



U13 - U18 Metro Director Annual Report

Introduction

I have had the great privilege of being the U13-U18 Metro Director, it has been a pleasure working with this group and seeing the year progress towards the clubs goal of developing lifelong player development. Our metro technical coaches; Clive Clark U15/U18 and Jan Skoupil U13 have worked hard with their players, gaining a good understanding of where they're individual groups stood at the beginning of the season and developed a program tailor made for each team's players development needs as well as being able to work with each player to reach their potential. At the U13 Metro group 4 players are actively training with the HPL while also remaining in the metro league and being role models to our younger players. Weather, thankfully did not play as big of a role as it has in the past, injuries were very well managed and thankfully kept to a minimum. Richmond had one the best season for discipline with one of the lowest card counts in the Metro League. In fact 97.5% of our metro bond is being returned to Richmond. Communication has become a priority this year with this age group and the serious integration of SLACK as well as brainstorming sessions are opening the coaches to a more collaborative way of working and developing programs that I think is a very positive step going forward.

Year in Review

It is in my opinion that the club is fortunate to have such dedicated and passionate volunteer coaches and managers at the U13/U18 age group. The examples that our volunteers coaches and technical coaches have given the boys in their commitment to the team, their collaboration in both training and games, as well as their love for the soccer, have given the boys exemplary role models for them to look up to. I am encouraged that the program will only grow stronger next year with the announcement of Conor Radill to the U13 Technical Lead position. Jan Skoupil will continue on with the U14's for one more year but has also been announced to be moving up to the U18's

Coaching Evaluation for Jan Skoupil

Based on my first season as U13 Metro Head Coach and working directly with our new Technical Lead for the U13 Age group, I was introduced to Jan Skoupil. Here is my assessment of the season and his performance as a Technical Lead.

- 1) Professional appearance & good domineer
- 2) Provided 3 lesson plan consistently every week with themes
eg: "working through the midfield" prior to each session.
- 3) Successfully transitioned from one activity to another
- 4) Introduced game elements, made it relevant
- 5) Challenged the players with age appropriate transitions which increased the difficulty level
- 6) Checked in with the players bringing them in for a quick guidance
- 7) Corrected elements that were not working, through direct demonstration and allowed the players to make mistakes and then find success through repetition and mastery
- 8) At the end of the session he brought the players in to debrief and reflect on what was covered and provided an opportunity to ask questions
- 9) Always engaging the players by asking what did they learn from the session, allowing players to self analyze.
- 10) He allowed the Volunteer coaches the ability to deliver his session plans, this is a crucial component of what I think makes an excellent Technical Lead, yes he is there to deliver LTPD Long Term Player Development but he IMHO is also there to deliver LTCD Long Term Coaching Development. If our TL's take on a more active role as Jan has demonstrated with the volunteer coaches, it only makes our program stronger.

My general overview is positive, you can tell that Jan is well qualified, he commands respect and can manage a space quite well.

I believe Jan would be a great fit at higher age groups and I have no problem recommending him to Metro/Gold/Silver/Bronze.

