

OREGON YOUTH SOCCER ASSOCIATION



COACHING CLINICS 2007



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January 2007

TO: OYSA Coaches,

RE: 2007 COACHING CLINICS

Once again 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 the 2007 coaching clinic manual, all of our hard working staff coaches and our member clubs, we hope to have the best season of clinics yet.

The following pages are an overview of clinics offered by Oregon Youth Soccer Association and will guide you through the procedure of hosting and/or taking a clinic with the Oregon Youth Soccer Association. If at anytime assistance is needed during this process, please contact the coaching department at 503-626-4625. In addition to this manual, all coaching clinic information can be found on our website www.oregonyouthsoccer.org, just click the “coaching” button on the left side menu. All clinics offered during 2007 are posted on our web site and this information is constantly updated as we add clinics through the coaching department office.

In conjunction with our State hosted clinics, US Soccer offers National coaching clinics through the National Coaching School. By attending any of the Oregon Youth Soccer Association and USSF clinics, the standard of coaching in Oregon is kept at the highest level possible. In order to ensure that all coaches who want to improve their coaching ability get that chance, we have enclosed a scholarship application for coaches interested in attending a National Course. 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.

Help us make Oregon Coaches the best that they can be. Attend a clinic or two every year.

Sincerely,
Jimmy Conway, Director of Coaching
Oregon Youth Soccer Association



COACHING CLINIC RESOURCE

By Jerry May

OYSA Staff Coaches performed a record number of coaching and player clinics last year. Jimmy Conway and the staff coaches conducted 120 clinics which were attended by 1037 coaches and 1213 players. Forty two different clubs hosted clinics. Fifty seven free clinics included 35 player clinics and 22 coaching clinics. Despite these numbers, only about 19% of our coaches attended clinics last year.

Not every club needs to host a clinic, but every club has coaches that should attend clinics. Twenty-six of the clinics last year were attended by 10 or fewer coaches. When this occurs, it does not offer the trainer enough people to do adequate demonstrations and does not allow the participants a rest before they need to be part of the next demo. It's very hard to show a 3v3 training session with only 4 people present. Join together and invite neighboring clubs to attend your clinics. To do that, the program must reach more coaches, and be cost effective while doing it. An "E" license clinic can easily handle 32 coaches with one instructor. The cost is the same whether there are 9 coaches or 32 coaches in attendance. Get your monies worth and fill up the clinics.

We encourage clubs to set up a progressive plan for coaches training. New parent coaches who do not want to devote a weekend or even a full day at a clinic might consider a Youth Module clinic which is just 3 hours in length. Two can be held on a Saturday, or one during a long summer evening. The parents can grow with their children by taking age appropriate Youth Modules.

The "F" license was more heavily used than in past years. The "F" allow coaches to take some advanced skills training with a shorter time commitment of 9 hours. One 18 hour "E" license clinic includes tactics and is a natural progression above the "F".

Call the office and speak with Jimmy Conway or Jaime McGraw.



OVERVIEW OF CLINICS

PLAYER CLINICS MODIFIED AGE APPROPRIATE/KEY BANK

Player clinics are 1-2 hour sessions with an OYSA Staff Coach teaching players games and practice skills to improve their level of play. They may be general skill development of a specific topic. Player clinics are free of charge and are arranged by clubs who request assistance for their players. Coaches keep these activities fun while teaching various skills. Key Bank the official bank of Oregon Youth Soccer Association sponsors several player clinics each year.

AGE APPROPRIATE MODIFIED COACHING CLINICS

These clinics branch off the Youth Module License and run 2 hours each course. Age appropriate clinics focus on the development of the parent/coach and helps with the organization of age specific training sessions. All coaches will receive a USYS Handbook for Small Sided Games. No certificates are awarded at these clinics. Please see youth module description for further information.

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, feel free 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 coaches rather than arranging for an expansive coaching clinic can be done through this course. Topic of choice clinics can be as short as 2 hours or as long as you'd like.

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.

GOALKEEPING

Our goalkeeping clinics are offered at two levels. Basic goalkeeping last 2 hours and focuses on the introduction of GK techniques for beginning coaches. 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 a 4 hour course.

USYS YOUTH MODULES – U6, U8, U10 & U12

The curriculum of the youth module is age specific covering the age groups of U6, U8, U10 and U12. This course focuses on preparing the parent coach who has little or no experience in the game of soccer. These courses teach basic methodology and activities that are developmentally appropriate.

Prerequisites: None – Applicant must be at least 16 years of age. Taking all of the Youth Modules is the equivalent of and may be taken in place of the “F” License.

Course Length: 3 hour for each module, one hour classroom instruction and 2 hours on the field.

Testing: There is no testing involved.

Cost: Youth Modules are free of charge.

Candidates Receive: 3 hours of instruction, a youth module workbook, USYS's Handbook for Small Sided Games, "The Novice Coach" DVD (Age group specific) and a certificate of completion.

F LICENSE

The Curriculum of the F License is similar to that of the Youth Module and is designed for coaches of U6-U10 teams. This course introduces the first time coach to basic player development, coaching philosophies and establishes fundamentals for advanced coach training.

Prerequisites: Applicant must be at least 18 years of age. Newer and first time coaches welcome.

Course Length: 9 hours, three hour classroom instruction and 6 hours on the field.

Testing: There is no test however candidates must attend all sessions to obtain the F License certificate.

Cost: F License courses are scheduled and paid for through your club.

Candidates Receive: 9 hours of instruction, an F License workbook, USYS's Handbook for Small Sided Games and a certificate of completion.

