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Advanced Instructor Course

Identifier	
Revision	12 July 20055
Effective Date	15 July 2005
Class Length	8 Hours

Change Summary	

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LESSON PLAN- Advanced Coach Instructor Course

1. Lesson Goals

- This **training** is designed to prepare Coach Instructors to teach the Intermediate and Advanced Coach Courses using AYSO directed teaching plans, and to meet the educational requirements for becoming an Advanced Coach Instructor.
- Understand the administrative requirements as an Advanced Coach Instructor.

2. Class Length

Eight hours

3. Instructor Requirements

Advanced Coach Instructor

4. Learning Objectives

- Role of the Advanced Coach Instructor
- Requirements to be an Advanced Coach Instructor
- Criteria for qualification as an Advanced Coach Instructor
- Administrative requirements

5. Student Skills Acquired

- Knowledge of AYSO Coach Program
- Knowledge of criteria and characteristic necessary for a volunteer to become a Advanced Coach Instructor
- Skills necessary to become an effective Advanced Coach Instructor candidate
- Practical exercise

6. Prerequisites

Be an Advanced Coach and a Coach Instructor

7. Materials

- Coach Instructor Evaluation form (see attachment)
- Student handouts
 - i. Coaching Program brochure
 - ii. Intermediate and Advanced Manuals/Instructor notes

8. Equipment

- Overhead projector and screen or computer & projector.
- Flip chart, dry or chalk board with markers or chalk.

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- Soccer field
- Soccer balls
- Full size soccer goals
- Eighteen training vest 6 blue, 6 red, and 6 yellow (colors irrelevant)

9. Instructor Notes:

Order of Classes:

Class 1	Introduction, Role of and Criteria for Advanced Coach Instructors	1/2 hour
Class 2	Impromptu Speaking Coaching Topics	1 hour
Class 3	Teaching the: Intermediate Coaching Course Advanced Coaching Course	2 ½ hours
Class 4	Teaching assignments	1/2 hour
Class 5	Evaluations Form review	1/2 hour
Class 6	Presentations	3 hours

The lead instructor, in a positive manner, should discuss the possibility of failure of students to successfully complete this course. The instructor should make certain that course students are aware that being an instructor requires a special set of skills and aptitudes including program knowledge and an extensive coaching background. Because of these skills and aptitudes, not all students will demonstrate them sufficiently to perform adequately as a coach instructor. Failing to meet the standards to become an advanced coach instructor is not a reflection of any individual's ability to continue to be an effective coach.

10. Body (Lesson Procedure)

Class 1 Introduction, Role of and Criteria for Coach Instructors (1/2 hour)

The purpose of the Advanced Coach Instructor program is to provide Advanced AYSO Coaches who desire to become AYSO Advanced Coach Instructors with the necessary tools, information, and actual teaching situations which might enable them to become AYSO Coach Instructors.

The AYSO Coaching Program has been developed to provide AYSO coaches with the best possible instruction that reflects and fulfills the AYSO vision and mission statement and the AYSO National Coaching Commissions vision and mission statement that is:

AYSO Vision Statement: To provide world class youth soccer programs that enriches children's lives

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Mission Statement: To develop and deliver quality youth soccer programs, which promote a fun, family environment based on our philosophies:
AYSO National Coaching Commission

Vision Statement: To provide world class youth soccer programs that enriches children's lives

Mission Statement To develop and deliver quality youth soccer programs, which promote a fun, family environment based on our philosophies:

Additionally the AYSO coaching program is accredited by National Council for Accreditation of Coaching Education (NCACE)

The **National Council for Accreditation of Coaching Education (NCACE)** grants accreditation to educational programs that meet or exceed the minimum requirements outlined in the National Standards for Athletic Coaches developed by the National Association for Sport and Physical Education.

AYSO Coaching Courses

Intermediate Course 15 hours

Advanced Coaching Course 18 hours

National Coaching Course 56 hours

Class 2- Impromptu Speaking (1 hour)

This class is designed to break the ice and for each student to understand the importance of good preparation as well as to asses each students AYSO Instructor experience. Each student will be given three minutes to present their AYSO instructor experiences (what have they learned as AYSO Instructors, what went well and what thing didn't go so well) with no preparation time.

