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## Coach Instructor Course

Identifier	
Revision	Original
Effective Date	1 Jan 2005
Class Length	8 Hours

Change Summary	
15 May 2005	John Ouellette
15 July 2005	John Ouellette

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## LESSON PLAN- Coach Instructor Course

### 1. Lesson Goals

- Provide an understanding of the minimum performance standards required for a Coach Instructor candidate to become a Certified Coach Instructor.
- Understand the administrative requirements as a Coach Instructor.

### 2. Class Length

Eight hours plus presentations

### 3. Instructor Requirements

Advanced Coach Instructor

### 4. Learning Objectives

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

### 5. Student Skills Acquired

- Knowledge of AYSO National Coaching Program
- Knowledge of criteria and characteristics necessary for a volunteer to become an Certified Coach Instructor
- Skills necessary to become an effective Certified Coach Instructor candidate
- Practical exercise

### 6. Prerequisites

Be a U12 Coaching course graduate and be recommended by the Region Coach Administrator, Area Coach Administrator or the Section Coach Administrator

### 7. Materials

- Coach Instructor Evaluation form
- Why Short Sided Handout
- Student handouts
  - i. National Coaching Program brochure
  - ii. U6, U8, U10, U12 and Safe Haven Manuals/Instructor notes

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## 8. Equipment

- Overhead projector and screen or computer & projector.
- Flip chart, dry or chalk board with markers or chalk.
- Lined Soccer field
- Soccer balls
- Full size soccer goals
- Eighteen training vests - 6 blue, 6 red, and 6 yellow (colors irrelevant)

## 9. Instructor Notes:

Order of Classes:

Class 1	Introduction, Role of and Criteria for Coach Instructors	1 hour
Class 2	Impromptu Speaking	1 hour
Class 3	Coaching Program Overview	1 hour
Class 4	How To Teach Coaching Courses Safe Haven U6, U8 and U10 U12	2hours
Class 5	Planning A Successful Coaching Course	2 hours
Class 6	Evaluations Form review/ Teaching Assignments	1 hour
Class 7	Presentations (each student must complete a 15 minute presentation)	Dependent upon the # of class participants

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 which include knowledge of the National Coaching Program and an extensive coaching background. Because of the uniqueness 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 a coach instructor is not a reflection of any individual's ability to continue to be an effective coach.

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## 10. Body (Lesson Procedure)

### **Class 1 Introduction, Role of and Criteria for Coach Instructors (1 hour)**

The purpose of the Coach Instructor program is to provide AYSO U-12 Coaches and above, who desire to become AYSO Certified Coach Instructors, with the necessary tools, information, and actual teaching situations which might enable them to become AYSO Coach Instructors.

The AYSO National Coaching Program has been developed by the National Coaching Commission to provide AYSO coaches with the best possible instruction that reflects and fulfills the vision and mission statements of AYSO.

AYSO 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:

In addition, the AYSO coaching program is accredited by National Council for Accreditation of Coaching Education (NCACE).

The **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

Safe Haven	3 hours
Under 6 Course	2 hours
Under 8 Course	2 hours
Under 10 Course	3 hours
Under 12 Course	5 hours
Intermediate Course	15 hours
Advanced Coaching Course	18 hours

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National Coaching Course                      56 hours

Annual Coach Orientation (update) 1-1,000 hours depends on region

### **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. Each student will be given a word (from the list below) from which they will be required to give a two minute presentation with no preparation time.

Note: The words are written on 3x5 cards and placed on a table face-down. Randomly select students. As a student is called they will pick a card and start talking immediately. 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 whole two 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 to understand that good preparation is critical to their success as coach instructors.

#### **Impromptu Words**

Peanut butter, Time, Dish, Affection, Flea, Banana, Frog, Love, Affliction, Big, Shirt, Class, Blanket, Envelope, Shade, String, Drop of Water, Battery, Obscurity and Ant.

### **Class 3 three Coaching Program Overview (1 hour)**

All AYSO instructors should present the National AYSO Coaching program.