Communication

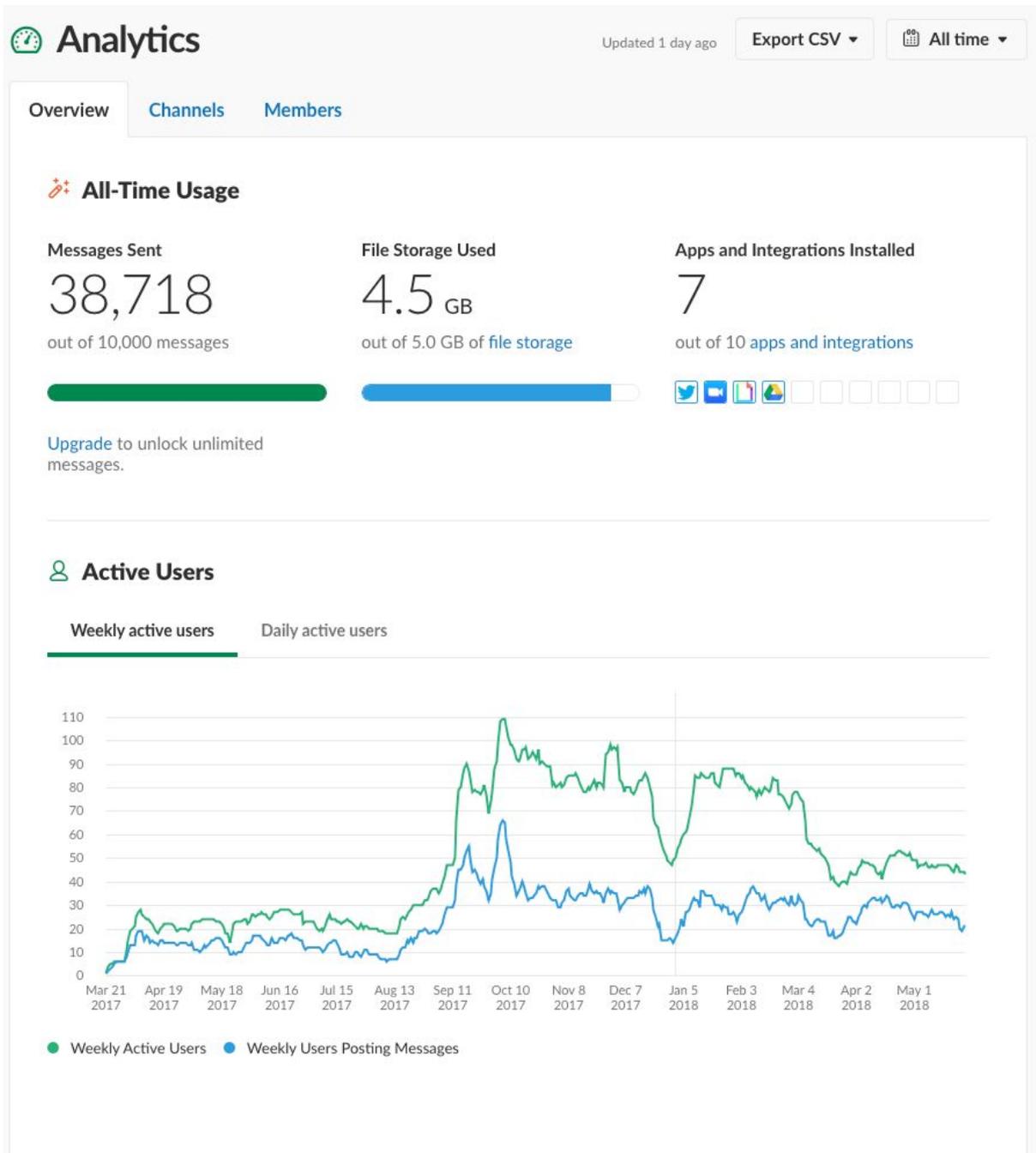
The Past: 2016/2017

Communication was a primary club issue, the metro group was no different. Several complaints around emails not being answered, emails being answered weeks after the question asked, etc. The previous year There was much confusion of the start-up and organization of both of teams and training sessions. This was not only for the volunteer coaches but the technical as well. There was also great frustration with the end of the season as rosters were never completed, coaches never assigned until well into the spring. Frustration also developed around that fact that volunteer coaches were not consulted on selection with the technical staff though they are the ones that are with the players all the time, including games.

A New Start: 2017/2018

Within the dedicated RFC Coaches Slack Workspace there was a pivot in mid August, then a massive uptick in communication across the board, we signed on 160+ Coaches in one month across 15 different channels and to date, coaches at RFC has sent 38,718 Messages and shared over 4.5 GB of lesson plans & soccer coaching videos and session ideas across 7 apps and integrations.

