

## Courses & Workshop

The following is a detailed description of each of the Coach Education Program courses and learning opportunities offered by Oklahoma Soccer Association.

### Youth Module Level I – U6/U8

As of January 2002, the Youth Modules will replace the state 'F' Certificate.

This course is specifically designed for the under 6 and under 8 coach. The 4-hour course combines both classroom and field sessions to illustrate age appropriate coaching/teaching techniques.

Topics covered:

- An introduction to coaching
- Philosophy of coaching the U6/U8 player
- Characteristics of the U6/U8 player
- Team Management & Administration
- Risk Management
- Care and Prevention of Soccer Injuries
- Modified laws of the game
- Developmentally and age appropriate Field Activities and Games

Length of course: 4 hours

Type of sessions: Classroom and Field

Prerequisites:

- An Open Mind and a desire to give the children the best soccer experience possible
- A Minimum age of 14 years old

Applicants: All candidates must pre-register with Oklahoma Soccer Association 10 days prior to the schedule start date of the course. If a minimum of 12 candidates is not pre-registered on time, the course may be cancelled. The maximum number of candidates will be determined by the size of the facility and the availability of instructors needed to maintain a good candidate to instructor ratio.

**Course Manual: Candidates are responsible for downloading and printing the course manual and bringing the manual to ALL the course sessions.**

Testing: Candidates must attend all scheduled course sessions.

Certification received: State Youth Module Level I- U6/U8

Cost: **\$25** per candidate for those candidates who register **online** & **\$35** for those candidates who register **by mail**.

Note: *Non-US Youth Soccer members will pay an additional \$25 for Oklahoma Soccer Association Coaching Courses.*

## **Youth Module Level II – U10**

As of January 2002, the Youth Modules will replace the state 'F' Certificate.

This course is specifically designed for the under 10 coach. The 3.5-hour course combines both classroom and field sessions to illustrate age appropriate coaching/teaching techniques.

Topics covered:

- Philosophy of coaching the U10 player
- Characteristics of the U10 player
- Team Management & Administration
- Risk Management
- Care and Prevention of Soccer Injuries
- Modified laws of the game
- Developmentally and age appropriate Field Activities and Games

Length of course: 4 hours

Type of sessions: Classroom and Field

Prerequisites:

- A Minimum age of 14 years old

Applicants: All candidates must pre-register with Oklahoma Soccer Association 10 days prior to the schedule start date of the course. If a minimum of 12 candidates is not pre-registered on time, the course may be cancelled. The maximum number of candidates will be determined by the size of the facility and the availability of instructors needed to maintain a good candidate to instructor ratio.

**Course Manual: Candidates are responsible for downloading and printing the course manual and bringing the manual to ALL the course sessions.**

Testing: Candidates must attend all scheduled course sessions.

Certification received: State Youth Module Level II- U10

Cost: **\$25** per candidate for those candidates who register **online** & **\$35** for those candidates who register **by mail**. Note: *Non-US Youth Soccer members will pay an additional \$25 for Oklahoma Soccer Association Coaching Courses.*

### **‘E’ Certificate Course**

This course is designed as an introduction to eight-a-side and eleven-a-side soccer. The 16-hour course combines classroom and field sessions covering a wide range of intermediate coaching/teaching topics. This course also serves as a prerequisite for the ‘D’ license course.

Topics covered:

- Methods of Coaching
- Characteristics of the U10, U12, and U14 player
- Team Management & Administration
- Risk Management
- Care and Prevention of Soccer Injuries
- Coaching Technique – Theory and Practical
- Coaching Tactics – Theory and Practical
- Principles of Attack and Defense
- Small sided games as a teaching tool

Length of course: 18 hours: held over one weekend – 8:00 a.m. – 5:00 p.m. Saturday & Sunday

Type of sessions: Classroom and Field

Prerequisites:

- A Minimum age of 16 years old

Applicants: All candidates must pre-register with Oklahoma Soccer Association 10 days prior to the schedule start date of the course. If the minimum of 14 candidates is not pre-registered on time, the course may be cancelled. The maximum number of candidates will be determined by the size of the facility and the availability of instructors needed to maintain a good candidate to instructor ratio.

**Course Manual: Candidates are responsible for downloading and printing the course manual and bringing the manual to ALL the course sessions.**

Testing: Candidates must attend all scheduled course sessions and complete on course work.

