



Coaching Education Program

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ENYYSA Coaching Education Overview

The ENYYSA Coaching Education Program is designed to meet the needs of today's modern youth soccer coach. Established is a comprehensive Coaching Education School that offers a USSF-approved curriculum of courses for the "Youth Module", "F", "E", and "D" licenses. Also included in the curriculum are a "D" Upgrade (for those who received a State "D" license and want a chance to obtain a National "D" status), a Goalkeeper Level 1 Certificate, and a Recreation Coach certificate (for those first-time coaches in recreation leagues).

Through this effort, the ENYYSA Coaching Education Program provides:

- A program in which coaches can earn state and national coaching credentials
- A system which improves a coach's knowledge of the game, methodology, and teaching methods
- Valuable information and current coaching trends state-wide, nationally, and internationally

Thousands of coaches have attended the ENYYSA licensing courses. The objective of the coaching licensing curriculum is to provide all soccer coaches, from the beginner to the advanced, with up-to-date theoretical and practical knowledge, so that coaches in Eastern New York can help ensure that our players develop their fullest potential.

All courses are taught by ENYYSA State Staff Coaches who hold a National Coaching License. Instructors who teach the "E" certificate and "D" license instructors hold either an "A" or "B" National Coaching License, while those that instruct the Youth Modules and "F" license hold a National Youth License. All courses must be scheduled through the ENYSA State Office. A list is maintained at the State Office and posted on our website <http://www.ensoccer.com>.

We are looking into the possibility of facilitating both the "F", and "D" courses in Spanish in the future. Please visit us on a continual basis to hear about updates pertaining to this opportunity.

Individuals wishing to attend a course or clubs, leagues wishing to host a course may do so by contacting Michael Swanwick, ENYYSA Director of Coaching Education at 646-361-5554 or email Michael.swanwick@ensoccer.com. An application to host a specific course and a course checklist will be sent to you via email within 72 hours of request.

The Philosophy of the Coaching Program

To help you gain the most information from the courses, staff coaches teach the essentials of soccer in an optimal way. While candidates actively participate in field sessions, approximately two-thirds of each course is comprised field sessions and the remaining one-third as lectures. The intensity of the field sessions is directly related to the level of the course. The higher license or certification means more hours required. A complete discussion of the Coaches Education program is provided below. A complete listing of ongoing coaching licensing clinics across Eastern New York is listed on the ENYYSA website (listed above). A minimum of 15 participants must be pre-registered for any course at least five days prior to the start of the class.

The Certification Process

General Requirements

Every ENYYSA Coaching Education candidate must complete the requirements of each specific course in order to obtain a license. Attendance for the duration of each course is mandatory.

The following is a brief description of each ENYYSA Coaching Education course complete with information pertaining to: name of course, minimum candidates needed, cost per candidate, topics, pre-requisite, course length, and testing measures.

For further detail contact Michael Swanwick, ENYYSA Director of Coaching Education at 646-361-5554 or email Michael.swanwick@enysoccer.com.

Youth Modules — U6, U8, U10, U12

Minimum Candidates: 20

Cost: \$45 (plus any prorated facility cost) per candidate per module (if two are done in one day \$60 per candidate)

These courses are designed basically for the Recreational coach. During 3 1/2 hours of classroom and field instruction, coaches are taught the characteristics, techniques and tactics for these age groups. *Candidates who take three separate Youth Modules automatically receive an "F" certification.*

Topics:

- Philosophy of coaching U6, U8, U10, U12 players
- Characteristics of U6, U8, U10, U12 players
- Appropriate activities for U6, U8, U10, U12 players
- Organizing a youth training session
- (Optional) Team administration and risk management
- (Optional) Prevention and care of soccer injuries
- (Optional) Laws of the Game: modified

Prerequisites:

- AN OPEN MIND!
- Minimum age – 16 years old

Course Length: 3 1/2 hours

- 1 1/2 hours classroom
- 2 hours field

Testing:

- None

"F" Certificate — U6, U8, U10**Minimum Candidates: 15****Cost: \$75 per candidate (plus any prorated facility costs)**

This is a state certification geared designed specifically for the Recreational coach. The main emphasis of the course is based on the unique characteristics of the growing child from a physical, psychosocial, cognitive, and motor skill acquisition perspective and developmentally appropriate activities for them. A detailed analysis of the modern methods of coaching players U6 through U10 is provided. Candidates have a chance to receive invaluable feedback from practice coaching from the instructor.

Topics

- Coaching U6, U8, U10
- Care and Prevention/Youth Fitness
- Team and Risk Management
- Rules, Fair Play, and Moral Development

Prerequisites:

- Minimum age – 16 years old

Course Length: 9 hours

- 3 hours classroom
- 6 hours field

Testing:

- None

"E" Certificate**Minimum Candidates: 20****Cost: \$125 per candidate (plus any prorated facility costs)**

The "E" License is an entry-level course for all competitive coaches.

