

THE CHINOOKS WAY

Chinooks FC - #COYC





INTRODUCTION

Welcome to The Chinooks Way, a guide that outlines the philosophy, values, and playing style that define Chinooks FC. This document provides key information about how we approach the game, including our club's game model, expectations for players in each position, and the standards we set for our coaches.

Our goal is to ensure that every player, coach, and family understands and embraces the culture we are building — one that fosters technical excellence, passion for the game, and a love of learning and competition.



EARLY BEGINNINGS

The Chinooks Soccer Club was founded in 1974 as one of the six zoned teams in the city along with the Blizzards, Eagles, Eastside, Celtics, and Foothills. Prior to 1974, the club represented the western boundary up to 37th street S.W. and later occupied the entire south west following its merger with the Tornadoes (that occupied west of 37th street S.W.). Initially, the zoned teams were for the Under 16 and 18 Boys categories while the communities managed the younger age groups.

This is Ashley Gibbs, our current Club President. The Gibbs family has been proudly involved with Chinooks FC since its founding.





THE 4 C'S

Culture

We believe a soccer club is about more than just soccer... it's about inspiring lifelong confidence and enriching the lives of our players with the powerful bonds and camaraderie of team sport.

Community

At Chinooks FC, we believe strong communities create connection, belonging, and a better soccer experience. By sharing common values and goals, our members not only enrich the club but also positively impact the wider community.

Commitment

We are committed to creating meaningful experiences through soccer, offering opportunities to learn, grow, and be challenged. Our members share this commitment by valuing both their individual journeys and the connections built within our teams and community.

Character

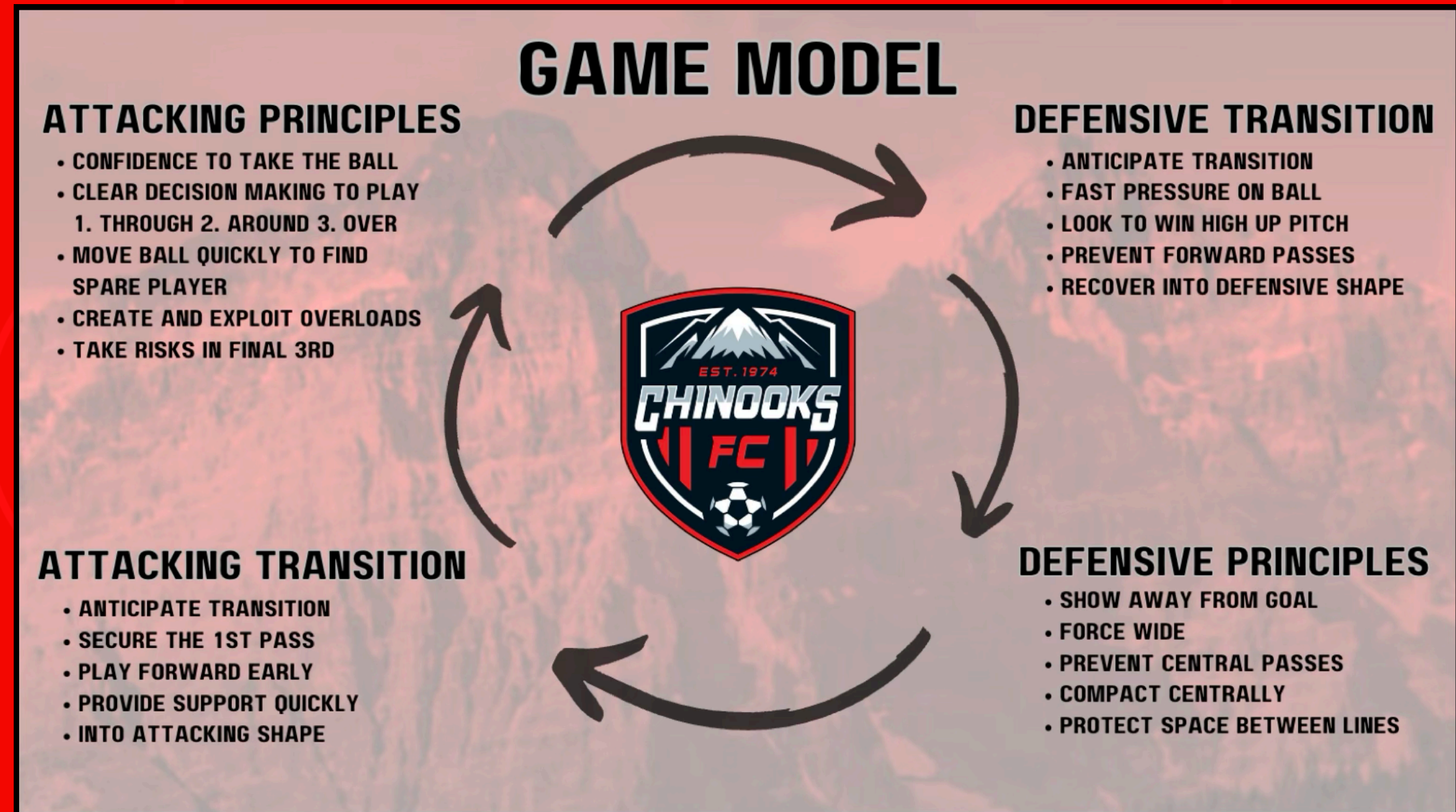
We are committed to providing our players character building experiences to achieve individual growth, development and challenges in a competitive environment.

