



RESPECT ALL - FEAR NONE!

CROSSFIELD MINOR SOCCER ASSOCIATION

April 11, 2026



Meet and Greet

The CMSA Way – Building Players,
Supporting Coaches, Growing a Club

Developmental Soccer (U3–U9)
Parent & Coach Orientation



“The impact of a great coach
lasts far beyond the final whistle.”

- *Duncan Hawkins, President, Crossfield
Minor Soccer Association*



Why We Are Here

- Welcome to CMSA
- We are a volunteer-built club
- Without parent coaches → kids don't play



What Makes CMSA Different

- Player-first, not results-first
- Long-Term Player Development (LTPD)
- Focus on FUN, confidence, and growth
- “Respect All – Fear None”



What Kids Need at U3-U9



4- Corner Model

- Physical → movement & coordination
- Technical → ball familiarity
- Social → friendships
- Emotional → confidence & enjoyment



“Every child deserves a coach
who believes in them — before
they believe in themselves.”

- *Duncan Hawkins, President, Crossfield
Minor Soccer Association*



What Success Looks Like

NOT:

- Scorelines
- Trophies

IS:

- Smiling players
- Kids asking to play more
- Players trying things without fear





The CMSA Way

Core Behaviours for Our Identity

- Control → Look → Pass → Move
- 2-second decision mindset
- Encourage creativity
- Let kids make decisions



You Are Not “Just a Coach”

You are:

- A guide
- A confidence builder
- A role model
- A facilitator of fun





I Don't Know Soccer

- You don't need experience
- You just need care + effort



What CMSA Provides Coaches

- Full season session plans (U3–U9)
- Age-appropriate training structure
- On-field support
- YouTube video library
- Mentorship



What a Session Looks Like

Session Plan Flow:

- Warm-up (fun + movement)
- Skill activity (ball touches)
- Game (small-sided play)



OBJECTIVE: Getting players to move around with the ball and touching a body part on the ball based on coach's command.

PLAYER ACTIONS: Players will be holding a ball and moving around the area. On coach's command, the players will place ball on ground and touch the body part to the ball from coach's command.

ORGANIZATION: 1 ball per player in a playing zone. You can include parents by creating a large circle and call it the "island". The players must stay on the "island" as the parents are "sharks".

RULES: On the command "Go" from the coach, the players will run around the island with their ball. When the coach says "Listen", the players will pause with their ball. Coach will then say a body part and the players must put the ball on the ground and touch the ball with the body part. For example, coach says "knee" then the players will place ball on ground and touch a knee to the ball. Once players are touching the ball, coach will say "Go" and the players will pick up the ball and start running around the island again waiting for next command.

PROGRESSION:

- 1- Players, instead of running, can hop, or crab walk.
- 2- Players can progress to moving around the island dribbling the ball with their feet.

KEY WORDS: "Listen", "Go"





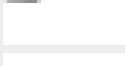
GUIDED QUESTIONS: How do we move around the island without running into each other?

ANSWERS: We look up to see where we are going and where other players are.

Note: If using the parents, the "sharks", a progression option is if a player gets too close to the "sharks", they can be tagged by the "sharks". If tagged, the player stands still



Learning Objectives

	Technical (20%) - Moving with the ball; - Contact on the ball with feet (in progression)
	Tactical (20%) - There is no tactical focus.
	Physical (20%) - Running and stopping; - Kneeling; - Lowering body onto ball; - Balance; - Coordination
	Psychological (20%) - Listening to instructions; - Being able to look; - Having fun; - Focus on getting familiar with ball
	Social (20%) - Playing with teammates; - Interaction with parents; - Celebrating if not tagged by "sharks" (in progression)



“Quality coaching isn’t about knowing everything — it’s about caring enough to keep learning.”

- *Duncan Hawkins, President, Crossfield*

Minor Soccer Association



Creating the Right Environment

- Safe
- Positive
- Inclusive
- Encouraging mistakes



Standards for Quality Soccer (SQS)

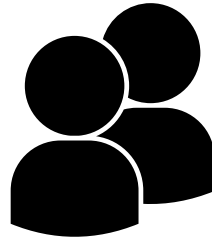


The Standards for Quality Soccer (SQS), a program for Canada Soccer, was established to outline minimum expectations for member organizations, ensuring a safe, enjoyable, and welcoming environment for all participants.

SQS ESSENTIALS

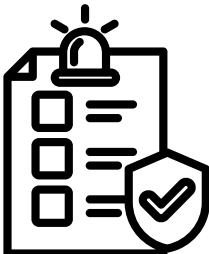
RULE OF TWO

Two parents with players at all times



EAP

Coaches to have Emergency Action Plan and Incident Forms



LTPD

Long-Term Player Development focus for proper player development



TRAINING

Coaches are required to have a minimum level of training on basic safe sports requirements



Why Kids Quit Sports

- Too much pressure
- Not fun anymore
- Fear of failure
- Adult expectations



The Role of Parents

- Reinforce effort, not results
- Ask: “Did you have fun?”
- Avoid critique of your player



Communication at CMMSA

- Open, respectful
- Coach → Parent → Club support
- We support coaches





The Club Behind the Teams

- Volunteers
- Board
- Coaches
- Parents
- Senior Players



Your Oppportunity

- Coaching
- Assistant coaching
- Team support
- Events (like Girls Power Weekend)





Growth Pathway

- Developmental → Competitive
- Coaching growth
- Player development pathway



Our Commitment

- Support
- Structure
- Development tools
- Positive environment



Your Committment

- Show up
- Be positive
- Be patient
- Be consistent



Call to Action

- We need coaches
- Your child needs you
- We will support you



Q&A





CMSA WEBSITE



**YOUTUBE
CHANNEL**



FACEBOOK

Make sure you like, subscribe, and click the notification button for the YouTube Channel so you can get notified when new content is uploaded.



Thank- You

