



A – Senior Course

The A – Senior Course focuses on creating a winning team in a high-performance environment, based on the development of attacking, defending, and transitioning of the coach's own team related to upcoming opponents.

Eligibility

In order to be considered for the U.S. Soccer A – Senior course, all applicants must meet the following pre-requisites:

- At least 18 years of age
- Have held a U.S. Soccer B license for at least 6 months
- Have 4 or more years of coaching experience (any level)
- Currently coaching
- Currently working in appropriate soccer environment for the course content
- -OR- have the opportunity to work with a team of the appropriate level for the course content in order to complete the assignments (internship, etc.)

The A – Senior Course requires a comprehensive application from all interested candidates. The application must be submitted through the Digital Coaching Center.

Environment

For the U.S. Soccer A – Senior course, candidates will be expected to complete their assignments while working with a team of senior players in a high-performance environment.

Course Structure

The A – Senior course consists of four course meetings separated by three development periods. The total course duration is approximately 5-6 months. The final assessment will be conducted in each candidate's home environment. (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](#)

