



How to Obtain a Coaching Course

*The instructional staff are drawn from our FYSA State Instructional Staff. No coaches outside the FYSA staff may instruct a licensing course.

Attendance policy: In order to earn a license, a coach must attend the entire course and pass the exams. In the event a coach misses part of a course, it is the responsibility of that coach to attend the missed segment at another course in order to attain a license.

The following coaching courses are offered by FYSA:

U6/8 module – 6 hours – minimum 15 @ \$25 per candidate – \$375 deposit

U8/10 module – 6 hours – minimum 15 @ \$25 per candidate – \$375 deposit

U10/12 module – 6 hours – minimum 15 @ \$25 per candidate – \$375 deposit

E License – 20 hours – minimum 16 @ \$125 per candidate – \$800 deposit

D License – 36 hours – minimum 16 @ \$250 per candidate – \$800 deposit

Coaching Course General Information

License	Prerequisite	Minimum Age	Coach level recommendation	Fees	Pre-course assignments	Course Length	Registration	Course Organization
Youth Modules	None	12	Parent coach of players 6U to 12U	\$25	None	4-5 hours		FYSA
TOPS	None	14	None	Free	None	4-5 hours		FYSA
USSF F	None	16	Parent Coach	\$25	None	2-3 hours	US Soccer DCC	US Soccer - DCC
FYSA Bridge Course	None	14	Coaches of players 11U-14U	\$75	None	8-9 hours		FYSA
USSF E	F	16	Experienced coach	\$150	E Pre-course	20 hours		FYSA
USSF D1	USSF E held for 6 months	16	Experienced Coach	\$275	D1 Pre-course	20 hours		FYSA
USSF D2	D1 completed 10 weeks prior	16	Experienced Coach	Fee covered with D1 payment	D2 Pre-course	20 hours		FYSA
D Upgrade (retest)	State D Certificate held for 6 months	16	Experienced Coach	\$125	D Upgrade	20 hours		FSYA
National Youth License	USSF E		Coach/Administrator of Youth Programming	TBD		36 hours		FYSA
USSF Pro, A, B, C	See US Soccer (link here)						US Soccer DCC	US Soccer

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.

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 requirements are posted here.

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]

D License

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]

Steps to Obtain a Coaching Course

1. Check to see if another course has been scheduled in your area at http://www.fysa.com/about/coaching_courses/.
2. If no course has been scheduled, EMAIL or MAIL the 'Request for Coaching Course' form with three potential dates and the appropriate deposit.
3. The assignment of an instructor will be arranged through the FYSA Director of Coaching. If you have an instructor you would like to request, include that on your request form.
4. Obtain a FACILITY, FIELD (preferably with lights), GOALS, BALLS, TEAMS et cetera for each course. A list of requirements can be found under each course description.
5. FYSA will confirm with the COURSE COORDINATOR when the course will be scheduled. They will then post it online and open registration.
6. The course coordinator (listed on the course request form) will be responsible for:
 - a. Timely communication to course applicants or inquiries
 - b. Make sure all applications/medical releases are signed by candidates as well as the course roster.
 - c. Coordination as to the usage needs at the facility.
 - d. Timely response to projected attendance inquiries from FYSA Coaching Education Department
 - e. Collection of fees and completed certificate applications/course rosters on the course date (Youth Modules only)
 - f. Provision of completed course rosters and certificate applications to the course instructor at the conclusion to the course.
 - g. Mailing of additional fees (if necessary) to the State Office at the conclusion of the course.
 - h. The 'D1', 'D2' and Youth Modules require age specific players at times that need to be set up with the instructor. This is a requirement for staging the course. Failure to do so may be cause for rescheduling or cancelling the course.
7. Applicants will register for courses in the DCC [Digital Coaching Center] and GotSoccer through an application link posted with the course listing.
8. The Coaching Education Department will communicate the status (confirmed, cancelled, or rescheduled) to the course applicants. If the course is confirmed, information on course site, schedule manuals, and attire will be sent via email to all completed applicants.
9. FYSA Coaching Education Department will collect all fees directly from applicants, either by check or credit/debit card.
10. If you are going to cancel or reschedule the course, notify the State Director of Coaching ten days in advance with no penalty. Cancellation of courses within the 1 week (partial deposit loss) or less than 48 hours (full deposit loss) will result in a forfeit of the club's deposit for the course.