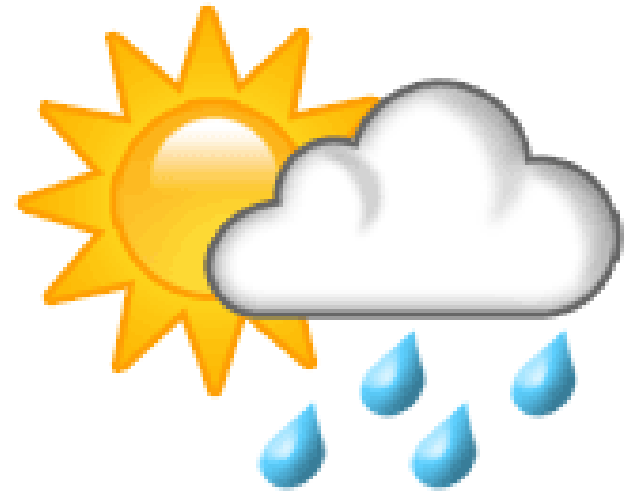
- It is club policy that coaches do not organize the snack roster
- If your team decide to have snacks then we request that a parent who is not coaching volunteers to organize the snack roster
- Please try to keep the snacks healthy and please no nuts



# Inclement weather



- With the exception of lightening, soccer always goes ahead
- We believe that parents know your child's tolerance to inclement weather better than we do
- Parents are therefore asked to make their own decision if they wish to attend soccer in inclement weather
- Should a session be cancelled it will not be rescheduled



# Away for a week or two



- If you are unable to attend please let us know so we can schedule a replacement coach



# Soccer should be fun



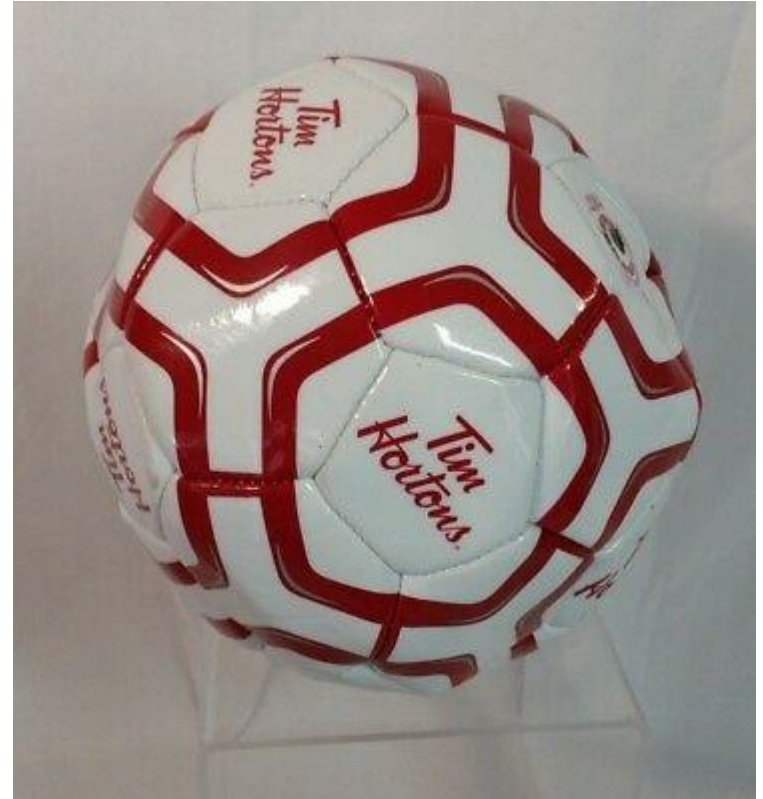
- This also applies to the coach
- If you need help reach out to staff



# Troubleshooting



- *A player forgets or loses his or her ball*
- This is a very common occurrence
- Some players get very upset when they leave their ball at home
- Each kit bag has 2 spare balls to cover for this scenario
- If the ball is lost or damaged ask the parent to contact the club for a replacement



# Troubleshooting



- *A lot of your players don't turn up*
- This can occur on hot or wet evenings
- The likelihood is that other teams on your field will have the same problem
- The best solution is to merge 2 teams to get a large group of players



# Troubleshooting



- *A parent can't or won't participate when requested*
- Parent involvement is important in the Kanata Dragons, particularly at under 3, and under 4&5
- When a parent can't or won't participate bring that child into a trio with another participating parent



