



National D

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The D course facilitates the improvement of the candidates in the six tasks of a coach across all four game models (4v4, 7v7, 9v9, 11v11) with an emphasis on coaching training sessions.

Eligibility:

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

- Introduction to the Grassroots Module
- Two in-person Grassroots courses (one must be 11v11 and one other one can be 9v9, 7v7, or 4v4)
- One online Grassroots course across any of the four levels (11v11, 9v9, 7v7, 4v4)

OR, if you previously earned a USSF F, USSF E or both:

- USSF F + Introduction to Grassroots Module + 11v11 Grassroots in-person course + one other Grassroots in-person course of your choice
- USSF E + Introduction to Grassroots Module
- USSF E + USSF F + Introduction to Grassroots Module

Course Structure:

- Course Meeting 1
 - Three days onsite with the full group
- Development Period
 - 6-8 weeks in home environment with assignments and mentoring
- Course Meeting 2
 - Two days onsite with the entire group

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