

Background:

The Harvard Soccer Club strives to provide a top quality soccer experience for the youth soccer players of Harvard. The club has created coaching and skill development curriculums that span coaches and players from the U6 level through the U14 age groups. The curriculums' begin with teaching the fundamental technical skills of the game and progress by introducing the tactical, physical, and psychological aspects of soccer. As with any education program a fundamental and key aspect to the success of the program is the knowledge, motivation, and teaching skills of the adult leaders, teachers, and coaches. The Harvard Soccer Club believes that in order to provide the highest quality of coaching for our boys and girls, we need to provide the highest quality of training for our coaches, assistant coaches, and everyone associated with the soccer program.

Coach Development and Qualification Requirements

To insure that our soccer coaches have the tools and knowledge necessary to provide quality coaching, the Harvard Soccer Club is recommending a minimum level of training for coaches within the town soccer program. Understanding that the majority of the coaches within the Soccer Club are volunteer parents that donate their time and energy, to coaching our boys and girls, we believe that the value of requiring our parent coaches to experience the licensing course program is so positive that the extra time commitment is minor compared to the knowledge and experience gained.

Table 1 lists the age groups and the training for those ages.

Table 1 Recommended Coaches Training

Age Group	Head Coach Training	Course Length	Asst. Coach Training
U6 and U7			
U8	MYSA G-Course	4 Hours	MYSA G-Course
U10 Skill Based	MYSA F-Course	8 Hours	MYSA G-Course
U10 Rec	MYSA G-Course	4 Hours	MYSA G-Course
U12 MTOC/NCUP	MYSA E-Course	16 Hours	MYSA F-Course
U12 Rec	MYSA F-Course	8 Hours	MYSA F-Course
U14 MTOC/NCUP	MYSA E-Course	16 Hours	MYSA F-Course
U14 Rec	MYSA E-Course	16 Hours	MYSA F-Course
U18+	MYSA D-Course	36 Hours	MYSA E-Course

MASS YOUTH SOCCER COACHING COURSES

Mass Youth Soccer (MYS) believes that "...the best teacher of the game of soccer is the game itself..." Simply put, children get better at soccer by playing, playing and playing some more. MYS also believes that well-trained, resourceful coaches will enhance a child's enjoyment of this beautiful sport by creating soccer environments that focus play productively and economically. To that end we have designed a series of coaching courses, each leading to a certificate or license that emphasizes proper coaching principles.

Each of the Mass Youth Coaching Courses is an enjoyable, informative, and eye-opening experience. They are designed not only to teach you about the game and about the art of coaching, but also to give you an insight into how children learn and how you can create a fun and supportive learning environment for your kids.

The Courses are organized in a progressive format so that instruction relates to specific age groups and leads up to the US Soccer Federation National coaching schools for the C, B, and A license.

G License Course	- 4-hour course for U6 / U8 / U10 age group coaches
F License Course	- 8-hour course for U8 / U10 / U12
E License Course	- 16-hour course for U10 / U12 / U14
D License Course	- 36-hour course for U12/ U14+

G-Course

Description:

The G_Course is the foundation of the Coaching Education programs. While the "G" is designed to guide Coaches of players 6 to 8 years of age, it also introduces Coaches to principles and methodologies that will prove invaluable in coaching youth soccer players at all ages and levels of competition.

Course Curriculum:

- Coaching organization and theory
- How to become a resourceful and creative "Activity Leader".
- How to shape your kids' soccer environment.
- Ideas and suggestions about organizing practices and game days
- Practical activities and stimulating games for practices
- Teaching and correcting dribbling, passing, and shooting techniques
- Ideas on parent education and learning theory
- Characteristics of U6 and U8 players age appropriate coaching methodology

Course Structure:

4 hours: Conducted by full-time Mass Youth Soccer State Coaches

Optional On-Line Version

Mass Youth Soccer developed the *G ON LINE*. While coaches forfeit the benefit of interacting with other coaches, the *G ON LINE* is just as comprehensive as the instructor lead course. The course manual can be downloaded at course enrollment.

F-Course

Description:

The F License Coaching Course is designed for the novice Coach who has some experience coaching players from U8 to U12. It is intended for those who coach or who intend to coach U10 and U12 teams. While there is no waiting period between the G License and the F License, in order to obtain an F License, a coach must first have obtained his or her G License. The F License Course is an 8 HOUR course that involves both classroom and field work.

Course Curriculum:

- Discussions of the many characteristics of the U10 and U12 player.
- Technically and tactically age appropriate activities for U10 and U12 players
- Information on how to design and implement an effective training session
- More thorough demonstration of basic technique in dribbling, passing, receiving, tackling, heading and shooting
- Elementary goalkeeping techniques
- Basic tactical ideas in reference to the principles of play
- Discussions on the differences in coaching each gender, motivation and team building, injury prevention and management and ethics.

E-Course

Description:

The E License Coaching Course covers the elementary principles of coaching and is designed to assist experienced coaches of U10, U12 and U14 players. The U.S. Soccer Federation does not permit any waivers into the E License Coaching Course and every candidate must first successfully complete the F License course. The E License Course is a 16 HOUR course that involves both classroom and field work.

Course Curriculum:

- The E License course combines soccer theory and practice
- Discussions of various systems of play, laws of the game and restarts
- Games and exercises for age appropriate practices
- Tactical ideas, including the tactics of 2 versus 1 situations
- Goalkeeping
- Each participant will have the opportunity to lead a short coaching session, with constructive feedback from the instructor

D-Course

Description:

The D License Course (36 hours in length) is designed for experienced coaches who wish to coach teams in older age groups and perhaps at the high school level. A candidate who earns his or her D - License will be granted either a "National D" or a "State D". Candidates who earn their "National D" will be free to pursue further USSF licensure. Candidates who earn their "State D" who wish to progress to national licenses must first upgrade to a "National D". Coaches looking to upgrade to a National D - License are required to attend the Methods Lecture and the final 2 days of the course again. They will need to conduct both a Practice Coaching Session and the final Practical Coaching Examination.

Course Curriculum:

- For experienced coaches of U12, U14, or U16 club / town / high school teams
- Coaching methodology and fitness
- More advanced techniques and tactics
 - Goalkeeping
- "The correction method"

Appendix A – Other Town Requirements

Acton-Boxborough

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Concord-Carlisle

Coach Licensing with CCYS

CCYS requires that all coaches new to the club receive at least a G level license in order to coach no matter what past soccer experience a coach may have.

Littleton

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