

Program: Coaching/Instruction	Coach Instructor Course	Identifier: INST-000 Revision: Revision 0 Page: 1 of 12
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Coach Instructor Course

Identifier	
Revision	Original
Effective Date	1 Jan 2005
Class Length	8 Hours

Change Summary	
15 May 23, 2005	John Ouellette
July 14, 2010	John Ouellette

Program: Coaching/Instruction	Coach Instructor Course	Identifier: INST-000 Revision: Revision 0 Page: 2 of 12
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LESSON PLAN- Coach Instructor Course

1. Lesson Goals

- Provide an understanding of the minimum performance standards required for a Coach Instructor candidate to become a Certified Coach Instructor.
- Understand the administrative requirements as a Coach Instructor.

2. Class Length

Eight hours plus presentations

3. Instructor Requirements

Advanced Coach Instructor

4. Learning Objectives

- Role of the Certified Coach Instructor
- Requirements to be an Advanced Coach Instructor
- Criteria for qualification as a Coach Instructor
- Administrative requirements

5. Student Skills Acquired

- Knowledge of AYSO National Coaching Program
- Knowledge of criteria and characteristics necessary for a volunteer to become a Certified Coach Instructor
- Skills necessary to become an effective Certified Coach Instructor candidate
- Practical exercise

6. Prerequisites

Be a U12 Coach course graduate and be recommended by the Region Coach Administrator, Area Coach Administrator or the Section Coach Administrator

7. Materials

- Coach Instructor Evaluation form
- Why Short Sided Handout
- Student handouts
 - i. National Coaching Program Manual
 - ii. U6, U8, U10, U12 and Safe Haven Manuals

Program: Coaching/Instruction	Coach Instructor Course	Identifier: INST-000 Revision: Revision 0 Page: 3 of 12
----------------------------------	----------------------------	---

8. Equipment

- LCD projector, laptop and screen
- Flip chart, dry or chalk board with markers or chalk.
- Lined Soccer field
- Soccer balls
- Full size soccer goals
- Eighteen training vests - 6 blue, 6 red, and 6 yellow (colors irrelevant)

9. Instructor Notes:

Order of Classes:

Class 1	Introduction, Role of and Criteria for Coach Instructors	1 hour
Class 2	Impromptu Speaking	1 hour
Class 3	Coaching Program Overview	1 hour
Class 4	How To Teach Coaching Courses Safe Haven U6, U8 and U10 U12	2hours
Class 5	Planning A Successful Coaching Course	2 hours
Class 6	Evaluations Form review/ Teaching Assignments	1 hour

The lead instructor, in a positive manner, should discuss the possibility of failure of students to successfully complete this course. The instructor should make certain that course students are aware that being an instructor requires a special set of skills and aptitudes which include knowledge of the National Coaching Program and an extensive coaching background. Because of the uniqueness of these skills and aptitudes, not all students will demonstrate them sufficiently to perform adequately as a coach instructor. Failing to meet the standards to become a coach instructor is not a reflection of any individual's ability to continue to be an effective coach.

10. Body (Lesson Procedure)

Section 1 - Introduction, Role of and Criteria for Coach Instructors (1 hour)

The purpose of the Coach Instructor program is to provide AYSO U-12 Coaches and above, who desire to become AYSO Certified Coach Instructors, with the necessary tools, information, and actual teaching situations which might enable them to become AYSO Coach Instructors.

Program: Coaching/Instruction	Coach Instructor Course	Identifier: INST-000 Revision: Revision 0 Page: 4 of 12
----------------------------------	----------------------------	---

The AYSO National Coaching Program has been developed by the National Coaching Advisory Commission to provide AYSO coaches with the best possible instruction that reflects and fulfills the vision and mission statements of AYSO.

AYSO Vision Statement: To provide world class youth soccer programs that enrich children’s lives

Mission Statement: To develop and deliver quality youth soccer programs, which promote a fun, family environment based on our philosophies of: *repeat them-*

In addition, the AYSO coaching program is accredited by National Council for Accreditation of Coaching Education (NCACE).

The **NCACE** grants accreditation to educational programs that meet or exceed the minimum requirements outlined in the National Standards for Athletic Coaches developed by the National Association for Sport and Physical Education.

AYSO Coaching Courses

AYSO’s Safe Haven	2 hours
U- 6 Course	2 hours
U- 8 Course	2 hours
U- 10 Course	3 hours
U- 12 Course	5 hours
Intermediate Course	15 hours
Advanced Coaching Course	18 hours
National Coaching Course	56+ hours

Annual Coach Orientation (update) 1-1,000 hours depends on region

Program: Coaching/Instruction	Coach Instructor Course	Identifier: INST-000 Revision: Revision 0 Page: 5 of 12
----------------------------------	----------------------------	---

Section 2 - Impromptu Speaking (1 hour)

This class is designed to break the ice and for each student to understand the importance of good preparation. Each student will be given a word from which they will be required to give a two minute presentation with no preparation time.

Note: The words are written on 3x5 cards and placed on a table face-down. Randomly select students. As a student is called they will pick a card and start talking immediately. Do not allow the student to sit down because they have nothing to say. Make the students stand in front of the class for the whole two minutes. The instructor will make notes relating to the good, the bad, and the ugly portions of the student's presentation. Stress the need for all instructors to understand that good preparation is critical to their success as coach instructors.

Section 3 - The Coaching Program Overview (1 hour)

All AYSO instructors should present the AYSO National Coaching program.

Coach instructors must understand how the AYSO National Coaching Program was developed.

All AYSO courses are designed to be presented using a combination of players and coach demonstrations. Coaches in attendance should see how a professional works with a particular age group and experience the rigors of the game.

AYSO Instructors must:

Use the AYSO materials

Teach what is in the manuals

Stay on track

Support the AYSO National Coaching Program.

The first four AYSO coaching courses, U6, U8, U10 and the U12 courses, are designed for short sided play.

AYSO recommends that all children under the age of 12 play short-sided games. (See age appropriate coaching manuals for specific details).

Program: Coaching/Instruction	Coach Instructor Course	Identifier: INST-000 Revision: Revision 0 Page: 6 of 12
----------------------------------	----------------------------	---

Why Short Sided Soccer?

- Young soccer players need special consideration.
- They are children playing a child's game.
- They must be regarded as young children, not mini adults.
- Fun and activity factors must be a central part of a child-centered program. Educators agree early learning experiences are the most important and produce the most retention.
- They are essentially self-oriented and relate naturally to one or two others, not to large groups.
- Most children cannot sustain prolonged activity.
- They function best in suitable starts and stops (rest periods).
- Concentration span is limited, so frequent changes of pace and activity is essential.

Additionally the U5, U6, U8 and the U10 programs are designed as discovery programs. The young players should learn to discover the wonderful game of soccer not be taught the game of soccer by adults. The best teacher of the game is the game itself. The primary goal for instructors of these courses is to ensure that the coaches they are instructing understand this concept.

It is critical that all in attendance understand that there could be a difference between the program that is being run at the local level and the amount of coaching material that is required by the coaches who attend such training. What will be explained in this session are the AYSO National U-6, U-8, and U10 programs.

Briefly cover each of the U5, U6, U8, and U10 programs.

Jamboree

The Jamboree should be the standard U-5 Short-Sided program throughout AYSO. The jamboree can also be used as an alternative method of conducting the standard U-6 Short-Sided program.

A U-6 player will experience:

Three (3) a side play with a total of five (5) players per roster, while learning

Program: Coaching/Instruction	Coach Instructor Course	Identifier: INST-000 Revision: Revision 0 Page: 7 of 12
----------------------------------	----------------------------	---

TECHNIQUES	KNOWLEDGE
Instep kick	In and out of play
Dribbling	Don't kick or trip others
Throw-ins	Handball

OBJECTIVES OF THE GAME for the U-6 player	PRINCIPLES OF PLAY for the U-6 player
Score	Penetration
Prevent scoring	Delay

SOCCKER SPECIFIC TRAINING U8

A U-8 player will experience:

Five (5) a side play with a total of seven (7) players per roster, while learning

