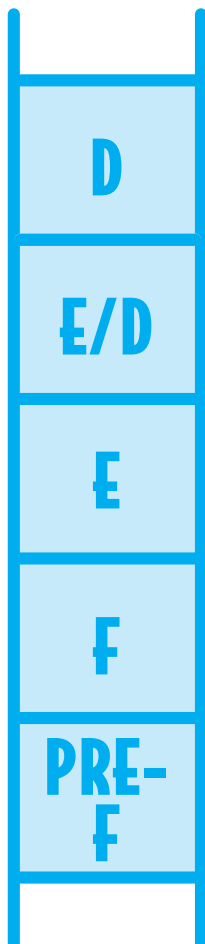


CYSA COACHING PROGRAM

Climb the CYSA Learning Ladder



Welcome to the CYSA Coaching School Program Section which includes: Guidelines for Coaching, Player and Team Development, and Modified Laws of the Game.

The educational procedure of our school is established by the United States Soccer Federation (USSF) which mandates that all coaches, regardless of background, follow the educational steps from "F" through National "D", without skipping a level. It is also required that the information be used for one full season before proceeding to the next course.

The Coaching School is part of an educational procedure and the materials can be mastered by anyone with an open mind who enjoys children, teaching and the sport of soccer.

All coaches, regardless of past playing or coaching experience, can gain valuable information and instruction on the modern methods of coaching/teaching youth soccer.

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OBJECTIVES

The purpose of The Coaching Program is to educate, promote and stimulate your interest in youth soccer.

To assure understanding of the topics taught, we combine classroom discussion with field participation. Our objectives include:

- Helping you to understand your players.
- Giving you a teaching framework that works.
- Allowing you to experience the thrills and agonies of playing soccer.
- Giving you the opportunity to evaluate your knowledge of youth soccer.

Our intent is to give information that will make coaching and playing soccer more enjoyable.

COACHING COURSES

"PRE-F" ORIENTATION COURSE



- Objectives:** Prelude to the "F" course. Introduction to Youth Soccer and the CYSA Coaching School.
- Course Length:** Three Hours (flexible).
Two Hours Classroom (flexible):
- Coach's (Teacher's) Role
 - Player's Role
 - Parent's Role
- One Hour Field (flexible):
- Introduction to the "9-Step Practice Routine"
- Testing:** None
- Prerequisites:** Minimum age is 13 years old. Open mind and willingness to have FUN!
- Enrollment:** Check with your local League, Club or District Recreation Coordinator.

On The PRE "F" Course:

I personally took this class to learn or start learning the sport. I loved it! After my referee class I might start coaching. On second thought...I will start coaching!

Oakland Coach

"F" COURSE



- Objectives:** Prelude to the "E" course.
- Course Length:** Nine Hours total.
- Three Hours Classroom:
- "The Routine"
 - Methods of Coaching and Teaching
 - Players and Their Game Responsibilities
- Six Hours Field:
- "The Routine" in action
 - Role of the First Attacker
 - Role of the First Defender
- Testing:** None
- Prerequisites:** Minimum age is 14 years old. Open mind and willingness to LEARN!
- Enrollment:** Check with your local League, Club or District Coaching Coordinator.

On The "F" Course:

Our instructor was excellent; he took the time to relate to all the coaches. We had fun and learned how to use the terrific "9-Step Routine." I will be a much better coach after taking this course.

Walnut Creek Coach

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"E" COURSE



- Objectives:** Prelude to the "E/D" course.
- Course Length:** Eighteen Hours total.
- Six Hours Classroom:
- Systems of Play
 - Principles of Attack
 - Principles of Defense
- Twelve Hours Field:
- Roles of the First and Second Attacker
 - Roles of the First and Second Defender
 - Tactics and the Laws of the Game
- Testing:** None
- Prerequisites:** Completed "F" course. Minimum age is 15 years old. Open mind and willingness to gain understanding.
- Enrollment:** For additional "F" and "E" course information, call your District Coaching Coordinator.

On The "E" Course:

I learned an awful lot this weekend. I have been, and continue to be, very impressed by CYSA's focus on the kids and their development beyond soccer.

