

## **NMYSA Coaches Education Program**

### **Special Topics Courses (2-3 Hours)**

#### ***Course Administration***

- Candidates must arrive 30 minutes prior to start of the course.

Topics will be set by SIS.

Courses will last 2-3 hours on the field or in the classroom.

### **Goalkeeping Level I (6 Hours) minimum 15 candidates**

#### ***Course Administration***

- Candidates must arrive 30 minutes prior to start of the course.

The overall objective of the Goalkeeping Level I Diploma Course is to explore some of the myths and mystiques surrounding the goalkeeping function. The six-hour course is directed towards the team coach who works with players U12 and below - not the specialist goalkeeper coach. The object is to empower the coach with knowledge and practice methods that will enable the coach to evaluate a goalkeeper in game situations and then design an appropriate practice program for goalkeepers in and outside of team practices. The course includes lecture (theory) and field (practical) sessions.

Topics

- Goalkeeping and Development
- Principles of Goalkeeping
- Techniques/Tactics

Course Length: 6 hours

- 2 ½ hours classroom
- 3 ½ hours field

Testing;

- None

All Candidates will receive the NMYSA Goalkeeping Level 1 Course workbook.

### **Goalkeeping Level II (8 Hours) - minimum 15 candidates**

#### ***Course Administration***

- Candidates must arrive 30 minutes prior to start of the course.

The overall objective of the Goalkeeping Level II Diploma Course is to create an optimal learning environment for this specialized position. The eight-hour course is geared towards the specialist goalkeeping coach and the team coach looking for in-depth information surrounding the coaching of goalkeepers. The course includes both lecture (theory) and field (practical) sessions.

Topics

- Goalkeeping and Development
- Principles of Goalkeeping
- Techniques/Tactics

## **U6/U8 Module Certificate (5 Hours)**

### ***Course Administration***

- Candidates must arrive 30 minutes prior to start of course.
- Candidates must have downloaded and read appropriate materials from the website.

Course Opening, Philosophy of Coaching and Characteristics of U6/U8 Children (1 hr.)

Field Session with Candidates (1 hr.)

Discussion on P&C, Team/Risk Mgt., Modified Laws (1 hr.)

Field Sessions with U6 Players, Instructors and Candidates with Kids (1 hr.)

U6 Activities

3 v 3 Game on appropriate field

Field Sessions with U8 Players, Instructors and Candidates with Kids (1 hr.)

U8 Activities

4 v 4 Game on appropriate field

All candidates will receive a course workbook.

## **U10/U12 Module Certificate (8.0 Hours)**

### ***Course Administration***

- Candidates must arrive 30 minutes prior to start of course.
- Candidates must have downloaded and read appropriate materials from the website

Course Opening, Philosophy of Coaching and Characteristics of U10/U12 Children (1 hr.)

Field Session with Candidates (1.5 hrs.)

Discussion on P&C, Team/Risk Mgt., Modified Laws (1.5 hr.)

Field Sessions with U10 Players, Instructors and Candidates with Kids (2 hrs.)

U10 Activities

6 v 6 Game on appropriate field

Explanation of Training Session

Field Sessions with U12 Players, Instructors and Candidates with Kids (2 hrs.)

U12 Activities

8 v 8 Game on appropriate field

Explanation of Training Session

All candidates will receive a course workbook.

## **“E” Certificate (18 Hours)**

### **Course Administration**

- Candidates must arrive 30 minutes prior to start of course.
- Candidates must have downloaded and read appropriate materials from the website

This 18-hour course combines field and classroom instruction in intermediate coaching and teaching methodology. This is an entry level course for all competitive coaches.

Course Opening, Orientation and Methodology (1.5 Hrs.)

Discussion on P&C, Risk Mgt. (45 mins.)

Team Management/Administration (45 mins.)

Discussion of laws Test (30 mins)

Dribbling (1 hr.)

Passing (1 hr.)

Principles of Play Tactics Classroom (1.5 hrs.)

Receiving (1 hr.)

Shooting (1 hr.)

Goalkeeping (1 hr.)

Heading (1 hr.)

Defending and Attacking Principles on the Field (2 hrs.)

Practice Coaching by Candidates on the Field (5 hrs.)

- Candidates will organize and coach for 5-10 minutes in the match related phase.
- Instructors will provide feedback and will discuss with entire group.

After completion of the “E” Certificate the candidates should be familiar with:

- Components of the Game
- Principles of Play
- Organization of a Training Session
- Role of the Coach

Testing:

- Written

All Candidates will receive the USSF “E” Certificate Coaching Manual

## **“D” License (36 Hours)**

### **Course Administration**

- Candidates must arrive 30 minutes prior to start of course.
- Candidates must have downloaded and read appropriate materials from the website.

This 36-hour course is the most comprehensive course offered and is preparatory for national licensing. Only a limited number of courses are offered each year and sign up for this course must be accomplished through the State Office. The participant must hold an "E" license and provide a copy of it when registering for the course. Candidates may apply to receive a waiver of the "E" Certificate through the state office.

Course Opening, Orientation and Methodology (1 hr.)  
Discussion on P&C (hydration, nutrition), Team/Risk Mgt. (1 hr.)  
Discussion of Laws Test (.5 hrs.)  
Dribbling for a Purpose (1 hr.)  
Passing (chipping, bending, crossing) (1.5 hrs.)  
Receiving and Turning (1 hr.)  
Heading for a Purpose (attack, clear) (1 hr.)  
Finishing (1 hr.)  
Goalkeeping (2 hrs.)  
Fitness with the Ball (1 Hr.)  
Attacking (possession, penetration) (1.5 hrs.)  
Defending (1 hr.)  
Small Sided Games (even #'s, uneven #'s, neutral players) (1 hr.)  
Principles of Play (Video) (2 hrs.)  
Match Analysis and Lesson Plan Design Classroom (1 hr.)  
Practice Field Sessions (14 hrs)  
Course Summary (.5 Hrs)  
Oral Exams (1.5 hrs.)  
Practical Field testing (2.5 hrs.)

### Prerequisites:

- "E" License (No wait period is needed in between the "E" and "D" license course) • Minimum age – 16 years old

### Testing:

- Methods of coaching – oral exam
- Tactics – oral exam
- Laws of the Game – take home test
- Prevention and Care – take home test
- Practical field session – methods / coaching

All Candidates will receive the USSF "D" License Coaching Manual