



**KANATA KNIGHTS FOOTBALL CLUB**  
*Building Champions On and Off the Field*

Home Field: Bob Barr Field, Kanata, ON

Website: [kanataknightss.ca](http://kanataknightss.ca)

Email: [info@kanataknightss.com](mailto:info@kanataknightss.com)

Affiliated with: National Capital Amateur Football Association (NCAFA)

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## **KANATA KNIGHTS – HEAD COACH SEASON PLAN TEMPLATE**

To be submitted with the Head Coach Application

### **TEAM & COACH INFORMATION**

Head Coach Name: \_\_\_\_\_

Team Applying For:

Tyke  Mosquito  Pee wee  Bantam  Varsity  Girls Flag  Boys Flag

Season Year: \_\_\_\_\_

Proposed Coaching Staff (if known):

- Offensive Coordinator: \_\_\_\_\_

- Defensive Coordinator: \_\_\_\_\_

- Special Teams Coordinator: \_\_\_\_\_

- Assistant Coach: \_\_\_\_\_

- Assistant Coach: \_\_\_\_\_

- Other: \_\_\_\_\_

### **COACHING PHILOSOPHY (Short Statement)**

Provide a brief overview of your coaching beliefs and priorities:

## **SEASON OBJECTIVES**

Rank each category 1–3 (1 = highest priority):

\_\_\_ Player enjoyment and positive experience

\_\_\_ Individual player skill development

\_\_\_ Team success and competitiveness

Explain your rankings:

## **4. DEVELOPMENT PLAN**

A. Player Skill Development Goals:

B. Team Development Goals:

## **PRACTICE STRUCTURE & WEEKLY ROUTINE**

A. Sample Practice Outline (60–90 minutes):

1. Warm-Up & Activation – \_\_\_\_\_ minutes
2. Individual Position Drills – \_\_\_\_\_ minutes
3. Group / Unit Periods – \_\_\_\_\_ minutes
4. Team Install / Scrimmage – \_\_\_\_\_ minutes
5. Conditioning / Competition – \_\_\_\_\_ minutes
6. Cool Down / Team Talk – \_\_\_\_\_ minutes

B. Weekly Rhythm:

## **GAME DAY PLAN**

A. Game-Day Approach (rotations, substitutions, bench behaviour):

B. Staff Responsibilities:

## **COMMUNICATION PLAN**

Describe how you will communicate with parents, manage conflict, and maintain transparency:

## **SAFETY & COMPLIANCE PLAN**

Include concussion protocols, injury reporting, safe tackling standards, hydration, heat safety, and equipment checks:

## **TEAM VALUES & CULTURE BUILDING**

Describe how you will create a positive, accountable team environment:

## **COACHING YOUR OWN CHILD (If Applicable)**

How will you ensure fairness, equal opportunity, and avoid perceived favouritism:

## **EQUIPMENT & CLUB PROPERTY MANAGEMENT**

Describe how you will track and care for footballs, pads, shields, and jerseys:

## **ADDITIONAL NEEDS OR REQUESTS**

List any support, equipment, or resources needed from the club:

## **FINAL SUMMARY**

Provide a brief final statement outlining your overall vision: