



## HYS COACHING COURSES FALL 2010

Hi Coaches,

I hope everyone enjoyed the World Cup. I think it demonstrates that good things come to the teams that are committed and work hard, rather than those who rest on their laurels and past glory! That bodes well for the USA, and hopefully a lesson to learn for associations like ours...

I have been working to develop a comprehensive coaching development program that emphasizes both learning the 'nuts and bolts' of the game as well as the passion and culture that will offer our players a number of opportunities to enjoy the game while becoming more proficient at it!

Please find below HYSA sponsored MYSA coaching course offerings in preparation of the Fall and Spring seasons. Please **STRONGLY** consider participating in the course(s) appropriate for you. Once the G license is completed, you can take both the F and E in Holden this month. Feel free to contact me with any questions.

Sincerely,  
Mike Carney  
Holden Youth Soccer Director of Coaching  
[sportdevelopmentpgm@gmail.com](mailto:sportdevelopmentpgm@gmail.com)

### **Mass Youth Soccer Licensure**

HYS will pay for licensing of our coaches through the successful completion of required Mass Youth Soccer coaching education programs (Certificate of Completion required for reimbursement, successful candidates should submit their certificates to HYS Treasurer, Ralph Thibideau).

### **G Course – MANDATORY to complete before taking any other coaching courses.**

All coaches should work to attain the G license, if you don't possess it, take it online.

Cost: \$30/person

The Online G course includes:

- age appropriate coaching methodology
- online video of activities for children between the ages of 5 and 8
- live technical coaching demonstration
- learning theory
- parent education

The course manual can be downloaded at course enrollment and your course diploma will be available to you online once the course is completed.

To register for the Online G Course, go to [www.massyouthcoachingcourse.org](http://www.massyouthcoachingcourse.org)

## **F Course – recommended to coach U8-U10**

**Saturday, August 21, 2010;** F license to be **offered in Holden**. This course will run from 8AM til 5PM.

Cost: \$55/person, register at [www.mayouthsoccer.org/pages/3598\\_f\\_license\\_course\\_.cfm](http://www.mayouthsoccer.org/pages/3598_f_license_course_.cfm)

### The F Course Content:

- For novice coaches or those having some experience with U8, U10 and U12 teams
- Ideas about how to organize practices and game days
- Technically and tactically appropriate for U10 and U12 players
- Games and exercises for practices
- More thorough demonstration of basic technique
- Elementary goalkeeping techniques
- Basic tactical ideas
- Characteristics of U10 and U12 players
- Gender differences and ethics

### Prerequisites:

- G License MANDATORY
- Must be at least 16 years of age

### Materials to bring to the course:

- Soccer Ball
- Water
- Appropriate clothing (dressed to participate)
- Paper and writing utensil
- Lunch (if all day course)

### Given out at the course:

- Mass Youth Soccer F Manual (CD)
- Coaching Program shirt

Duration: 8 hours

## **E Course – recommended to coach U10, U12, U14**

**Saturday/Sunday August 28-29, 2010;** E course to be **offered in Holden** for those who hold the F license.

This course will run from 8AM til 5PM on Saturday and Sunday.

Cost: \$85/person, register at [www.mayouthsoccer.org/pages/3598\\_e\\_license\\_course\\_.cfm](http://www.mayouthsoccer.org/pages/3598_e_license_course_.cfm)

### The E Course Content:

- Systems of play
- Laws and restarts
- Games and exercises for practices
- Tactical ideas, including the tactics of 2 versus 1 situations
- Goalkeeping
- This course combines soccer theory and practice
- Each participant will have the opportunity to lead a short coaching session, with constructive feedback from the instructor
- Designed primarily for experienced coaches of U10, U12, and U14 teams

### Prerequisites:

- Successful completion of the F course
- No waiting period between the F and E course
- Must be at least 16 years of age

### Materials to bring to the course:

- Soccer Ball
- Water
- Appropriate clothing (dressed to participate)
- Paper and writing utensil
- Lunch (if all day course)

### Given out at the course:

- Mass Youth Soccer E Manual (CD)
- Coaching Program shirt

Duration: 16 hours