

# Coaching Soccer For Life

**Mher Nahabedian**

Homenetmen Canada Regional Athletic Seminar

*Saturday September 20<sup>th</sup>, 2025*

*Samedi le 20 Septembre*

*Շաբաթ 20 Սեպտեմբեր*



# AGENDA



- Importance of Coaching Education
- Canadian Coaching Pathway
- Canadian Player Pathway
- Stages of Player Development
- 4 Corner-Model
- Designing Training Sessions
- Closing

# Importance of Coaching Education

Knowing how to plan organized and purposeful practices

Gaining insight and knowledge on the latest developments in the game

Connecting with coaches from other clubs and learning of their realities

Learning from other coaches

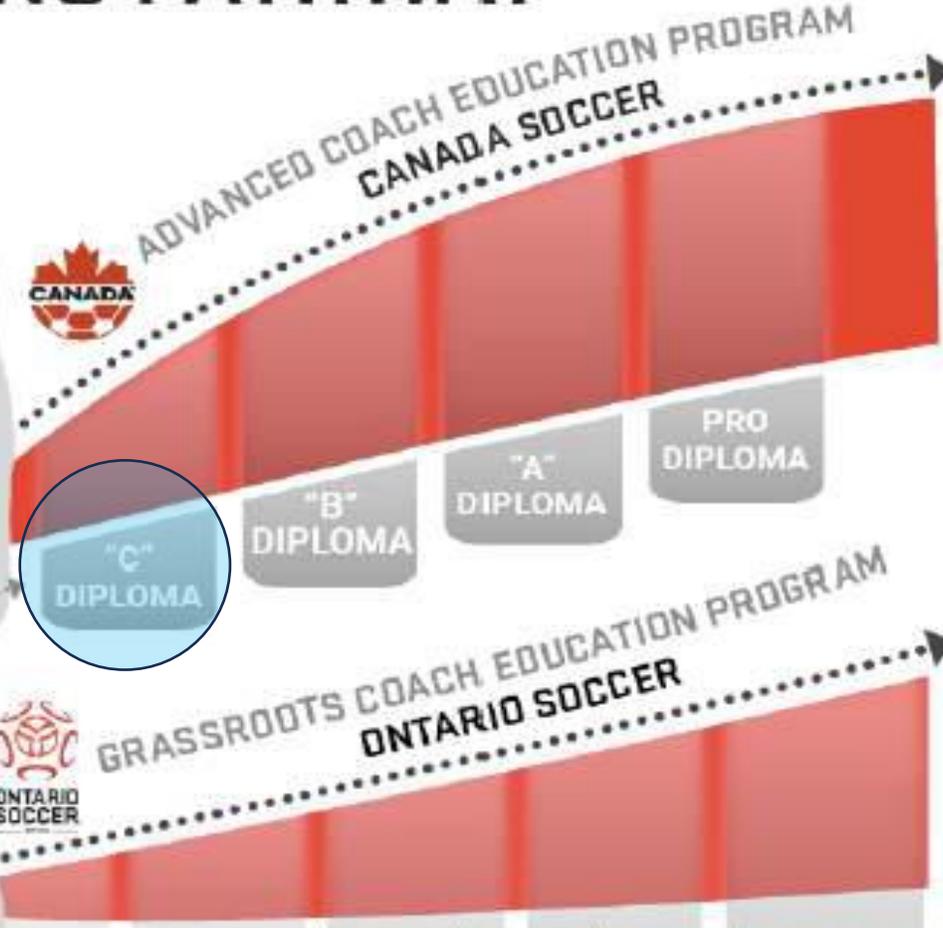
Brainstorm ideas on how to improve your training methods

Learning about training and player safety

Learning about yourself as a leader (leadership styles)

# ONTARIO COACHING PATHWAY

Ontario Soccer is committed to coaching development for all. Whether you're a parent, a volunteer, a player staying involved in the game, or a soccer professional wanting to advance your career, we have courses and resources for you.



