



US SOCCER FEDERATION NATIONAL COACHING PROGRAM NATIONAL 'C' LICENSE

DESCRIPTION

The National 'C' License course is designed to introduce concepts that are targeted toward coaching players ages 11-14. The course focus is on getting coaches to think about, discuss, and recognize the recurring concepts or themes that exist in soccer. Candidates will be challenged to find ways to offer constructive guidance to players while also allowing players to experience the game for themselves.

A primary emphasis in the National 'C' License course is the close relationship between technique and tactics. In this course, technique and tactics will be addressed together. In practice field sessions and the final field exam, the candidate is required to address the impact that technique has on tactics.

Three General Goals of the National 'C' License Course:

1. To prepare coaches to better recognize problems and solutions as they occur in the run of play and to communicate this information to their players
2. To create rich soccer environments that allow players to grow
3. To provide a foundation for any coach wishing to pursue higher levels within U.S. Soccer's Coaching Education Program

The National 'C' License course will also provide a foundation in the following areas: tactics, technique, methods of coaching and issues in youth player development, some of which have been introduced in the 'D' License course, and will be expanded upon in the National 'B' and National 'A' License courses. These include but are not limited to the following objectives:

- Observe and identify the technical and tactical demands of the game
- Focus on the application of technique and small group tactics in games up to 7v7 to big goals
- Organize, develop and implement appropriate training sessions to correct and reinforce the demands of the game
- Recognize soccer problems and offer appropriate technical and tactical guidance to the players
- Develop a better understanding of the responsibilities of coaching

ELIGIBILITY

Applicants must be at least 18 years of age and have held a National 'D' license for a minimum of 12 months. (attach copy to application)

National 'D' license certification may be waived ONLY under one of the following conditions:

1. Applicant received the NSCAA National Diploma and has held it for a **minimum** of 12 months (attach copy to application)
2. The applicant has three years coaching experience (any level) AND three years playing experience with a Senior National Team or three years of FIFA recognized professional playing experience
3. A foreign license of equivalence; to be reviewed by the U.S. Soccer Coaching Department

Please visit <http://www.ussoccer.com/Coaches/Licenses/National-C.aspx> for additional information on applying for a waiver.

COURSE LOCATION Wisconsin/Illinois Course July 28 – Aug 5, 2012

The course will be held at Uihlein Soccer Park, 7101 West Good Hope Road, Milwaukee, Wisconsin 53223. All lectures, field sessions, and some meals will be at Uihlein Soccer Park. Accommodations and breakfast are **NOT** included in the course fee. Lodging is available at the Milwaukee Radisson North Shore located at 7065 N Port Washington Road, Milwaukee, Wisconsin, 53217. A block of rooms at the preferred rate of \$89/night double including breakfast, or \$99/night quad including breakfast, has been set aside for course participants. (Reservations must be made by June 28, 2012 to guarantee the rate.) Candidates should call 414.351.6960 or 888.333.3333, to make reservations. Group Code:0728wissoc. Shuttle service from the hotel to the facility is available but arrangements must be made in advance. Ask for the shuttle service when you make your room reservation. We will

provide assistance in helping you to contact potential roommates, but room arrangements and reservations are your responsibility.

Uihlein Soccer Park and the Milwaukee Radisson North Shore are located just north of downtown Milwaukee, about one hour and forty-five minutes north of Chicago, Illinois. Check-in for the 'C' course will take place from 8:00am - 11:00am on Saturday, July 28. Information on travel, check-in procedure, and course schedule will be mailed to fully paid applicants approximately three weeks prior to the course.

APPLICATIONS

Your application is not considered complete unless accompanied by the following items:

1. A **non-refundable** \$200.00 deposit or full-tuition in the form of check or credit card authorization payable to Wisconsin Youth Soccer Association
2. One passport size photograph (1" x 2")
3. Documentation necessary to substantiate eligibility (copy of National 'D' license or NSCAA National Diploma).

Faxed copies of the application will not be accepted.

Space is limited for the Wisconsin/Illinois Youth Soccer Association hosted National 'C' License Coaching Course. Registration will close when the course is full or three weeks prior to the start of the course. Remaining course fees must be received by the Wisconsin Youth Soccer Association by 5:00pm on Friday, July 6, 2012; applicants failing to submit final payment by this date will have their registration cancelled and application fee forfeited. Please be advised that the \$200 deposit is non-refundable and non-transferable. A late cancellation fee of \$300 plus deposit (\$200) will be assessed to candidates who cancel less than three weeks from the start of the course, regardless of circumstance. All cancellations must be made in writing. Candidates admitted to the course who fail to attend will forfeit their entire course tuition.