GAME MODEL

HOW WE PLAY - THE CHINOOKS WAY

A game model is a framework that defines how a team plays in all moments of the game — in possession, out of possession, and during transitions. It outlines key principles, player roles, and strategies to create a clear, consistent style of play across the team or club.

Every training session at Chinooks FC is designed around our game model to ensure that all players and coaches are working toward the same philosophy and moving in the same direction.



COACHING

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The Chinooks FC Coaching Methodology

COACHING PROCESS - FREEZE COACHING

IDENTIFY, PAUSE, REHEARSE, RESTART

The coach identifies a problem during play, pauses the session, provides feedback, allows for rehearsal, and restarts the practice from the same point to reinforce the solution.

Coaches must be mindful that while effective, this approach can be time-consuming and may disrupt the flow of the session and player motivation.

CONCURRENT - REAL-TIME COACHING

Player-coach interaction takes place during periods of play without stopping the session. (Drive-by/Fly-by)

The coach uses this technique to reinforce or correct behaviours in a concise manner.

Example: “Excellent pass, Gareth; great use of weight to break the line.”

TERMINAL FEEDBACK - DURING BREAKS

Player-coach interaction occurs during pre-determined breaks in play.

Feedback can be delivered individually, to units, or collectively to the team.

Coaches can use a variety of resources such as tactics boards or video clips.

Example: Using a tactics board to show the two strikers how to press from the front.

WALK-THROUGHS

The coach uses this technique to give players a clear idea of what is required during a practice or block of work.

Walk-throughs are used to minimise the need for interventions during play and to address “what-if” scenarios.

Example: Showing players how to defend against a counter-attacking overload before starting a 3v2 wave game.

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To Develop a Positive Youth Environment as a Coach:

- Try to avoid stopping the practice too often.
- Provide opportunities for players to explore and problem-solve during practice.
- Present information that players can see, hear, and experience in real time.
- Don't always offer an immediate solution—first, consider adjusting the rules or conditions.
- Include breaks for social interaction, allowing players to discuss strategies and tactics for solving game-related problems.
- Offer frequent praise for both good play and effort, but avoid giving a constant commentary.

Guided Discovery

“Show me how you might link-up with the #10 in this position”.

Conditions and Restriction

“When switching play the ball must go through a central midfielder”

Targets

“Play forward as often as possible”

Demonstration

E.G. Example of a 1 touch pass around the corner

Co-operative learning

Can you resolve this issue as a group?
Can you resolve this issue as a unit?