Certification received: State ‘E’ Certificate

Cost: **\$75** per candidate for those candidates who register **online** & **\$85** for those candidates who register **by mail**. Note: *Non-US Youth Soccer members will pay an additional \$25 for Oklahoma Soccer Association Coaching Courses.*

### 'D' License Course

This is the highest level of coaching course offered by the Oklahoma Soccer Association. The 36-hour course offers an in depth coaching/teaching curriculum focusing on individual technique and tactics and small group tactics. In order to complete the course, ALL candidates are required to pass a comprehensive set of theoretical and practical examinations. The 'D' license course serves as the preparatory course for the USSF National Licensing Program.

Topics covered:

- Methods of Coaching
- Characteristics of the U12, U14 and older player
- Team Management & Administration
- Risk Management
- Care and Prevention of Soccer Injuries
- Coaching Advanced Technique – Theory and Practical
- Coaching Individual, Small Group, and Team Tactics – Theory and Practical
- Principles of Play
- Match Analysis
- Systems of Play

Length of course: 36 hours

- Format for the course:
  - a. Split Weekend – Two 3-day course schedule. This course format will be held over two 3-day periods, Friday evening and all day Saturday and Sunday, with the 1<sup>st</sup> weekend being approximately six weeks to ten weeks prior to the 2<sup>nd</sup> weekend.

Type of sessions: Classroom and Field

Prerequisites:

- Minimum age of 18 years old and one of the following:
  - A State 'E' Certificate or equivalent held **for at least 1 season or six months**

Applicants: All candidates must pre-register with Oklahoma Soccer Association 10 days prior to the schedule start date of the course. If the minimum of 16 candidates is not pre-registered on time, the course may be cancelled. The maximum number of candidates will be determined by the size of the facility and the availability of instructors needed to maintain a good candidate to instructor ratio.

**Course Materials: Candidates are responsible for downloading and printing ALL course materials and bringing them to ALL the course sessions. This may include the course manual and additional course material.**

Testing: Candidates will have the option to either take the D License Course as either testing or non-testing.

Non-testing option (Only eligible to receive 'D' Certificate):

Candidates must attend ALL scheduled course sessions and complete ALL the course work, practical coaching sessions, and pass examinations in the following areas:

- Practical Coaching Journal – Practical experience feedback
- Online P.R.E.P.A.R.E. Course from the National Center for Sports Safety (additional cost of approx. \$28.00)
- Written Project – Care and Prevention
- Written Exam – Laws of the Game

Testing options (two levels):

Candidates must attend ALL scheduled course sessions and complete ALL the course work, practical coaching sessions, and pass examinations in the following areas:

State Option – Eligible to receive a State D License:

- Practical Coaching Field Exam – Technical Topic
- Practical Coaching Journal – Practical experience feedback
- Online P.R.E.P.A.R.E. Course from the National Center for Sports Safety (additional cost of approx. \$28.00)
- Written Project – Care and Prevention
- Written Exam – Laws of the Game
- Video or Oral Exam – Tactics and Methods

National Option – Eligible to receive a National or State D License:

- Practical Coaching Field Exam – Technical Topic
- Practical Coaching Field Exam – Tactical Topic
- Practical Coaching Journal – Practical experience feedback
- Online P.R.E.P.A.R.E. Course from the National Center for Sports Safety (additional cost of approx. \$28.00)
- Written Project – Care and Prevention
- Written Exam – Laws of the Game
- Video or Oral Exam – Tactics and Methods

Certification received: Upon completion of the course, candidates will receive one of three certifications based on their examination results.

- **Pass with a National ‘D’ license.** Candidates who complete and pass all required course work with the appropriate national level scores receive a National ‘D’. This is the highest state certification available. The National ‘D’ license enables the candidate to attend a National ‘C’ course after the mandatory 1 year waiting period.
- **Pass with a State ‘D’ license.** This is the certification required for all U11 and up coaches in Oklahoma Premier League. Candidates who complete and pass all required course work with the appropriate state level scores receive a State ‘D’. Coaches who wish to upgrade to a National ‘D’ license have two options. They may attend a ‘D’ license upgrade course and pass with the appropriate national scores or they can retake the entire ‘D’ license course and pass with the appropriate national score. This course does not serve as a prerequisite for the National ‘C’ course.
- **Receive ‘D’ Certificate.** This is the certification received by non-testing candidates and candidates failing to receive either State or National scores. Candidates receiving a ‘D’ certificate are encouraged to take another ‘D’ license course.

