



National “C” License Pre-Course Assignment

Each “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 and will not be used to determine the final grade, but is part of the course requirements. This assignment should be completed prior to the start of the “C” License course and will be collected at the first lecture by your instructor.

Pre-Course Assignment

Please choose one of the following assignments:

1. Create a 35-minute DVD format video of a session assigned with specific parameters described below.

Or

2. Run three (3) 35-minute sessions and bring a detailed, written description of your thoughts, observations and questions concerning your management and execution of the sessions.

Candidates may choose from the following coaching topics. Please specify the chosen topic(s) during the video or the written assignment.

Topics

1. Group Defending
2. Transition when ball is dispossessed or when it is regained
3. Coaching individual to stay connected to entire group
4. Maintain effective shape
5. Recognition of when to play forward
6. Learn how to create a number's up situation during a game
7. Maintain possession

DVD Assignment Instructions

- Choose one (1) 35 minute session from above topics.
- Spend 10 minutes addressing technique in a warm-up game/exercise that relates to your chosen topic.
- Spend 25 minutes for a 6v6 game plus goalkeepers to big goals that should be organized into:
 - Two (2) 10 minute halves that are separated by a 5 minute break (maximum) where the coach can make coaching points/adjustments
- Camera should be at least 12 to 14 feet above the field and at least 30 feet from the field.
- Video should capture as much of the field as possible (at a minimum to see player with the ball and player about to receive the ball).
- Coach should face the camera.
- Microphone is required to capture comments by coach.



- *Practice is suggested. Taping your chosen topic to where you feel comfortable with your session is recommended.

Written Assignment Instructions

- Choose three (3) 35 minute sessions from above topics.
- May choose three (3) different topics or two (2) topics and repeat one of the topics (i.e., group defending will be used twice and transition when ball is disposed or when it is regained once).
- Spend 10 minutes addressing technique in a warm-up game/exercise that relates to your chosen topic.
- Spend 25 minutes for a 6v6 game plus goalkeepers to big goals that should be organized into:
 - Two (2) 10 minute halves that are separated by a 5 minute break (maximum) where the coach can make coaching points/adjustments.
- Answer the questions below.

Written Assignment Questions

- How did your stoppages impact the rhythm of play?
- How did your stoppages impact your ability to communicate your coaching points?
- Were you able to recognize the cause or the result of the problem? Explain.
- What were three key issues that you addressed during the session?
- How did your guidance/coaching points influence your player's ability to solve the problems on the field?

Things to Keep in Mind

Coaching points should be made as the ball is rolling, or at natural stoppages. **Do not "freeze"** play during your session. Any coaching points made during natural stoppages should last no more than **14** seconds. During the 6v6 game to big goals the candidate is allowed two (2) stoppages per half that should last no longer than **14** seconds each.

The candidate should focus on tactical issues and technical issues as they impact the game.

- The age range of the players should be 11 to 14. If you cannot find players in this age range, you may use older players. **Do not** use younger players.
- For players aged 11-14, the field should be no smaller than 30 yards wide and 45 yards long, and no bigger than 40 yards wide and 60 yards long.
- Off-sides are required.
- Play should be re-started from out of bounds with appropriate restart (throw in, corner, goal kick, etc.).

If you have any questions, please contact the US Soccer Coaching Department at coaches@ussoccer.org or 312.808.1300.