

The USSF Coaching Education Process and Progression



Coaching certification begins at the state level.

USSF "E"

- Coaching certification begins at the state level. The "E" Certification is an 18-hour course, which cover the elementary principles of coaching and prepare interested coaches for the 36-hour "D" license course.
- The "E" Certification course is only administered and instructed by State Soccer Associations. Please contact your State Association for information on these courses

USSF "D"

- The "D" License is a 36-hour course designed for the experienced coach who has already received training at the "E" level or who has several years of coaching and/or playing experience. The focus of this course is to improve individual's and team's ability.
- The "D" License course is only administered and instructed by State Soccer Associations. Please contact your State Association for detailed information on "D" License courses.

Waiting Period: Upon successful completion of the National "D" License course; there is a mandatory waiting period of one (1) year before a coach is eligible to enroll in the National "C" License course.

The following are the prerequisites for the National "A", "B", "C" and Youth Licenses:

- "A" License: Candidates must be 21 years old and have earned a National "B" License (held for minimum of 12 months) and meets 3.2 Rule requirement
- "B" License: Candidates must be 19 years old and have earned a National "C" License (held for minimum of 12 months) or have received the NSCAA Advanced National Diploma (held for minimum of 12 months)
- "C" License: Candidates must be 18 years old and have earned a National "D" License held for a minimum of 12 months or have received the NSCAA National Diploma (held for minimum of 12 months)
- Youth License: Candidates must be 18 years old and hold "D" License or have the approval of the State Director of Coaching to attend

National "C" License

The National "C" License course is designed to introduce concepts that are targeted toward coaching players ages 11 – 14. The course focus is on getting coaches to think about, discuss, and recognize the recurring concepts or themes that exist in soccer. Candidates will be challenged to find ways to offer constructive guidance to players while also allowing players to experience the game for themselves.

A primary emphasis in the National "C" License course is the close relationship between technique and tactics. In this course, technique and tactics will be addressed together. In practice field sessions and the final field exam, the candidate is required to address the impact that technique has on tactics.

Three (3) General Goals of the National "C" License Course:

1. To prepare coaches to better recognize problems and solutions as they occur in the run of play and to communicate this information to their players,
2. To create rich soccer environments that allow players to grow, and
3. To provide a foundation for any coach wishing to pursue higher levels within U.S. Soccer's Coaching Education Program.

The National "C" License course will also provide a foundation in the following areas: tactics, technique, methods of coaching and issues in youth player development, some of which have been introduced in the "D" License course, and will be expanded upon in the National "B" and National "A" License courses. These include but are not limited to the following objectives:

Waiting Period: Upon successful completion of the National "C" License course; there is a mandatory waiting period of one (1) year before a coach is eligible to enroll in the National "B" License course.

National "B" License Course

The National "B" License Course is designed to introduce concepts that are targeting toward coaching players age 16 to college level. The National "B" License focuses on recognizing the principles of the game and its technical applications in 9v9 game situations. Candidates will learn to teach and implement these principles through functional training sessions leading up to the 9v9 game. The course will help candidates get a better understanding of the responsibilities of coaching at advanced levels and will prepare those coaches who wish to pursue the National "A" License.

Key Elements of the National "B" License course:

- Help coaches to observe and identify tactical and technical breakdowns in game situations.
- Learn to develop and implement appropriate training sessions to meet the demands of the game.

ELIGIBILITY

Applicants must be at least 19 years of age and have held the National “C” License for a minimum of 12 months.

National “C” License requirement may be waived ONLY under one of the following conditions:

- 1.Applicant earned the NSCAA Advanced National Diploma and has held it for a minimum of 12 months.
- 2.Applicant has five (5) years of coaching experience (any level) on AND five (5) years of playing experience with a Senior National Team or five (5) years of FIFA recognized professional playing experience.
- 3.A foreign license of equivalence; to be reviewed by the U.S. Soccer Coaching Department.

WHAT TO EXPECT

Pre-Course:

- The National “B” License course is a nine-day program and the physical and mental demands of the course are great. Candidates are encouraged to participate in the sessions in order to maximize learning. Therefore, attention should be given by each candidate to arrive at the course in good physical condition.
- Pre-course reading material is expected to be completed prior to arrival to the course. U.S. Soccer’s Best Practices for Coaching in the United States manual is available online and candidates should become comfortable with the information.

