

Course Descriptions

The content of each course is arranged progressively so that instruction relates to specific age groups. Organized in the same manner as the U.S. Soccer national coaching schools for the 'C', 'B' and 'A' license, the state level courses are 'Y1' Certificate (formerly 'G' Certificate), 'Y2' Certificate (U9-U12), 'E' Certificate and 'D' License.

'A' License Course

The National 'A' License course is designed to introduce concepts that are targeted toward coaching older players (older junior level and senior level players). The National 'A' License focuses on recognizing the principles of the game and its technical applications in 11v11 game format and how these principles influence positional, group and team organization. The course also examines player, team and game management issues as they relate to the senior level player.

Prerequisites: Candidates must be 21 years old and have earned the National 'B' License (held for minimum of 12 months) and meets 3.2 Rule requirement

'B' License Course

The National 'B' License Course is designed to introduce concepts that are targeted toward coaching players age 16 to college level. The National 'B' License focuses on recognizing the principles of the game and its technical applications in 9v9 game situations. Candidates will learn to teach and implement these principles through functional training sessions leading up to the 9v9 game. The course will help candidates get a better understanding of the responsibilities of coaching at advanced levels and will prepare those coaches who wish to pursue the National 'A' License.

Prerequisites: Candidates must be 19 years old and have earned a National 'C' License (held for minimum of 12 months) and meets 3.2 Rule requirement

'C' License Course

The National 'C' License course is designed to introduce concepts that are targeted toward coaching players ages 11 – 14. The course focus is on getting coaches to think about, discuss, and recognize the recurring concepts or themes that exist in soccer. Candidates will be challenged to find ways to offer constructive guidance to players while also allowing players to experience the game for themselves.

A primary emphasis in the National 'C' License course is the close relationship between technique and tactics. In this course, technique and tactics will be

addressed together. In practice field sessions and the final field exam, the candidate is required to address the impact that technique has on tactics.

Prerequisites: Candidates must be 18 years old and have earned a National 'D' License held for a minimum of 12 months

'D' License Course

The 'D' License is a 38-hour course which prepares coaches to further develop their player's technical abilities and their application within the game and increases their understanding of the Principles of Play and how they are applied in the game. The course places considerable emphasis on the "Methods of Coaching" and candidates are tested in their ability to apply these in teaching fundamental techniques.

Prerequisites: Candidates must be 18 years old and hold 'E' Certificate or meet the ['E' Certificate release requirements](#)

'E' Certificate Course

The 'E' Certificate is an 18-hour course targeted towards coaches teaching U10-U14 players. The course's major focus is preparing coaches to enhance the technical competence of developing players. Dribbling, heading, passing, shooting, receiving and goalkeeping techniques are all addressed, and small-sided match related games are provided for coaches so that they can create an enjoyable, but challenging learning experience for players.

Prerequisites: Candidates must be 16 years old

'Y2' Certificate

The 'Y2' Certificate is a 3 hour introductory course aimed at coaches working with U10-U14 children playing recreational soccer. The course exposes coaches to some of the bare essentials involved in coaching young players. The traits of young players are briefly discussed as well as a coaching checklist and loads of appropriate activities. Please bring a ball and come dressed to play.

'Y1' Certificate

The 'Y1' Certificate is a 3 hour introductory course aimed at coaches working with U6-U10 children playing recreational soccer. The course exposes coaches to some of the bare essentials involved in coaching young players. The traits of young players are briefly discussed as well as a coaching checklist and loads of appropriate activities. Please bring a ball and come dressed to play.