

## STYSA COACHING EDUCATION PROGRAM

The purpose of the STYSA Coaching School is to educate youth coaches on how to teach the game to players. The ultimate goal is to provide coaches with the tools to unlock the game within each child in order that the player can reach his or her full soccer potential. Courses are intended to provide information that will improve the general knowledge of the game as well as proper coaching and teaching methods that contribute to the development of youth soccer players.

The curriculum is designed to provide coaches with current methods of teaching and coaching and allow them the opportunity to practice their teaching under the guidance of the STYSA Coaching Staff. Additionally, the coaches have a responsibility to address player development within the clubs and fostering a strong team environment. To enhance the understanding of the topics being taught, classroom discussion is combined with field participation.

Member Associations are encourage to host coaching courses locally so that their volunteers will be able to take advantage of the opportunity to develop knowledge of ever-changing teaching methods from state staff members

### **STYSA offers the following courses:**

**Youth Modules** – Offered for U6/U8 and U10/U12 age groups, the modules provide the most current and advanced information on growth and development of youth players of these ages. Modules provide developmentally appropriate activities for children and the use of games as a vehicle for learning. These are participatory courses and each coach who completes a module will receive a certificate license.

#### **Under-6/8 Module**

Classroom and field instruction

Cost: \$30.00 per participant

Prerequisite: Minimum age – 16 years old

Objectives / Topics:

- Philosophy of coaching Under-6/8 players
- Characteristics of Under-6/8 players
- Team administration and risk management
- Prevention and care of soccer injuries
- Appropriate activities for Under-6/8 players
- Organizing a youth training session
- Laws of the Game modified

#### **Under-10/12 Module**

Classroom and field instruction

Cost: \$40.00 per participant

Prerequisite: Minimum age – 16years old

Objectives / Topics:

- Philosophy of coaching Under-10 players
- Characteristics of Under-10 players
- Team administration and risk management
- Prevention and care of soccer injuries
- Appropriate activities for Under-10 players
- Organizing a youth training session
- Laws of the Game modified

**“E” Course** – This course combines field and classroom instruction in intermediate coaching and teaching methodology. Minimum age for participation is 16. The “E” License Course targets player ages 9 – 12 and there is no course pre-requisite for coaches to attend.

18 hours of classroom instruction and fieldwork

Cost: \$85.00 per participant

Minimum age – 16 years old

Objectives / Topics:

Methods of coaching

Team administration and risk management

Prevention and care of injuries

Coaching technique and tactics

Laws of the Game

Principles of attack and defense

Practice teaching: Small-sided Games

**“D” Course** – This is the most comprehensive course offered and is preparatory for national licensing. The course requires final testing and those who pass the course are awarded either a National or State license based on their scoring. Participants must provide a copy of their “E” License when signing up for the course or have an approved waiver allowing them entry into the program at this level.

36 hours of instruction and fieldwork

Cost: \$135.00 per participant

Dates are set on STYSA Perpetual Calendar

Prerequisite: “E” License one year prior to taking “D”

Objectives / Topics:

Team Tactics

Advanced technique

Restarts in attack and defense

Technical and functional training

Match analysis

Practice teaching

Written exams

Candidates must pass tests on Laws, Methods, Tactics, Care and Prevention of Injuries and Coaching Assignment

**Goalkeeper Training** – The basic techniques of how to teach youth goalkeepers is the primary objective of this course.

4 hours of instruction and fieldwork

Cost: \$30.00 per participant

Prerequisite: None

Objectives / Topics:

How to teach youth goalkeepers

Practice teaching

Basic goalkeeping techniques

Goalkeeper’s responsibilities during the game

Laws of the Game

Goalkeeping

### **Courses in Spanish**

A limited number of Age-Level Modules and “E” courses are available with Spanish-speaking instructors and translated written materials.

## **Continuing Education - Small sided**

This program has been designed for recreational coaches working with U-6 – U-10 players who already have a youth module licensure and want more ideas to improve their skills. This course includes an exciting variety of fun games and activities that will be relevant and challenging to all coaches and their players. The entire course will be conducted on the field with players; all activities will be age specific: U-6, U-8, or U-10.

There will be no state certification for these clinics; they are for educational purposes only. These clinics will be offered throughout the year and can be scheduled the same way as any other course.

The course has been designed to be flexible. Due to its length, it can be scheduled during the week and even combine it with team training.

The STYSA Director of Coaching will conduct all sessions.

Sessions:

- U6 My Ball & Me
- U8 Working in Pairs
- U10 Small group play & 1v1 “Competitive dribbling”.

Activities/Games.

- Body Awareness games
- Maze Games
- Target Games
- Collective play to goal

Prerequisites:

- STYSA U-6, U-8 or U-10 Youth module
- Enthusiasm
- Open mind
- Active participation is encouraged, but not required.
- 12 coaches minimum.

Testing: None.

Course length: 2 hours on the field

Cost: \$5.

## **11 v 11**

This program has been designed for recreational coaches who have completed an “E” or “D” license and want to continue their coaching development without pursuing the “C” licensure. Technical and tactical topics that are relevant and challenging will be covered.

No state certification for these clinics will be granted. These represent educational opportunities only. These clinics will be offered throughout the year and can be scheduled in the same manner as any other course.

The Director of Coaching will conduct all sessions.

Topics:

- Zonal Defending.

- Speed of Play.
- Low / High Pressure.
- Counter Attack.
- Crossing & Finishing.
- Restarts & Set plays.
- Fitness with a Ball.

Prerequisites:

- STYSA “E” or “D” License.
- Enthusiasm
- Active participation is encouraged, but not required.

Testing: None.

Course length: 4 hours (1.5 Classroom, 2.5 field)

Minimum number: 12

Cost: \$10.

### **PROCEDURES FOR HOSTING AN AGE-LEVEL MODULE, “E”, “D” OR GOALKEEPING COACHING COURSE**

1. Obtain the Request to Sponsor a STYSA Coaching Course form from the STYSA State Office or the STYSA website. Complete and return the form along with the application fee to the State Office.
2. Provide facilities including a large classroom with a blackboard and a soccer field.
3. Publicize the course and notify participants.
4. Order course materials from the STYSA State Office. Distribute materials at the course to the participants.
5. Arrange to collect Instructor Evaluations and Participant Registration Form and send to State Office.