

Welcome to the OYSAN U10/12 course

The following is general information on the U10/12 course. Please pay particular attention to the pre-course requirements. Information regarding your specific local course will be emailed to you in the week

Certification

The U10/12 course is part of the US Soccer “Parent Track” and is the minimum requirement for Travel-level coaches in Ohio North.

NOTE: Coaches with a significant soccer background who wish to qualify for the “D” License and enter the US Soccer “Professional Track” should attend the “E” license. The U10/12 course is not a recognized pre-requisite for the “E” or “D” Licenses.

Course Materials

There is no required course reading and a significant amount of technical and pedagogical information will be covered by the instructor during the course. You will find supplementary course materials at the bottom of the U10/12 page on the Ohio North website... http://www.ohionorthsoccer.org/u1012_courses/...which will provide review opportunities after the course.

Course Reading

[Opening The Onion](#)
[US Soccer Best Practices](#)
[U10/12 Course Manual](#)
[Long-Term Athlete Development](#)
[The Coaches Tool Kit](#)
[The Principles Of Play](#)
[Manipulating Practice Variables](#)
[Matching Playing Numbers To Field Sizes](#)
[Skills Circuit ExamplePractice Games](#)
[Ball Contacts: Practices vs Games](#)
[Games, Games, Games](#)
[Dribbling Analysis](#)
[Kicking Analysis](#)

Course Requirements

Here is a summary of the course requirements.

Course Component	Completed?
1. Concussion Education	YES / NO

Available at no additional charge on the Centers for Disease Control (CDC) or National Federation of High Schools (NFHS) websites.	
2. Laws of the Game Part A Available at no additional charge on the US Soccer website	YES / NO
3. Novice On-line Course Available at no additional charge on the Ohio North website	YES / NO
4. Attend All Field Sessions Documented by course instructor.	YES / NO
5. Non-member Fee (if applicable) Paid to Ohio North Youth Soccer. The course instructor will not accept checks.	YES / N/A

Here are further details of the course requirements.

1. Concussion Education

The State of Ohio requires every person working with youth athletes to complete an on-line concussion education program.

It is likely that you have already completed this requirement, but, if not, please use either the Centers for Disease Control program...

<http://www.cdc.gov/concussion/HeadsUp/Training/index.html> or the program offered by the National Federation of High Schools...

<http://www.nfhslearn.com/electivedetail.aspx?courseID=38000>

You should present a copy of your concussion certificate to the instructor prior to the opening session.

2. Laws of the Game (LOTG)

Educated coaches develop an understanding of how the playing rules (LOTG) impact player development and referee retention. Each year, around 50% of our young referees quit because of sideline abuse. Please help us change the culture of abuse. The on-line laws of the game course can be found at...

<http://www.brainshark.com/ussoccer/vu?pi=zH2zKmuoUz47W8zo>

NOTE: This course is based on the US Soccer website and is primarily designed for “E” license coaches. Please select “E” License when you are asked which course you are attending.

There is no need to print a certificate for this portion of the course. Your completion certificate is electronically shared with Ohio North.

3. Novice On-line Course

The theoretical information for the U10/12 course is provided in the online **Novice Coach Course**, which can be found at the following link.

http://www.ohionorthsoccer.org/novice_online_course/

Ideally, you should complete this portion of the course prior to attending, however, this is not always possible.

LOOK FOR THIS LINK...

CURRENTLY ENROLLED IN A U10/12 Coaching Course?

Use the Username and Password you received in your U10/12 Coaching Course registration confirmation.

[Registered Users Login](#)

The username is **u10u12** and the password is **oysan**.

There is no need to print a certificate for this portion of the course. Your completion certificate is electronically shared with Ohio North.

4. Attendance

Please plan on attending the course in its entirety. Missed sessions must be made up at a future course in order to receive the U10/12 certification.

5. Non-member Fee

There is an additional course fee of \$50 for coaches who are not members of the Ohio North Youth Soccer Association, which is affiliated with US Youth Soccer. This specifically includes Ohio Travel Soccer League coaches, who are members of US Club Soccer. The additional fee should be submitted by check to Ohio North at the following address.

Ohio North Youth Soccer
6550 W. Snowville Rd. Suite Y
Brecksville, OH 44143

Charge card information can also be submitted via phone by calling Bernie Telmanik at 440-526-9020.

Certificate Processing

Assuming all course requirements have been completed, certificates will be e-mailed to candidates within 2-4 weeks.

Dress & Participation

The U10/12 course is entirely field based, so please come dressed to participate to the degree your physical condition and soccer background provides. You should bring water and an inflated soccer ball for the field sessions and dress in accordance with the weather. Active participation is not required to complete the course.

Youth Players

For those who can recruit youth players (aged 8 and older) for the field sessions, please contact your local coordinator with the approximate numbers and their availability. The course promotes a play-based format and requires a minimum number of coaches or youth players to paint realistic pictures.

Refunds

Please note that refunds will not be issued to coaches who do not attend; or to those who withdraw within seven days of the start of the course.

Course Content

The course content includes the following elements. The actual schedule will vary from course to course, based on the number of coaches and players available, the weather, the availability of facilities, and the relative needs and experience of the candidates.

Session Title	App. Time
Course Registration	30 mins
Course / Instructor Introduction	10 mins
Soccer Warm-up (Play Based Games / Soccer Activities)	45 mins
4v4 games (Manipulating Practice Variables)	90 mins
Teaching The Principles of Attack & Defense	90 mins
Naked Eye Analysis / Kicking Techniques / Applications	90 mins
Dribbling Skills / Analysis	60 mins
Ball Control Skills / Application	60 mins
Heading Skills / Application	30 mins
Goalkeeper Techniques	30 mins
Training the Goalkeeper / Finishing Activities	30 mins
Coaching 6v6 and 8v8	60 mins
Methods of Coaching: The Art of Teaching	Universal
Developing a National Style / Applied Principles	Universal

Please let me know if you have any additional questions.

Good luck!

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