Coach instructors must understand how the AYSO National Coaching Program was developed.

All AYSO courses are designed to be presented using a combination of players and coach demonstrations. 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

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Teach what is in the manuals

Stay on track

Support the AYSO National Coaching Program.

### **Safe Haven**

The Safe Haven teaching plan is located on the Web site. Explain that this certification presents information on child & volunteer protection for the AYSO coach. This course is the certification course for AYSO coaches. Attendance of this course also satisfies AYSO Safe Haven Referee requirements

### **Annual Coach Update**

This **training** provides continuing education for coaches in the Region and is developed by each AYSO region. Program updates and program requirements are reviewed in this training session.

### **U6, U8, U10 and the U12 courses**

The first four AYSO coaching courses, U6, U8, U10 and the U12 courses, are designed for short sided play.

AYSO recommends that all children under the age of 12 play short-sided games. (See age appropriate coaching manuals for specific details).

Why Short Sided Soccer?

- Young soccer players need special consideration.
- They are children playing a child's game.
- They must be regarded as young children, not mini adults.
- Fun and activity factors must be a central part of a child-centered program. Educators agree early learning experiences are the most important and produce the most retention.
- They are essentially self-oriented and relate naturally to one or two others, not to large groups.
- Most children cannot sustain prolonged activity.
- They function best in suitable starts and stops (rest periods).
- Concentration span is limited, so frequent changes of pace and activity is essential.

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Additionally the U5, U6, U8 and the U10 programs are designed as discovery programs. The young players should learn to discover the wonderful game of soccer not be taught the game of soccer by adults. The best teacher of the game is the game itself. The primary goal for instructors of these courses is to ensure that the coaches they are instructing understand this concept.

**It is critical that all in attendance understand that there could be a difference between the program that is being run at the local level and the amount of coaching material that is required by the coaches who attend such training. What will be explained in this session are the AYSO National U-6, U-8, and U10 programs.**

Briefly cover each of the U5, U6, U8, and U10 programs.

#### Jamboree

The Jamboree should be the standard U-5 Short-Sided program throughout AYSO. The jamboree can also be used as an alternative method of conducting the standard U-6 Short-Sided program.

A U-6 player will experience:

Three (3) a side play with a total of five (5) players per roster, while learning

TECHNIQUES	KNOWLEDGE
Instep kick	In and out of play
Dribbling	Don't kick or trip others
Throw-ins	Handball

OBJECTIVES OF THE GAME for the U-6 player	PRINCIPLES OF PLAY for the U-6 player
Score	Penetration
Prevent scoring	Delay

#### *SOCCKER SPECIFIC TRAINING U8*

A U-8 player will experience:

Five (5) a side play with a total of seven (7) players per roster, while learning

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<b>TECHNIQUES</b>	<b>KNOWLEDGE</b>
Inside of foot pass	Kick-off
Inside of foot trap	Corner kick
Shooting (instep)	Goal kick
Dribbling head up -ball close	Drop ball
	No holding or pushing

### **OBJECTIVES OF THE GAME FOR THE U-8 PLAYER**

<b>Attacking Objectives</b>	<b>Defending Objectives</b>
Score	Prevent Score
Maintain Possession	Regain Possession

### **PRINCIPLES OF PLAY FOR THE U-8 PLAYER**

<b>Attacking Principles</b>	<b>Defending Principles</b>
Penetration	Delay
Width	Concentration
Depth	Depth

## **SOCCER SPECIFIC TRAINING U10**

A U-10 player will experience:

Seven (7) a side play with a total of nine (9) players per roster, while learning

### **OBJECTIVES OF THE GAME FOR THE U-10 PLAYER**

<b>Attacking Objectives</b>	<b>Defending Objectives</b>
Score	Prevent Score
Maintain Possession	Regain Possession
Advance the Ball	Delay the opponents

### **PRINCIPLES OF PLAY FOR THE U-10 PLAYER**

<b>Attacking Principles</b>	<b>Defending Principles</b>
Penetration	Delay
Width	Concentration

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Mobility	Balance
Support	Support

## U12 Coaching Course

As the instructor of the Youth U- 12 Coaching Course you will be responsible for preparing you own teaching plan. The lesson plan is the U12 Coaching Manual. Think twice about passing the manual out right away. New coaches will tend to browse through it and may miss a very important coaching point being made. This is your call. Keep in mind that a lesson plan is a plan for learning. As is true in most activities, the quality of planning affects the quality of results.

