

**E License
Suggested Instruction Schedule**

Friday (6-9 p.m.)

5:30-6:00-Opening and Course Orientation-

6:30-8:00-**Lecture**-Methods of Coaching *Staff 1*

8:00-9:00- **Lecture** -Team Management-*Staff 2*

(Handout Laws Exam and Care and Prevention Exam-Due Sunday)

Give Candidates Teaching Topics for Sunday. Candidates will work with a partner and will each teach one match related stage activity that pertains to their topic. If have a group of 3, then one coach does the warm-up, the other two each have a match related activity to do. They will not coach the game stage. They should write out their coaching session and hand it in to you. After the coaches perform, they will get feedback from one or both of the staff instructors.

Saturday (9-5)

First meet in classroom and tell them their field practical sessions

Saturday Special-Coaches can show up for Saturday only, receive the Youth Technical Certificate.

9-10:15-**Field Session**-Model Training Session-Staff 1/2

10:30-11:15-**Field Session**-Dribbling-Staff 1/2

11:15-12:30- **Field Session** -Passing and Receiving-*Staff 2*

12:30-1:15- **Lunch** (Candidates go out and eat)

1:15-2:15-**Lecture**-“Best Practices”*Staff 1/2*

2:30-3:40-**Field Session**-Shooting and Goalkeeping *Staff 1*

3:50-4:30-Field Session-Heading *Staff 2*

4:30-5:30-**Lecture-Care and Prevention and Risk Management**

Sunday (9-4)

9-10:15-**Lecture**-Tactics-*Staff 1*

10:30-11:45-**Field Session**-Attacking and Defending Principles-*Staff 2*

11:45-12:30-**Lunch** (Candidates go out and eat)

12:30-1:15-**Lecture**- Laws of the Game-*Staff Staff 1 and 2*

1:15-3:00-**Field**-Candidates Practical Assessment and Review (Candidates practice coaching) *Staff 1 and 2*

3:00-3:30 -Review and closing

The Coach's Tool Kit

Five Tools for Teaching on the Field

1. Coaching in the flow.
2. Individual coaching while play continues.
3. Make corrections or coaching points during a natural stoppage (goal scored, throw-in, free kick, corner kick, substitution, etc).
4. Manipulation of exercise to have the training teach the players. Example: Touch restriction which changes every time you score a goal or have a goal scoring chance.
5. Freeze (stopping the flow of the play-as a last resort).

The Coach's Tool Kit:

Every coach needs a variety of coaching methods to use as tools within his/her teams. Here is a tool kit of 5 coaching methods and explanations of their use.

1. **Coach within the flow of the game.** This is successful with players whose technique allows them to process and play at the same time. The coach provides clear, brief instructions to individuals or small groups of players as the ball is moving. **This isn't an ongoing monologue!** Comments at a critical time to influence play. The caution here is to not let this become noise.
2. **Coach the individual player as the game continues.** Here the coach stops an individual player to make a coaching point, but does not stop the activity. While the coach interacts with the player, his team plays a "man down." Obviously the interaction must be brief and concise to get the player back into the activity.
3. **Coach at natural stoppages.** Here the coach addresses a group of players during times when the game is still, e.g. when the ball goes out of bounds; water breaks; change over. While being brief and concise is always important, here it is important to focus on a problem that is fresh in the player's mind.
4. **Allow the conditions of the activity to coach the theme.** Here the conditions of the activity provide the problem for the players to solve. Example: Playing at least two touch to improve the player's ability to receive passes on the ground.
5. **Coach using the "Freeze" method.** Here the coach "freezes" the game to make his/her coaching point. This allows the coaching to "paint" a very visual picture for the players. This method obviously disturbs the activity/game and can, if used too frequently in a session, frustrate the players. (Instructors should differentiate between "traditional coaching school" stoppage that "Freezes, Demonstrates, Rehearses, Restarts" and revised stoppage to "Freeze" a picture for the players that last no longer than 14 seconds).

