

# OREGON YOUTH SOCCER ASSOCIATION



## COACHING CLINICS 2010





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January 2010

## Welcome Letter

To: OYSA Coaches and Club Clinic Coordinators

Oregon Youth Soccer Association staff coaches would like to thank all the coaches who attended clinics this past season. This year, with the help of our hard working staff coaches and member clubs, we hope to have another great season of clinics, enhanced by the buzz of a World Cup year.

All clubs should establish a progressive plan for coach training. New parent coaches should begin with an age appropriate Youth Module clinic which is just 3 hours in length and can be done at the most convenient time for a club or community. Coaches who have taken one or more Youth Modules can continue with a technical skills course which is an excellent lead-in to the 16 hour E License clinic. The E License includes principles of attack and defense as well as coaching methodology and provides excellent preparation for the D License.

In coordination with our State hosted clinics, US Soccer also offers advanced coaching license courses through their National Coaching Schools. In 2009, OYSA offered a National 'C' License and a National Youth License in conjunction with US Soccer. In 2010 we have requested to host the National Goalkeeping License and will continue to request, host and promote advanced licensing here in Oregon.

In addition to the licensing program, our state staff can be requested to present any clinic that may be useful to your club. In 2010, OYSA will also stage a couple of Coaching Symposia with guest coaches presenting different topics, to provide enhanced continuing education opportunities.

It is imperative that coaches be educated, as that directly benefits our children and perhaps indirectly elongates their enjoyment and thus their playing career. Please keep the standard of coaching and playing in our state at the highest level possible by attending any Oregon Youth Soccer or US Soccer clinics. In 2010, we will be introducing the 'Jimmy Conway Scholarship Application' for coaches interested in attending a National 'D' License Course, but perhaps needing financial assistance. If there are coaches in your club that have a need for financial assistance, please contact us. With the help of OYSA, USSF and USYS, the opportunities for improved coaching are endless.

I look forward to seeing you on the field soon!

Sincerely,

*Mike Smith*

Technical Director  
Oregon Youth Soccer Association



## COACHING CLINIC RESOURCES

OYSA Staff Coaches presented a large number of coaching and player clinics during the 2009 calendar year. The vast majority of these clinics were available free of charge to our clubs and coaches. Mike Smith, Jimmy Conway and our staff coaches presented 49 Youth Modules and 23 Technical and Tactical clinics that were free of charge to our clubs and the attending coaches. Many other free clinics were also presented, including goalkeeping and player training sessions. We presented 8 E License and 2 D License courses, as well as hosting a US Soccer National 'C' License and a US Soccer National Youth License also.

We are pleased to announce that in 2010, OYSA will continue to provide Youth Module Coaching Clinics free of charge. During the upcoming year we also hope to increase the number of clinics available. We can also provide your team or club with a customized clinic, or team training session designed for your specific needs. Also in 2010, OYSA will begin to offer clubs Soccer Camp experiences following a few successful pilot programs this past year. We are also attempting to finalize whether prudent to offer the National 'C' and Youth License courses annually or biannually.

Not every club needs to host a clinic, but every club's coaches should attend clinics. Each club should have a plan to educate their coaches. We generally had good attendance at clinics, but a few many clinics last year were attended by 10 or fewer coaches which made it challenging to show certain exercises. To make certain that every clinic presents a quality experience for the attending coaches, the program must reach more coaches. Good attendance greatly increases the quality of clinics by building camaraderie and enhancing the participants' shared knowledge.

To this end, in 2010 OYSA will only accept clinic written requests from a club head coach or club official on the attached form (also available as a fillable pdf form on our website). If a week before the clinic we have less than 12 signed up, the clinic will be subject to cancellation. This year a club can still opt to have the clinic run, but pay for the staff instructor's time. This will hopefully encourage collaboration between clubs and encourage those who book the clinics to make their best effort in advertising and promoting attendance.

The following pages include an overview of the clinics offered by Oregon Youth Soccer Association, the changes made for 2010 and a guide to the procedures for hosting and/or attending one of our clinics. If you need assistance at any time during this process, please contact the coaching department at 503-626-4625. All coaching clinic information can also be found on our website [www.oregonyouthsoccer.org](http://www.oregonyouthsoccer.org), just click the 'Coaches' tab on the menu bar and select 'Resources' from the drop-down menu. All clinics requested during 2010 will be posted on our web site in a timely manner and this information is constantly updated as we add clinics throughout the year.



## COACHING CLINIC FEES

Coaching and Player Clinics	Time Commitment	Cost
Youth Module U6	2 hours	FREE
Youth Module U6-8	3 hours	FREE
Youth Module U9-12	3 hours	FREE
Technical Skills Clinic	2 hours	\$10 per coach
Tactics for 4v4, 6v6 and 8v8 Games	2 hours	\$10 per coach
US Soccer 'E' License	16 hours	\$100 per coach
US Soccer 'D' License	40 hours	\$300 per coach
Topic of Choice Clinic	2 hours	\$150 per club
Sports Psychology Clinic (Classroom)	1½ hours	FREE
Goalkeeping Clinic (Coaches)	1½ hours	FREE
Goalkeeping Clinic (U10 Players and above)	1½ hours	\$10 per player
Player Clinic U6-8	1½ hours	FREE
Player Clinic U9-12	1½ hours	FREE
West Coast Bank Recreational Player Clinic	1½ hours	FREE
Team or Club Camps	Customizable - Please Call for Details	

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Please see the following pages for a complete description of all clinics. If you are interested in hosting a clinic, please fill out the application to host a clinic available online as a fillable pdf form. Please insure that the club advertise and market the clinic appropriately. If there are less than 12 coaches signed up, the clinic will be subject to cancellation. The club at that point may opt to host the clinic and pay for the instructor through OYSA. If you have any questions about the clinics or hosting one or more clinics, please contact the coaching department at 503-626-4625, toll free at 800-275-7353, or email the Technical Director at [mike@oregonyouthsoccer.org](mailto:mike@oregonyouthsoccer.org).



## MINIMUM ATTENDANCE LEVELS

<b>Youth Module Coaches Clinic</b>	Maximum attendance = thirty-two (32) candidates Minimum attendance = twelve (12) candidates <i>(and/or 12 players for instructional demonstrations)</i>
<b>E License</b>	Maximum attendance = thirty-two (32) candidates Minimum attendance = twelve (12) candidates
<b>D License</b>	Maximum attendance = forty-eight (48) candidates Minimum attendance = twenty-four (24) candidates
<b>Technical Skills Clinic</b>	Maximum attendance = thirty-two (32) candidates Minimum attendance = twelve (12) candidates
<b>Tactics for Small-Sided Games</b>	Maximum attendance = thirty-two (32) candidates Minimum attendance = sixteen (16) candidates <i>(and/or 16 players for instructional demonstrations)</i>
<b>Goalkeeper Clinic (Coach or Player)</b>	Maximum attendance = thirty-two (32) candidates Minimum attendance = twelve (12) candidates
<b>Player Clinic</b>	Maximum attendance = thirty-two (32) candidates Minimum attendance = twelve (12) candidates
<b>All Other Coach Clinics Requested</b>	Maximum attendance = thirty-two (32) candidates Minimum attendance = twelve (12) candidates

***Please Note: Instructor can exceed maximum attendance for the Youth Modules, Technical Skills, Tactics, and E License courses with approval, if facilities can accommodate participants.***

Clinics are a group endeavor and they require a minimum number of coaches to attend so that activities and games involving 6-8 participants can be demonstrated. It is necessary to take turns in these demonstrations so everyone has a chance to observe and participants have a chance to rest between activities. Please advise all coaches or players to attend appropriately outfitted.

Our clinics are in big demand and OYSA Staff coaches are a limited resource. They are subsidized by member dues and we have a responsibility to train as many coaches as our resources will allow. So please be aware that clinics that have not confirmed a minimum attendance 1 week prior to the clinic start date may be canceled. Please understand that we don't want to cancel clinics, we simply want to provide a useful, quality experience consistent with the curriculum for each clinic.

If you have any questions about the application process or the information in this manual, please contact the coaching department at 503-626-4625 or [mike@oregonyouthsoccer.org](mailto:mike@oregonyouthsoccer.org).