USSF E LICENSE

The E License is an entry-level course for coaches who coach 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" course focuses on coaching points and the teaching of technique, with an introduction to the Principles of Play (attack and defense.) The "E" 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 the F License or the youth module courses.

Prerequisites: Applicant must be at least 18 years of age and have earned a USSF "F" license or hold the Youth Module Certificate series. Waivers of this prerequisite will be considered on an individual basis.

Course Length: 18 hours, three hour classroom instruction, 14 hours on the field and a take home test that will take about one hour to complete.

Testing: Candidates must complete a take-home examination and attend all sessions to obtain the E License certificate.

Cost: E License courses are scheduled and paid for through your club.

Candidates Receive: 17 hours of instruction, an E License workbook and a certificate of completion.

USSF STATE & NATIONAL D LICENSE

The "D" License course prepares coaches to further develop their player's technical abilities, increase players understanding of the Principles of Play and expand the coach's understanding of 11 a-side soccer as well as the importance of developing a team system that is based on the player's abilities. The D License is a 36 hour course that greatly expands the technical, tactical and methodology introduced in the E course. The attendees of a "D" 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 and emphasizes observing player mistakes and providing information to correct the mistakes. Significant time is devoted to practice coaching and practical examinations. Candidates will be examined for their knowledge and understanding of tactics and methodology. There are also take-home examinations on soccer injury prevention and the FIFA Laws of the Game. Based on how well they do in the "D" License course, candidates are awarded either a National "D" License, which allows them to attend a National "C" License course after a year, or a State "D" License. If a State "D" License is earned, the "D" course must be retaken by coaches interested in obtaining a National "C".

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: 32-36 hours, four hours classroom instruction, 28-30 hours on the field and a two hour take home test.

Testing: Candidates must pass 4 written tests during the course, 2 take home tests and on the field practical sessions. Candidates must also pass and 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: \$125 per candidate

Candidates Receive: 36 hours of instruction, D License workbook, FIFA Laws of the Game Law Book, Success in Soccer Advanced Training vol. 2, and a certificate of completion.

**“Clinic Price Sheet”
Separate Attachment.**

**“Clinic Application”
Separate Attachment.**



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

It's important that you identify candidates well before the course so that you know how many coaches want to take which clinics and that you will meet the enrollment minimums. Clubs should market and pre-register candidates prior to your clinic. 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. Clubs should encourage coaches from other clubs to participate in their clinics. This helps insure the required minimum and enhances the experience for all. If numbers do not meet the minimum a week before the clinic, please understand we may cancel the clinic. To be effective, clinics should have a minimum of 12 coaches.

It is also important that you talk with our staff coach at least two weeks prior to the course to confirm the schedule, attendance and go over any changes or relevant information. If you are unable to contact our staff coach, please feel free to contact our coaching department at 1-800-275-7353 or 503-626-4625 for immediate assistance.

PLEASE NOTE: Your club should have a representative present at the beginning of the clinic to handle any walk up registration.

Candidates for the Youth Module Certificates, F License, E License and D License will be issued their certificate from the Oregon Youth Soccer Association approximately one week after the conclusion of the course.

INFORMATION FOR CANDIDATES:

1. Clinics are participatory - candidates must be ready to play. Appropriate soccer equipment is advisable for comfort, safety and enhancement of ability.
2. Pencil or pen, notepad, water and a ball.
3. Please provide each candidate with the following, a map and/or directions to field and lecture facilities and any other pertinent information; i.e. starting time, schedule information, etc.
4. All candidates must attend every aspect of the course in order to receive a certificate.

FACILITY NEEDS

1. Identify and reserve an appropriate field.
2. Identify and reserve an appropriate lecture/classroom facility with blackboard, flip chart or white board with appropriate writing materials and erasers.
3. Provide TV/VCR per the request of the staff coach.
4. Provide ice for field sessions.

YOUTH MODULE CLINIC

Youth Player Participation Needed:

For the youth module clinics you must make arrangements to have a group of age appropriate players available for the instructor to use in a model training session (or have a sufficient number of coaching candidates prepared to become the players). You will need to coordinate this time with the instructor. The instructor will need at least 6-10 players to conduct the model training session that will last between 35 to 45 minutes.

You will need to coordinate all aspects of the players participation, (i.e. arrival and departure times, restroom needs etc.) Please remind the players to bring a ball and their own refreshments.

PLAYER CLINICS

Please be advised that your club must provide coaches to assist at all Player Clinics. This permits our staff instructor to work with the kids 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.

ATTENDANCE LEVELS

Youth Module	Maximum attendance = thirty-two (32) candidates Minimum attendance = twelve (12) candidates (or 12 players for instructional demonstrations)
F License	Maximum attendance = thirty-two (32) candidates Minimum attendance = twelve (12) candidates
E License	Maximum attendance = thirty-two (32) candidates Minimum attendance = twelve (12) candidates
D License	Maximum attendance = forty-six (48) candidates Minimum attendance = fifteen (12) candidates

Please Note: Instructor can exceed maximum attendance for the Youth Module Certificate, F License and E License with approval, if facilities can accommodate participants.

Clinics are a group endeavor and they require a minimum number of coaches to attend so that drills and instruction 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 drills. Further, 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 will be cancelled and a \$50 cancellation fee will be assessed. 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 available please contact the coaching department at 800-275-7353, 503-626-4625 or Jimmy@oregonyouthsoccer.org, Jaime@oregonyouthsoccer.org. All clinics will be advertised on our website under the coaching section.



SCHOLARSHIP APPLICATION

National Licensing Funds - 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: _____

Head Coach/President Signature: _____

For Office use only:

Date Received: _____

Approval Date: _____

Amount: _____

Mailing Date: _____

State Director of Coaching: _____
(Approval)