



# National C

The C Course focuses on the core concepts of coaching.

## Eligibility

In order to register for the U.S. Soccer C course, all candidates must meet the following pre-requisites:

- At least 18 years of age
- Have held a U.S. Soccer D license for at least 12 months
- -OR- meet the [waiver guidelines](#)
- Currently coaching

Interested candidates who wish to apply based on a waiver must submit an application directly to the hosting organization.

## Course Structure

The C course consists of two course meetings separated by a development period. The total course duration is approximately 2-3 months. (Below is an illustration with the specific requirements)

## Tasks of the Coach

- Coaching Training Sessions
- Coaching Games
- Leading Players
- Leading the Team
- Managing a Performance Environment
- Leadership

## Digital Coaching Center

The U.S. Soccer Digital Coaching Center (DCC), is a state-of-the art online educational platform. The DCC allows coaches to create a personal profile, register for courses, communicate with technical staff, take part in online courses, create session plans with an online graphics tool, access an archive of U.S. Soccer training sessions and much more.

The DCC will be used for applications, registration, payment, assignments, communication and collaboration throughout the course.

[Please click here to navigate to the US Soccer Coaching Education Page for more information](#)

## Waiver Guidelines

Applicants who hold certain foreign licenses or have a minimum amount of professional playing experience may be considered eligible without holding the U.S. Soccer D License.

- Certain foreign licenses (subject to review by U.S. Soccer)

-OR-

- Applicant has three-(3) years coaching experience, at any level, AND three-(3) years playing experience with a Senior National Team and/or three-(3) years playing experience on a FIFA recognized "1st Division" outdoor professional team. This information must be reflected on the coach's DCC profile. Official proof of playing and coaching experience must be provided via letter head from the affiliated clubs, leagues, or organization.