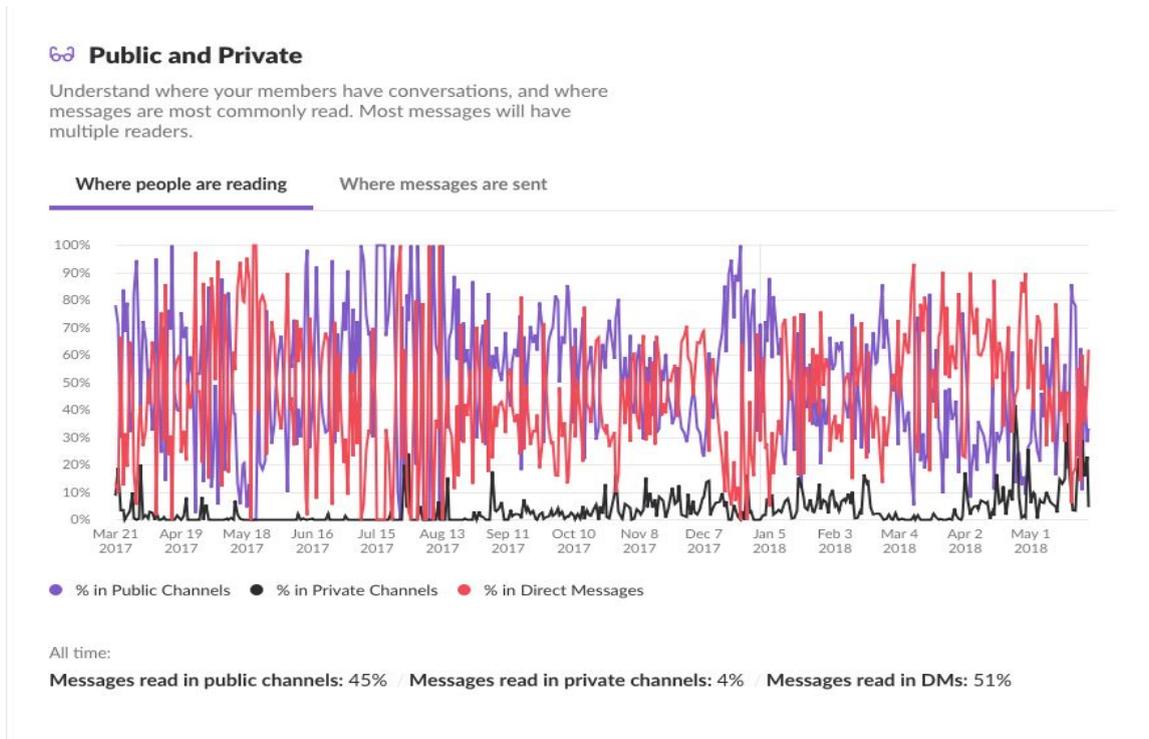
RFC Coaches have embraced a culture of sharing ideas and bringing everyone up, to allow RFC technical & volunteer coaches the ability to deliver the best possible programs.



Coaches Corner:

The dedication and passion that RFC coaches demonstrate is second to none, our coaches care very much about what they are delivering and go out of their way to make sure that they have the tools they need to deliver a great program where kids feel challenged, are learning new skills, techniques but most of all having fun. Fun, the fuel of football.

This graphic really hits home the amount of engagement that is going on in both public and private conversations. All of these conversations are about soccer in Richmond.



Need a Lesson Plan Channel:

Technical Leads would also submit across every age group assigned to them:



U13s

Category: Technical: Attacking skills
 Difficulty: Moderate

Am-Club: Richmond FC
 Jan Skoupil, Richmond, Canada

Rondo - 2 teams competition (20 mins)

2x 4v2+2

Two grids

Two separate plays, objective is to connect the target players with pass, restriction max. 2 players from team in possession - 2:0,2:1,2:2

Point by switching the play between the target players

You can skip one square by penetration pass

Defenders try to win the ball and dribble or/and pass the ball to out of bounce

Coaching points:

- Open body position, shoulder check - spatial awareness
- Longer pass option
- Firm passes
- Depth of the play



Multimedia Channel:

There are times where a simple session planner is not enough to understand the full scope or flow of a drill or activity, Sport Session planner has the incredible ability to animate the session so our technical leads can share “dynamic” session plans over slack.

