



# NYSWYSA Coaching 100 Series Courses

## Coaching 101

Coaching 101 is a 90 minute course designed to introduce the parent coach to coaching youth soccer. Coaches will leave with resources in hand to utilize right away in their practices. Content is flexible and based on the audience and need. This course is offered in an interactive classroom setting. Field/gym time is optional. Practical demonstration can/will be provided through the use of video technology.

Topics will cover how to deal with children in a team environment, best practices for player development, how to structure a practice, team management, basic laws of the game, etc. We will provide the “starter” coach with the needed resources and confidence to successfully conduct simple, fun and age appropriate training activities with their teams.

There will be no charge for a club's initial enrollment in this course. Clubs interested in hosting a Coaching 101 class should contact Assistant Technical Director, Scott Craig at [scraig@nyswysa.org](mailto:scraig@nyswysa.org).

## Coaching 100 Series & Special Topics Courses

These courses are designed as a stepping stone to help youth coaches move from the introductory Coaching 101 Course on to the teaching of selected topics in soccer. The Coaching 100 Series courses include 90 minutes of practical on-field instruction. A lesson plan will be handed out for the given topic. Coaches will leave with a greater understanding of the designated topic provided within the context of the big game. Coaches will leave with numerous age appropriate activities and exercises to utilize in their team training sessions that specifically target the designated topic. The course content can be modified for beginner, intermediate, and/or advanced level audiences. These courses are club hosted and our staff will make every effort to arrange a convenient date to conduct the course that will fit into your club's schedule/calendar.

A NYSW Coaching Education Staff member will travel to your club and conduct the course for a flat fee of \$200. Clubs interested in hosting a Coaching 100 Series class should contact Assistant Technical Director, Scott Craig at [scraig@nyswysa.org](mailto:scraig@nyswysa.org).

### Coaching 100 Series Courses

- Coaching 102 - Activities to improve Ball Control
- Coaching 103 - Activities to improve Shooting and Finishing
- Coaching 104 - Activities to improve Combination Play
- Coaching 105 - Activities to improve Possession Play
- Coaching 106 - Small sided games to improve technique
- Coaching 107 - Small sided games to improve tactics
- Coaching 108 - Basic Principles of Attack
- Coaching 109 - Basic Principles of Defense
- Coaching 110 - Basic Goalkeeping Principles

### Special Topics Courses

Our Coaching Education Staff will also accommodate and work with you to identify and tailor any special topics that you would like to have presented to your club's coaching staff. Below are some examples of club selected topics that have been presented in the past:

- Planning and Developing a Training Session
- Parent Education
- Systems of Play
- Improving Speed of Play
- Transition Play and Counterattacking
- Defending in Blocks