

United States Soccer Federation (USSF) Coaching **School Information**

National Coaching Schools

Created in 1970 by the famed West German coach Detmar Cramer, the USSF National Coaching Schools offers four levels of licensing ("A", "B", "C" and US Soccer Youth Licenses). Candidates attending the national coaching schools go through a rigorous nine-day schedule of field and classroom sessions, concluding with extensive testing on theoretical and practical applications of the game. During these 30 plus years of licensing nearly 10,000 coaches have earned a National License, but only 1,290 have earned their "A" license.

The USSF also offers the "D", "E" and Youth Modules, which are available through each state association. While the state associations are responsible for the execution of these courses, the curriculum is controlled by USSF.

The following is an overview of the coaching education programs and the curriculum for each level that we offer:

"A" License Course

Length: 9 days

Curriculum Emphasis of the "A" Course:

- Development and understanding of team play and specific tactical concepts applied to a game plan, i.e., low pressure defending, counter-attack, pressing, etc.
- Ability to construct an appropriate training session and coach within an 11v11 format
- Understanding of team-related issues, i.e., player management, matches analysis, etc.

"B" License Course

Length: 9 days

Curriculum Emphasis of the "B" Course:

- The development of training that provides greater meaning to positional play within the team structure, i.e., functional training
- Improved understanding of the roles of players and their responsibilities within the game.

"B" License (continued):

- Development of collective play within the various lines of play, i.e., back line, midfield line or forward line, as applied to tactics and concepts of play.

"C" License Course

Length: 9 days

License held for a minimum of 12 months

Curriculum Emphasis of the "C" Course:

- The emphasis of the course will continue to be on the development of individual skill taught within individual and small group activities and games (4v4 to 7v7).
- The understanding and development of tactics through 4v4 to 9v9 games.
- The ability to observe mistakes and make appropriate corrections.

Youth License Course ("Y" License)

Length: 5 days

Curriculum Emphasis of the "Y" Course:

The NYLC consists of 5 days of classroom and field instruction and one day of written and practical field examinations. The instruction for the course is age specific. Each day is devoted to the physical, psychological and social characteristics displayed by children of specific ages, i.e. U.6, U.8, U.10 and U.12.

"D" License Course

Length: 36 hours

Curriculum Emphasis of the "D" Course:

- Course is offered by each state association.
- Prepare coaches to further develop the player's technical abilities and their application within the game.
- Increase the understanding of the Principles of Play and how they are applied in the game.
- Expand the coaches understanding of 11 a-side soccer and the importance of developing a team system that is based on the player's abilities.

"E" Certificate Course

Length: 18 hours

Curriculum Emphasis of the "E" Certificate:

- Course is offered by each state association.
- This course is the first course for coaches who will be coaching 11 a-side soccer and provides general instruction to coaching and organizing your team.
- Introduction to the methodology of coaching and the four components of coaching soccer, Technique, Tactics, Fitness and Psychology.
- Field sessions concentrate on developing technique within small-sided games that also present problems for players to solve within the game.

Youth Modules - Level I, II and III

Length: Varies by level

Curriculum Emphasis of the Youth Modules:

- Course is offered by each state association.
- Content of youth modules is same as the US Soccer Youth License Course and is age specific.
- **Level I** - U.8; **Level II** - U.10; **Level III** - U.12
- Focus of youth modules is the parent coach who has little or no experience in the game of soccer.