<https://youtu.be/W8daLzzrjew>



Sport Session Planner Google Chrome 4 4 2018 16 02 30

Share Embed Email



<https://youtu.be/W8daLzzrjew>

RFC U13 Passing Movement:

<https://www.youtube.com/watch?v=FbvqlbmzxZY>

Back Four and HMs around the box "Shift & Sag"

<https://www.youtube.com/watch?v=WLfflzNNjHw>

Metro Bond Return

PayBack 2017/18			
1-Return bond less fines back to District.			
2-Return last season MSL fees back District/Club \$200.00 per team			
3-Send all remaining moneys funds to the new League (BCCSL).			

District	District Fine Total	Bond Balance	Bond top up	Bond Return
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Richmond	\$25.00	\$975.00		\$975.00
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District	Club	Boys Teams	Girls Teams	Total Teams District/ Club	Return To District	Return To Club	Total Return \$200 / Team
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Ric	Ric Girls	0	3	6	District		\$1,200.00
Ric	Ric Utd	3	0		District		\$-

Friday Night Indoor “Improving Ball Mastery & First Touch”

Jan ran a ball mastery/first touch ball control program over the winter and we saw an explosive improvement in players confidence on the ball,

The Metro Team seasons.

The U13’s had a slow start to the season and had some missteps within the first month, we were able to acquire some talents from the U13 Gold Team that really strengthened the depth of our squad, the U13’s had an overall respectable 4th place finish within our pool

U13 Metro Team

Standings

Boys - Pool: A

Team	GP	W	D	L	GF	GA	GD	PTS
BDMS United	19	14	2	3	50	24	26	44
NV Selects	19	13	4	2	57	19	38	43
SF SGU	19	13	3	3	62	25	37	42
Richmond United	19	9	4	6	37	35	2	31
CMF Bayern	19	7	1	11	45	60	-15	22
FV Selects Real	19	6	2	11	40	52	-12	20
SF DCS	19	2	1	16	15	67	-52	7
Bye A	0	0	0	0	0	0	0	0

U13 Metro Coastal Cup Run

Following a strong finish to our season the U13 carried that momentum postseason and organized 5 friendlies of the February and March to keep the team well tuned for coastal’s We gave the boys ALL of spring break off, to make sure they were rested & ready to take on Vancouver FC.

