



Weekly Expectations Outline

Weeks 1-6 Shadow Period: Allow apprentice an initial probation period to determine if the program is a good fit.

Prior to start:

Coach Expectation: Meet/greet apprentice and add to TeamSnap.

Apprentice Expectation: Complete pre-program required training.

Activities:

- Coach contacts player via phone/skype call or email.
- Player has guardian complete and submit liability waiver (to Michelle Beard).
- Player completes SafeSport training.
- Complete coach and apprentice Expectation document.

Week 1-3:

CC: Shadowing

Coach Expectation: Communicate with apprentice about non-verbal communication: emails, TeamSnap, various ways to communicate to the whole group.

Apprentice Expectation: Create an introductory email about who they are and what they are doing within this program. Will communicate with coach about ways to communicate with players, families and other staff. Manage expectations

Possible activities:

- Coach and apprentice set pre-game, practice notifications expectations (if late, absent, etc.)
- Player completes introduction email draft and send in TeamSnap
- Coach and player Set plan/expectations for pre training (setting up fields, cones, etc.)
- Other:

Week 4-6:

CC: Program reviews

Coach Expectation: Make training plan with apprentice, talk about next phase (curriculum based) and how long they will be expected to commit to that phase of apprentice program. Communicate about expectations and focus.

Apprentice Expectation: Communicate with coach commitment to next phase of program.

Possible activities:

- If not continuing with program, Communicate end of program to parents via team snap
- If continuing with program, Communicate continuation of program to parents and explain increase in responsibilities.
- Create a check box of "things to do" to make sure each are fully prepared.

Week 7-9:

CC: Communication (verbal and non verbal)

Coach Expectation: Break down the skill of whole group communication, small group and 1:1 communication with apprentice. How to communicate with parents and players, how it differs. Lead by example with preparations.

Apprentice Expectation: Learn how to communicate to a group, pre training, pre match, during training. Tone, volume, purpose of verbal communication. habits of a good teammate (be early, encourage direct verbal communication to staff about conflicts/resolution)

Possible activities:

- Create a pre game talk;
- Create speaking points for in training (could be coaching points).
- Create a short list of ways to direct (whole group and small group).
- Assist coach with transitioning players at beginning and end of practice
- Explain drills

Week 10-12:

CC: Time Management/Team management

Coach Expectation: Showcase how to work with team manager for planning purposes, showcase how to plan with families and work with groups (both on the pitch and off) such as team bonding activities.

Apprentice Expectation: Learn ways to work with others to accomplish the intended goal. Family, staff and team. Be able to identify how communication and time-management play a part within teamwork and having a successful partnership within those groups/teams.

Possible activities:

- Run warm up activities.
- Plan a bonding activity.
- Communicate with team manager to plan after training activity, or after match activity.
- Find ways to build team unity, pre training, during training, after training.

Final Tasks:

- **Coach provides information on upcoming grassroots training courses to apprentice.**
- **If apprentice completed and satisfied all program tasks, coach will provide a letter of recommendation, reference letter, and/or contact information as a personal reference.**
- **Apprentice or Coach sends TeamSnap communication to families about the end of the program.**
- **Apprentice announces end of participation in the program to the players.**