Brentwood Coach

"E/D" COURSE



- Objectives:** Preparing for "D" course.
- Course Length:** Thirty-two Hours
- Six Hours Classroom:
- Fifteen Attacking Themes
 - Fifteen Defending Themes
- Twenty-Six Hours Field:
- Fifteen Attacking Themes
 - Fifteen Defending Themes
- Testing:** Self evaluation - Be prepared to receive Points of Refinement.
- Prerequisites:** Completed "E" course. Minimum age is 16 years old. High school coaches need verification from their Athletic Director.
- Enrollment:** For application and registration information, contact your District Coaching Coordinator.

On The "E/D" Course:

It was a great experience for me that really opened my eyes. I learned a lot about kids and my role in their soccer development. I just wish that I had taken this course years ago. Thank you CYSA.

Sacramento Coach

Note: Fifteen (15) applications must be received two weeks prior to the scheduled course date in order for this course to be held. The District "E/D" Course is mandatory as a prerequisite to the "D" Course.

"D" COURSE



- Objectives:** Rating your youth coaching ability.
- Course Length:** Thirty-six Hours
- Classroom:
- Discussions and Lectures
- Field:
- Game Observation
 - Field Demonstrations and Examinations
- Testing:** Quizzes, Oral Examinations and Field Examination.
- Prerequisites:** Completed "E/D" course, no exceptions. Minimum age is 17 years old. (Proof of attending a referee course fulfills the "D" Course requirements.)
- Enrollment:** Enrollment is limited to qualified applicants.

On The "D" Course:

Thanks for the enormous amount of knowledge all of you were able to transfer to me. I really enjoyed every minute, met great people and made new friends who are 'soccer addicted' like me.

San Francisco Coach

GOALKEEPING COURSE

Objectives: Training the Goalkeeper.

Course Length: Nine Hours total.

Three Hours Classroom:

- The Goalkeeper "Routine"
- Methods of coaching and teaching the Goalkeeper
- Goalkeeper game techniques and responsibilities

Six Hours Field:

- The Goalkeeper "Routine" in action
- Learning and teaching specific Themes

Instructors: Carefully selected goalkeeper specialists.

Testing: Self evaluation when instructing (team) goalkeeper.

Prerequisites: Minimum age is 14 years old.

Note: Coaches must be prepared to have ONE of their goalkeepers attend the last 3 hours of the course.

On the Goalkeeping Course:

I felt that our GK specialist was an excellent instructor. He had a firm grasp on the subject matter, and his manner of teaching was both informative and entertaining. I would love to take another course with him.

