



## U.S. SOCCER – 2013 NATIONAL “D” LICENSE Coaching Themes for the Preparation and Deliberate Practice Phases

### **PREPARATION PHASE**

#### Instructions

This phase is the six or more months after completing the National “E” Coaching School. Candidates are required to complete all five (5) of the below pre-assigned training sessions with one training session being evaluated by a USSF “C” Licensed or higher coach. All training session’s reports are due at the beginning of the Instructional Phase. Candidates are to use the “D-SSG Lesson Plan Form” for the reporting and for the C licensed coach evaluated topic, please use the D Course Performance Evaluation Form. Each can be found at this web site:

<http://www.ntxsoccer.org/coachingforms.aspx>

#### “E” Coaching School Topics

1. Goalkeeping – shot stopping and hand distribution.
2. Individual defending.
3. Receiving and turning.

#### “D” Coaching School Topics

4. Improve your team’s ability to build up through the midfield.
5. Improve your team’s ability to recover the ball in the defensive half of the field.

### **DELIBERATE PRACTICE PHASE**

#### Instructions

This is the ten to twelve weeks period after the Instructional Phase where candidates will complete five (5) selected training sessions: two attacking and two defending and one goalkeeping from the above list. Within the 1<sup>st</sup> four (4) weeks of completing the Instructional Phase two (2) training session’s lesson plans, one attacking and one defending, are to be completed and submitted to the Director of Coaching or assigned Instructor for review and comment. One of the three (3) remaining training sessions will be evaluated by a USSF “C” License or higher coach. All training session’s reports are due at the beginning of the Performance Review Phase. Candidates are to use the “D-SSG Lesson Plan Form” for the reporting and for the C licensed coach evaluated topic, please use the D Course Performance Evaluation Form. Each can be found at this web site:

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#### **(Attack)**

1. Improve your team’s ability to build up from the defensive half.
2. Improve your team’s ability to create scoring chances from wide positions.
3. Improve your team’s ability to build up using the wide players.
4. Improve your team’s ability to build up through the midfield.
5. Improve your team’s ability to create scoring chances from central positions.

**(Defense)**

1. Improve your team's ability to recover the ball in the defensive half.
2. Improve your team's ability to recover in the attacking half.
3. Improve your team's ability to defend against the counter-attack.
4. Improve your team's ability to defend against wide attacking play.
5. Improve your team's ability to defend zonally.

**(Goalkeeping)**

1. Improve your goalkeeper's angle play and starting position.
2. Improve your goalkeeper's shot stopping to include diving.