An effective AYSO coach instructor must devote as much time and energy in carefully planning and preparing, much like you would prepare to coach a soccer game or practice. The manual is your lesson plan; your instructor notes will help you personalize the course.

For the next few years the Youth U- 12 Coaching Course will have one major challenge for all instructors. Who will be taking the course?

Find out from the region if the coaches you will be working with have been trained using the U-6 3 a side, U-8 5 a side, the U- 10 7 a side programs or if this is the first level of coaching being presented to the coaches.

The primary focus of the U12 Coaching Course should be one of technical cleaning for players. U12 coaches should, after attending the U12 course, be able to identify and fix any technical problems that players might have developed.

The U12 Coaching Course is a 5 hour course, not 2 hours, not 8 hours, not 10 hours, but 5 hours!

This course is also designed to use U12 players as demonstrators. This allows the coaches in attendance to view real U12 coaching conditions. 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 or that they are above the true playing level of the average U12 player.

Time will be your number one enemy when presenting the U-12 Course. Constantly be aware of your time. You have five hours in which to teach this course.

<b>U12 Techniques</b>	<b>U12 Knowledge</b>
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Dribbling	<b>Know the 8 restarts</b>
Inside of foot – ball control	<b>Corner kick</b>
Sole of foot – ball control	<b>Goal kick</b>
Top of the thigh – ball control	<b>Penalty kick</b>
Instep kick	<b>Drop ball</b>
Inside of the foot – push pass	<b>Direct free kick</b>
Heading	<b>Indirect free kick</b>
Throw-in	<b>Throw-in</b>
Tackling	<b>Kick off</b>
Goalkeeping	<b>Laws of the Game</b>

## **Class 5, planning a Successful Coaching Course (2 hours)**

This session discusses the who, what, when, where and why of holding a coaching course

### **CHECKLIST FOR CONDUCTING ANY TYPE OF CLINIC:**

#### **1) Establish a Need**

- A) Purpose - to train and qualify coaches for the benefit of youth teams within a region.
- B) Determine the number of people needing or wanting the course.
- C) Determine suitable dates and accommodate participants' schedules.
- D) Determine level of clinic needed.
- E) Sponsorship
  1. Can be obtained through the region or area, or through an independent outside source.
  2. Reduce cost for attendees, encourage more participation.
  3. Minimal individual fees charged to participants, encourages participation in the course.

#### **2) Clinic organization**

- A) Administration and Delegation of Responsibilities
  1. Publicity director
  2. Registrar
  3. Equipment manager
  4. Facilities coordinator.
  5. Locate additional qualified, certified instructors on an "as needed basis."
- B) Participants needs
  1. Food (lunch brown bag, etc., or may be provided by region)

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2. Paper and pencil
3. Ball (personally identified)
4. Suitable clothing (soccer shoes, track suit).
5. Water, suntan lotion, towel, etc,
6. Shinguards

#### C) Materials

1. Field aid – goals, training vest, cones, stakes, grids, balls
2. Films and slides.
3. Books – i.e., Rules of Soccer Simplified, Coach Manual, etc.
4. Handouts – Volunteer Registration forms, Coach Development Program, Short-sided Games Guidelines, Soccer Accident Insurance Brochure, evaluation forms, first-aid, etc,
5. First aid kit and a medical person, if possible, paramedic, nurse or doctor
6. Sunscreen
7. Extras - course T- shirts, liquid refreshments, snacks, door prizes, etc

#### D) Equipment

1. Projector
2. Extension Cord
3. Flip Chart
4. Easel
5. Markers
6. Screen

#### E) Budget

1. Facilities
2. Staff
3. Copying
4. Accommodations for visiting instructors
5. Guest speakers
6. Advertising
7. Equipment
8. Regions may charge a nominal fee for clinics. A fee has been found to be an excellent reminder of the date. Clinics must be self-funded.

