

Mendon-Upton Youth Soccer Association Coaches Education Opportunities

The current coaching education calendar for G, F, and E-level certification courses provided by MA Youth Soccer Development Coaches is listed here:

http://www.mayouthsoccer.org/pages/188_calendar.cfm

The introductory 4-hour “G” license course is available online for coaches who would prefer to work at their own pace. The link for more information on this course is here:

http://www.mayouthsoccer.org/pages/2185_coach_training_online_g_course.cfm

Practice Sessions for specific age groups (specifically U10 and up) can be found here:

http://www.mayouthsoccer.org/pages/2302_practice_sessions.cfm

FAQ –

Q – What am I going to learn in the G course?

A – Ideas about how to organize practices and game days, a number of practical activities and stimulating games for practices, ideas on parent education, learning theory, demonstration of basic techniques. You will learn to teach and correct dribbling, passing, and shooting technique as well as understand particular characteristics of U6, U07 and U8 players.

Q – What am I going to learn in the F course?

A – Ideas about how to organize practices and game days, many games and exercises for practices, a more thorough demonstration of basic technique, elementary goalkeeping techniques, some basic tactical ideas. The intention of the F course is to help you become a more resourceful and confident "activity leader" - to combine your enthusiasm and commitment to children with the basic theory and practical exercises

Q – What am I going to learn in the E course?

A - This course combines soccer theory and practice. During the course, each participant will have the opportunity to lead a short coaching session, with constructive feedback from the instructor. You will learn systems of play, laws and restarts, more games and exercises for practices, more tactical ideas, including the tactics of 2 versus 1 situations, and more on goalkeeping. Coaches wishing to take the E course should have a six month practicum period after they receive their F license (pre-req).

Q - If I haven't taken the G course, but want to take both courses, can I sign up for both?

A – Yes, you can sign up for both. Just make sure you sign up for the G course first.

Q – I am a U07 coach, which course would be best for me?

A – At this age group, the G course is most appropriate. Emphasis at this age (and all ages) should be on fun and continued development of basic skills which are introduced at the U06 level. Foot skill (dribbling) development is the foundation of soccer, so this should be the area of primary focus. The use of fun games (not just soccer scrimmage games) which involve utilization of a particular skill are most effective for this age group. The coach of this age group is more of an activity leader and should be able to keep the kids occupied and learning through frequent changes of activities due to the limited attention span of this age group.

Q – I am a U08 coach, which course level would be best for me?

A – For novice coaches, the G course is most appropriate. However as you gain confidence and experience as a youth soccer coach, the F course is highly recommended. Emphasis at this age is on skill development: foot skills (dribbling), as well as passing and shooting skills should be the primary focus areas. The use of fun games (not just soccer scrimmage games) which involve utilization of a particular skill are most effective for this age group. A well organized, structured practice with frequent changes of activities will keep this age group interested and having fun. As with any age group, physical and psychological developmental levels will vary and each player should be developed according to his/her capabilities.

Q – I am a U10 coach, which course level would be best for me?

A – For novice coaches, the G course is most appropriate. However as you gain confidence and experience as a youth soccer coach, the F course is highly recommended. Emphasis at this age is on continued focus on technique during

practice, as was done at the younger ages. Creating environments in which players get maximum repetitions of technical skills is key. Players at this age should still work on ball mastery and demonstrate growing familiarity and comfort with a ball at their feet. A well organized, structured practice with frequent changes of activities will keep this age group interested and having fun. As with any age group, physical and psychological developmental levels will vary and each player should be developed according to his/her capabilities.

Q – I am a U12 coach, which course level would be best for me?

A – At this age level, player development is focused on continued mastery of technical skills, with some introduction to tactics (decision-making). Knowledge of the game is more important for a coach at this age level and beyond. Your coaching responsibilities transition from an “activity leader” to more of a “coach” who can diagnose and develop players both at an individual and team level. An F level certification is the minimum level recommended, but many coaches take the E course to teach this age group as this course teaches Systems of play, laws and restarts, and includes more games and exercises for practices, more tactical ideas, including the tactics of 2 versus 1 situations, and more on goalkeeping. As with any age group, physical and psychological developmental levels will vary and each player should be developed according to his/her capabilities.

Q – I am a U14 coach, which course level would be best for me?

A – At this age level, player development is focused on continued mastery of technical skills, with some introduction to tactics (decision-making). Knowledge of the game is more important for a coach at this age level and beyond. Your coaching responsibilities, especially at the mid and higher levels of play are that of a “coach” who can diagnose and develop players both at an individual and team level. An F level certification is the minimum level recommended, but many coaches take the E course to teach this age group as this course teaches Systems of play, laws and restarts, and includes more games and exercises for practices, more tactical ideas, including the tactics of 2 versus 1 situations, and more on goalkeeping. As with any age group, physical and psychological developmental levels will vary and each player should be developed according to his/her capabilities.

Q – I took the F course several years ago. Should I take it again?

A – The course curriculum gets updated periodically based on learnings from the MA Youth Soccer Development Staff. As more knowledge is gained in the best methods and approaches to developing youth soccer skills, the statewide curriculum is updated. If you would like to take advantage of these new approaches and methods, we recommend you take to course again.

Q – Why does MUYSA recommend that I take these courses?

A – At this point, MUYSA does not mandate that our coaches take the certification courses offered by the MA Youth Soccer Association, but we do want to provide the best learning environment for our young players and deliver a consistent level of curriculum and training across our teams. These courses provide the knowledge for our coaches to provide fun, yet challenging learning environments for our youth players.

Q – I played soccer as a child, as well as high school and perhaps some college. I know the game. Do I have to take the courses?

A – Just like anything, people excel at certain things either through natural ability (feel) or through analytic breakdown of the elements of the required skills and acquired knowledge of the game. Developing youth soccer players requires the ability to communicate how to perform the required skills at the level of the child. Former players who play by “feel” often cannot “break down” the skill elements required, as they don’t “think” that way. Coaching courses also specifically address the psychological elements of the youth players at different ages (i.e. what does a U06 player think of when playing soccer? How old does a child have to be before they truly can start to process tactics (decision-making)?). Even if you have played soccer at some point in your life, we strongly encourage you to take advantage of these training opportunities for the benefit of the kids.

Q – I already coach kids in other sports and think I know what to do. Do I still need to take the courses?

A – While we are sure you enjoy coaching kids in other sports, we feel that by having taken one or more of the courses that our coaches are delivering the benefits of a consistent development curriculum to our kids. Think of your kid in school; your children’s teachers specialize in elementary (and above) education and are trained to work specifically with these age groups. Would you like your child to learn to play soccer from someone who has some accrued knowledge in the sport? Even if you didn’t play the game, you can still deliver effective development tools to our kids by learning what all kids across the state are learning at various age groups.