# Troubleshooting



- *Player is not interested or shy or scared*
- Some children just don't take to soccer
- If they are shy or scared try to build up their confidence
- A good trick is to ask the child to help you with some special tasks
- If the child shows a lack of interest try the same method but you will probably need assistance from the child's parent



# Troubleshooting



- *Parent is difficult and disruptive*
- We recommend a quiet word with the parent but don't get into a disagreement with the parent
- If the quiet word doesn't work let the club know and the club will deal with the problem



# Troubleshooting



- *Player doesn't have a uniform or ball*
- This is not a problem for you.
- It is the parents responsibility to ensure that their child is correctly kitted out
- Inform the parent that she or she needs to contact the club to address this problem.



# Troubleshooting



- *Player is misbehaving*
- It is not the role of the coach to correct badly behaved children
- If a player is misbehaving return the player to the parent so that the parent can correct the behavior
- If the misbehavior continues report the details to the club and the club will resolve the issue for you



# Coaching Guides Model

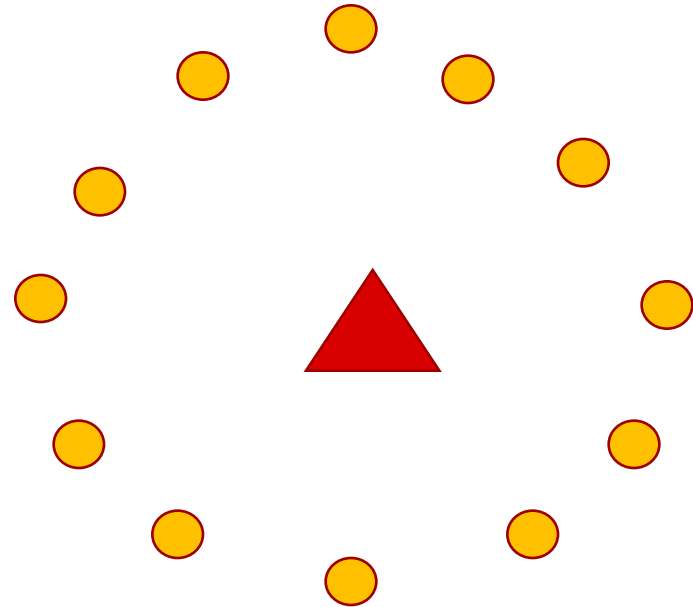


- 6:00pm Warm up
- 6:10pm Ball Skills
- 6:20pm Drill 1
- 6:30pm Drill 2
- 6:45pm Scrimmage

# Warm up



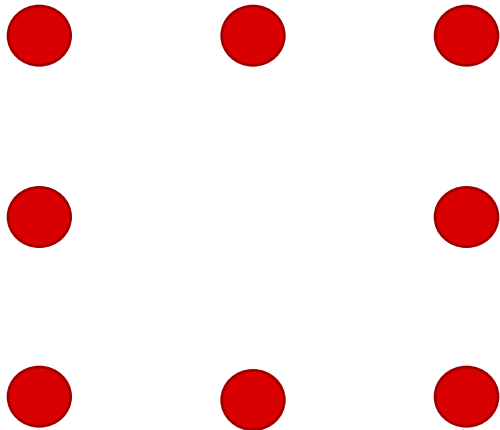
- The warm up
- Line up a large object in a circle. Eg kit bag, flag, a parent whatever you can find that is safe
- Players line up around the circle and jog around the outside. When you blow your whistle they sprint to the large object and touch it. Then they jog back outside the circle to continue the jog
- Switch it up by
  - Changing directions of the jog
  - Jogging in and out of the cones
  - Sideways around the cones
  - Backwards around the cones
  - Backwards in and out around the cones
  - Hoping around the cones
- etc



# Drill 1



## Stay in the Box or Jump



Set up 3 boxes about 10m x 10m with cones

Place up to 5 players into each box. Each player needs a Ball. You will need 3 boxes in total. Colour code the boxes so its easy for players to know their box

The players have to dribble the ball inside the box without the ball leaving the box. As there are 5 players in ach box they have to keep changing direction to stay out of each others way.

If the ball leaves the box they collect it but can not rejoin the box until they have done 5 jumps eg star jumps, bunny jumps, tuck jumps, knee jumps etc

Switch it up with the coaches being a defender to kick out the ball ask a parent to help so each box has a defender