# COACHING CLINIC APPLICATION

Name of Hosting Club: \_\_\_\_\_

Club Contact Person: \_\_\_\_\_

Phone (H/W): \_\_\_\_\_

E-mail: (Required) \_\_\_\_\_

## CLINIC 1

Clinic requested: \_\_\_\_\_

Date of Clinic: (1st choice) (2nd choice) \_\_\_\_\_

Time of Clinic: (1st choice) (2nd choice) \_\_\_\_\_

Location of Clinic: \_\_\_\_\_

Topic: \_\_\_\_\_

*(required for "Topic of Choice" clinics only)*

## CLINIC 2

Clinic requested: \_\_\_\_\_

Date of Clinic: (1st choice) (2nd choice) \_\_\_\_\_

Time of Clinic: (1st choice) (2nd choice) \_\_\_\_\_

Location of Clinic: \_\_\_\_\_

Topic: \_\_\_\_\_

*(required for "Topic of Choice" clinics only)*

Fee enclosed (if appropriate): \$ \_\_\_\_\_

**\*\*Please note all information contained in this application form will be posted on our website.\*\***



# OVERVIEW OF CLINICS

## USYS YOUTH MODULES – LEVEL 1: U6-8, LEVEL 2: U9-12

The curriculum of the youth module is age specific covering the age groups of U6, U8, U10 and U12. Clinics can be presented for individual age groups or may be combined depending on the needs and number of coaches at the hosting club. These courses focus on teaching basic coaching methodology and activities that are developmentally appropriate.

**Prerequisites:** None – Applicant must be at least 16 years of age.

**Course Length:** 3 hours for each module: 2 hours on the field, 1 hour discussion and Q&A.

**Testing:** There is no testing involved.

**Cost:** Youth Modules are free of charge.

**Candidates Receive:** 3 hours of instruction, a youth module workbook and a certificate of completion.

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## USSF E LICENSE

The E License is an entry-level course for coaches who coach 8 to 11-a-side soccer and is generally intended for coaches who work with 10-14 year olds. It provides a general overview of coaching requirements and how to organize your team. This course introduces the four components of coaching soccer: Technique, Tactics, Fitness and Psychology. Field sessions concentrate on developing technique within small-sided games. The E License course focuses on coaching points and the teaching of technique, with an introduction to the Principles of Play (attack and defense). The E License course also provides elementary information on the management and preparation of a team.

The course is best suited for those coaches with several years' experience or who have attended one or more Youth Modules and one or more of the Technical Skills courses.

**Prerequisites:** Applicant must be at least 18 years of age and have either earned an old US Soccer F License or hold one or more Youth Module Certificates. Waivers of this prerequisite will be considered on an individual basis.

**Course Length:** 16 hours: four hours classroom instruction, 11 hours on the field and a take home test that will take about one hour to complete.

**Testing:** Candidates must complete some pre-course reading, the take-home examination, actively participate in the practice coaching and attend all sessions to obtain the E License certificate.

**Cost:** \$100 per coach

**Candidates Receive:** 16 hours of instruction, an E License workbook and an E License Certificate.

## USSF STATE & NATIONAL D LICENSE

The D License course prepares coaches to further develop their players' technical abilities and understanding of the Principles of Play, and expands the coach's understanding of 11 a-side soccer as well as the importance of developing a team system based on the players' abilities. The D License was completely revised by US Soccer in 2007. It is now a 40-44 hour course (not counting breaks) presented over 6 days. The course expands on the technique, tactics, and coaching methodology introduced in the E course. The course greatly increases the amount of practice coaching that each candidate does while providing new lectures on coaching methods and principles.

The attendees of a D License course generally fall into two categories: Coaches who want to refine their command of the technical aspects of coaching and those who are using the course to prepare for the National C License. This curriculum is designed for coaches working with players who are U13 and older. The course emphasizes the proper use of the coach's toolbox, which is based on properly conditioning the training activity to teach the desired topic, observing players' development of understanding of the topic, and knowing why, how, and when to interrupt the flow of the activity to make appropriate corrections.

Candidates will be examined for their knowledge and understanding of tactics and methodology in both oral exams and practical coaching exams. There are also take-home examinations on soccer injury prevention and the FIFA Laws of the Game. While the written exams are important, the primary evaluation criteria are the candidate's performance on the oral exam, quality of the lesson plan prepared for the practical coaching topic, and on-field performance in presenting the final exam topic.

Based on how well they do in the D License course, candidates are awarded either a National D License or a State D License. Candidates who earn a National D License may attend a C License course after a year, Candidates receiving a State D License must retake the D course and earn a National D License before being eligible to take the C License course.

**Prerequisites:** Applicant must be at least 18 years of age and have held a USSF E License (attach a copy to application) for a minimum of 12 months or have the approval of their State Director of Coaching to attend. Waivers of this prerequisite will be considered on an individual basis.

**Course Length:** 40 hours: 6 hours classroom instruction, 10 hours on field instruction, 1 hour of oral exams, 10 hours of on-field practice coaching, 8 hours of on-field practical exams and 5 hours for pre-course reading and take home tests.

**Testing:** Candidates must pass 4 tests during the course, 2 written take home tests, an oral examination, and an on-field practical session. Candidates must also attend all sessions to obtain the D License certificate. Candidates will be assigned a grade of National D, State D or Fail at the completion of the course.

**Cost:** \$300 per candidate

**Candidates Receive:** 40 hours of instruction, US Soccer's Best Practices manual, D License Candidates Manual, FIFA Laws of the Game Book and a license certificate on completion.

## TECHNICAL SKILLS CLINIC

The Technical Skills course builds on the foundation of the Youth Module Coaching Courses with additional technical skills for youth soccer players. This course is targeted at coaches of teams at U9 and above, whether recreational or competitive. Coaches will learn ‘beyond the basics’ techniques that allow players to maximize the potential that their physical talents make possible. Coaches will be introduced to the additional technical skills that players at the U9-U14 age groups should be learning. Coaches will learn:

- ⊕ How to correctly perform and demonstrate the skills
- ⊕ How to analyze a player’s execution of technique
- ⊕ How to incorporate technical skill instruction into games and activities
- ⊕ Age appropriate skill benchmarks for each age group

Skills acquired in the course of the clinic will all be shown in game context and coaches will use them in activities and games.

**Prerequisites:** Candidates must be aged 16 or above and possess an OYSA U6-8 or U9-12 Youth Module or request a waiver from the OYSA Technical Director

**Course Length:** 3 hours on the field

**Testing:** There is no testing involved

**Cost:** \$10 per coach

**Candidates Receive:** OYSA Manual and option to purchase US Youth Soccer Skill School DVD

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## TACTICS IN 4v4, 6v6 AND 8v8 GAMES

This course is intended for coaches of U9-U12 teams that are playing small-sided games, 6v6 or 8v8. The course will cover team organization and tactical considerations for attacking and defending. Technical skills are still the foundation of the game, but coaches can affect their players utilization of their skills by tactical choices made in organizing the team.

**Note:** In order to properly demonstrate playing games at 8v8, the minimum attendance required is 16 coaches, or the host club will need to provide at least 16 players to allow a demonstration of game play.

**Prerequisites:** U6-8 or U9-12 Youth Module, and Technical Skills is recommended

**Course Length:** 2 hours on the field

**Cost:** \$10 per coach

## **TOPIC OF CHOICE CLINIC**

Maybe there is a particular skill or drill that your club would like to focus on. Topic of choice clinics are customized to fit your particular interest or need. If you aren't sure what you're looking for, call to discuss your ideas with our coaching department so we can design a clinic to meet your needs. Choosing a topic that fits the specific needs of your club's coaches rather than arranging for an expansive coaching clinic can be done through this course. The Technical Director will arrange the appropriate length of the topic of choice clinic with the Club Head Coach.

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## **SPORT PSYCHOLOGY**

Our Sport Psychology clinic is extremely popular and is relevant to coaches of all levels. This clinic focuses on the coaches' intellectual connection to the sport of soccer. Topics such as coaching philosophy, communication and measuring success are introduced and discussed during this 2 hour classroom session.

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## **GOALKEEPING: BASIC AND ADVANCED**

Our goalkeeping clinics are offered at two levels. Basic goalkeeping is a 2 hour course focusing on the introduction of GK techniques for beginning coaches and beginning goalkeepers. Our advanced goalkeeping clinic deals with more sophisticated elements of the position and is appropriate for GK coaches as well as the general soccer coach. Candidates will learn how to plan and manage their goalkeeper's development over the course of the season as well as learn about the technical, tactical, psychological and fitness components of the goalkeeper position. The advanced goalkeeping clinic is also a 2 hour course.

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## **PLAYER CLINICS / CAMPS / WEST COAST BANK CLINICS**

Player clinics are 1-2 hour sessions with an OYSA Staff Coach teaching players games and practice skills to improve their level of play. The clinic may be general skill development or a specific topic. They may be presented for a single team or many teams at a club. Player clinics are free of charge and are arranged by clubs or coaches who request assistance for their players. Coaches keep these activities fun while teaching various skills.

OYSA will offer a limited and customizable Camp program this summer. Please call for details.

West Coast Bank, the official bank of Oregon Youth Soccer Association, will again generously sponsor several player clinics this year targeted at wider recreational audiences.