Note: Randomly select students. As a student is called remind them that they need to present their experiences and not that of the person who preceded them. Do not allow the student to sit down because they have nothing to say. Make the students stand in front of the class for the entire three minutes. The instructor will make notes relating to the good the bad and the ugly portions of the student's presentation. Stress the need for all instructors that good preparation is critical to their success as coach instructors. The lead instructor should try and ascertain the amount of AYSO instruction each student has completed.

Class 3 Teaching the: Intermediate and the Advanced Coaching Courses (2 1/2 hours)

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Teaching the: Intermediate Coaching Course and the Advanced Coaching Course

All AYSO instructors should present the National AYSO Coaching program.

It is important to review why all Coach Instructors must understand how the AYSO National Coaching Program was developed.

The Intermediate and Advanced Coach courses are designed to be presented using a combination of players and coach demonstration. Coaches in attendance should see how a professional works with a particular age group and experience the rigors of the game.

AYSO Instructors must:

Use the AYSO materials

Teach what is in the manuals

Stay on track

Support the AYSO National Coaching Program.

AYSO INTERMEDIATE Coaching Course

The Intermediate Coaching course is a fifteen hour course designed to link the technical aspects of the game with the ability of players to read the game.

Instructor note:

The teaching plan is the Intermediate Coaching Manual your instructor notes are your presentation guide.

This course also links short sided play to the full 11 a side game. Players (U 14) must be used as demonstrators for this course. Cover the main points and move on. You don't have time to clean techniques in this course. Again your main enemy will be shortage of time. Time management is essential to a successful course. Stick to your plan and teach the manual.

All coaches at this level must understand how they can incorporate the four elements (listed below) into their training sessions.

1. Skills
2. Tactics
3. Conditioning
4. Psychological motivation.

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At this level coaches must:

1. Develop a proper attitude with their players.
2. Make each player feel important.
3. Make training enjoyable and rewarding for players.
4. Understand each player's strengths and weakness.
5. Provide proper role model.

Characteristics for the U14 and U16 Age Group

Motivation techniques should be adapted to the age of the players involved. While the fundamental concepts remain the same, the coach will want to adopt different styles as influenced by the age of the player. Some characteristics to consider are:

13 to 14 year olds

- Period of physical change, accompanied by mental unrest.
- Mostly better players remain.
- Need for strong peer acceptance.
- Desire to improve skills.
- Players become vocal and opinionated.

Personality Traits of Successful Athletes

Research by Dr. Tom Tutko, sports psychologist, has identified certain personality traits that are shared by successful athletes. The coach can, by recognizing these characteristics or their lack in individual players, help team motivation. By building up the individual's less developed characteristics, the coach can help players perform to the best of their ability. These traits are listed below:

Coaching Cycle

Explain that an understanding of the Coaching Cycle is a key ingredient for successful coaches.

Cover in detail every aspect of the coaching cycle (see Intermediate Coaching Manual Coaching Cycle).

It is critical that all attendees understand the Principles of Play and how the principles must be incorporate into their training sessions.

Stress that any system of play must fit the players, the players cannot fit the system of play (cover systems of play from the Intermediate manual).

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Characteristics by Position

When discussing Positional play insure that the coaches fully understand that areas of responsibility is far more important than assigning a player a position, explain such to the coaches.

Basic Characteristics for Defenders

1. Goalkeeper: Has agility, sure hands, the courage to pounce on the ball in a congested area, and comes out to challenge breakaways. Also has the ability to distribute the ball and direct the defense.
2. Sweeper (roving defender at the back end of some defensive alignments): They are very fast, dependable, and have a better than average understanding of tactics.
3. Have sufficient speed to cover opposing players, tackling skills, determination to win the ball, strong leg for goal-kicks, accurate clearing passes, and the ability to head opposition corner-kicks out of danger.
4. Be patient and disciplined.