#### F) Publicity

1. Publicize in advance using posters, brochures email, web-sites and communication among regional and/or area and/or sectional personnel.
2. Emphasize that the clinic's goal is to teach how to coach, not to become soccer players.
3. Participation in heavy exercise is voluntary and dependent upon the physical condition of participants.

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G) Site acquisition

1. Utilize a neutral location if possible
2. Acquire necessary permits
3. Consider inclement weather (field location adjacent to an available gym is always useful)
4. Orientation (seating capacity)
5. Location of refreshment facilities

3) **Clinic implementation**

A) Eight to ten participants per staff member (ideal)

B) Players to demonstrate and assist

C) Experts for lecture and panel

1. Qualified coach instructors certified at the appropriate level
2. Local doctor or sports psychologist
3. Assistance from neighboring regions
4. Referee for Laws of the Game and panel discussions
5. Evaluation and review (important) a pass out and collect evaluation forms at the conclusion of the course. Ask for constructive criticism to improve future clinics and ideas of special interest within the region.

D) How to register a coaching course.

E) Submit roster of graduates to the AYSO National Support & Training Center Programs Department.

F) For the past year, the Coach, Referee and Management Commissions have diligently pursued a solution to the problem of missing rosters for AYSO training courses. Thanks to their efforts, many past due rosters have been returned, and our volunteers are receiving credit for their efforts. Unfortunately, a large number of rosters remain delinquent. The commissions jointly developed a plan for dealing with this problem. Following input from the section directors, the commissions presented the following action plan at the November 15, 2003 meeting of the National Board of Directors.

*In order to ensure attendees receive credit for completed training, it is vital that training rosters are returned to the National Support & Training Center (NSTC) to be input into the AYSO database in a timely manner. Therefore, the disposition of any training course authorized by the NSTC must be resolved within 60 days following the scheduled date of the course and notification of the course status provided to the roster administrator at the NSTC. Any lead Instructor who has failed to account for a roster within the*

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*60 day period following the scheduled training date will not be authorized to conduct additional training until the past due roster is returned or its status satisfactorily resolved.*

The members of the National Board of Directors present at the meeting expressed unanimous support for this proposal and encouraged the commissions to move forward.

Please be advised, therefore, that effective January 2, 2004, no new rosters will be issued to instructors who, 60 days following the scheduled date for a course, have not returned or otherwise accounted for the roster. Instructors with outstanding rosters should contact the NSTC and let us know what happened to those rosters. E-mail [rosteradmin@ayso.org](mailto:rosteradmin@ayso.org) or call 1-800-872-2976 and ask for the Roster Administrator. If such an explanation is provided, the instructor status will remain unaffected. No new rosters will be issued to instructors who are not in compliance with the new Roster Return Policy.

### **Class 6, Evaluation Form review/Teaching Assignments (1 hour)**

Review with instructor candidates the Evaluation instrument that will be used during their teaching session (give each student a copy of the evaluation form).

Distribute topics from any one of the five manuals discussed in this course and answer any questions regarding the students' teaching assignments. The activities (game drills) can and should be used for presentation topics.

### **11. Conclusion (Closure) (¼ hour)**

### **12. Bridge**

**It is our intent to make the AYSO Coach Instructor program the best it can possibly be. If you think that there might be a better way to present this information or you would just like to share your ideas and opinions please forward them to: (e-mail)  
[JohnOuellette@AYSO.org](mailto:JohnOuellette@AYSO.org)**



# AYSO 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
<b>Pre-Class</b>					
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					
<b>Presentation</b>					
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 <b>delivered</b> at the appropriate level (U6-U12)					
20. Met lesson plan goals & objectives					
<b>Knowledge</b>					
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: \_\_\_\_\_