[ontariosoccer.net/coach-courses](http://ontariosoccer.net/coach-courses)

- Mandatory Safe Sport Roster:**
- Making Ethical Decisions (MED)
  - Respect in Sport
  - Making Headway
  - Rule of Two
  - Emergency Action Plan

	APPLICATIONS
<b>PRO DIPLOMA</b> 	Professional Leagues
<b>A-DIPLOMA</b> 	Elite (Youth Pro Academy), College/University, L10
<b>B-DIPLOMA</b> 	OPDL Head Coach, High Performance, College/University
<b>C-DIPLOMA</b> 	OPDL Assistant, L10 Assistant, Grassroots
<b>GRASSROOTS DIPLOMA</b>	GRASSROOTS, COMPETITIVE
<b>SOCCER 4 LIFE</b>	U13+
<b>LEARN TO TRAIN</b>	U10-U12
<b>FUNDAMENTALS</b>	U7-U9
<b>ACTIVE START</b>	U5-U6



- Specialized Coaching Courses:**
- Futsal (Certificate, Diploma)
  - Goalkeeper (Certificate, Diploma)
  - Technical Director Diploma

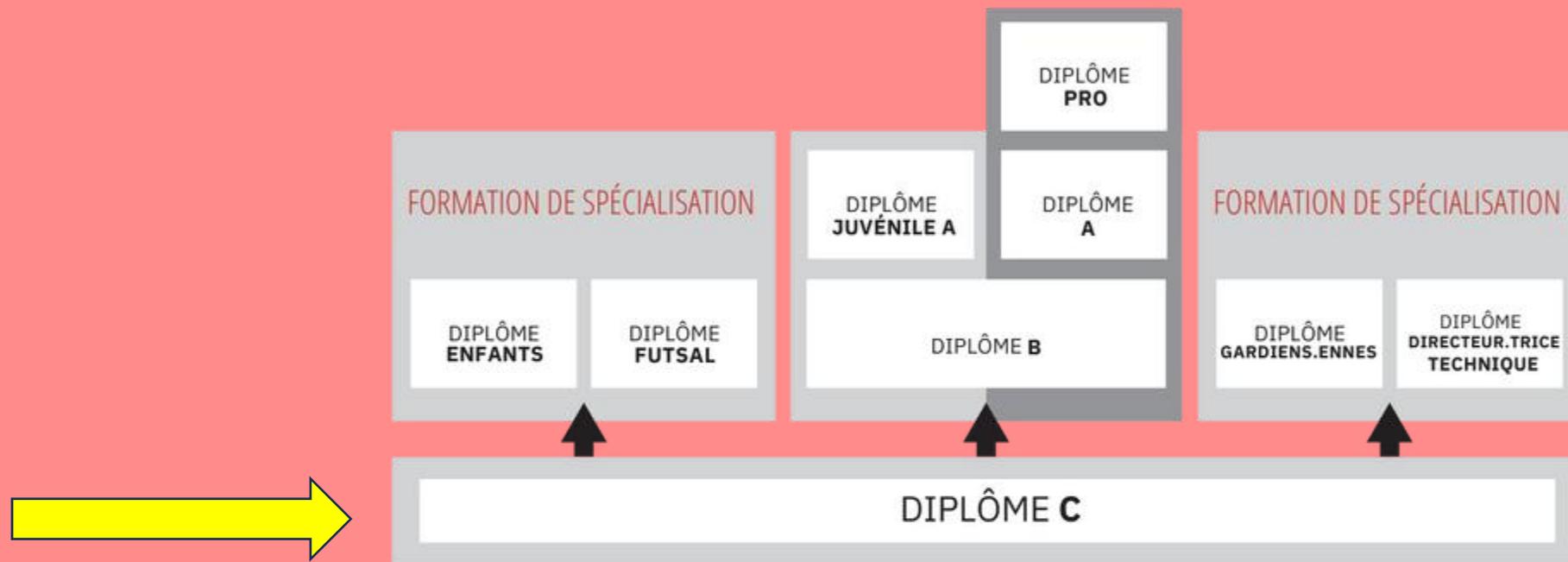


- Specialized Coaching Courses:**
- Children's Diploma
  - Goalkeeper Diploma

# PROGRAMME DE FORMATION DES ENTRAÎNEURS.ES DE CANADA SOCCER

## PROGRAMME DE FORMATION AVANCÉE DES ENTRAÎNEURS.ES DE CANADA SOCCER

MODULES THÉORIQUES EN LIGNE + ATELIERS PRATIQUES + ÉVALUATIONS



GÉRÉ PAR



GÉRÉ PAR



SOCCER  
QUÉBEC

## PROGRAMME DE FORMATION DE BASE DES ENTRAÎNEURS.ES DE CANADA SOCCER

MODULE THÉORIQUE EN LIGNE + ATELIER PRATIQUE