Submit your completed application and required documentation with fees to:

Wisconsin Youth Soccer Association
c/o: Julie Schmitt
10201 W Lincoln Ave, Suite 207
West Allis, WI 53227

WHAT TO EXPECT

Pre-Course:

- The National 'C' License course is a nine day program and the physical and mental demands of the course are great. Candidates are encouraged to participate in the sessions in order to maximize learning. Therefore, attention should be given by each candidate to arrive at the course in good physical condition.
- Each National 'C' License candidate is responsible for completing a pre-course assignment. The purpose of this exercise is to better prepare the candidate for what is expected of them at the course. The assignment will not be used to determine the final grade, but is part of the course requirements.
- Pre-course reading material is expected to be completed prior to arrival to the course. U.S. Soccer's [Best Practices for Coaching in the United States Manual](#) is available online and candidates should become comfortable with the information.

Pre-Course Materials:

- [Pre-Course Assignment](#)
- [Methods of Coaching](#)
- [The 4v4 to 11v11 Progression](#)
- [Candidate Guidelines for Evaluating Soccer](#)
- [Training Session Form](#)
- [Lesson Plan Form](#)

Recommendations Prior to Attending:

- Candidate has experience coaching 11-14 year old players
- Candidates run training sessions prior to the course. It is highly recommended that candidates have their training session(s) evaluated by the club technical director with feedback provided
- Become familiar with U.S. Soccer's Best Practices for Coaching in the United States
- Candidates become comfortable with U.S. Soccer's [The Progression from 4v4 to 11v11](#) document

During the Course:

- The National 'C' License course consists of approximately 25 classroom hours and 45 field session hours
- Classroom sessions involve active candidate participation and use game and training videos as a learning tool
- U.S. National Instructional Staff conduct realistic training sessions throughout the course using methodology recognized and used by U.S. Soccer
- Candidates are given opportunities to run two training sessions which progress from a warm-up to a 7v7 model; Feedback is provided from U.S. National Instructional Staff
- Candidates will learn how to properly step in at the right time to make coaching points during training sessions and in 7v7 game situations
- Candidates are expected to be able to teach technique and how it is applied in a game environment; They should also have small group tactical ideas learned in the U.S. Soccer 'D' License course
- Candidates are responsible for reading the FIFA Laws of the Game Booklet and completing the corresponding written examination
- Oral exam questions will be given at the beginning of the course; Each coach will give a three to five minute oral presentation to the group at the end of the week

Post-Course:

- Candidates are encouraged to be an ambassador for the game, to treat the game, and those involved with the game with respect and dignity

COURSE CURRICULUM

The curriculum for the National 'C' course is based upon modern methods of coaching soccer and provides candidates with an understanding of the methodology used in all national coaching courses offered by U.S. Soccer. The curriculum is divided into Theory and Practical areas of coaching.

Theory

- Reading the Game
- Methods of Coaching
- Model Training Session
- Tactics
- Player Development
- Applied Psychology
- Team Management
- Care & Prevention
- Laws of the Game

Practical

- Warm Up & Cool Down
- Possession & Penetration
- Defending
- Combination Play
- Finishing
- Goalkeeper
- Defending vs. Wide Play
- Creating Width in the Attack
- Instructor Session
- 9v9 Attacking and Defending

ASSESSMENT

Candidates undergo a challenging series of written, oral and practical examinations on a variety of subjects in the National 'C' License course.

- Field Examination
- Team Management Examination
- Care & Prevention Examination
- Oral Examination
- FIFA Laws of the Game Examination

The National 'C' License is a non-expiring license. As of January 2006, 'C' License candidates are graded either "Pass" or "Not Ready" for all components of the course. In order to be awarded the National 'C' License, the candidate must receive a grade of "Pass" in all theoretical and field testing areas. Candidates are not graded upon playing ability, but are required to fully participate.

If a candidate receives a "Not Ready" in only one theoretical subject (written or oral) they qualify for an immediate, on-site retest on that subject. However, if a candidate scores "Not Ready" in any of the following three areas, the candidate must then wait a minimum of six months before they are eligible to re-take the field examination at a regional re-test site.

1. Both oral examinations
2. One or more practical field examination(s)
3. Two or more written subjects

*Retest guidelines apply only to 'C' License candidates starting January 2006. Candidates prior to January 2006 must retake the National 'C' License course and are not eligible to retest.

If an applicant misses any of the course sessions, they must return to a future school to participate in that session/lecture, even if the candidate has passed all of the testing areas. License will be withheld until this requirement is fulfilled.

Waiting Period: Upon successful completion of the National 'C' License course there is a mandatory waiting period of one year before a coach is eligible to enroll in the National 'B' License course

COURSE RESULTS

Candidates will receive their results from the U.S. Soccer national office within six to eight weeks of the conclusion of the course. Successful candidates will receive a license certificate and license card at that time.