Basic Characteristics for Midfielders

1. They have stamina for continuous running and the desire to win the ball.
2. They support the offense with accurate passes and long shots on goal, hustle to get back to help defense, while exhibiting strong throw-in techniques, knowledge, and aggressiveness.

Basic Characteristics for Forwards – Front runners

Wingers: Speed and ability to cross the ball (pass it accurately into the middle). Wingers should also be able to put corner-kicks into the heart of the penalty-area and be able to create space (running without or off the ball).

Strikers: They show a strong desire to score and are persistent. They also have good ball handling skills, are powerful, have speed and take an accurate shot.

AYSO Advanced Coaching Course

The Advanced Coaching Course is an 18 hour course with an emphasis on analysis.

Players (U19 or U16) must be used when delivering this course.

The Advanced Coaching Course currently represents the end product for many AYSO coaches. It is therefore vital that the instructor not only covers the material of the course curriculum, but also gets a sense of the participant's previous

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knowledge or the lack thereof. This will ensure that successful graduates are a credit to AYSO and its coaching program.

While the emphasis in previous courses requires the instructor to deliver largely technical material, the Advanced Course instructor has to also serve as a facilitator for discussion and evaluation among the participants.

Like all of the other AYSO Coaching Courses, time is the enemy. Careful preparation and awareness of time are necessary to present a course that is faithful to the curriculum and will meet the needs of the coaches taking the course.

Also, be aware that the manual is not a stand-alone item. Tie your presentation to the manual so the participants can more effectively use the manual as a reference tool.

In order to accomplish all of the activities in this course, you must schedule players no younger than U16 to assist. You will find that while coaches want to get it done, they often don't have the skills and stamina to achieve the desired outcome.

Always give the participants a clear overview of the course objectives and the time schedule.

Make sure that they know what equipment (soccer shoes, shin guards, ball sun-tan lotion and the like) that they need for the field sessions.

Qualities of a Coach

Most of the coaches at this level understand what qualities of a coach AYSO considers to be appropriate; however, it still needs to be emphasized again. You should, show appreciation that they are experienced coaches; but challenge them to use all of their knowledge to keep the game fun.

Coaching Chemistry

Remind coaches at this level that team chemistry becomes an almost as important as team and individual abilities. Coaches at this level should must use all of the knowledge and experiences that they have acquired while remembering that they will have players that are well below average in ability. Good coaches can communicate at all levels, to players of varying abilities.

Principles of Play

The session on Principles of Play must only be a review. You will not have time to teach them in this course. Spend no more than 20 minutes and present it prior to the Observation/Evaluations session.

Injury Prevention

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Even though this is listed as a lecture, you can take this unit and cover it with the warm-up at the first field session.

Observation & Evaluation

This is the session where you will act more like a moderator trying to get opinions on whether the diagrams show the principles of play are being observed. Part of the learning process for the students will be for some disagreement to occur (all coaches don't see everything the same way). Your role is to guide the group to an understanding of how to observe the principles of play in action.

Observation & Evaluation (part 2)

This session separates the Advanced Coaching Course from any other because it places an emphasis on observation and communication. For each of the areas: (ball control, dribbling, passing, shooting, goalkeeping and organization).

Start with a review and demonstration of the technical aspects of the skill. Then use the activities in the manual to re-enforce the technical and tactical elements.

Encourage the coaches to participate in these drills so that they can appreciate the difficulties involved (use players to get it done).

The next step is to talk the participants through the Observations checklist.

Divide the coaches into groups and let each group evaluate one player on only the skill that is being observed. After a few minutes (long enough to get a good picture of the player being evaluated), give the coaches a moment to organize their thoughts and notes while the players rest. Choose a player and give a sample evaluation before the group so that they can understand how their own talk to the players should proceed.

Give the coaches a few minutes (time kills) to pass their observations to the players they evaluated.

Be sure to circulate to hear how the coaches are communicating. If you use the participants as players, reverse the roles so the players now become the observers.

