

# National Coaching Schools

## Candidate Competencies and Course Outcomes



© 2014 U.S. Soccer CONFIDENTIAL – Not to be shared without U.S. Soccer approval



## Objectives

- **The successful candidate will:**
  - 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
  - Establish a foundation of knowledge and experience to proceed through the U.S. Soccer coaching pathway

# National “E” License

## Theory Components



© 2014 U.S. Soccer CONFIDENTIAL – Not to be shared without U.S. Soccer approval



*The successful candidate will:*

<b>Primary</b>	<b>Understand and describe the technical, tactical, physical and psycho-social characteristics of soccer players in the basic stage of long term athletic development</b>
<b>Secondary</b>	Describe the challenges of using chronological age to group players in the basic stage of development
	Describe the opportunities of developmental windows presented in the Basic Stage of development



*The successful candidate will:*

<b>Primary</b>	<b>Demonstrate an understanding of effective teaching methods relative to the 9-12 year old player</b>
<b>Secondary</b>	Demonstrate how to check for understanding
	Demonstrate application of the Coach's Toolkit
	Demonstrate an understanding of how to create a child-centered environment



*The successful candidate will:*

<b>Primary</b>	<b>Demonstrate an understanding of developing an effective training session</b>
<b>Secondary</b>	Understand the cycle of coaching
	Demonstrate an understanding of the four stage teaching progression
	Demonstrate an understanding of creating reality-based activities to develop a four stage training session



*The successful candidate will:*

<b>Primary</b>	<b>Demonstrate the ability to develop and implement appropriate training sessions integrating soccer-specific technical development with coordination and agility</b>
<b>Secondary</b>	Structure an appropriate training environment targeting the athletic components of coordination and agility
	Understand and describe the work and recovery durations that effectively develop athleticism
	Accurately identify player movement deficiencies
	Accurately analyze and correct player movements



*The successful candidate will:*

<b>Primary</b>	<b>Identify breakdowns in functional technique</b>
<b>Secondary</b>	Create an appropriate second stage and/or a third stage activity related to the technical breakdown identified in the video example
	Accurately describe the importance of video analysis for the purpose of creating reality-based training activities
	Present to their peers the reality based activity relating to a moment in the match





*The successful candidate will:*

<b>Primary</b>	<b>Understand the importance of creating a coaching philosophy appropriate for the basic stage of development</b>
<b>Secondary</b>	Accurately assess and describe their own philosophy relative to coaching the 9-12 year old player, including: views on playing time, training focus, creating a child-centered environment, and managing the competitive environment
	Understand the need to create a safe, fun, child-centered environment with inclusive activities – developing the child is the main focus throughout the training, game, and season;
	Describe how the course content influenced their coaching philosophy

# National “E” License

## Practical Components



© 2014 U.S. Soccer CONFIDENTIAL – Not to be shared without U.S. Soccer approval

# Individual Attacking and Defending



*The successful candidate will:*

<b>Primary</b>	<b>Understand and describe individual attacking and defending principles</b>
<b>Secondary</b>	Identify and correct technical and tactical breakdowns in individual defending
	Identify and correct technical and tactical breakdowns in individual attacking
	Identify and correct technical and tactical breakdowns during transitional moments



*The successful candidate will:*

<b>Primary</b>	<b>Identify, understand, and describe the functional application of dribbling</b>
<b>Secondary</b>	Identify dribbling in the attacking 3 <sup>rd</sup> relative to the 7, 9, 10, and 11 players; in the midfield 3 <sup>rd</sup> relative to the 6 and 8 players; or in the defending 3 <sup>rd</sup> relative to the 1, 2, 3, 4, and 5 players
	Coach the proper mechanics of running with the ball, dribbling to keep possession, or dribbling to beat an opponent
	Identify, evaluate, and correct the functional application of the technique



*The successful candidate will:*

<b>Primary</b>	<b>Identify, understand, and describe the functional applications of passing</b>
<b>Secondary</b>	Identify passing applications in the attacking 3 <sup>rd</sup> relative to the 7, 9, 10, and 11 players; in the midfield 3 <sup>rd</sup> relative to the 6 and 8 players; or in the defending 3 <sup>rd</sup> relative to the 1, 2, 3, 4, and 5 players.
	Identify intermediate to long range passing in the defending third of the field specific to the 2, 3, 4, and 5 players
	Identify the proper mechanics of short range, intermediate range, long range, or aerial passing
	Identify, evaluate and correct the functional application of the technique

# Receiving / Redirecting



*The successful candidate will:*

<b>Primary</b>	<b>Identify, understand, and describe the functional applications of receiving/redirecting</b>
<b>Secondary</b>	Identify receiving/redirecting applications in the attacking 3 <sup>rd</sup> relative to the 7, 9, 10, and 11 players; in the midfield 3 <sup>rd</sup> relative to the 6 and 8 players; or in the defending 3 <sup>rd</sup> relative to the 1, 2, 3, 4, and 5 players
	Identify, evaluate and correct the proper mechanics of receiving/redirecting ground and aerial balls to possess or penetrate
	Identify, evaluate and correct the functional application of the technique



*The successful candidate will:*

<b>Primary</b>	<b>Identify, understand, and describe the functional applications of finishing</b>
<b>Secondary</b>	Identify finishing applications relative to the 7, 8, 9, 10, and 11 players
	Identify, evaluate, and correct the proper mechanics of striking or heading the ball for the purpose of finishing
	Identify, evaluate, and correct how to finish off the dribble, from a pass on the ground, and from an aerial service
	Develop an understanding of how “textbook” finishing and improvisation interact



*The successful candidate will:*

<b>Primary</b>	<b>Identify, understand, and describe the basic techniques of catching, shot stopping, starting positions, and angles within body range</b>
<b>Secondary</b>	Identify, evaluate, and correct how the goalkeeper also acts as a support player for the attack
	Identify, evaluate, and correct the role of the goalkeeper when their team is in possession
	Identify, evaluate, and correct the role of the goalkeeper when their team is not in possession
	Identify, evaluate, and correct catching and handling techniques within the body range





*The successful candidate will:*

<b>Primary</b>	<b>Identify, understand, and describe the functional applications of heading the ball</b>
<b>Secondary</b>	Identify heading applications in the attacking 3 <sup>rd</sup> relative to the 7, 9, 10, and 11 players; in the midfield 3 <sup>rd</sup> relative to the 6 and 8 players; or in the defending 3 <sup>rd</sup> relative to the 2, 3, 4, and 5 players
	Identify, evaluate, and correct the proper mechanics of heading the ball
	Identify, evaluate, and correct how to head the ball for defending reasons (clearing, passing back to goalkeeper, etc.)
	Identify, evaluate, and correct how to head the ball for attacking reasons (scoring, passing, flicking, etc.)

# Attacking Principles



*The successful candidate will:*

<b>Primary</b>	<b>Identify, understand, and describe the related attacking principles found in the 7v7 model.</b>
<b>Secondary</b>	Identify, evaluate, and correct the principles of attack
	Identify and describe why and how attacking principles relate to the 11v11 model
	Understand and describe the principle of safety vs. risk

# Defending Principles



*The successful candidate will:*

<b>Primary</b>	<b>Identify, understand, and describe the related defending principles found in the 7v7 model</b>
<b>Secondary</b>	Identify and describe small group defending principles of play within a larger game (pressure, cover, balance)
	Identify and describe larger group defending principles of play (compactness, depth)