During the Course:

- The National “B” License course consists of approximately 20 classroom hours and 48 field sessions hours.
- Classroom sessions involve active candidate participation and use game and training video as a learning tool.
- Assist candidates in how to observe and scout a game with the purpose of analyzing the opponent, as well as analyzing one’s own team.
- Assist candidates in how to work with individuals / small groups and be able to put all components together in a game situation.
- U.S. National Instructional Staff conduct realistic training sessions throughout the course using methodology recognized and used by U.S. Soccer.
- Candidates are given opportunities to run two practice coaching sessions and provided feedback from U.S. National Instructional Staff.
- Candidates will learn how to properly step in at the right time to make coaching points during training sessions and in 9v9 game situations.
- Candidates are responsible for reading the FIFA Laws of the Game Booklet and completing the corresponding written examination.
- Candidates will be given two oral exam questions, one on Tactics and one on Methodology. A passing grade in both questions must be received in order to pass the course.

COURSE CURRICULUM

The curriculum for the National “B” License course is based upon modern methods of coaching soccer. The curriculum is divided into Theory and Practical areas of coaching.

Theory

- Analyzing the Opponent
- Methods of Coaching
- Game Analysis and Model Training Session Review
- Tactics
- Psychology
- Goalkeeping the Modern Game

Waiting Period: Upon successful completion of the National “B” License course; there is a mandatory waiting period of one (1) to three (3) years before a coach is eligible to enroll in the National “A” License course.

National "A" License

The National "A" License course is designed to introduce concepts that are targeted toward coaching older players (older junior level and senior level players). The National "A" License focuses on recognizing the principles of the game and its technical applications in 11v11 game format and how these principles influence positional, group and team organization. The course also examines player, team and game management issues as they relate to the senior level player.

Key Elements of the National "A" License Course:

- Candidates are encouraged to understand the "Four Pillars of the Game" (Technical, Tactical, Psychological & Physical) and to devise plans for and effectively improve those areas with their team
- Candidates are encouraged to explore the variety of methodologies open to them and to solve coaching problems in the 11v11 game format. This varies in task from team management, game management, and practice management issues.
- Much attention is given to breaking down the principles of play and the various systems by watching games played (video analysis) and playing in the games themselves.

ELIGIBILITY

Applicants must be at least 21 years of age and have held the National "B" License for a minimum of 12 months, and meets the 3.2 rule requirement.

Absolutely no waivers will be considered for entrance into the National "A" License course.

WHAT TO EXPECT

Pre-Course:

- The National "A" License course is a nine-day program and the physical and mental demands of the course are great. Candidates are encouraged to participate in the sessions in order to maximize learning. Therefore, attention should be given by each candidate to arrive at the course in good physical condition.
- Each candidate is required to research and write a paper prior to the start of the course. This assignment is an integral part of the course and must be successfully completed to pass the National "A" License.
- Pre-course reading material is expected to be completed prior to arrival to the course. U.S. Soccer's Best Practices for Coaching in the United States manual is available online and candidates should become comfortable with the information.

During the Course:

- The National "A" License course consists of approximately 30 classroom hours and 40 field sessions hours.
- Lectures rely heavily on the use of video analysis of game situations and footage. Candidates spend time breaking down the principles of play and the various systems by watching games played and playing in games themselves.
- Great attention is given to the candidate's ability to read and understand the game accurately and to be able to transfer that understanding to their players.
- U.S. National Instructional Staff conduct realistic training sessions throughout the course using methodology recognized and used by U.S. Soccer.
- Candidates are given opportunities to run practice coaching sessions and provided feedback from U.S. National Instructional Staff.
- Candidates will learn how to properly step in at the right time to make coaching points during training sessions and in 11v11 game situations.
- Candidates are tested on their ability to articulate their ideas effectively and affect positive change on those people who they are managing.

- Candidates are responsible for reading the FIFA Laws of the Game Booklet and completing the corresponding written examination.

Post-Course:

- Candidates are encouraged to be an ambassador for the game, to treat the game, and those involved with the game with respect and dignity.

COURSE CURRICULUM

The curriculum for the National "A" License course is based upon modern methods of coaching soccer. The curriculum is divided into Theory and Practical areas of coaching.

