

Oklahoma Soccer Association D License Course Candidate Journal
Down load information

Download and print the following information. This information needs to be brought with you the first night of the course.

- 1). Title Page (1 sheet)
- 2). Explanation of Journal and the details (1 sheet)
- 3). 5 – Practice Plans (5 sheets total)
- 4). 3 – Game Analysis Sheets (6 sheets total)

Recommendation is to organize your journal into an easy to use book format.

- 1). Organize your sheets in the following manner.
 - Title Page
 - Explanation of Journal and the details
 - 5 – Practice plans as 5 separate sheets.
 - Place the game analysis sheets back to back to create 3 front and back pages of the game analysis form.
- 2). Take this organization to a printing company and get them to create a book for you by doing the following.
 - Select a color piece of paper (slightly heavier weight works best) for your front and back cover.
 - Then ask them to print the Title page on the color paper and to bind the book with a black plastic binder down the left hand side.
- 3). This will create an easy to use journal for you to use for the D License course.



OKLAHOMA SOCCER ASSOCIATION

D COURSE CANDIDATE JOURNAL

By:
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D Course Journal

Purpose – The candidate journals will expand the learning environment for the candidates. The candidate journals will allow for the candidates to receive feedback from two additional sources. The feedback will come from both the candidate's self-evaluation and from the Oklahoma Soccer Association staff coaches.

Both of these areas of feedback will help the candidates internalize and process the 'new' coaching information that they are receiving at the course.

Course Requirements – This journal serves as a course requirement for the Oklahoma Soccer Association D License Course. Candidates must complete the minimum required entries in order to pass the course. Below are the minimum requirements:

Practice Plans: 3 sessions (at least 2 must be a technical topic)

Game Evaluation form: 1 game

Practice Plan – For the D course journal the practice plans should be designed for no more than 8 players and finish in a game no bigger than 4 vs. 4. The following is a brief description of each of the activities sections:

Warm-Up Activity: This activity should be a simple organization that gets the player's playing quickly and prepares them mentally and physically for practice:

Nucleus Activities: These activities should be the 'teaching' part of your practice. These will be the activities for your 'stop and freeze' moments. The nucleus activities can either be match related for technical topics or restricted space / one goal with counter for tactical topics.

End Game: ALL PRACTICES should end with a two-goal game - a scrimmage without restrictions.

Game Evaluation Form – For the D course journal game analysis should be an analysis of the game on an individual and small group level. Make sure to provide analysis of your coaching behaviors and communications.

Hint: Fill the form out after the game.



PRACTICE PLAN

NAME: _____

TOPIC: _____

DATE: _____

<p>WARM-UP ACTIVITY</p>	<p>ORGANIZATION</p>	<p>KEY COACHING POINTS</p>
<p>NUCLEUS ACTIVITY</p>		
<p>NUCLEUS ACTIVITY</p>		
<p>END GAME</p>		
<p>COOL DOWN</p>		

PRACTICE EVALUATION

Activities work for the topic: 1 2 3

Progression was appropriate: 1 2 3

PRACTICE EVALUATION COMMENTS:

Scale: 1 – yes 2 – somewhat 3 – no

Equipment was organized: 1 2 3

Session was organized: 1 2 3

Players performance improved: 1 2 3

Players enjoyed the session: 1 2 3

Recognized the Coaching Moments: 1 2 3

Coaching was correct and accurate: 1 2 3



Oklahoma Soccer Association – Game Evaluation Form

Coach & Team: _____

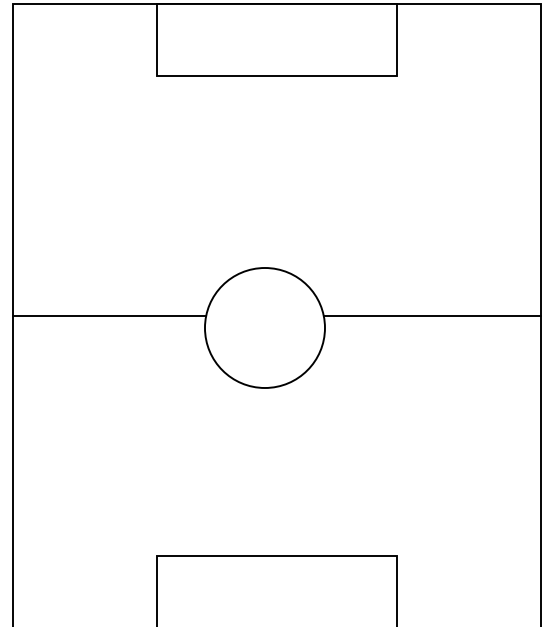
Date: _____ Opponent: _____

Score: _____

GAME ANALYSIS

TEAM STRUCTURE DURING BALL POSSESSION

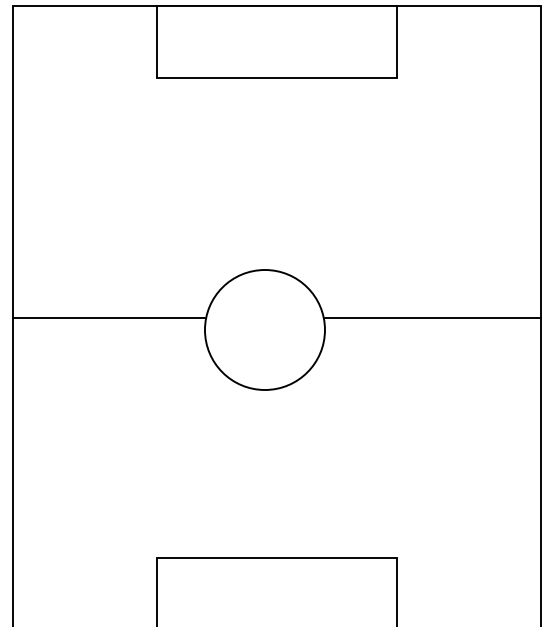
Our team in Ball Possession



Other team in Ball Possession:

TEAM STRUCTURE DURING OTHER TEAM'S BALL POSSESSION

Transition Off/Def & Def/Off:



Suggested Training Topics:

COACH

Pre-game talk:

Half-time talk:

Post game talk:

Coach's comments during the game:

Substitution Pattern:

Sideline Behavior:

Coach's overall impact on the game:

PLAYERS

Behavior on the field:

Behavior on the sideline:

Individuals who stood out:

PARENTS

Behavior on the sideline: