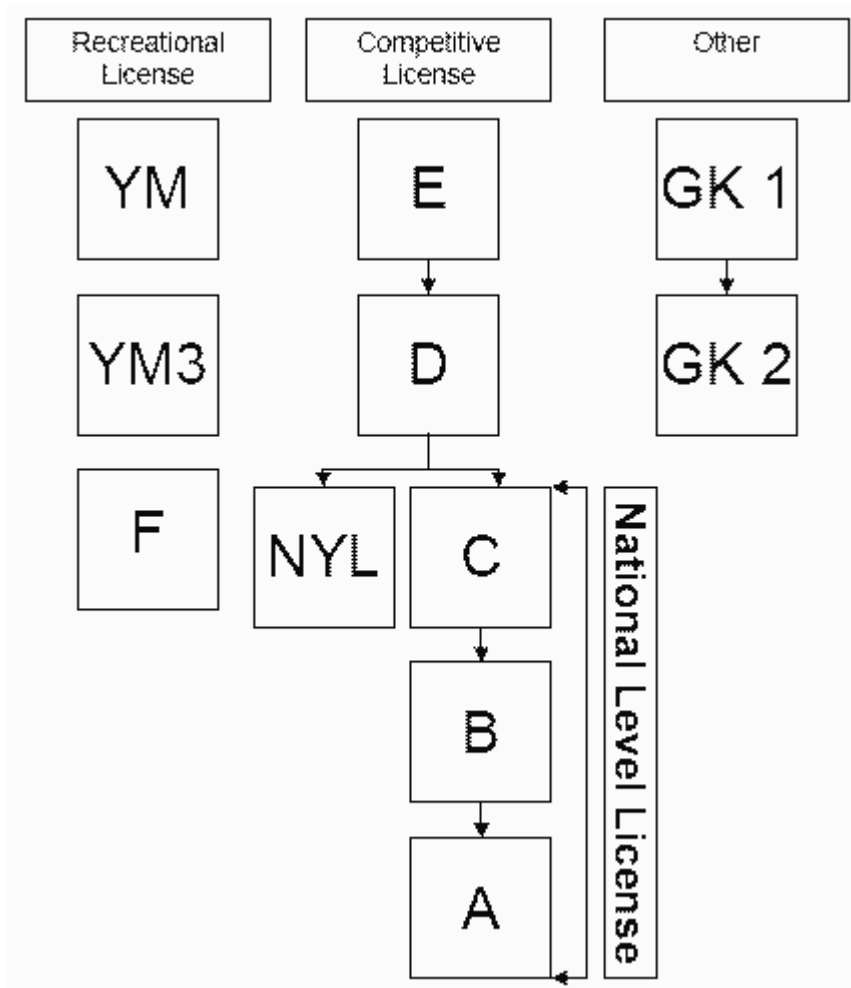


## General Requirements

**Every Cal South coach must have meet the requirements of the Coaching Education Department for coaching as described below. This includes holding a Cal South Coaching License, a license from another USYS State Association, or a USSF National Coaching License.**

All courses are taught by Cal South State Staff Coaches who hold a National Coaching License. "D" Clinic instructors hold either an "A" or "B" National Coaching License. Youth Module instructors hold a National Youth License. All courses must be scheduled through the Cal South State Office. A list is maintained at the State Office and posted on Cal South website. The "E" and "D" license courses are also offered in Spanish. Individuals wishing to attend a course or clubs, leagues wishing to host a course may do so by contacting Ramon Herrera, Latin Coaches Education coordinator for Cal South at 1-714-827-0470.

Course contents, duration, and costs are provided below. Youth Module 3 has replaced the older "F" license.



### Youth Module 1 - Under 9 and Younger

This course is designed specifically for the U9 coach. During 5 hours of classroom and field instruction, coaches are taught the proper techniques for these age groups.

Topics:

- Philosophy of coaching U9 and younger players
- Characteristics of U9 and younger
- Team administration and risk management
- Prevention and care of soccer injuries
- Appropriate activities for U9 and younger players
- Organizing a youth training session
- Laws of the Game: modified

Prerequisites:

- AN OPEN MIND!
- Minimum age – 16 years old

Course Length: 3 \_ hours

- 1 \_ hours classroom
- 2 hours field

Testing:

- None

Cost:

- \$15 per person

Each candidate will receive the USYS Primer and a NIKE T-shirt at a retail value of \$20  
Recommended for all Recreational coaches of player's age U9 and younger

Provisional coaching license will be issued to all coaches age 16 and under 18 years of age. All coaches holding a provisional coaching license will be required to work with a licensed coach 18 years and over. Up on reaching the age of 18 a coach holding a provisional coaching license shall be upon written request to the state director of coaching education be issued a full coaching license.

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### **Youth Module 3 State Youth License - Under 10 Years and Older**

This 5-hour course combines field and classroom instruction in intermediate coaching and teaching methodology.

