

Coaching License Requirements & Course Information 2008 Season

Last revised July 9, 2008

The information in this section is based on information provided by Cal South as of July 9, 2008, posted on their web site at the URL below. For more detailed information, please visit this URL:

http://www.calsouth.com/coachyouthsoccer_overview.htm#certificationprocess

Overview

Every coach within the Cal South program, which includes all SBSC coaches and assistant coaches, must have met the requirements of the Cal South Coaching Education Department for recreational coaching as described below. This includes holding a Cal South Coaching License, a license from another USYS State Association, or a USSF National Coaching License. SBSC coaches will typically attend a Cal South course and obtain a Cal South Coaching License.

- Recreational coaches working with players in Divisions 6 and 7/Micro (under 9 years old, or "U9") must have completed at least a Youth Module 1 (YM1) course. This course is designed specifically for the U9 coach. During 3.5 hours of classroom and field instruction, coaches are taught the proper techniques for these age groups. Course fee is \$15.
- Recreational coaches working with players in Divisions 1 through 5 (U10 and older) must have completed a Youth Module 3 (YM3) course. This course is designed for those coaching players 9 years old and older. This 5-hour course combines field and classroom instruction in intermediate coaching and teaching methodology. Course fee is \$15.
- Coaches interested in coaching competitive teams will need to obtain additional licenses as described at the Cal South site (E and D licenses).
- Once you have completed a YM1 or YM3 course, you do not have to repeat it, though you may choose to do so.

The objective of the Cal South coaching licensing curriculum is to provide all soccer coaches, from the beginner to the advanced, with up-to-date theoretical and practical knowledge, so that coaches in southern California can help ensure that players develop their fullest potential and are safe on the field.

Philosophy of the Coaching Program – From Cal South Web Site

To help you gain the most information from the courses, staff coaches teach the essentials of soccer in an optimal way. All candidates actively participate in field sessions. Approximately two-thirds of each course is comprised field sessions and the remaining one-third as lectures. The intensity of the field sessions is directly related to the level of the course. The higher the course level, the more hours required on the field. A complete discussion of the Coaches Education program is provided below along with a complete listing of ongoing coaching licensing clinics across the Association. A minimum of 15 participants must be pre-registered for any course at least five days prior to the start of the class; otherwise, the course will be canceled.

Candidates must come prepared with the following items to any coaching course:

- A Soccer Ball
- Proper soccer clothing
- Water
- Pencil/pen and paper to take notes
- Sun block is highly recommended for weekend sessions
- Shin guards (for field sessions)

How Do I Sign Up for a Course?

In 2008, Cal South partnered with Velocity Sports Performance to allow Cal South to offer coach licensing courses through Velocity Sports Performance facilities, including the one in Carlsbad. This is excellent news, as open enrollment courses have been limited over the last few years, and scheduling a course to be held in Solana Beach for our coaches has been difficult. Coaches should sign up for one of the YM1 or YM3 courses listed at the Cal South site.

For a list of all available YM1 and YM3 courses:

- Go to www.calsouth.com
- Select Programs -> Coaching Education -> Coaching Clinic Schedule
- In the Calendar Event window, select Coaching Education Course from the Event Type drop-down menu.
- Click on the List All button
- In the Event Name column, look for YM1 or YM3 courses offered in Carlsbad
- To select a course, click on its name.
- The next screen provides more details and allows you to register for the course.

Description of the Courses:

Youth Module 1 (YM1) – From Cal South Web Site

This course is designed specifically for the U9 coach. During 3.5 hours of classroom and field instruction, coaches are taught the proper techniques for these age groups.

Topics:

- Philosophy of coaching U9 and younger players
- Characteristics of U9 and younger
- Team administration and risk management
- Prevention and care of soccer injuries
- Appropriate activities for U9 and younger players
- Organizing a youth training session
- Laws of the Game: modified

Prerequisites:

- AN OPEN MIND!
- Minimum age – 16 years old

Course Length: 3 1/2 hours

- 1 1/2 hours classroom
- 2 hours field

Testing: None

Cost: \$15 per person

Each candidate will receive the USYS Primer and a NIKE T-shirt at a retail value of \$20 Recommended for all Recreational coaches of player's age U9 and younger.

Provisional coaching license will be issued to all coaches age 16 and under 18 years of age. All coaches holding a provisional coaching license will be required to work with a licensed coach 18 years and over. Up on reaching the age of 18 a coach holding a provisional coaching license

shall be upon written request to the state director of coaching education be issued a full coaching license.

Youth Module 3 (YM3) – From Cal South Web Site

This 5-hour course combines field and classroom instruction in intermediate coaching and teaching methodology.

Topics:

- Methods of coaching
- Team administration and risk management
- Prevention and care of injuries
- Coaching technique
- Coaching tactics
- Laws of the Game
- Principles of attack and defense
- Small-sided games

Prerequisites:

- AN OPEN MIND!
- Minimum age – 16 years old

Course Length: 5 hours of instruction

- 2 hours classroom
- 3 hours field

Testing: None

Cost: \$15 per person

All Candidates will receive a Nike T shirt and a Cal South workbook at a retail value of \$20

Recommended for all Recreational coaches of player's age U10 and above

Provisional coaching license will be issued to all coaches age 16 years and under 18 years of age. All coaches holding a provisional coaching license will be required to work with a licensed coach 18 years and over. Upon reaching the age of 18 a coach holding a provisional coaching license shall be upon written request to the state director of coaching education be issued a full coaching license.