

USSF Refresher

An introduction to 'new ideas' in the industry as developed in the USSF coaching courses and curriculum.

Coaching Style

Below are general coaching guidelines and preparation for our coaches.

- **Methodology**

- **Competitive:** All games will have a competitive component, rewarding the winning team and creating a healthy competitive spirit and training environment.
- **Ball:** All practices must be done with the ball whenever possible.
- **Fun:** The coach must use his/her creativity to design fun practices which apply to soccer, especially for younger players.

- **Organization**

- **Preparation:** All coaches will prepare and review a session plan before the session. A record of all session plans will be kept with the coaching department.
- **During the session:** Do not stop the session too often. Players must learn to find solutions without constant coaching. Give clear and accurate coaching points and quickly restart the practice.
- **Evaluation:** Take a few minutes after the session to review and note what worked well and what needs improvement.

- **Coaching the player**

- **Ball control and passing:** The technique of the player is based upon ball control as well as accuracy of the pass. The quality and direction of the first touch is of paramount importance.
- **Perception and awareness:** Emphasize keeping the head up and scanning the field at all times. Perception and awareness are major parts of the game.
- **Speed and reaction:** All practices will incorporate speed and reaction, decision making and skill execution. Increasing individual speed will increase the speed of the whole team.

Coaching Style

Below are general coaching guidelines and preparation for our coaches.

- **Coaching the team**
- **Space and movement:** Creating space in order to receive the ball and offer passing options to the player in possession is essential. Demonstrate to players how to move at the right time.
- **Attack – defense:** All players attack and defend. Give specific roles and explain the appropriate movements for your players individually and as a team-unit.
- **Speed of play:** The main objective of the team will be to play at maximum speed. Reducing the space and number of touches on the ball increases the speed of play.

Principles of Play

Coaches:

1. **Possession** games are a means to improve both the technique and tactical understanding of the players.
2. **Opposition** will be encouraged to increase the competitiveness of the players.
3. **High-intensity** games based on speed and agility. Short but intense working-periods.

Organization of player development by age and stage

Initial stage – 5 to 8 years old: In order to help children build their own experience, many exercises will be individual (e.g. each player will have a ball). The tactical component of the game will be reduced to small-sided games with basic explanations about space distribution. Training sessions will be treated more as physical education than specifically as soccer training.

Basic stage – 9 to 12 years old: The main component of the training session will be technical. It is sensible at this age to develop technique and basic tactical understanding. Children's capacity to solve problems increases significantly. Therefore players will begin working on basic and dynamic tactical scenarios. At this stage, players are pre-pubescent and have important physical limitations in terms of strength and endurance.

Intermediate stage – 13 and 14 years old: Players at this age develop a good understanding of the game. However, these players are limited by their physical size and the significant changes, which arise with puberty. Safety should be the number one priority for the coach. The coach must be cautious to avoid overtraining should focus more on tactical and technical elements of the game and less on the physical aspects. Tactical training plays an important role at this age.

Advanced stage – 15 to 18 years old: Players at this age have completed most of their physical and mental development. All components of training can be combined and organized with the purpose of developing the highest potential of the player.

Numbering System.



- USSF Coaching Courses recommend using numbers for the positions as shown to help players learn their role.

Methods of coaching - Training objectives.

Topic: Improve the team's ability to build up from the defensive half.

Who? 1, 2, 3, 4, 5, 6, 8.

Where: Defending and middle thirds of the field.

When: After securing possession or opponent has dropped off to defend.

What: Passing with the inside and outside of the foot, weight, and accuracy. Receiving - optimizing vision.

Why: To improve on passes to related players in the defending half of the field.

To improve **How** the team will build up when the opponent is dropping off to defend later.

To improve on understanding safety vs. risk in the defending half of the field.

F License

Course Details

The “F” license is a 2-hour course, conducted entirely online, intended for all parents and coaches of youth players. The focus of this grassroots course is to share U.S. Soccer’s best practices in creating a fun, activity-centered and age-appropriate environment for **5-8 year old players**.

EVERYONE that coaches owes it to their players to complete the F LICENSE. Parent Coaches are required to have this to get a coaching pass.

Cost - \$25.

New Jersey residents: Please be advised that NJ Youth Soccer requires coaches to complete its NJYS course, a nine-hour program that provides coaches a certificate required to validate their NJYS Coaching Pass. The NJYS course is designed to address requirements outlined in New Jersey’s Little League Law. Please visit <http://www.njyouthsoccer.com> for more information.

E License

Course Details

The National "E" license is an 22-hour course, which covers the elementary principles of coaching and prepares interested coaches for the "D" license course.

As of May 1, 2015 all candidates for the National E License Course must first complete US Soccer's online National F License Course.

Cost - \$150 - \$250.

Target Outcomes

- Develop the core coaching competencies necessary to effectively teach the 9-12 year old athlete and team.
- Understand the characteristics and needs of an athlete in the Basic Stage of U.S. Soccer's Long Term Athlete Development Model.
- Demonstrate competency in planning an age-appropriate training session.
- Understand concepts and recognize the principles of attacking and defending in a small-sided game environment.

D License

Course Details

The National 'D' license course is 36 to 40 hours spread over a minimum 10 week period. The focus of this course is to improve a coach's ability to positively influence individual players and teams. It is designed for the experienced coach who has already earned a National 'E' license and is working with a competitive team playing 11 V 11 soccer (13 or 14 years old). The 'D' License curriculum involves classroom and field sessions plus practical coaching assignments prior to and during the course. To be eligible to earn a 'D' License, a candidate must attend all sessions and complete course work.

Cost - \$250 - \$425.

Target outcomes

- Teach the Principles of Play in a training environment. (7v7 to 9v9).
- Apply the Principles of Play to functional group roles in a full team system.
- Plan a sequence of training and weekly cycles to complete a season plan.