DÉPART ACTIF

Si vous entraînez des enfants  
âgés de 4 à 6 ans, complétez cet atelier

FONDA MENTAUX

Si vous entraînez des enfants  
âgés de 6 à 9 ans, complétez cet atelier

APPRENDRE À  
S'ENTRAÎNER

Si vous entraînez des enfants  
âgés de 9 à 12 ans, complétez cet atelier

SOCCER POUR  
LA VIE

Si vous entraînez des joueurs.euses  
âgés de +13 ans, complétez cet atelier



# ONTARIO PLAYER PATHWAY

The OPDL is an integral development component of the Talented Pathway, the primary avenue to playing opportunities at the provincial, collegiate, national and professional level. Currently developing almost 4000 players, the OPDL is available for male and female players ages U13 - U17.



**GRASSROOTS**  
community soccer

U4-U12



**TALENTED PATHWAY**

**SOCCER 4 LIFE PATHWAY**  
competitive/recreational soccer

U13 U14 U15 U16 U17 U18 SENIOR



**POTENTIAL OPPORTUNITIES**



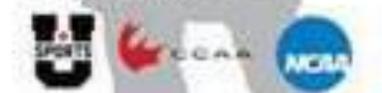
National Teams



Professional Soccer



University and College Opportunities



Provincial Teams



**ACTIVE FOR LIFE**



[www.ontariosoccer.net/opdl](http://www.ontariosoccer.net/opdl)



[www.opdl.ca](http://www.opdl.ca)

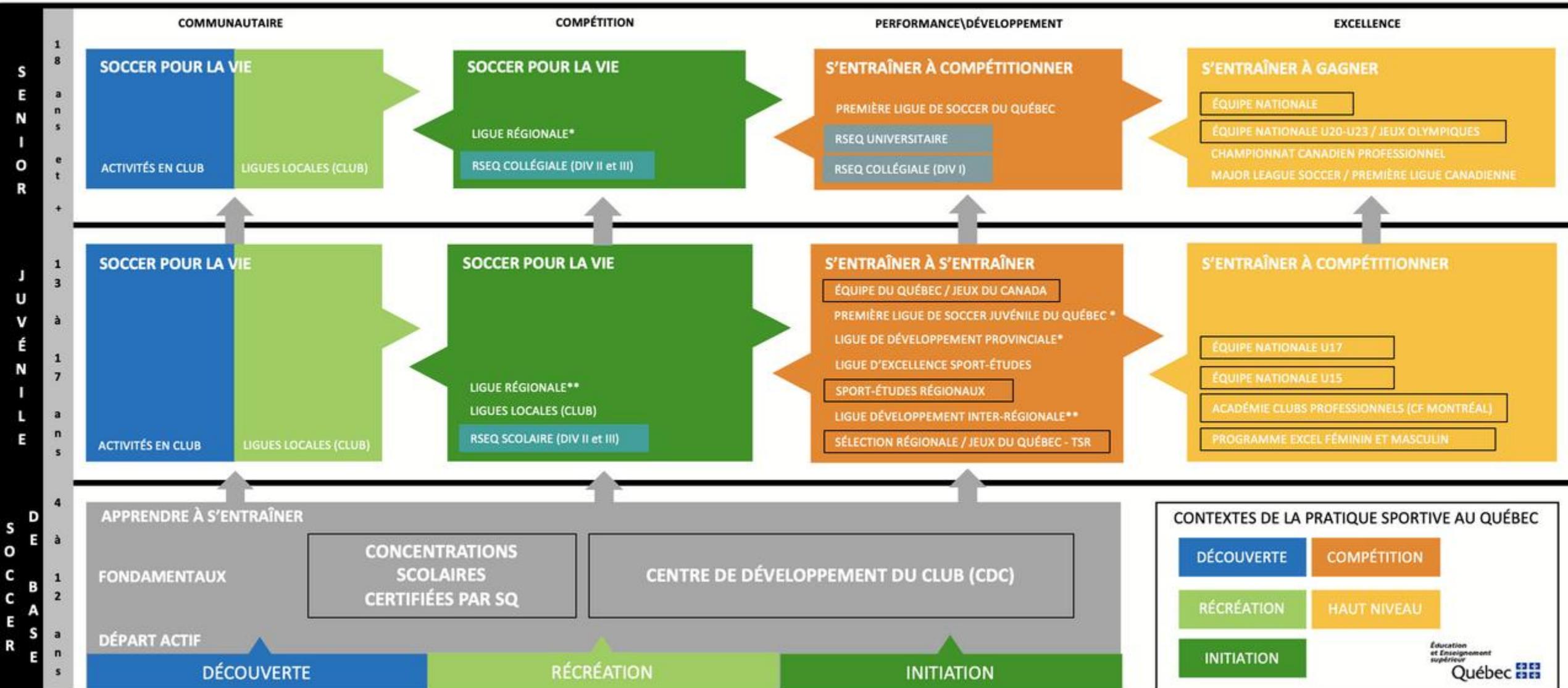
# CHEMINEMENT À LONG TERME DU JOUEUR EN SOCCER