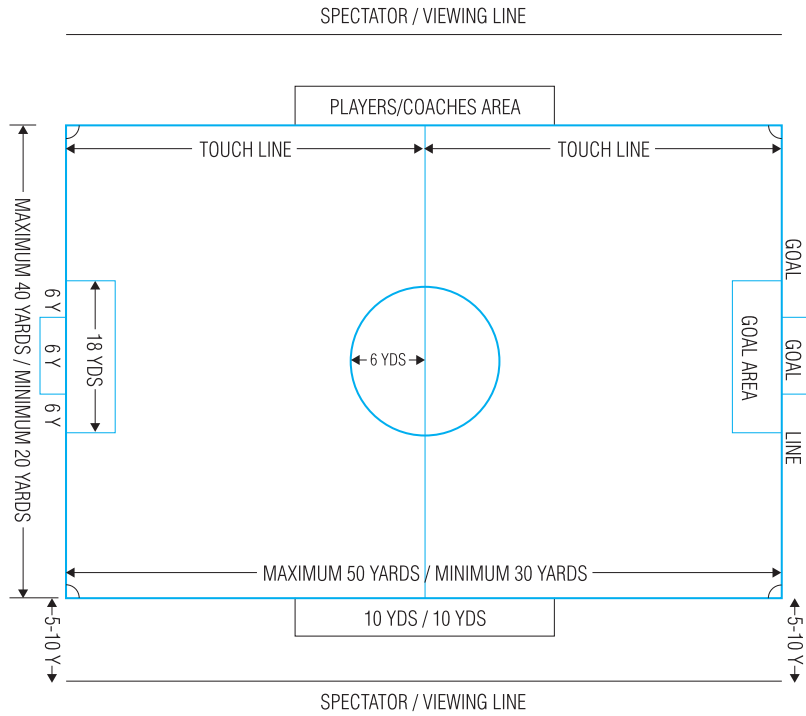
San Jose Coach

BRING TO ALL COURSES

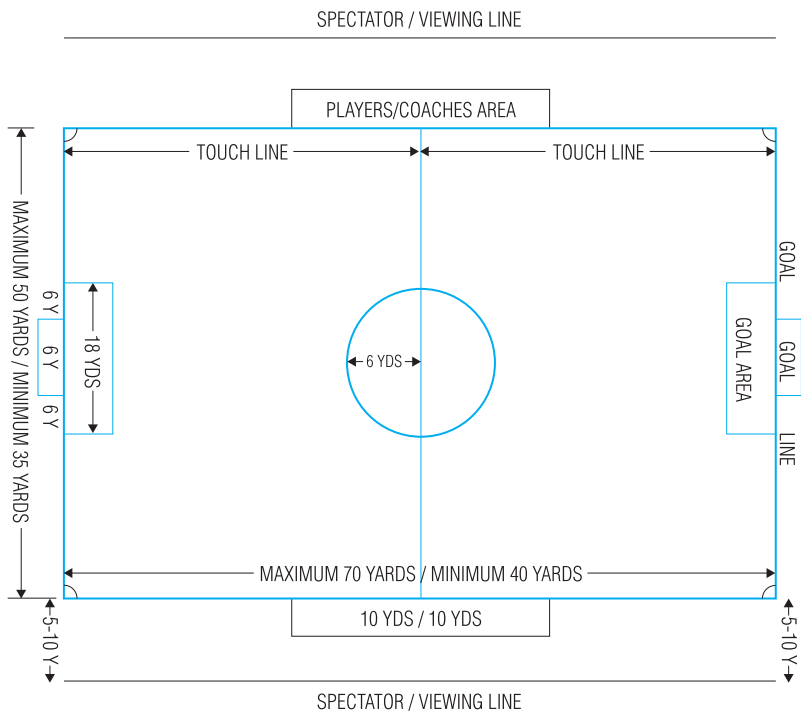
Writing materials for the classroom sessions. Playing attire and equipment for field sessions. An attitude of wanting to learn and have some FUN!

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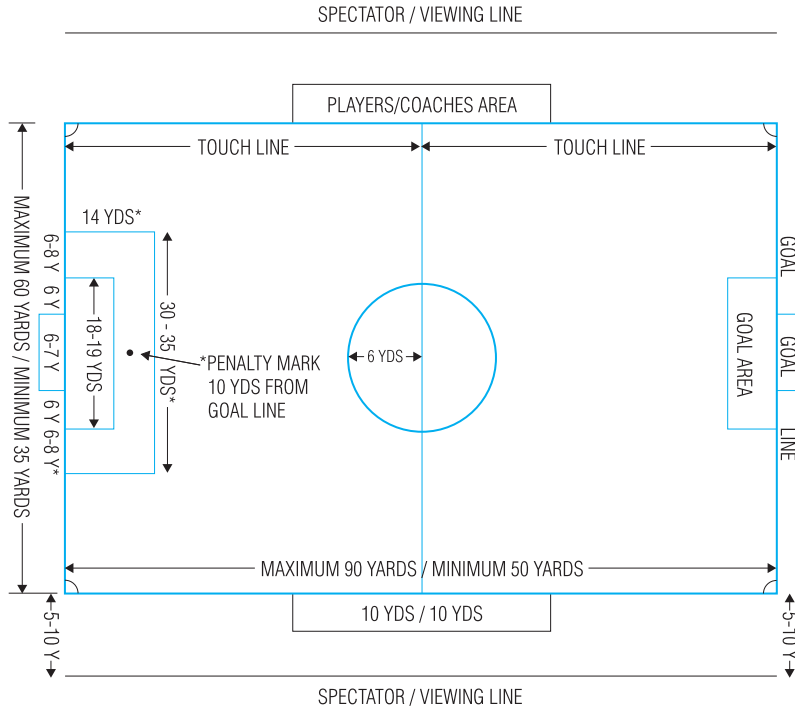
I. The U-6 Field of Play



I. The U-8 Field of Play



I. The U-10 Field of Play



*PENALTY BOX AND PENALTY BOX MARKINGS ARE FOR CUP COMPETITION

