



FYSA Coaching Education Program 2016

Florida Youth Soccer Association is committed to providing quality coaching education programs with up to date and invaluable information. Each program is designed to equip coaches with the theoretical and practical knowledge he/she needs to succeed and be excellent in their role as a coach and a leader. We strive to provide the best coaching education courses in order to develop the coach's knowledge of not only the tactical facet of the game but also the psycho-social aspect of the sport regardless of his/her coaching or playing background.

Staff:

All FYSA coaching courses are conducted by the FYSA State Instructional Staff. These coaches have the highest qualifications and experience in coaching and teaching, with a minimum of a USSF 'B' License. Many of our instructors are also USYS/USSF National Staff Instructors. State staff instructors routinely attend training at the regional and national level to remain current with new developments in the field.

Attendance Policy:

Candidates taking any FYSA coaching course must attend all sessions, and complete all coursework for that course in order to earn the license. If a candidate misses any part of the course, they will be marked as incomplete, and will need to attend the missed portions at another course in order to receive their license.

US Soccer Waiver Policy:

Coaches who have played at a professional division I level or for a full national team may be eligible for a waiver to a national course. Inquiries should be directed to coaches@ussoccer.org.

Disability:

If you have a disability or need special accommodations or assistance, please contact the FYSA State Office phone (863) 268-8220 or email coachingcourses@fysa.com in advance of the course.

Curriculum

Youth Modules

Age specific training with appropriate activities for youth players for U6/8, U8/10 or U10/12 levels. They are held either in two concurrent 3 hour segments on a single day, or two 3 hour segments on concurrent days. This course combines classroom sessions on the physical, technical, and psychosocial/cognitive characteristics of each age group with practical age-appropriate training demonstrations involving youth players. The minimum age to attend a module is 12.

Details:

- 6 hours
- Minimum 15 candidates
- \$25 per candidate
- \$375 deposit
- \$300 late cancellation fee
- No pre-course work

Requirements:

- Course request 3 weeks in advance
- Age specific players for determined time slots
- Classroom with presentation capabilities
- Tables/chairs
- Field

Sample course schedule:

9am-12pm – Lecture characteristics

1pm-2pm – Field appropriate age group

2pm-3pm – Field appropriate age group

3pm-4pm – Summary and Q&A

E License

The E license is a preparation and a prerequisite for attending the D course. The prerequisite to the E course is the F license. The F course needs to be taken directly through US Soccer. You can set up a profile and register to take the F course here. Candidates learn how to plan and execute age appropriate training sessions with an emphasis on developing technique, within the weekly game to training to game cycle. The course is intended as a foundation in developing an understanding and recognition of the basic tactical principles of attacking and defending. The course is typically held over a weekend, from Friday evening to Sunday. There are pre-course requirements that must be sent to the FYSA coaching department for a coach to be eligible to enroll in the E course. The minimum age to attend is 16.

Details:

- 20 hours
- Minimum of 15 candidates
- \$125 per candidate
- \$800 deposit
- \$800 late cancellation fee
- Pre-course work

Requirements:

- Course request 2 months prior to course
- Classroom with presentation capabilities
- Tables/chairs
- Field

Sample Course schedule:

FRIDAY

5:30pm-6:00pm – Course Orientation [lecture]
6:00pm-8:00pm – Methods of Coaching I & II [lecture]
8:00pm-9:00pm – Practical Coaching lesson preparation

SATURDAY

9:00am-10:00am – Individual defending and attacking [field]
10:00am-12:00pm – Functional Technique [field]
1:00pm-2:00pm – Periodization [lecture]
2:00pm-3:00pm – Video analysis I & Principles of play [lecture]
3:00pm-6:00pm – Candidate practice coaching/review [field]

SUNDAY

9:00am-10:00am – Teaching in SSG, 3v3, 4v4 [field]
10:00am-11:00am – Teaching in SSG, 5v5, 9v9 [field]
11:00am-12:00pm – Candidate practice coaching [field]
1:00pm-2:00pm – Team management [lecture]
2:00pm-3:00pm – Candidates' presentations on Philosophy & Risk Mgmt [lecture]
3:00pm-6:00pm – Candidate practice coaching [field]

D1 & D2 Courses

The D license is the foundation of all national-level coaching courses, and is intended to teach the principles of coaching and planning in weekly training cycles to complete a seasonal plan.

Coaches must hold an 'E' license for at least 6 months in order to enroll in a 'D' course, and must transmit a copy of the license (preferably via email) to our office prior to enrolling. There is no waiver process for this requirement. There are pre-course assignments which must be sent to the FYSA coaching department to establish enrollment eligibility.

The 36 hour 'D' license format features a revised course structure, to promote greater coaching competency. Coaches will be required to prepare and run a set of predetermined training sessions prior to the first weekend, now called the 'D-1' (instructional) phase. After completing the first weekend, coaches will then take what they learned into practice with their clubs, teams, and players with a designated mentor. Coaches will be required to wait a minimum of ten weeks or a season before returning for the second 'D-2' (testing performance review weekend, where they will be assessed to receive either the 'D' or the 'D certificate').

Details:

- 36 hours
- Minimum 24 candidates
- \$250 per candidate
- \$800 deposit
- \$800 late cancellation fee

Requirements:

- Course request 2 months prior to the course
- Classroom
- Presentation capabilities
- Tables/chairs
- Fields
- 16 U13/15 players [14 field players, 2 goalkeepers]
- Pre-course work
- 10 weeks between 'D1' and 'D2'

D1 (Instructional Phase)

FRIDAY

5:30pm-6:00pm – Check-in

6:00pm-7:00pm – Methods I [lecture]

7:05pm-8:00pm – Reading the Game/Vid Analysis [lecture]

8:05pm-8:45pm – Prep phase review/PC prep [lecture]

SATURDAY

8:30am-10:15am – Methods II & Principles of attack [lecture]

10:30am-11:30am – Instructor session, Principles of attack [field]

1:00pm-1:45pm – Principles of defending [lecture]

1:45pm-2:45pm – Instructor session, Back 4 defending [field]

3:00pm-6:00pm – Practice coaching [field]

SUNDAY

8:30am-9:30am – Goalkeeping [lecture]

9:30am-10:30am – Instructor session, GK Practical [field]

10:30am-12:00pm – Practice coaching [field]

1:30pm – 5:00pm – Practice coaching [field]

5:00pm-5:30pm – Course review [lecture]

DELIBERATE PRACTICE PHASE – candidates perform training sessions in their home environment while being observed by designated mentor, with a performance review. 10 weeks in between courses.

D2 (Testing Phase)

FRIDAY

6:00pm-9:00pm – Instructor sessions/practice coaching prep [field]

SATURDAY

9:00am-12:00pm – Practice coaching [field]

1:30pm-4:00pm – Practice coaching [field]

4:00pm-4:30pm – Course summary [lecture]

SUNDAY

9:00am-12:00pm – Candidate coaching performance evaluation [field]

1:30pm-5:00pm – Candidate coaching performance evaluation [field]