## DÉCOUVERTE/RÉCRÉATION

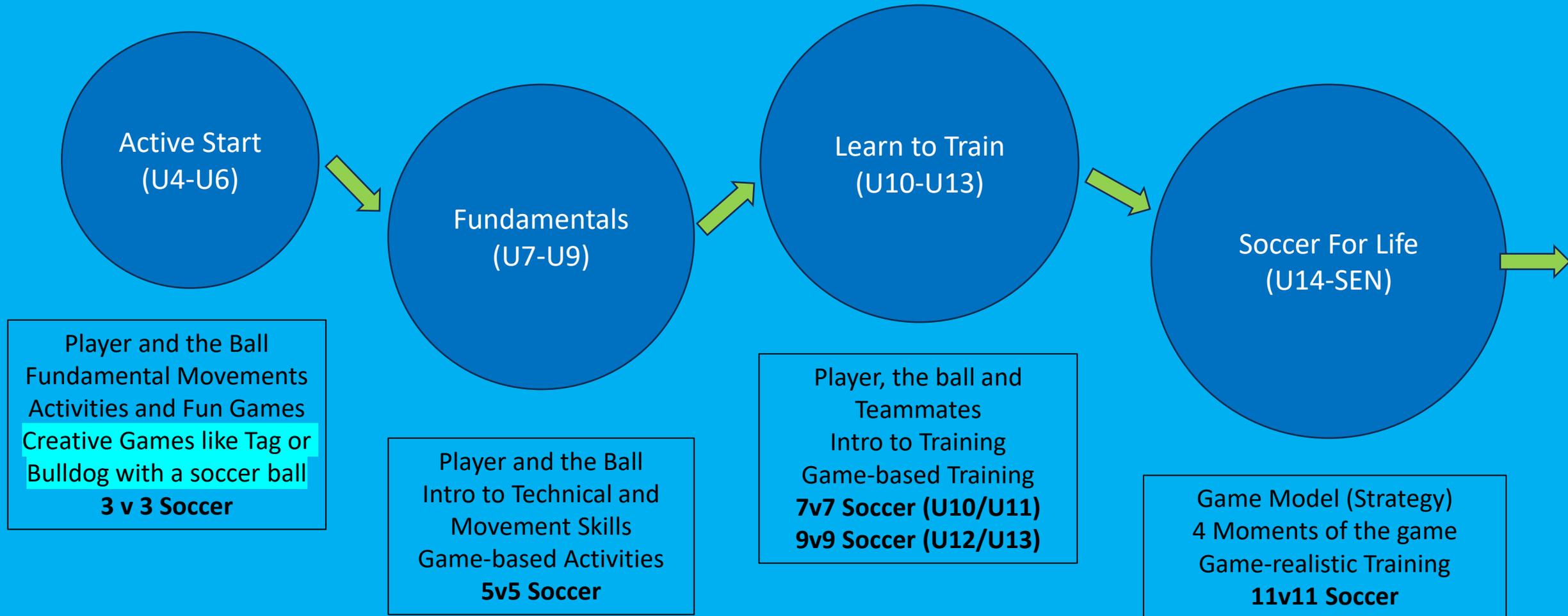
## INITIATION

## COMPÉTITION

## HAUT NIVEAU

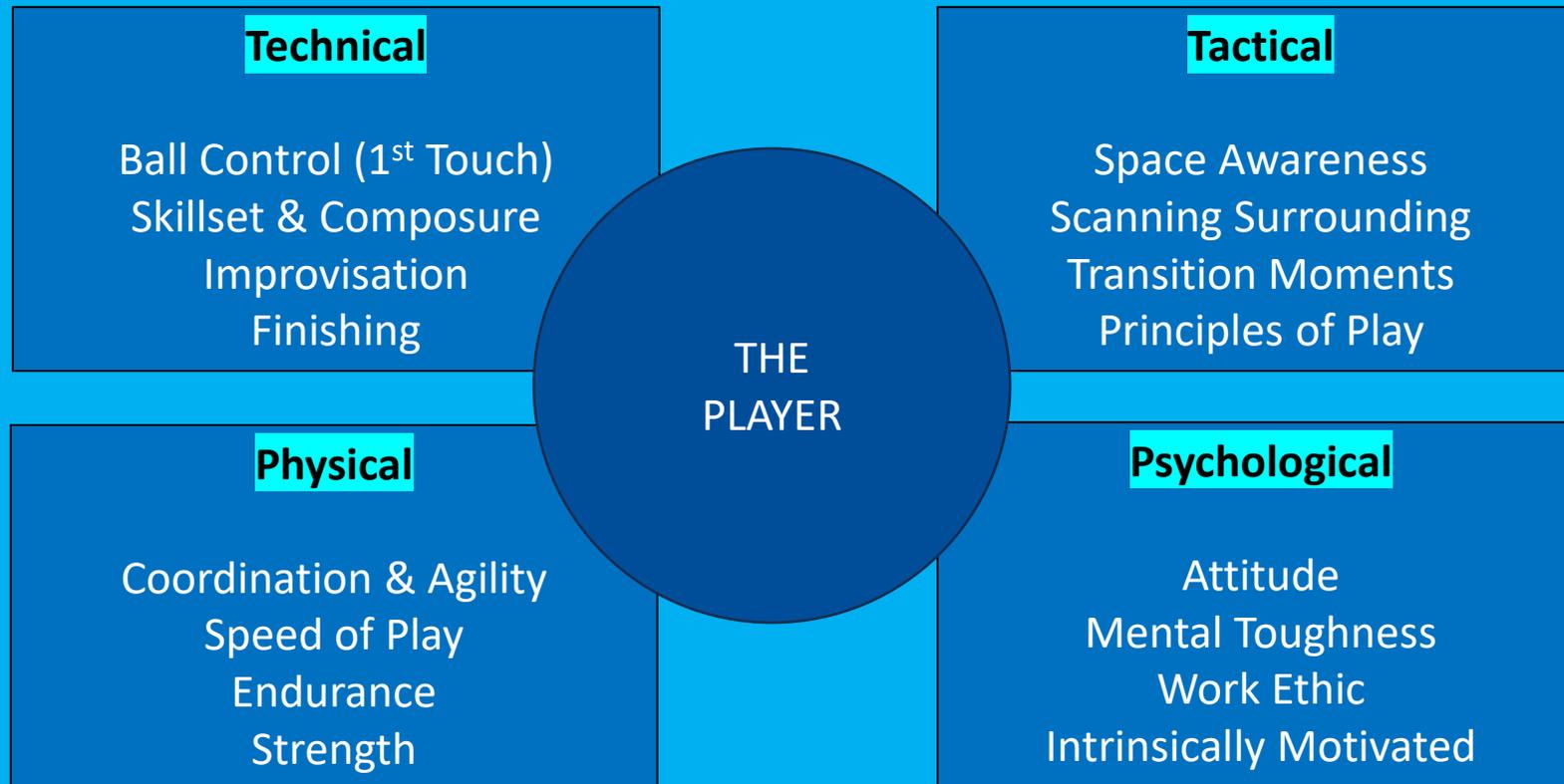


# Stages of Player Development



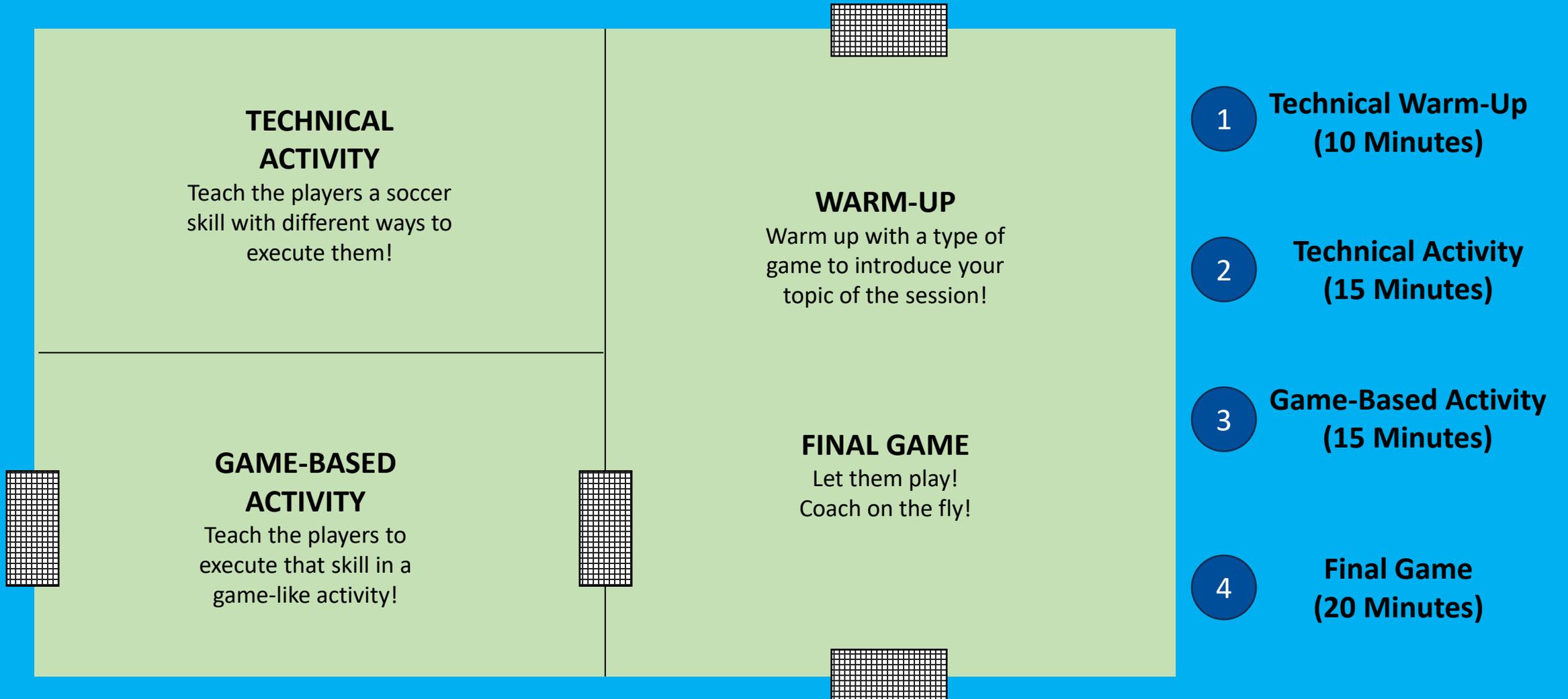
# 4 Areas of Coaching Soccer

*Also known as the "4 Pillars of Coaching"*