U13 Player Movement Model

The U13 Teams Technical Lead Jan Skoupil

Metro Carlos/Paul

Gold Bernie

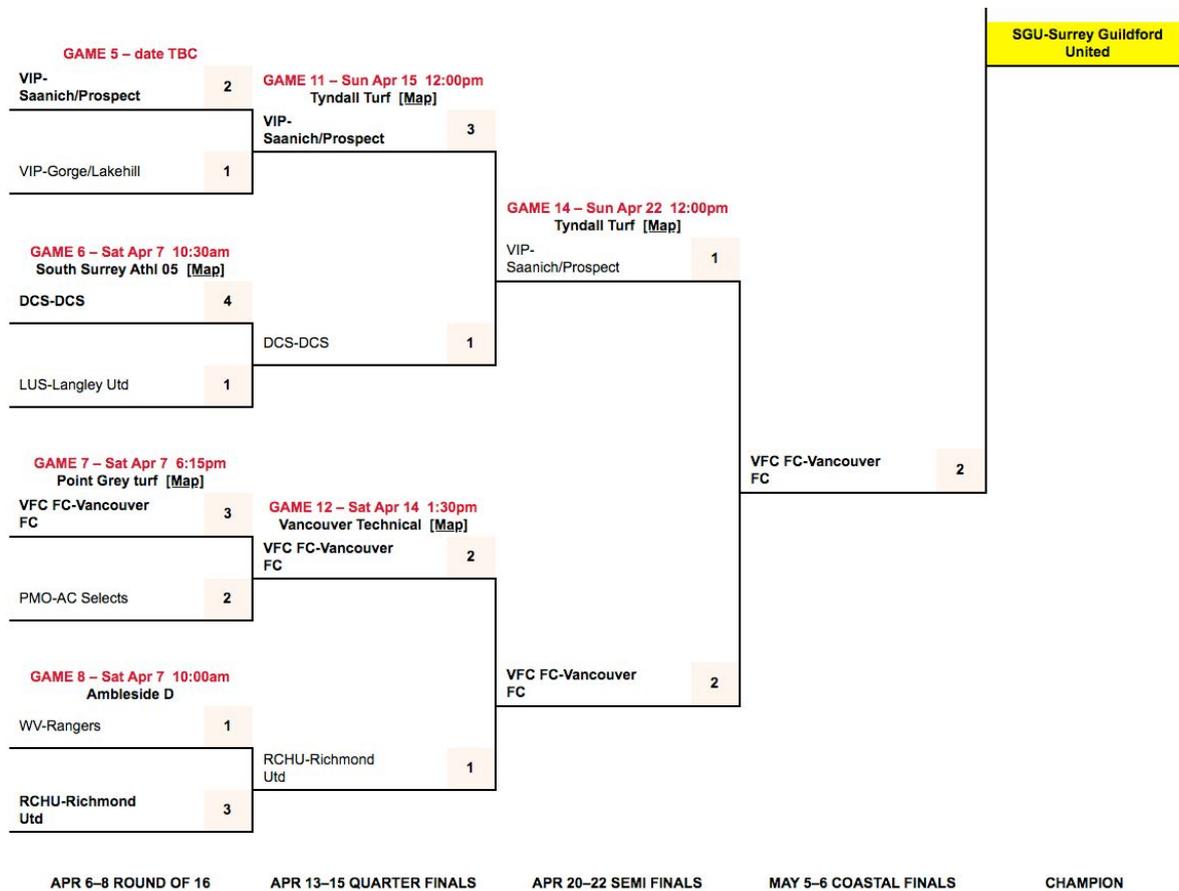
Silver Chris

At the beginning of the season the U13 coaches all got together and agreed to have an open dialogue around player movement to allow players the “opportunity & possibility” to play up to their ability. We would allow Gold → Metro, Silver → Gold, Bronze → Silver and even Bronze →Silver→Gold→Metro→ BCSPL (Fusion) 4 Training Players

This program was a huge success, players who were in the higher teams were given the role of leaders and allowed to mentor new players, welcoming them and providing that confidence boost new players are looking for, in particular one of the most drastic improvements was bronze player who struggled when he first started until the end of the season where he was officially offered a Metro Position and he gratefully accepted.

U15 Metro Coastal Cup Run

Following a strong finish, the U15's went on to win their Round of 16 match and got a birth in the quarter finals but unfortunately were knocked out with a loss to VFC.



U18 Metro Team

The U18's had a difficult season, the team was prone to several key players ongoing injuries and was made up primarily of U17 players, this team is capable of being competitive as was demonstrated to the parent group when a U17 BCSPL team was invited to play to a draw.

Based on the games that I was able to attend and the quality of play and ball movement, this team warrants a Metro U18 spot for next and will I believe will perform much better.

Standings

Boys - Pool: A

Team	GP	W	D	L	GF	GA	GD	PTS
WV Rangers	15	8	5	2	35	14	21	29
Langley United - Palani	15	8	5	2	32	13	19	29
Vancouver FC	15	6	2	7	31	30	1	20
West Coast Metro	15	5	3	7	37	34	3	18
SF SS	0	0	0	0	0	0	0	0
Bye A1	0	0	0	0	0	0	0	0
Bye A2	0	0	0	0	0	0	0	0
Richmond United	15	0	0	15	8	60	-52	0

U18 Metro Coastal Cup Run

The U18's had a difficult season, the team was prone to several key players injuries and was made up primarily of U17 players. Although they lost their opening match in the Round of 16 to KLM Santos the boys fought hard and played with determination.

U18 Boys A Cup



This year, to me, was about building momentum towards something great. With slack now fully adopted, the Technical Lead position gaining traction, the Player Movement Model leading the way towards inclusion and with RFC hosting the Provincials and finally receiving approval for the long awaited Clubhouse, RFC is on it's way, I look forward to the day when RFC will have won a foothold in the BC Provincials, we came so very close. Here's to next season.

Cheers

Carlos Carvalheiro-Nunes
RFC Metro Director