TECHNIQUES	KNOWLEDGE
Inside of foot pass	Kick-off
Inside of foot trap	Corner kick
Shooting (instep)	Goal kick
Dribbling head up -ball close	Drop ball
	No holding or pushing

OBJECTIVES OF THE GAME FOR THE U-8 PLAYER

Attacking Objectives	Defending Objectives
Score	Prevent Score
Maintain Possession	Regain Possession

PRINCIPLES OF PLAY FOR THE U-8 PLAYER

Attacking Principles	Defending Principles
Penetration	Delay
Width	Concentration
Depth	Depth

Program: Coaching/Instruction	Coach Instructor Course	Identifier: INST-000 Revision: Revision 0 Page: 8 of 12
----------------------------------	----------------------------	---

Soccer Specific Training U10

A U-10 player will experience:

Seven (7) a side play with a total of nine (9) players per roster, while learning

OBJECTIVES OF THE GAME FOR THE U-10 PLAYER

Attacking Objectives	Defending Objectives
Score	Prevent Score
Maintain Possession	Regain Possession
Advance the Ball	Delay the opponents

PRINCIPLES OF PLAY FOR THE U-10 PLAYER

Attacking Principles	Defending Principles
Penetration	Delay
Width	Concentration
Mobility	Balance
Support	Support

U12 Coaching Course

As the instructor of the U- 12 Coaching Course you will be responsible for preparing your own teaching plan. The lesson plan is the U12 Coaching Manual. **Think twice about passing the manual out right away.** New coaches will tend to browse through it and may miss a very important coaching point being made. This is your call. Keep in mind that a lesson plan is a plan for learning. As is true in most activities, the quality of planning affects the quality of results.

An effective AYSO coach instructor must devote as much time and energy in carefully planning and preparing, much like you would prepare to coach a soccer game or practice. The manual is your lesson plan; your instructor notes will help you personalize the course.

For the next few years the U- 12 Coaching Course will have one major challenge for all instructors. Who will be taking the course?

Program: Coaching/Instruction	Coach Instructor Course	Identifier: INST-000 Revision: Revision 0 Page: 9 of 12
----------------------------------	------------------------------------	---

Find out from the region if the coaches you will be working with have been trained using the U-6, 3 a side, U-8, 5 a side, the U-10, 7 a side programs or if this is the first level of coaching being presented to the coaches.

The primary focus of the U12 Coaching Course should be one of technical cleansing for players. U12 coaches should, after attending the U12 course, be able to identify and fix any technical problems that players might have developed.

The U12 Coaching Course is a 5 hour course, not 2 hours, not 8 hours, not 10 hours, but 5 hours!

This course is also designed to use U12 players as demonstrators. This allows the coaches in attendance to view real U12 coaching conditions. You will find that while coaches want to get it done, they often don't have the skills and stamina to achieve the desired outcome or that they are above the true playing level of the average U12 player. Remember, when a coach is playing – they are not learning!

Time will be your number one enemy when presenting the U-12 Course. Constantly be aware of your time. You have five hours in which to teach this course.

U12 Techniques	U12 Knowledge
Dribbling	Know the 8 restarts
Inside of foot – ball control	Corner kick
Sole of foot – ball control	Goal kick
Top of the thigh – ball control	Penalty kick
Instep kick	Drop ball
Inside of the foot – push pass	Direct free kick
Heading	Indirect free kick
Throw-in	Throw-in
Tackling	Kick off
Goalkeeping	Laws of the Game

Section 5 - Planning a Successful Coaching Course (2 hours)

This session discusses the who, what, when, where and why of holding a coaching course

Program: Coaching/Instruction	Coach Instructor Course	Identifier: INST-000 Revision: Revision 0 Page: 10 of 12
----------------------------------	----------------------------	--

CHECKLIST FOR CONDUCTING ANY TYPE OF CLINIC:

1) Establish a Need

- A) Purpose - to train and qualify coaches for the benefit of youth teams within a region.
- B) Determine the number of people needing or wanting the course.
- C) Determine suitable dates and accommodate participants' schedules.
- D) Determine level of clinic needed.
- E) Sponsorship
 - 1. Can be obtained through the region or area, or through an independent outside source.
 - 2. Reduce cost for attendees, encourage more participation.
 - 3. Minimal individual fees charged to participants, encourages participation in the course.

2) Clinic organization

- A) Administration and Delegation of Responsibilities
 - 1. Publicity director
 - 2. Registrar
 - 3. Equipment manager
 - 4. Facilities coordinator.
 - 5. Locate additional qualified, certified instructors on an "as needed basis."

- B) Participants needs
 - 1. Food (lunch brown bag, etc., or may be provided by region)
 - 2. Paper and pencil
 - 3. Ball (personally identified)
 - 4. Suitable clothing (soccer shoes, track suit).
 - 5. Water, sunscreen, towel, etc,
 - 6. Shinguards

- C) Materials
 - 1. Field aid – goals, training vest, cones, stakes, grids, balls
 - 2. Films and slides.
 - 3. Books – Age-appropriate Coach Manual, Guidance for Referees & Coaches, etc.
 - 4. Handouts – Volunteer Registration forms, Coach Development Program, Short-sided Games Guidelines, Soccer Accident Insurance Brochure, evaluation forms, first-aid, etc,
 - 5. First aid kit and a medical person, if possible, paramedic, nurse or doctor
 - 6. Sunscreen
 - 7. Extras - course T- shirts, liquid refreshments, snacks, door prizes, etc

- D) Equipment
 - 1. Projector & Screen

Program: Coaching/Instruction	Coach Instructor Course	Identifier: INST-000 Revision: Revision 0 Page: 11 of 12
----------------------------------	----------------------------	--

2. Extension Cord
3. Flip Chart
4. Easel
5. Markers
6. Laptop

E) Budget

1. Facilities
2. Staff
3. Copying
4. Accommodations for visiting instructors
5. Guest speakers
6. Advertising
7. Equipment
8. Regions may charge a nominal fee for clinics. A fee has been found to be an excellent reminder of the date. Clinics must be self-funded.

F) Publicity

1. Publicize in advance using posters, brochures email, web-sites and communication among regional and/or area and/or sectional personnel.
2. Emphasize that the clinic's goal is to teach how to coach, not to become soccer players.
3. Participation in heavy exercise is voluntary and dependent upon the physical condition of participants.

G) Site acquisition

1. Utilize a neutral location if possible
2. Acquire necessary permits
3. Consider inclement weather (field location adjacent to an available gym is always useful)
4. Orientation (seating capacity)
5. Location of refreshment facilities

3) Clinic implementation

A) Eight to ten participants per staff member (ideal)

B) Players to demonstrate and assist

C) Experts for lecture and panel

1. Qualified coach instructors certified at the appropriate level
2. Local doctor or sports psychologist
3. Assistance from neighboring regions
4. Referee for Laws of the Game and panel discussions

Program: Coaching/Instruction	Coach Instructor Course	Identifier: INST-000 Revision: Revision 0 Page: 12 of 12
----------------------------------	----------------------------	--

5. Evaluation and review (important) a pass out and collect evaluation forms at the conclusion of the course. Ask for constructive criticism to improve future clinics and ideas of special interest within the region.

D) How to register a coaching course.

E) Either process the course roster in eAYSO or submit roster of graduates to the AYSO National Office - Coaching Department.

F) Any Lead Instructor who has failed to account for a roster within the 60 day period following the scheduled training date will not be authorized to conduct additional training until the past due roster is returned or its status satisfactorily resolved. The instructor in question will have their instructor credentials placed on "Hold" within eAYSO until the roster status has been taken care of.

E-mail rosteradmin@ayso.org or call 1-800-872-2976 and ask for the National Coaching Program Coordinator, if you have any questions. No new rosters will be issued to instructors who are not in compliance with the Roster Return Policy.

Section 6 - Evaluation Form review/Teaching Assignments (1 hour)

Review with instructor candidates the Evaluation instrument that will be used during their teaching session (give each student a copy of the evaluation form).

Distribute topics and answer any questions regarding the students' teaching assignments.

11. Conclusion (Closure) (¼ hour)

12. Bridge