



Indiana Youth Soccer D Waiver Policy Request Form
Updated January 2010

Coaches willing to bypass the E License Course, which is required to attend prior to the D License need to complete a waiver form. A waiver is not the same as a license nor does it give a coach permission to get a coaching pass for Indiana Youth Soccer's minimum coaching standards. You will not receive an E License. A waiver simply allows you to bypass taking the E License and go straight to the D License.

In order for a waiver to be considered a coach must have both the minimum below along with 3 references to verify:

- 1) Four years of playing experience of a significant level (level subject to the Director of Education) **AND**
- 2) Four years of coaching experience (level and age subject to Director of Education)

Additionally a coach requesting a waiver must also:

- 1) Send a sample lesson plan to the Indiana Youth Soccer Director of Education
- 2) Send a completed E License Methods Test and Laws of the Game Examination to Indiana Youth Soccer's Director of Education.

The lesson plan, E License Methods Test, and Laws of the Game Examination may be sent via mail at:

Indiana Youth Soccer
Attn: Director of Education-Waiver application
5440 Herbert Lord Road
Indianapolis, IN 46216

You can also fax or email the lesson plans and tests to 317-829-0555. Email: vince@indianayouthsoccer.org

Coaches must submit the D Waiver at least 4 weeks prior to attending the D License Course.

Indiana Youth Soccer will also recognize the NSCAA's Regional Diploma for a pre-requisite to take the USSF D License Course. Indiana Youth Soccer will also consider licenses from foreign countries as a pre-requisite to take the USSF D License.

Sample Lesson Plan

Coaches applying to bypass the E License must complete a lesson plan and submit to Indiana Youth Soccer's Director of Education.

Indiana Youth Soccer

Name: _____

Topic: _____

Sample Lesson Plan

Phase/Stage	Explanation of Activity	Diagram	Coaching Points/Guided Discovery:

E Methods

(Circle the correct answer and then submit to Indiana Youth Soccer's Director of Education)

1. Which of the following statements **is not** true?
 - a. Players learn by repetition
 - b. Players learn by doing or letting them play
 - c. Players learn with small bits of information
 - d. Players learn by running laps, standing in lines, and lectures.

2. Which of the following statements **is not** true?
 - a. A good coach does his/her teaching in training
 - b. A good coach will scream/yell at his/her players from the sideline.
 - c. A good coach will be a facilitator of activities

3. Focus for a youth soccer coach should be which of the following:
 - a. Developing an enthusiasm for the game
 - b. Developing the player first, team second
 - c. Neither A nor B are true
 - d. Both A and B are true

4. Technique is:
 - a. Biomechanics of a skill
 - b. Taught
 - c. Involve all of the skills of the game.
 - d. All of the above

5. The progression for teaching technique is:
 - a. Warm-up, Game, Small Sided Game, Expanded SSG
 - b. Game, Small Sided Game, Expanded SSG, Cool Down
 - c. Warm-up, Small Sided Game, Expanded SSG, Game, C-Down

6. An Example of economical training is:
 - a. Line Activities
 - b. 1v1
 - c. Warming Up

7. Which principle of attack doesn't belong:
 - a. Pressure
 - b. Penetration
 - c. Improvisation
 - d. Depth

8. Which principle of defending doesn't belong:
 - A) Immediate Chase
 - B) Delay
 - C) Depth
 - D) Support

Short Answers:

What are good qualities of good passing technique?

What is meant by without technique there is no tactics?

What are the four components of coaching?



Laws of The Game Examination

This is an “open book” exam to be completed **prior to arrival** at the course. Answer all questions with either a “T” for “TRUE” or “F” for “FALSE”.

Name _____ Score: _____

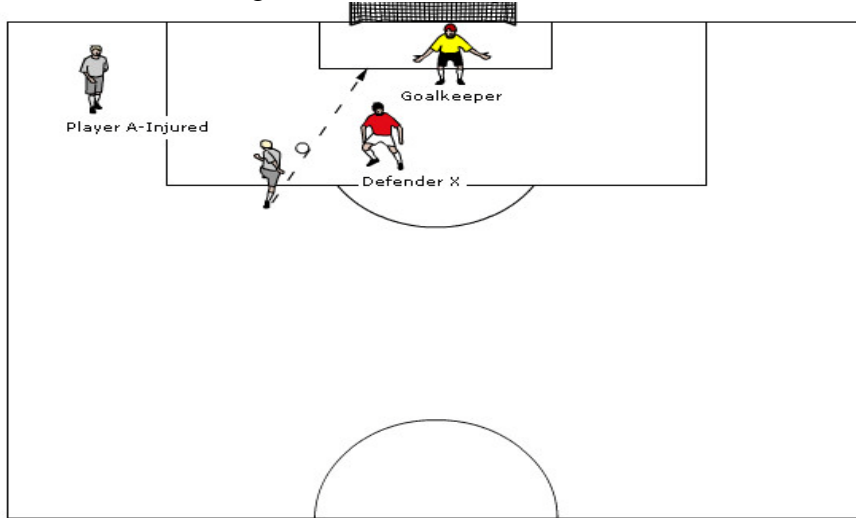
1	The ball bounces off the post of a properly placed corner flag back onto the field. Play should be stopped.
2	Shinguards are required for all players.
3	A player has a broken arm, protected by a plaster cast. It is a duty of the referee to determine if the cast is dangerous to other players.
4	The mark to indicate the minimum distance that shall be kept by opposing players at corner kicks can be either on the inside or outside of the playing field.
5	The goalkeeper, after taking complete control of the ball with his/her hands, has six seconds to put the ball into play.
6	The ball is considered “in play” when any part of it is on or above the touchline or goal line.
7	The team that loses the coin toss, prior to the game, must take the kick off.
8	Players are allowed to wear “medical alert” bracelets.
9	If the ball strikes the corner flag and rebounds into the field it is considered “out of play”.
10	A goal may not be scored directly from a corner kick.
11	Only “deliberate” handling of the ball should be punished.
12	The half time break must be at least 10 minutes in duration.
13	The ball must strike the back of the net in order to count as a goal.
14	When the referee must stop play due to an injury he/she restarts play with a “drop ball”.
15	There are 19 Laws of the game.
16	You cannot be “offside” on a throw-in.
17	An indirect kick will be indicated by the referee when his/her arm is pointed straight up in the air.
18	Players must wear soccer shoes/cleats when playing.
19	The player shooting a penalty kick and finish a rebound after it strikes the post.
20	The ball must be completely over the touchline before it is called out of play.

