

## Overview of Coaching Courses

### “A” License Course

**Length:** 9 days

**Cost – Summer:** \$850 (US Coaches Organization member cost) – \$900 (non-member)

**Cost – Winter:** \$925 (US Coaches Organization member cost) - \$975 (non-member)

**Prerequisites:** Candidates must be 21 years old and have earned a National “B” License (held for minimum of 12 months) and meets 3.2 Rule requirement

Curriculum Emphasis of the “A” Course:

- ~~///~~ Development and understanding of team play and specific tactical concepts applied to a game plan, i.e., low pressure defending, counter-attack, pressing, etc.
- ~~///~~ Ability to construct an appropriate training session and coach within an 11v11 format
- ~~///~~ Understanding of team-related issues, i.e., player management, match analysis, etc.

**Contact:** For brochure or more information contact – Coaching Department at US Soccer at 1801 S. Prairie Avenue, Chicago, IL 60616; Telephone 312.528.1231; or check the US Soccer web site at – [www.us-soccer.com](http://www.us-soccer.com)

### “B” License Course

**Length:** 9 days

**Cost – Summer:** \$850 (US Coaches Organization member cost) – \$900 (non-member)

**Cost – Winter:** \$925 (US Coaches Organization member cost) - \$975 (non-member)

**Prerequisites:** Candidates must be 19 years old and have earned a National “C” License (held for minimum of 12 months) and meets 3.2 Rule requirement; applicants with 5 years of professional playing experience, and, 5 years of coaching experience are eligible to forego the prerequisites subject to approval from the Coaching Department; or applicants must have earned the NSCAA Advanced National Diploma (held for minimum of 12 months).

Curriculum Emphasis of the “B” Course:

- ~~///~~ The development of training that provides greater meaning to positional play within the team structure, i.e., functional training
- ~~///~~ Improved understanding of the roles of players and their responsibilities within the game
- ~~///~~ Development of collective play within the various lines of play, i.e., back line, midfield line or forward line, as applied to tactics and concepts of play

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### “C” License Course

**Length:** 9 days

**Cost – Summer:** \$850 (US Coaches Organization member cost) – \$900 (non-member)

**Cost – Winter:** \$925 (US Coaches Organization member cost) - \$975 (non-member)

**Prerequisites:** Candidates must be 18 years old and have earned a National “D” License held for a minimum of 12 months; applicants with 3 years of professional playing experience, and, 3 years of coaching experience are eligible to forego the prerequisites subject to the approval of the Coaching Department; or applicants must have earned the NSCAA National Diploma (held for minimum of 12 months).

Curriculum Emphasis of the “C” Course:

- ~~✍~~ The emphasis of the course will continue to be on the development of individual skill taught within individual and small group activities and games (4v4 to 7v7)
- ~~✍~~ The understanding and development of tactics through 4v4 to 9v9 games
- ~~✍~~ The ability to observe mistakes and make appropriate corrections

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**Holders of foreign coaching licenses may also be eligible for a course waiver. Cases will be reviewed on an individual basis.**

**Sample week of the “C” License course**

US Soccer Federation  
Sample "C" License Weekly Schedule

Day	7:00-8:00	8:00-9:15	9:30-10:45	11:00-12:15	12:30-1:30	2:15-3:45	4:00-5:30	5:45-6:45	7:00-8:30
1	11:00 - 2:00 CHECK IN / 3:00 - 4:00 OPENING AND COURSE REGISTRATION						Lecture Reading the Game	D	Field Game Analysis
2	B	Field Warming up and Dribbling	Field Passing	Lecture Methods of Coaching 1	L	Field Crossing	Field Heading and Cool Down	D	Field Model Training Session
3	B	Field Receiving	Field Defending 1	Lecture Game Analysis & Model Training	L	Field Finishing	Field Practice Coaching	D	Field Practice Coaching
4	B	Field Goalkeeping 1	Field Goalkeeping 2	Lecture Methods of Coaching 2	L	Field Defending 2	Field Practice Coaching	D	Off
5	B	Field Combination Play	Field Possession	Lecture Principles of Play	L	Lecture Psychology and Team Mgmt	Field Penetration	D	Field Practice Coaching
6	B	Field Fitness for Soccer	Field Practice Coaching	Lecture Player Dev.	L	Lecture Systems of Play	Field Practice Coaching	D	Off
7	B	Field 9:9 - 11:11 Tactics Defending	Field 9:9 - 11:11 Tactics Attacking	Field Practice Coaching	L	Field Practice Coaching	Lecture Course Summary	D	Candidate Assistance (optional)
8	B	Field Coaching Exams			L	Oral Exams		D	Off
9	B	Field Coaching Exams			Course Completed				

## **US Soccer Youth License (“Y” License)**

**Length:** 5 days

**Cost:** \$625 (residential)

**Prerequisites:** Candidates must be 18 years old and hold “D” License or have the approval of the State Director of Coaching to attend.

### Curriculum Emphasis of the “Y” Course:

The NYLC consists of 5 days of classroom and field instruction and one day of written and practical field examinations. The instruction for the course is age specific. Each day is devoted to the physical, psychological and social characteristics displayed by children of specific ages, i.e. U.6, U.8, U.10 and U.12

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## **“D” License Course**

**Length:** 36 hours

**Cost:** Varies by state

**Prerequisites:** Candidates must hold “E” Certificate or have the approval of the State Director of Coaching to attend

### Curriculum Emphasis of the “D” Course:

- ~~✍~~ Prepare coaches to further develop the player’s technical abilities and their application within the game.
- ~~✍~~ Increase the understanding of the Principles of Play and how they are applied in the game
- ~~✍~~ Expand the coaches understanding of 11 a-side soccer and the importance of developing a team system that is based on the player’s abilities

**Contact:** This course is taught by the local State Youth Soccer Association. Contact your state office and speak with the Director of Coaching for a schedule of courses.

## **“E” Certificate Course**

**Length:** 18 hours

**Cost:** Varies by state

**Prerequisites:** Varies by state

### Curriculum Emphasis of the “E” Certificate:

- ~~✍~~ This course is the first course for coaches who will be coaching 11 a-side soccer and provides general instruction to coaching and organizing your team
- ~~✍~~ Introduction to the methodology of coaching and the four components of coaching soccer, Technique, Tactics, Fitness and Psychology

~~///~~ Field sessions concentrate on developing technique within small-sided games that also present problems for players to solve within the game

**Contact:** This course is taught by the local State Youth Soccer Association. Contact your state office and speak with the Director of Coaching for a schedule of courses.

### **Youth Modules – Level I, II and III**

**Length:** Varies by level

**Cost:** Varies by state

**Prerequisites:** Previous level earned – age varies by state

#### Curriculum Emphasis of the Youth Modules:

~~///~~ Content of youth modules is same as the National Youth License Course and is age specific

~~///~~ Level I – U.8; Level II – U.10; Level III – U.12

~~///~~ Focus of youth modules is the parent coach who has little or no experience in the game of soccer

**Contact:** This course is taught by the local State Youth Soccer Association. Contact your state office and speak with the Director of Coaching for a schedule of courses.

Your State Association telephone number can be found by visiting the “Federation Services” section of the Resource Center.

**NOTE: We strongly recommend that you be in "good" physical condition to meet the demands of the national coaching courses!**