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HEADLINE: U.S. Soccer Federation Issues New Hydration Guidelines to Prevent Dangerous Heat Illness in Young Players; New First-of-Its-Kind Study Shows Chronic Dehydration is a Significant Issue among Youth Soccer Players

DATELINE: CHICAGO June 5, 2006

Adolescent males typically lose up to 1.5 liters of sweat per hour when performing intense soccer activities in the heat, says a new first-of-its-kind study from the University of Connecticut presented this week at the American College of Sports Medicine (ACSM) annual conference in Denver, Colorado. The three-year research project also showed that nearly two-thirds of male and female youth soccer players are dehydrated before they even take the field and the average hydration routine observed by parents and coaches isn't preventing the problem. However, educational intervention implemented by researchers positively influenced hydration knowledge and attitudes among youth soccer players, and improved the chances of proper hydration status on the field.

This study, coupled with the extra attention soccer is getting leading into the sport's most elite international tournament and the quickly approaching heat of summer, has prompted the U.S. Soccer Federation - the governing body of soccer in the United States - to develop and distribute new Youth Soccer Heat and Hydration Guidelines to coaches and parents nationwide. The goal is to help prevent the potentially deadly effects of heat illness among the 14 million U.S. children who play soccer and, as it relates to more elite levels, increase physical performance of the next generation of US soccer stars.

"The release of the new Youth Hydration Guidelines by U.S. Soccer is a big step in better protecting youth soccer players from dehydration and heat illness," said Bruce Arena, manager of the U.S. Men's National Team. "Every coach out there should be aware of the dangers of dehydration and should be taking the important steps to prevent it among their players. When proper hydration isn't taken into consideration, coaches are not only risking inadequate performance from their players, but, in some cases, serious injury."

The guidelines provide coaches with an overview of the latest research and information regarding: 1) physiological and environmental factors that place young soccer players at risk for heat illness, 2) signs of dehydration and heat illness, 3) prevention techniques and 4) recommended fluid guidelines that coaches, parents and players should be following on the field of play.

"We were amazed that two-thirds of youth players arrived at practice significantly dehydrated and, in turn, were potentially at-risk for heat illness from the moment they stepped on the field," said Douglas Casa, lead researcher and director of athletic training at the University of Connecticut. "Findings like this reinforce the fact that youth soccer players should be drinking before, during and after practice and

games. They should avoid carbonated and caffeinated beverages, and consume a sports drink with electrolytes such as sodium, which research shows is better than water to keep kids hydrated for optimal safety."

Casa also points out the importance of the findings in the study and how educational intervention implemented by researchers positively influenced hydration attitudes among youth soccer players -- and that this could be the most important step in eliminating chronic dehydration as a significant issue among kids who play soccer.

Key points from the guidelines include making sure youth players gradually adapt to increased exposure to high temperatures and humidity; recognize the signs of heat illness; and realize that thirst is not an accurate indication of fluid needs.

To ensure these points are memorable for coaches, parents and kids, the U.S. Soccer Federation has developed the acronym - G.O.A.L. - which stands for:

- Get acclimated - bodies need time to gradually adapt to increased exposure to high temperatures and humidity (especially young athletes)

- On schedule drinking - Youth athletes should be encouraged to drink on a schedule before they become thirsty, and should drink before, during and after practice and games

- Always bring a sports drink - replacing electrolytes and providing energy is crucial to keeping kids safe and performing at their best

- Learn the signs - if someone becomes unusually fatigued, dizzy, and nauseous or has a headache during exercise in the heat, have them stop, rest and drink fluids

As one of the best means to preventing heat illness, The U.S. Soccer Federation recommends parents and coaches ensure children are well hydrated before practice and games. During activity, young athletes should drink on a schedule; because thirst is not an accurate indicator of fluid needs, athletes should drink before they become thirsty. The Federation plans to incorporate the Heat Illness and Hydration Guidelines into its already existing coaches' curriculum, reaching thousands of youth soccer coaches across the country.

About U.S. Soccer

Founded in 1913, U.S. Soccer is one of the world's first organizations to be affiliated with FIFA, the Federation Internationale de Football Association, soccer's world governing body. As the governing body of soccer in all its forms in the United States, U.S. Soccer has helped chart the course for the sport in the USA for 88 years. In that time, the Federation's mission statement has been very simple and very clear: to make soccer, in all its forms, a preeminent sport in the United States and to continue the development of soccer at all recreational and competitive levels.

To receive a copy of the new Youth Soccer Heat and Hydration Guidelines from US Soccer or for additional information about the U.S. Soccer Federation, please visit its Web site at www.ussoccer.com.