

Notre Dame Soccer Academy

AREAS OF INSTRUCTION:

2 times per week

- Positive practice habits (i.e. effective warm ups and cool downs).
- Agility, balance, coordination and flexibility required to successfully play soccer.
- 1 vs. 1 Attacking Skills that can be used to get by defenders.
- 1 vs. 1 Defending Skills that can be used to stop attackers.
- 1 vs. 1, 2 vs. 2 and 4 vs 4 competitions.
- Appropriate Nutrition for athletes.
- FIFA Laws of the Game
- Basic Mental Skills Training (i.e. Goal Setting)
- Receiving, trapping, and shooting skills.
- Soccer tactics found in small sided game situations (i.e. 3 vs. 3 or 4 vs. 4).
- Physical Education and Health activities will be included.

EQUIPMENT

All students will be expected to have Outdoor and Indoor Soccer Shoes in addition to wearing soccer shin pads at all times while participating in the Academy.

All students receive an Academy jersey, shorts, water bottle, bag and socks that are to be worn when participating within the Academy.

FACILITIES

The Notre Dame Soccer Academy will utilize two different facilities. The field at Notre Dame will be used for our Outdoor Sessions and the indoor fields at the Family Leisure Centre will be used for our Indoor Soccer Sessions.





INSTRUCTORS:

Wayne Deis—Teacher/Instructor



wayne.deis@mhcbe.ab.ca

- Certified NCCP Coach and has Level 1 & 2 Coaching Theory
- Emergency action plan theory
- Making Headway in Soccer (Concussion protocol)
- Former Medicine Hat Soccer Association Mini Director
- Completed ‘Senior, Youth and Children Community Coaching’
- Completed Pre-B License Course and B License Training
- Sports Psychology & Individual Mental Skills Diploma, The Mental Game: The Coaches Role in Developing Players Diploma, Coaching Futsal Diploma, Leadership Development in Soccer” Diploma and “Professional Development Certificate: Advanced Youth Coach”
- Certified First Aid Training

Nathan Bechtold ~Teacher/Instructor



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- Completed BSc in Kinesiology
- ASAA Fundamentals of Coaching Certificate, NFHS Concussion in Sports Certificate & NCCP Level 1 & 2 Coaching Training
- Coaching Futsal Diploma, The Mental Game: The Coaches Role in Developing Players Diploma, Leadership Development in Soccer Diploma & Professional Development Certificate: Advanced Youth Coach
- Certified First Aid Training

Maddy Harpell- Instructor/Education Student



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- Current collegiate athlete at Medicine Hat College
- Technical & Program lead for MHSA
- Canada Soccer Certificates: Coaching Soccer in Canada, FUNDamentals, Learn to Train & Soccer for Life