Topics:

- Methods of coaching
- Team administration and risk management
- Prevention and care of injuries
- Coaching technique
- Coaching tactics
- Laws of the Game
- Principles of attack and defense
- Small-sided games

Prerequisites:

- AN OPEN MIND!
- Minimum age – 16 years old

Course Length: 5 hours of instruction

- 2 hours classroom
- 3 hours field

Testing:

- None

Cost:

- \$15 per person

All Candidates will receive a Nike T shirt and a Cal South workbook at a retail value of \$20  
Recommended for all Recreational coaches of player's age U10 and above  
Provisional coaching license will be issued to all coaches age 16 years and under 18 years of age. All coaches holding a provisional coaching license will be required to work with a licensed coach 18 years and over. Up on reaching the age of 18 a coach holding a provisional coaching license shall be upon written request to the state director of coaching education be issued a full coaching license.

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**The "E" License is an entry level course for all competitive coaches and will be mandatory for all competitive coaches by 8/31/03**

This 18-hour course combines field and classroom instruction in intermediate coaching and teaching methodology. This is an entry level course for all completeive coaches and will be mandatory for all competitive coaches by 8/31/03. This is Pass/Fail Course.

Topics:

- Methods of coaching
- Team administration and risk management
- Prevention and care of injuries
- Coaching technique
- Coaching tactics
- Laws of the Game
- Principles of attack and defense
- Small-sided games

Prerequisites:

- Minimum age – 18 years old

Course Length: 18 hours of instruction

- 5 hours classroom
- 13 hours field

Testing:

- Written

Cost:

- \$85 per person

All Candidates will receive the USSF "E" Course workbook, a 4 issue subscription to Success in Soccer Magazine, and a Nike T shirt at a retail value of \$40  
Mandatory for all competitive coaches by 8/31/03

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## **The "D" License is strongly recommended for all competitive coaches of players 15 years old and up**

This 36-hour course is the most comprehensive course offered and is preparatory for national licensing. Only a limited number of courses are offered each year and sign up for this course must be accomplished through the State Office. The participant must hold an "E" license and provide a copy of it when registering for the course. A candidate who takes this course will be awarded a level based on their performance in the course: Fail, State "D", National "D". A candidate who does not pass and receives a "Fail" will be awarded an "E" license, if they do previously have one.

### Topics

- Methods of coaching
- Team management
- Prevention and care of injuries
- Coaching technique
- Coaching tactics
- Systems of play
- Match analysis
- Principles of play

### Prerequisites:

- "E" License (No wait period is needed in between the "E" and "D" license course) or a Cal South Director of Coaching Education approved waiver
- Minimum age – 18 years old

### Course Length: 36-hours

- 2 hours classroom
- 24 hours field

### Testing:

- Methods of coaching – oral and video test
- Tactics – oral video test
- Laws of the Game – take home test
- Prevention and Care – take home test
- Practical field session – methods / coaching

### Cost:

- \$ 150.00 per person

All Candidates will receive the USSF "D" Course workbook, a 4 issue subscription to Success in Soccer Magazine, and a Nike T shirt at a retail value of \$40

Mandatory for all competitive coaches of players 15 years old and up by 8/31/05

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## **D" License Course Upgrade**

This course is offered to coaches that did not pass their "D" course and are looking to receive a National "D". This is also offered to coaches with previous soccer experience. A candidate who takes this course will be awarded a level based on their performance in the course: Fail, State "D", National "D". A candidate who does not pass and receives a "Fail" will be awarded an "E" license, if they do previously have one.

### Topics

- Methods of Coaching

- Team management
- Prevention and care of injuries
- Coaching technique
- Coaching tactics
- Systems of play
- Match analysis
- Principles of play

Prerequisites:

- A State "D" License, a Recommended Retest from a "D" Course, or a Cal South Director of Coaching Education approved waiver (please see waiver procedures).
- Minimum age – 18 years old

Course Length: 10-hours

- 2 hours classroom
- 8 hours field

Testing:

- Methods of coaching – oral and video test
- Tactics – oral video test
- Methods of coaching – practical field session

Cost:

- \$ 150.00 for waiver candidates
- \$50 for previous "D" candidates

All Candidates will receive the USSF "D" Course workbook, a 4 issue subscription to Success in Soccer Magazine, and a Nike T shirt at a retail value of \$40

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### **Goalkeeper License - Level 1**

The overall objective of the Goalkeeping Level I Diploma Course is to explore some of the myths and mystiques surrounding the goalkeeping function. The six-hour course is directed towards the team coach - not the specialist goalkeeper coach. The object is to empower the coach with knowledge and practice methods that will enable the coach to evaluate a goalkeeper in game situations and then design an appropriate practice program for goalkeepers in and outside of team practices. The course includes lecture (theory) and field (practical) sessions.

