



## U6/U8 & U10/U12 YOUTH MODULES

Did you know that South Dakota State Soccer Association offers free U6/U8 & U10/U12 Youth Module Coaching courses to its members? You can learn how to run age appropriate training sessions. You'll feel better prepared to coach your players with a clearer vision of how to teach the game. If you are a coach and are interested in the Youth Modules, contact your local association to get started!

### COURSE DESCRIPTION:

**The Youth Module I - U6/U8 Course** is a mix of theoretical (On-line course work) and practical (Field Session) information for coaches (and administrators and parents) working with children between the ages of four and eight.

The U6/U8 Course explains and demonstrates how to organize child-centered soccer programs for very young children and includes many examples of age-appropriate soccer-related activities via the On-line course materials as well as the Field Session.

At its core, the Youth Module I - U6/U8 Course explains and demonstrates why soccer for entry-level players should not be viewed in the same light, or organized in the same competitive formats, as soccer for teenagers or adults.

The vast majority of coaches in the United States are Moms and Dads who volunteer their time for their child's soccer teams. The Youth Module I - U6/U8 Course was designed with these coaches in mind and is geared to those who are "new" to soccer, or new to their role of "coach" in soccer.

The first part of the course is a self-paced on-line module geared for those who work with children between the ages of four through eight to provide theoretical information.

Once the online portion has been completed, you will then need to take the Practical Field sessions to complete the course and receive your **South Dakota Soccer Youth Module I Coaching Certificate**.

**Course Length:** Online Module (Theoretical) - self paced but total of 45-60 minutes; Field (Practical "hands on" activities) - 2 hours.

**Course Cost:** Free

**The Youth Module - U10/U12 Course** is designed for coaches working with players competing in the 6v6 (U-9/10) and 8v8 (U-11/12) formats. Coaching players between the ages of nine and twelve is arguably the most critical period for long-term player development and the technical foundation for later tactical understanding is either successfully established, or irretrievably lost, during this stage.

The U10/U12 Course consists of on-field practical and classroom information associated with the teaching of techniques and tactics for soccer games between 1v1 and 8v8. Technical skills, including goalkeeper skills, are broken down in depth, as are small-group tactics and game management relevant to 6v6 and 8v8 coaching. Soccer fitness is presented as a by-product of active play.

Fundamentally, the U10/U12 Course strives to demonstrate how soccer “skill” (the application of technique under pressure) can be developed by playing soccer in a variety of game forms; and by utilizing a variety of simple conditions and scoring systems to promote learning.

This course is recommended for coaches working with Competitive teams U12 and younger. Once the online portion has been completed, you will then need to take the practical Field sessions to complete the course and receive your **South Dakota Soccer Youth Module II Coaching Certificate**.

**Course Cost:** Free

## **PROCESS TO SCHEDULE YOUTH MODULES:**

1. Contact your local soccer association and let them know of your interest in participation of the Youth Module Courses
2. Have your local soccer association contact the SD Director of Coaching (Steve Kehm at [doc@southdakotasoccer.com](mailto:doc@southdakotasoccer.com) ) to schedule a time for the Youth Modules to be given in your area.
3. The SD Director of Coaching will work in conjunction with the local soccer organization to determine a date, time and location for the youth modules to be held. A minimum of 8-10 participants is recommended in order to conduct the course.
  - a. It is the local associations responsibility to work with the DOC to set a date and time
  - b. It is the responsibility of the local association to provide the location for the course to be held.
  - c. It is the responsibility of the local association to work with the DOC in insure that a young soccer team is available at the field sessions for demonstration and coaching purposes.
4. Once the local organization has determined a date, time and location for the course, the DOC will notify SDSSA to send out a email to all SDSSA registered coaches in that particular area to promote and encourage participation. **It is also the responsibility of the local association to promote that course is being held and that participation is encouraged within their local membership.**
5. Registration for the modules is required. [Click here](#) for the Coaching Module registration form.
6. The SD DOC will contact the registered participants with the link for all coaching participants to complete the online portion of the youth modules. The online portion of the modules must be completed before the scheduled field session in your area.
7. Attend the scheduled field session portion of the class.

**If you have further questions regarding the Youth Module Courses, please contact:**

Steve Kehm, SDSSA Director of Coaching  
Jeremy Tosaya, SDSSA Program Director

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