Challenges - collective, unit, individual

“Can you play 2 touch from now on”
“Can all midfielders touch the ball”



Adaptations

When observing a practice, the coach should ask themselves the following questions:

Is it working? Is it too easy? Is it too hard?

Then based on the answer, the coach should be able to adapt the practice to ensure it's pitched at the right level for the players being coached.

CHALLENGE - PLAYERS

Examples:

Rules/Conditions - Less touches/no tackling

Numbers - Overload/floater

Time - Less/More - Challenge

Inclusion - Players make the rules

Individuals - Player specific targets

CONDITION - AREAS

Examples:

Area size - Bigger/smaller/wider/longer

Pitch geography - Specific pitch area

Pitch zones - Wide channels/pitch in thirds

VARY - TARGETS

Goals - How to score a goal

- One goal each end

- Two goals each end

- End zones

- Target players

- Number of passes

Equipment - Bigger goal/smaller goal

PLAYER PROFILES

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Goalkeeper #1



- Shot stopping
- Excellent handling
- Collect crosses
- Distribution range



- Excellent decision maker
- Resilient
- Calm under pressure
- Concentrated
- Reflective



- Lives to defend
- Brave in contact
- Aggressive
- Fearless



- Body weight forward
- Set position
- Quick footwork
- Distribution range

PLAYSNAP PHOTOGRAPHY

PLAYER PROFILES

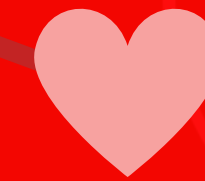
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Central Defenders #4 #5



- Great communicator
- Composed under pressure
- Organises others
- Sees danger early
- Excellent heading ability



- Lives to defend
- Physical presence
- Aggressive
- Desire to defend the goal
- Brave in the box
- Forces away from goal



- Times tackles
- Excellent in the 1v1
- Defends crosses well
- Range of distribution
- Comfortable in possession
- Quick over short distances interceptions



PLAYER PROFILES

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Wide Defenders #2 #3



- Lives to defend
- Resilient
- Calm under pressure
- You v them?
- Sees danger early
- Great work ethic



- Never gives up
- Physically strong
- Engine
- Deals with contact
- Forces away from goal
- Quick over short distances



- Excellent in the 1v1
- Great distribution
- Travels with the ball
- Energetic forward runs
- Recovery runs
- Timing of tackles/ interceptions



PLAYER PROFILES

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Defensive Midfielders #6



- Great awareness
- Looks forward
- Sees danger early
- Winning mentality
- Controls game tempo



- Great endurance
- Competitive edge
- Wins 1v1 contacts
- Block shots
- Brave in possession



- Comfortable in possession
- Extensive passing range
- Tracks runners
- Strong in the tackle
- Screens defence
- Supports across width of pitch



PLAYER PROFILES

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Wide Midfielders #7 #11



- Creative
- Self confident
- Game awareness
- Composed in attacking situations
- See's space in front
- See's space behind



- Strong in 1v1
- Good endurance
- Wants the ball
- Protects the ball
- Dominates opponents



- Mobile
- Quick
- Travels with the ball
- Ability to cross the ball
- Assists goals
- Scores goals



PLAYER PROFILES

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Attacking Midfielders #10



- Great awareness
- Excellent decision maker
- Plays in the future
- Finds dangerous spaces
- Composed in possession
- Sees opposition weaknesses
- Creative in the final third



- Brave in possession
- Strong in 1v1 contact
- Resilient
- Dominates opponents
- Desire to get forward



- Manipulate ball with both feet
- Clever first touch
- Range of passes
- Keeps the ball
- Travels with the ball
- Fast distribution
- Clinical
- Scores goals



PLAYER PROFILES

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Strikers #9



- Ruthless
- Confident
- Hustler
- Composed in possession
- Finds space in the box
- Resilient



- Strong in contact
- Desire to score goals
- Powerful
- Protects the ball
- Brave in the box



- Strong back to goal
- Links play well
- Mobile
- Times runs well
- Assists goals
- Clinical finisher



COME ON YOU CHINOOKS!