Topics

- Goalkeeping and Development
- Principles of Goalkeeping
- Techniques/Tactics

Prerequisites:

- Minimum age – 18 years old

Course Length: 6 hours

- 2 \_ hours classroom
- 3 \_ hours field

Testing;

- None

Cost:

- To Be Determined by Cal South

All Candidates will receive the NSCAA Goalkeeping Level 1 Course workbook and a Nike T shirt at a retail value of \$40

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## **NATIONAL COACHING SCHOOLS**

The official FIFA Licensor, U.S. Soccer's National Coaching Schools are taught by U.S. Soccer's National Staff Coaches and members of U.S. Soccer's Instructional Staff.

The following is an overview of the coaching education programs and the curriculum for each level that offered:

### **" A" License Course**

Topics

- 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.

Prerequisites:

- Applicants must be at least 21 years of age
- A "B" License for a minimum of 12 months, and meets 3.2 rule requirement.
- Absolutely no waivers will be considered for entrance into the "A" License course.

Course Length: 9 days

Testing:

- Candidates undergo a challenging series of written, oral and practical examinations on a variety of subjects.
- Graded on a scale of 1 (high) to 5 (fail), candidates must receive passing scores in all test areas in order to become licensed.
- A single failing score in a theoretical subject qualifies for a re-test in that subject.
- All re-tests will take place at the conclusion of the course.
- A single failing score in either of the methodology subjects will result in a failing grade for the course with no re-testing.
- If a candidate is found deficient in only Game Awareness, he/she may still pass the course.

Cost:

- To be Determined by USSF

### **" B" License Course**

Topics

- 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

Testing:

- Applicants must be at least 19 years of age
- A "C" License for a minimum of 12 months, and meets 3.2 rule requirement.

- Applicants who have received a NSCAA Advanced National Diploma and held it for a minimum of 12 months may be waived
- Applicants who have five (5) years coaching experience AND five years playing experience with U.S. National Teams or five (5) years professional playing experience may be waived.

Course Length: 9 days Testing:

- Candidates undergo a challenging series of written, oral and practical examinations on a variety of subjects.
- Graded on a scale of 1 (high) to 5 (fail), candidates must receive passing scores in all test areas in order to become licensed.
- A single failing score in a theoretical subject qualifies for a re-test in that subject.
- All re-tests will take place at the conclusion of the course.
- A single failing score in either of the methodology subjects will result in a failing grade for the course with no re-testing.
- If a candidate is found deficient in only Game Awareness, he/she may still pass the course. • If "B" candidates receive a passing grade of 3.2 or above they must wait three (3) years before attempting the "A" License. However, if they audit an "A" course within that three-year period, they will be permitted to attempt the "A" License after the minimum 12-month waiting period.

Cost: • To be Determined by USSF

### **"C" License Course**

Topics

- 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 correction

Prerequisites:

- Applicants must be at least 18 years of age
- A National "D" License certification held for a minimum of 12 months (attach a copy to application).
- Applicants who have received a NSCAA National Diploma and held it for a minimum of 12 months may be waived
- Applicants who have three (3) years coaching experience AND three years playing experience with U.S. National Teams or three (3) years professional playing experience may be waived.

Course Length: 9 days

- Candidates undergo a challenging series of written, oral and practical examinations on a variety of subjects.
- Graded on a scale of 1 (high) to 5 (fail), candidates must receive passing scores in all test areas in order to become licensed.
- A single failing score in a theoretical subject qualifies for a re-test in that subject.
- All re-tests will take place at the conclusion of the course.
- A single failing score in either of the methodology subjects will result in a failing grade for the course with no re-testing.
- If a candidate is found deficient in only Game Awareness, he/she may still pass the course.
- If "C" candidates receive a passing grade equaling 3.2 or above, they must wait two (2) years before attending a "B" course. However, if they audit a "B" course within that two-year period,

they will be permitted to attempt the “B” License after the minimum 12-month waiting period.

Cost:

- To be Determined by USSF

### **National Youth License Course**

This is a national course conducted jointly by U. S. Soccer and U. S. Youth Soccer. The main emphasis of the course is based on the unique characteristics of the growing child from a physical, psychosocial, cognitive, and motor skill acquisition perspective and developmentally appropriate activities for them. Detailed analysis of the modern methods of coaching players U6 through U12 is provided together with invaluable feedback from practice coaching in each age group.

Topics

- Coaching U6, U8, U10, and U12 players
- Care and Prevention/Youth Fitness
- Team and Risk Management
- Rules, Fair Play, and Moral Development

Prerequisites:

- National “D” or a Cal South Director of Coaching Education approved waiver.
- Minimum age – 18 years old

Course Length: 6 days

- About 22 hours classroom
- About 20 hours field

Testing:

- Oral Exams
- Practical Coaching Exam

Cost:

To Be Determined by Cal South

All Candidates will receive the Nike T shirt at a retail value of \$40

For more information on U.S. Soccer Coaching Schools, contact the U.S. Soccer Coaching Department at 312-528-1219 or [coaches@ussoccer.org](mailto:coaches@ussoccer.org).