When teams of youth players are brought in to demonstrate, make sure the Players and their coach are aware of the course procedures and that the evaluation process will be positive but that it is a learning environment for the coaches attending the course.

At some point in this process you will want to start asking individual coaches to give their evaluation before the group, try to get everyone a chance to do this, depending on the size of the group and how your time goes.

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As the coaches get the idea start asking for more. Don't allow comments like "It was a poor pass" to stand-alone. Ask " Why was it a poor pass? What technical and/or tactical elements were at fault?"

At this point you can introduce the idea that the evaluation is the first part of the process. The evaluation is the basis for deciding what drills or games are to be used in the next practice to improve the performance of each player. Always end each segment with a question and answer session to assure that everyone understands what has been covered.

Be sure to cover all of the restarts and include all applicable laws or changes in the laws. Don't get stuck doing an hour on the kick off. Coach both attacking and defending restarts and remember the time you have is limited.

Make sure that the Shooting drills and games that you use are progressive in nature, using build-up to go from simple games to complex. Goalkeepers and defenders can also be introduced to simulate game conditions. Don't hesitate to include the technical and tactical objectives of these last two positions in this process.

When addressing Goalkeeping use this time to cover skills and tactics that need to be presented. Get trained keepers if possible for demonstrations and drills.

Class 4, Teaching Assignments (1/2 hour)

Each student will be required to make a 30 minute presentation form material that is presented in the Intermediate or the Advanced Coaching Manuals. Try to divide the group so that half of the group deliver presentations from the Intermediate manual and the other half deliver topics from the Advanced Manual.

Examples of topics from: Intermediate Coach Manual

Coaching Players on the ball

Coaching Players off the ball

Transition

Warm-up

Free Play

Controlling:

Speed

Space

Opposition

Build-up 2 vs. 1

Combination play

Wall pass

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Examples of topics from: Advanced Coach Manual

- Turns and Acceleration
- Shielding
- Elements of Practice (training)
- Shooting
- Goalkeeping
 - Communication
 - Distribution
 - Collection
 - Ground balls
 - Low driven balls
 - Crosses
- Tactical development
 - 3 vs. 3
 - 4 vs. 4
- Defending Play

Distribute topics and answer any questions regarding the students' teaching assignments.

Class 5, Evaluation Form Review (1/2 hour)

Review with advanced instructor candidates the evaluation instrument that will be used during their teaching session (give each student a copy of the evaluation form and answer any questions regarding the review process).

11. Conclusion (Closure) (¼ hour)

12. Bridge

Feel free to share your ideas and opinions, please forward them to: (e-mail) JohnOuellette@AYSO.org



AYSO Advanced Coach Instructor Evaluation Form

Location:	Instructor Evaluated:
Date:	Evaluator:
Topic:	

Definitions of scores for evaluation:

1= Fails to meet minimum standards; 2= Sometimes meets minimum standards or not observed; 3= Meets minimum standards; 4= Exceeds minimum standards

Observation	1	2	3	4	Comments
Pre-Class					
1. Appearance of instructor					
2. Was location (set-up) appropriate					
3. Proper training aids available & operational					
4. Organization					
5. Lesson plan includes: intro, middle and end					
Presentation					
6. Gave adequate introduction					
7. Maintained adequate control of class					
8. Appeared relaxed and confident					
9. Adapted presentation to conditions					
10. Demonstrated creativity in presentation					
11. Obtained adequate class participation					
12. Ability to express thought					
13. Involved students in presentation					
14. Used training aids properly					
15. Demonstrated practical skills					
16. Answered questions adequately					
17. Completed presentation on time					
18. Style does not detract from presentation					
19. Material was deliver at the appropriate level (U14-U19)					
20. Met lesson plan goals & objectives					
Knowledge					
21. General subject knowledge					
22. Subject knowledge specific to presentation					
23. AYSO information specific to presentation					
24. AYSO National Coaching Program					
25. Corrected any factual errors suggested by students					
26. Understands sportsmanship and fair play					

Instructor's presentation meets the standards: **Passed** **Needs additional work**

Signature-Evaluator: _____