This 18-hour course combines field and classroom instruction in intermediate coaching and teaching methodology. This course is a preparatory course geared toward those candidates that are taking the "D" licenses and want to obtain a National "D" license status. Candidates have a chance to receive invaluable feedback from practice coaching from the instructor.

Topics:

- Philosophy of coaching U12 and over
- Methods of coaching
- Team administration and risk management
- Prevention and care of injuries
- Coaching technique
- Coaching tactics
- Laws of the Game

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- Principles of attack and defense
- Small-sided games

Prerequisites:

- Minimum age – 16 years old

Course Length: 18 hours of instruction

- 5 hours classroom
- 13 hours field

Testing:

- Written

"D" License

Minimum Candidates: 20

Cost: \$215 per candidate (plus any prorated facility costs)

The "D" License is strongly recommended for all competitive coaches of players 15 years old and up

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. A candidate who takes this course will be awarded a level based on their performance in the course: Fail, State "D", National "D". A candidate who does not pass and receives a "Fail" will be awarded an "E" license, if they do previously have one.

Topics:

- Methods of coaching
- Team management
- Prevention and care of injuries
- Coaching technique
- Coaching tactics
- Systems of play
- Match analysis
- Principles of play

Prerequisites:

- "E" License (No wait period is needed in between the "E" and "D" license course)
- ENYYSA Director of Coaching Education approved waiver
- Minimum age – 16 years old

Course Length: 36-hours

- 12 hours classroom
- 24 hours field

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Testing:

- Methods of coaching – Oral and Video Test
- Tactics – Oral Video Test
- Laws of the Game – Take home Test
- Prevention and Care – Take home Test
- Methods of coaching – Practical Field Session

"D" Upgrade**Minimum Candidates: 12****Cost: \$115 per candidate (plus any prorated facility costs)**

This course is offered to coaches that did not pass their "D" course and are looking to receive a National "D". A candidate who takes this course will be awarded a level based on their performance in the course: Fail, State "D", National "D". A candidate who does not pass and receives a "Fail" will be awarded an "E" license, if they do previously have one.

Topics

- Methods of Coaching
- Coaching technique
- Coaching tactics

Prerequisites:

- A State "D" License, a Recommended Retest from a "D" Course
- Minimum age – 16 years old

Course Length: 9 hours

- 3 hours classroom
- 6 hours field

Testing:

- Methods of Coaching and/or Tactics - Oral Test
- Methods of coaching – Practical Field Session

Goalkeeper Certificate - Level 1 and 2**Minimum Candidates: 15****Cost: \$75 per candidate (plus any prorated facility costs)**

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 - 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

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- Principles of Goalkeeping
- Techniques/Tactics

Prerequisites:

- Minimum age – 18 years old

Course Length: 9 hours

- 3 hours classroom
- 6 hours field

Testing;

- None

Recreation League Coaches Clinic Minimum Candidates: 20

Cost: \$680 flat rate (plus any prorated facility costs)

A four hour coach's clinic is available for Recreation Leagues Only. There is no state certification for this clinic; it is for the sole purpose of supplemental coaching education for recreational coaches. This clinic has been structured as an educational resource provided by ENYYSA Coaching Education to our recreational leagues and is intended to introduce youth soccer to the coaches of recreational programs who have little or no experience coaching youth soccer. The strength of the ENYYSA clinic is that it will be designed to focus on the specific soccer topic areas identified by you and your league. It can be set up to serve as an overview for all of your leagues first year coaches or can be designed to target the coaching of specific age groups. The beauty of it is that your league can establish whatever will serve your recreational coaching needs best. The true value of this program is also derived from being a hands-on clinic with the action-taking place in "The True Classroom", on the field. Active participation is strongly encouraged to add to the participants understanding and experience gained from the clinic, but is not required. Each league can host this clinic, once a year, at a time coordinated with the ENYYSA Director of Coaching Education.

Topics can include:

- Teaching Proper Techniques
- Organizing & Running Effective Practice Sessions
- Small-Sided Soccer
- Fun Games Kids Love to Play
- (Optional) Team Management (Coaching Philosophy, Roles of the Coach, Methods of Coaching, Sideline Coaching)
- Beginners Guide to Team Tactics (U12 and above)

Pre-requisites:

- Minimum age – 18 years old
- Minimum class size: 20 participants

Course Length: 4 hours

- 1 hour classroom
- 3 hours field

Testing: None

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Special Topic Certification Minimum Candidates: 15

Cost: \$45 per candidate (plus any prorated facility costs)

This certification addresses special topics throughout the year: i.e. Zonal Defending, Sports Psychology, Striker Play, Management of Soccer Programs, Defending and Executing Set Plays, Current trends in soccer, Fitness, Fast footwork and College Search.

Course Length: 4 hours

- 1 hour classroom
- 3 hour classroom

ENYSA COACHING EDUCATION FLOW CHART

ALL LICENSES AND CERTIFICATIONS

ARE "USSF" AFFILIATED

