

# Langley United Junior Coach Development Program

The **Langley United Junior Coach Program** is designed to nurture aspiring young coaches (ages 14–19) who are eager to learn the craft of coaching while contributing to the development of youth players in the club.

This program offers a structured path for junior coaches to gain experience, education, and mentorship while building a foundation for future coaching careers.



# Program Objectives

**Develop Coaching Skills:** Equip junior coaches with fundamental coaching skills and techniques to assist and lead soccer training sessions.

**Leadership and Responsibility:** Encourage leadership development by assigning junior coaches progressive responsibilities in managing small groups of players.

**Mentorship and Learning:** Provide opportunities for junior coaches to learn from experienced senior coaches and receive continuous feedback.

**Pathway to Coaching Certification:** Guide junior coaches towards completing grassroots coaching courses and potentially advanced coaching certifications over time.



# Program Structure:

## Entry Requirements;

**Age:** 14–19 years old.

**Soccer Background:** Current or former Langley United players, or individuals with a strong interest in soccer.

**Commitment:** Minimum of one season (with flexibility for school and extracurricular activities).

## **Phased Development:**

### **Phase 1: Introduction (1 Month)**

**Orientation:** Junior coaches will attend an orientation session, outlining the club's coaching philosophy, youth development goals, and expectations.

**Observation Period:** Junior coaches will observe training sessions across various age groups to understand coaching styles and team management.

**Basic Leadership:** Begin assisting senior coaches in managing small tasks (e.g., organizing equipment, supervising drills, and setting up fields).



# Program Structure:

- **Phase 2: Active Participation (2–3 Months)**
  - **Assisting in Sessions:** Junior coaches actively assist in running drills, demonstrations, and organizing small-sided games. They focus on communication, managing groups, and providing basic technical feedback.
  - **Mentorship:** Each junior coach is paired with a mentor (experienced coach) who provides guidance, evaluates their performance, and offers feedback.
  - **Beginner Coaching Course:** During this phase, junior coaches will be enrolled in the **Active Start** or **Fundamentals** coaching certification course.
- **Phase 3: Independent Coaching (3–4 Months)**
  - **Running Sessions:** Junior coaches lead sections of training sessions (e.g., warm-ups, individual drills) under the supervision of senior coaches.



# Program Structure:

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- **Session Planning:** Junior coaches learn how to design basic training sessions aligned with Langley United's curriculum. They will submit plans and receive feedback on structure, content, and effectiveness.
- **Peer Collaboration:** Junior coaches collaborate on joint coaching projects, such as organizing a small tournament or running a youth event.
- **Phase 4: Junior Coach Graduation (6 Months)**
- **Lead Small Teams:** By the end of the program, junior coaches will be given the opportunity to lead an entire session or manage a team during a friendly match.
- **Final Evaluation:** Coaches will undergo a final assessment by senior staff, evaluating their growth, leadership, and coaching abilities.
- **Graduation:** Successful participants will graduate from the Junior Coach Program, receiving a certification of completion and recognition at a club event.



# Program Structure:

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- **Coach Education:**
  - Junior coaches will be encouraged to pursue the **Canada Soccer Grassroots Coaching Pathway**, starting with:
    - **Active Start**
    - **Fundamentals**
    - **Learn to Train**
  - Each course will be funded by Langlely United, ensuring that young coaches are formally certified and educated in coaching best practices.
- **Mentorship:**
  - Each junior coach will be assigned a senior coach mentor who provides continuous guidance and feedback throughout the program. Mentorship meetings will be scheduled monthly to review progress and set development goals.



# Program Structure:

- **Leadership Development:**
- Junior coaches will take part in workshops focused on communication, conflict resolution, time management, and leadership, enabling them to become positive role models for younger players.
- **Opportunities for Growth:**
- After completing the program, junior coaches can be invited to:
  - Continue coaching in more senior roles with older teams.
  - Pursue more advanced coaching certifications.
  - Volunteer for youth soccer camps or events hosted by Langley United.





# Program Structure:

- **Program Benefits:**
- **For Junior Coaches:**
  - Gain valuable coaching experience at a young age.
  - Access to formal coaching certifications.
  - Mentorship from experienced professionals.
  - Leadership and communication skills.
  - Potential pathway to future employment as a coach at Langley United or elsewhere.
- **For Langley United:**
  - Develops a homegrown pool of young, enthusiastic coaches.
  - Enhances youth development by integrating young role models who have grown within the club.
  - Promotes a strong club culture of learning and leadership from within.





# Program Structure:

## For Players:

Younger players benefit from the fresh perspective and enthusiasm of junior coaches.

Junior coaches can build strong connections with players, creating a positive learning environment.

## • Application Process:

- **Step 1:** Submit an application of interest to [technicaldirector@lusa.ca](mailto:technicaldirector@lusa.ca) with basic information and a brief statement.
- **Step 2:** Attend an interview with the Junior Coach Program Coordinator. (Technical Director)
- **Step 3:** Selected candidates will be notified and begin the program with a welcome orientation.

This program ensures that junior coaches at Langley United have the opportunity to grow in their coaching journey while contributing to the success and development of youth players across the club.