

COACHING 101 - Q&A

General

1. What is the enrollment level so far?

Registration numbers are higher than last year as people are looking forward to getting outside - this year we have over 1000 players, and we are working hard to reduce risk.

2. Is there a shortage of coaches this season?

Not unlike previous years, there is a shortage of coaches, so we have done what we have always done and asked parents to step up to help us fill in the gaps.

3. Is there a larger demand for coaches at the younger age groups?

Yes, there is a larger demand for coaches of players U8 and under because we have more teams (and each team is much smaller than the ones in older divisions).

4. What is the maximum roster size?

The number of players per team depends on the age group. These may be adjusted based on future health guidelines

- U4-U6 – 5 players/team (+ 5 parents)
- U7-U8 – 11 players/team
- U10-U18 – 12 players/team

5. As a coach, how do I contact parents, and where do we find their information?

Age group directors (AGD) will assemble teams, and you will hear from your AGD by June 7. At that point, you will receive a team list with names of players, emails and phone numbers. Reach out to your team and give them general information about the upcoming season (don't worry, AGDs will inform you of the major talking points).

6. Will players have uniforms this season?

Registration fees cover a full uniform (jersey, shorts, and socks), so players can hit the fields in style! Last year we gave out T-shirts and training bibs because we didn't want players sharing equipment. If you received a training bib last year, we encourage you to bring them again this year so players can use them at practices.

7. Are head coaches automatically assigned an assistant coach to their team?

Depending on the number of people who volunteer to coach and what coaches have already requested, you may start the season with an assistant coach. Most head coaches, however, find an assistant coach among the parents during the course of the season. Sometimes, there are high-school students who are looking to help in order to complete their volunteer hours. If this is the case, please track their hours and let the office know as we sign off on behalf of the coaches.

8. As a head coach, if I am away on vacation, who fills in?

Once you know your vacation plans, notify the parents on your team and ask who can fill in for you.

Training

1. **How do I obtain a coaching certificate?**

In the pandemic, the sessions have moved online. The length of the online training sessions (theory component) is as follows:

- Active Start (U4/U5) – 1.5 hours
- FUNdamentals (U6-U8) – 1.5 hours
- Learn to train (U9-U12) - 2 hours
- Soccer for life (U13-U18) - 2 hours

For more information about these courses, [click here](#).

NOTE: The above is only for the theory component, the practical (in-person) component will be half a day for the younger age groups and one day for the older age groups. We will notify coaches when the practical component becomes available, although they may not occur this summer on account of the pandemic.

2. **Do coaches have to pay to take a training course/ coaching certificate?**

We refund you for taking the course, but you will need to register for yourself and pay upfront. To be reimbursed by the Dragons you will need to upload the receipt along with your confirmation of registration to this link [here](#).

3. **Do assistant coaches have to follow the same training as head coaches?**

No. But we encourage ALL coaches to take the courses, and we do reimburse them.

COVID-Specific

1. **Will this season be modified due to COVID-19?**

Yes. For example, we will not be playing 11 vs. 11 as we are limited to a 50-player bubble per division (guidelines set by Ontario Soccer):

- Divisions born between 2013 and 2017 (U8 and under) will be playing 3 vs. 3.
- Divisions born between 2003 and 2012 (U9 and up) will be playing 7 vs. 7.

2. **For the first three weeks of restrictive play, are both nights practices or does the team not meet for the designated game night?**

Practices will be both nights if their division plays twice a week.

3. **Do the Dragons have an Emergency Response Plan for COVID?**

Yes, the Dragons' Emergency Response Plan can be found [here](#).

4. **Will disinfectant be provided to coaches this year?**

Yes, each equipment bag handed out to coaches on distribution day (June 12) will contain a sanitizing spray, this spray can be used to sanitize the players hands both before and after practices and games.

5. **Can we share snacks with the team?**

No, we must follow both Ontario Soccer and Ottawa Public Health protocols. Children and parents should bring their OWN water and snacks.

6. Is there any guidance on masks for parents, players, or coaches?

Following Ontario Soccer and Ottawa Public Health guidelines, players and coaches DO NOT have to wear masks while on the field, but they can if they want. Parents who are less than 2 metres away from other parents not in their social bubble SHOULD wear masks.

7. How many people can attend practices/games with the player?

Only 1 adult (parent, grandparent, or guardian) may accompany each participant. As a coach, reinforce it!

8. Will we have to do contact tracing each night we play?

Yes, unless Ontario Soccer and Ottawa Public Health instruct us otherwise. We are currently working on a digital system to have participants track their symptoms to make things easier administratively.

9. Are there any practical coaching tips for contact tracing?

If we end up with a paper document like last year, you can add players names and save it and then at the field you just need to check off who attended and with which parent and the time they arrived. You can upload these lists after each game/practice to this link [here](#).