Offside Rule

Questions 21-24 describes situations for which a player may be guilty of an offside infraction. Assume each situation that an attacker A is to be judged guilty of an offside infraction. Use the following responses to answer Questions 21-24.

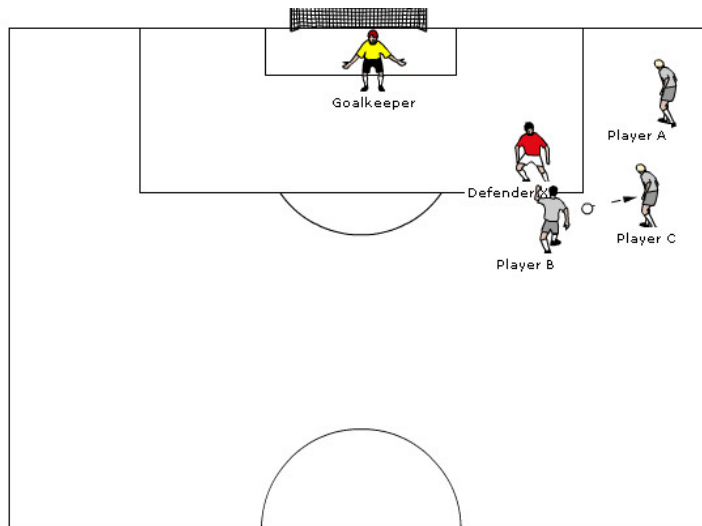
A) The player is guilty of offside B) The player is NOT guilty of offside.

21. An attacking player A is injured and lying on the ground inside the field of play. Another attacker B, defended by X, shoots the ball towards the goal.



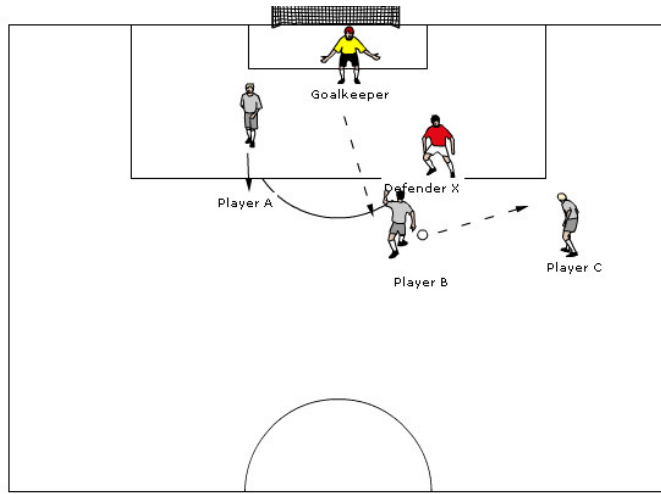
21. Answer _____

22. Player B passes the ball to teammate C who is being defended by player X. Player A, a team mate of B and C, is in an offside position.



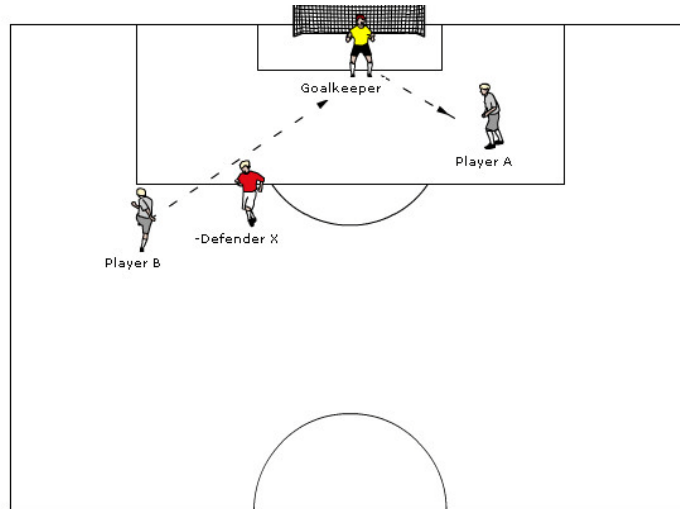
22. Answer _____

23. The ball was played to the goalkeeper and since he/she could not use his hands, attacking player A challenged him. The goalkeeper then kicked the ball and player A started to run up the field. The ball was cleared to another attacker B who then played the ball to a teammate C who was being defended by X.



23. Answer _____

24. The goalkeeper deflects a shot on goal to Attacker A.



24. Answer _____