Theory

- Reading the Game
- Methods of Coaching
- Video Analysis
- Game Analysis and Model Training Session Review
- Tactics
- Psychology
- Goalkeeping in the Modern Game
- Fitness
- Systems of Play and Restarts
- Laws of the Game

Practical

- 11v11 Review
- Finishing
- Technical/Tactical Functional Training
- Speed of Play
- Pressing
- Low Pressure
- Counter Attack
- Zonal Defending
- Off Sides Tactics
- Fitness
- Systems and Restarts
- Observation Topics
- Game for Analysis
- Model Training Session

Additional Educational Courses:

National Youth License

The National Youth License focuses upon the nature of children and the adjustments adults must make to coach them. The course curriculum covers the ages of 4-12 year olds. Each day of the course, the focus is upon one of the traditional soccer age groups of U-6, U-8, U-10 or U-12. The course combines both classroom (theory) and field (practical) sessions and concludes with written, oral and practical examinations.

The National Youth License course is six days in length, sometimes being held over two weekends rather than six days in a row. It is ideal for anyone hoping to become a better and more effective coach.

The National Youth License is administered and instructed by U.S. Youth Soccer. For additional information on the National Youth License, please [click here](#).

ELIGIBILITY:

- Candidates must be 18 years old and hold a National "D" License or have the approval of the State Director of Coaching.

Adult License

The purpose of the Adult License is to train amateur coaches and team administrators in current coaching methodology, team administration and player preparation for all levels of Adult soccer. These coaching and team administration seminars will provide United States Adult Soccer Association (USASA) coaches and team administrators the opportunity to discuss and be exposed to relevant topics targeted for their individual teams and club needs.

Participants completing all three levels will receive U.S. Adult Coaching Licensing through the U.S. Soccer Federation. For additional information on these courses, please visit www.usasa.com.

National Goalkeeping License

The U.S. Soccer National Goalkeeping License is targeted towards the more experienced team coach who has never played the goalkeeper position. The license will develop their goalkeeping knowledge at the youth, collegiate, senior, and professional levels. It will cover the principles and the components that go into developing goalkeepers and it will encourage the team coach to prepare and plan for the goalkeepers development needs not just daily but over an entire season.

Designed as a compliment to the U.S. Soccer National "A", "B" License courses, the eight-day course includes field and classroom sessions and concludes with intensive testing on theoretical and practical applications of the game. The course also includes valuable instruction in coaching methodology, team management and fitness.

The National Goalkeeping License course will instruct coaches how to plan and manage their goalkeeper's development over the season at a high level. The course features in-depth coverage of the Principles of Goalkeeping: technical, tactical, psychological and fitness components of the goalkeeper. Featuring lectures and field sessions, combined with audio and visual technology, the course is a comprehensive, interactive learning experience.

ELIGIBILITY:

Applicants must hold the following pre-requisites to apply:

1. U.S. Soccer National "A" License or,
2. U.S. Soccer National "B" License
3. A foreign goalkeeping license of equivalence; to be reviewed by the U.S. Soccer Coaching Department.

WHAT TO EXPECT:**Pre-Course:**

- The National Goalkeeping License course is an eight-day program and the physical and mental demands of the course are great. Candidates are encouraged to participate in the sessions in order to maximize learning. Therefore, attention should be given by each candidate to arrive at the course in good physical condition.
- Each candidate is required to complete a homework assignment prior to the start of the course. This assignment is an integral part of the course and must be successfully completed to pass the National Goalkeeping License.

During the Course:

- The Goalkeeping License course consists of approximately 30 classroom session hours and 40 field sessions hours.
- Lectures rely heavily on the use of video analysis of game situations and footage. Candidates spend time breaking down the principles of play and the various systems by watching and playing in games.

- Great attention is given to the candidate's ability to read and understand the game accurately and to be able to transfer that understanding to their players.
- U.S. National Instructional Staff conduct realistic training sessions throughout the course using methodology recognized and used by U.S. Soccer.
- Candidates will be given opportunities to run practice coaching sessions and provided feedback from U.S. National Instructional Staff.
- Candidates will learn how to properly step in at the right time to make coaching points during training sessions and in 11v11 game situations.
- Candidates are tested on their ability to articulate their ideas effectively and affect positive change on those people who they are managing.
- Candidates are responsible for reading the FIFA Laws of the Game Booklet and completing the corresponding written examination.

COURSE CURRICULUM:

The course curriculum for the National Goalkeeping License course is based on modern methods of coaching soccer and providing candidates with an understanding of the goalkeeper position. The curriculum is divided into Theoretical and Practical areas of coaching.

Theoretical

- Laws of the Game
- Seminar
- Goalkeeper Psychology
- Methods of Coaching
- Set Plays
- Fitness
- Video Analysis
- Integration of the Goalkeeper into the team
- Tutorial

Practical

- Shot Stopping
- Distribution
- Crossing
- Through Balls
- Set Plays
- Fitness
- Integration of the Goalkeeper into the team