Cost: **\$165** per candidate for those candidates who register **online** & **\$175** for those candidates who register **by mail**. An additional cost of \$28 is required for the online P.R.E.P.A.R.E. course from the National Center for Sports Safety. This additional \$28 fee is paid directly to the National Center for Sports Safety.

Note: *Non-US Youth Soccer members will pay an additional \$25 for Oklahoma Soccer Association Coaching Courses.*

### **'D' Upgrade Course**

This is an 18-hour course offered to those seeking to upgrade from a State 'D' license or State 'D' Certificate. The course will include both field and classroom sessions.

Topics covered:

- Coaching Advanced Technique – Theory and Practical
- Coaching Individual, Small Group, and Team Tactics – Theory and Practical
- Principles of Play
- Match Analysis
- Systems of Play
- Review of Methods of Coaching

Length of course: 18 hours

Format for the course: Candidates will attend the entire 2<sup>nd</sup> weekend of an already established 'D' course

Type of sessions: Classroom and Field

Prerequisites:

- All candidates must have a State 'D' License or State 'D' Certificate.
- An 'E' Certificate does not serve as a prerequisite for this course.

Applicants: All candidates must pre-register with Oklahoma Soccer Association 10 days prior to the schedule start date of the course.  
The maximum number of candidates will be determined by the size of the facility and the availability of instructors needed to maintain a good candidate to instructor ratio.

**Course Materials: Candidates are responsible for downloading and printing ALL course materials and bringing them to ALL the course sessions. This may include the course manual and additional course material.**

Testing: Candidates must attend all scheduled course sessions and pass examinations in all the examination area based on the license level they desire to achieve. Please the D License course description for detailed information on the testing options and required course work.

Certification received: Upon completion of the course, candidates will receive one of three certifications based on their examination results.

- **Pass with a National 'D' license.** Candidates who complete and pass all required course work with the appropriate national level scores receive a National 'D'. This is the highest state certification available. The National 'D' license enables the candidate to attend a National 'C' course after the mandatory 1 year waiting period.
- **Retain or Pass with a State 'D' license.** This is the certification required for all U11 and up coaches in Oklahoma Premier League. Candidates who complete and pass all required course work with the appropriate state level scores receive a State 'D'. Coaches who wish to upgrade to a National 'D' license have two options. They may attend a 'D' license upgrade course and pass with the appropriate national scores or they can retake the entire 'D' license course and pass with the appropriate national score. This course does not serve as a prerequisite for the National 'C' course.
- **Retain 'D' Certificate.** This is the certification received by candidates failing to receive either State or National scores. Candidates receiving a 'D' certificate are encouraged to take another 'D' license course.

Cost: **\$75** per candidate who register **online** & **\$85** per candidate who register **by mail**.

For candidates who have yet to complete the online P.R.E.P.A.R.E. course from the National Center for Sports Safety an additional cost of \$28 is required. This additional \$28 fee is paid directly to the National Center for Sports Safety. Note: *Non-US Youth Soccer members will pay an additional \$25 for Oklahoma Soccer Association Coaching Courses.*

### **National Courses**

National ('C', 'B', 'A', and Youth) licenses are received by attending a United States Soccer Federation National Coaching School. For the National 'C' course, all new candidates must have a National 'D' license and must show proof of it when applying for the course. Candidates must have held their National 'D' license for at least 1 year before attending a National 'C' course. The National 'C' course is the prerequisite for the 'B' and the 'B' for the 'A'. For players with professional playing experience there are waivers available for some national courses. Contact US Soccer for specific details.

For the National Youth license course, all new candidates must have a National 'D' license and have held it for at least 1 year or have written permission from their State Director of Coaching.

Brochures may be obtained by writing or calling:

US Soccer National Coaching Programs

1811 South Prairie Ave.

Chicago, IL 60616

(312)-808- 1300

### **Auditing**

All Oklahoma Soccer Association courses are open to any candidate who wishes to audit and continues their development as a coach. The auditing coach will attend and participate in all course activities, but will not test or receive any assessment. For auditing, the cost of the course will be ½ the traditional candidate cost, except for the Youth Module I and II course, which will be reduced by \$10. Audit registration will ONLY be accepted online!

### **Workshop**

This annual event is held in late January. It offers classroom and field sessions for coaches from all levels. At the Workshop coaches will be exposed to top-level coaches from across the country. There is also a vendor's show for coaches to see the latest developments in all the areas affecting youth soccer. The cost is approximately \$45 per coach. This includes a ticket to the OSA Awards Luncheon where Coaches of the Year are recognized. The workshop is truly a great opportunity to continue to develop as a coach.