



Coach Education
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**National Soccer Coaches
Association of America**

Coaching Soccer

Course Objectives:

- Learn how the “components of the game” are inseparably intertwined – technique, tactics, psychological and physical
- How to encourage participation and design practice
- Define the fundamental techniques of the game and drills for teaching the skill
- Outline rules differences between the interscholastic and international game – substitution, misconduct, game duration and throw-in
- How the 5 v. 5 game can be used effectively for player development

Unit 1: Overview

- Introduction
- Methods
- Components
- Practice Session

Unit 2: Methods

- Participation
- Stress Factors
- Feedback
- Success

Unit 3: Techniques

- Dribbling
- Tackling
- Passing
- Receiving
- Heading
- Shooting
- Goalkeeping

Unit 4: Rules

- Rules
- Rules Differences

Unit 5: 4 v. 4

- Overview
- 5 v. 5

Resources: Practice Session Planning; Practice Management issues; Three Stages of Teaching Technique; 1 v 1 + 1; Philosophy; Two Main Coaching Tasks; Mastering and Teaching Technique, Bill of Rights for Young Athletes; Participation Philosophy, Shielding; Speed Dribbling; Attacking Defense; Tackling; Receiving; Passing; Heading; Body Position #1; Body Position #2; Shooting Technique; Technical Training in Goalkeeping; Tactical Training in Goalkeeping, NSCAA Code of Ethics