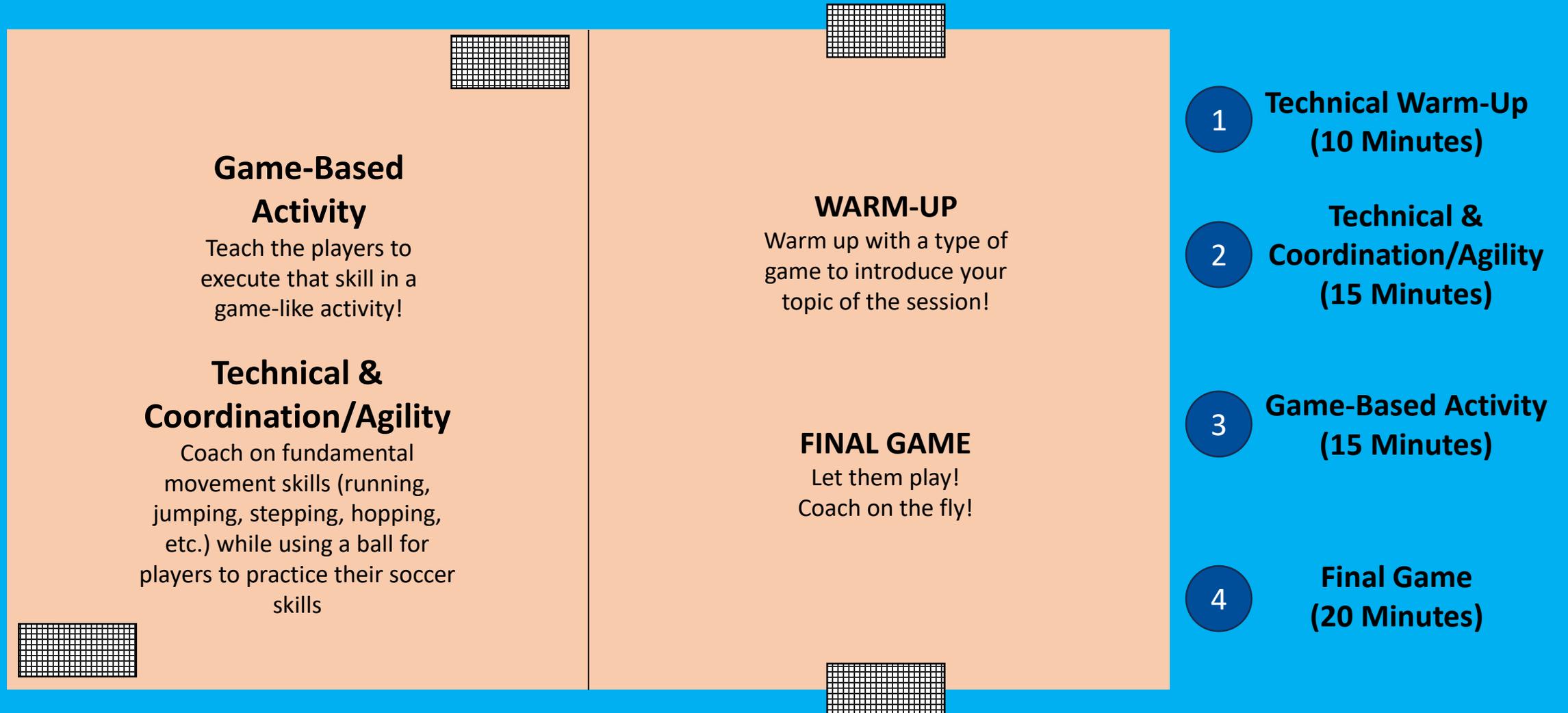
# Training Format – Turf

## 60 Minutes



# Training Format – Futsal

## 60 Minutes



# Closing



## Advice I would give to any coach at any level...

1. Make sure that your training sessions are compatible for the level and age of your players.
2. Always bring your passion and energy to both training and games. Players feed off of that!
3. Think about the process of your athletes' education and performance first, and wins will follow naturally.
4. Be a positive role model for your players. How players play/compete/behave are usually a direct reflection of their coaches.
5. Encourage your players to play as much as possible, have fun and enjoy the sport they love. That's the best way of improving their game.

**Thank You**

**Merci**

**Շնորհակալություն**

# References

**Fédération de soccer du Québec**

[www.soccerquebec.org](http://www.soccerquebec.org)

**Ontario Soccer Association**

[www.ontariosoccer.net](http://www.ontariosoccer.net)