## **INFORMATION FOR CANDIDATES**

1. All clinics are participatory - candidates must be ready to play. Candidates should wear appropriate soccer equipment for comfort, safety and enhancement of ability.
2. Candidates should bring: pencil or pen, notepad, water and a properly inflated ball.
3. All candidates must attend every aspect of a course in order to receive a certificate.



## CLINIC COORDINATOR RESPONSIBILITIES

While OYSA and its staff coaches conduct the clinics, a member club must host the clinic and is responsible for many elements of a successful clinic experience. Hosting a clinic requires a commitment to good communication, organization and much planning.

### PRE-REGISTRATION & MARKETING

It's important that you identify candidates well before the course so that you know how many coaches want to take which clinics. Once you have determined which clinics you want to present, use the clinic hosting application (in this booklet or on the Coaching page of the OYSA website) to request the desired clinics. It is our goal to provide clinics on a schedule that is convenient for your club, however we schedule clinics on a first come first served basis and may not be able to accommodate all requests. Once your clinic has been scheduled it will be listed on our website and coaches can pre-register online. Your club **MUST** advertise and market the clinics you have scheduled appropriately, in order to maximize attendance.

Clubs that actively market clinics to their own coaches get much better attendance than clubs that only distribute a list of available clinics. Encourage coaches from other clubs to participate in your clinics. This helps insure the required minimum numbers to make the clinic go ahead and also enhances the experience for all. To be effective, clinics should have a minimum of 12 coaches (Tactics clinics need 16 coaches or players).

All clinic attendees are required to pre-register using OYSA's online clinic registration. Registered coaches can sign up with a few clicks of the mouse, although they will need to know their Affinity user name. New coaches must be registered as coaches in Affinity before signing up for a coaching course, which verifies insurance and a background check. Appropriate fees for clinic registration may be paid online by credit card or by check, either mailed in. Coaches will no longer be able to walk-up and pay at the time of the clinic. If you have an issue with payment, you must alert the Technical Director prior to the clinic.

It is important that you talk with our coaching department at least two weeks prior to the course to confirm the schedule, attendance, facilities, staff coach contact information, and other relevant information. Please make sure that we have an emergency contact person and phone number in case last minute issues arise concerning the clinic(s). Please directly notify the staff coach of any last minute changes in facilities or other important information. If you are unable to contact our staff coach, please contact our coaching department at 1-800-275-7353 or 503-626-4625 for immediate assistance during office hours.

**PLEASE NOTE:** Your club should have a representative present at the beginning of the clinic to verify attendance. Coaches must be in good standing and registered with OYSA as a coach in Affinity before they participate in a course or receive a certificate. Candidates who successfully complete the Youth Modules, E License, and D License courses will be mailed their certificates from the Oregon Youth Soccer Association within two weeks after the conclusion of the course.

## **FACILITY NEEDS**

1. Identify and reserve an appropriate field.
2. Identify and reserve an appropriate lecture/classroom facility when required, with blackboard, flip chart or white board and appropriate writing materials and erasers.
3. Provide TV/VCR/Projector per the request of the staff coach.
4. Provide ice in a cooler (with plastic bags) and a medical kit for any potential injuries at field sessions.

## **PLAYER CLINIC CLUB REQUIREMENTS**

Your club must provide coaches to assist at all Player Clinics. This permits our staff instructor to work with the players for an hour or so and then allows players to scrimmage in small groups as our staff instructor rotates around the groups. This also allows the club coaches to observe techniques of our staff coaches.

Club coaches may also be asked to take small groups and assist with the clinic activities with guidance from our staff instructors.

The clinic format will be arranged with the Technical Director prior to the clinic.



## SCHOLARSHIP APPLICATION

### JIMMY CONWAY - SCHOLARSHIP REQUEST FORM

Name of Coach requesting funds: \_\_\_\_\_

Club Affiliation: Phone: \_\_\_\_\_

E-mail: Address: \_\_\_\_\_

Head Coach/President Name: \_\_\_\_\_

Phone Number: (H) \_\_\_\_\_ (W) \_\_\_\_\_

Location of National License: \_\_\_\_\_

Dates of National License: \_\_\_\_\_

Club Head Coach/President Signature: \_\_\_\_\_

#### ***For Office use only:***

Date Received: \_\_\_\_\_

Approval Date: \_\_\_\_\_

Amount: \_\_\_\_\_

Mailing Date: \_\_\_\_\_

State Director of Coaching: \_\_\_\_\_  
(Approval)