



# SECTION 7: ASSIGNMENTS & FORMS



# ASSIGNMENT #1: TEAM MANAGEMENT



## The Coach as a “Conductor”

### BACKGROUND

The modern youth coach is much more than a tactician. The title has evolved into a set of responsibilities more analogous to a symphony “conductor” who must coordinate and harmonize many interrelated components. Effective coaching is the integration of; practical knowledge of the game and player development , managing parents, managing athletes, and supporting volunteers. Additionally, it is critical that the coach maintain an environment that is safe and developmentally appropriate.

Select **ONE** of the 3 Assignment Options Described Below. This is a pre-course assignment to be completed in advance and **submitted at the E Course opening**.

### **ASSIGNMENT A: PERSONAL COACHING PHILOSOPHY**

- ✓ Read and Review the TEAM MANAGEMENT SECTION of this E License Guidebook.
- ✓ Read and Review any or all of the REFERENCES & RESOURCES that are listed in order to complete this assignment.

**Prepare a 1-2 Page PERSONAL COACHING PHILOSOPHY that will serve as a tool for your initial 9-12 year old Team Parent-Player Meeting.**

**Please include:** • Player Development Goals • Coaching core values • Player Expectations • Parent Expectations

### **ASSIGNMENT B: TRAINING PLANS (2)**

- ✓ Read and Review the METHODS OF COACHING I and II Sections of this E License Guidebook.
- ✓ Read and Review any or all of the U.S. Soccer Curriculum that is located in PDF format on the US. Soccer Website.

**Prepare 2 full practice plans that will serve as TRAINING PLANS TO DEVELOP PASSING AND SMALL-GROUP PLAY with your 9-12 year old team. Please Utilize the Practice Plan Template provided in this Guidebook.**

### **ASSIGNMENT C: COACHING BEHAVIOR SELF-ANALYSIS**

- ✓ Read and Review the METHODS OF COACHING I and II Sections of this E License Guidebook.
- ✓ Read and Review any or all of the U.S. Soccer Curriculum that is located in PDF format on the US. Soccer Website.

**PREPARE A TWO PAGE SELF-ANALYSIS OF YOUR TEACHER-COACH METHODS. The analysis is to be completed by recording your coaching dynamics for an undivided 15 minute segment of 1 practice session with your team. You may have a peer coach track your actions OR you may have your session video-taped and then analyze the tape yourself.**

**PAGE 1: A reaction and summary statement regarding the data that you have collected. I.D and describe 1-3 developmental targets.**

**PAGE 2: The completed COACHING BEHAVIORS tracking form (next page)**



# TRACKING FORM

## COACHING BEHAVIORS

Enter a check-mark (✓) for each occurrence in each category below.

VERBAL FEEDBACK		PERIOD:	PERIOD:	PERIOD:	TOTAL	COMMENTS
POSITIVE						
NEGATIVE						
CORRECTIVE						
NEUTRAL						
USE OF QUESTIONS		PERIOD:	PERIOD:	PERIOD:	TOTAL	COMMENTS
GUIDED						(applicable to an athlete during a field session)
LEVEL I FACTUAL?'s						Simple, definitive answers at the recall level of thinking.
LEVEL II CONCEPTUAL?'s						Delve deeper than facts & require sophisticated processing. Can be divergent, convergent or evaluative.
LEVEL III PROVOCATIVE?'s						Highest challenge, entice & stimulate complex problem-solving. A combination of divergent & evaluative questions.
DELIVERY OF INFORMATION		PERIOD:	PERIOD:	PERIOD:	TOTAL	COMMENTS
VERBAL						
NON-VERBAL						
FIELD DEMONSTRATION						
COMBINED						

# ASSIGNMENT #2: LAWS OF THE GAME



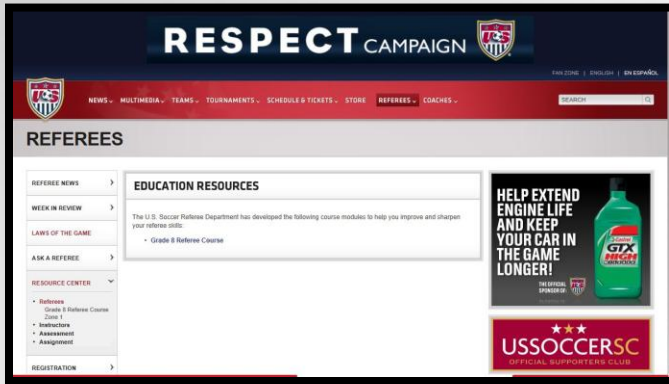
## The Essential FIFA & Modified SSG Rules

Understanding the rules of sport is critical for many reasons. First and foremost is the obvious need to protect the players through compliance with a safe and fair environment for competition. A second element in understanding the rules of play is to realize that the rules may be modified in order to create an appropriate developmental environment for youth participants. This assignment (#2) represents an integrated approach to understanding the FIFA Laws as well as the Modified Rules of Play that exist in your local youth soccer environment.

**THIS 2-Part ASSIGNMENT SHOULD BE COMPLETED and SUBMITTED AT THE E COURSE OPENING.**

### ASSIGNMENT #2 (PART A: FIFA LAWS)

✓ Please follow this link to the U.S. Soccer "Grade 8 Referee. <http://www.ussoccer.com/Referees/Resource-Center/Referee-Resources.aspx>



**Guestbook**  
Please provide the following information so your activity and results can be accurately reported to U.S. Soccer and your State Association.  
Fill out the Clinic Number section only if instructed to do so by your State Director of Instruction.  
Click Submit when you have entered the requested information.

First Name\*   
Last Name\*   
Email\*   
State Association\*   
Clinic Number   
 Remember Me

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**SIGN IN TO THE GUESTBOOK AS "E CANDIDATE"**

✓ **COMPLETE THE FOLLOWING LAWS MODULES;**

#4 EQUIPMENT	#13 FREE KICKS
#8 START/RESTART	#14 PENALTY KICKS
#9 BALL IN/OUT	#15 THROW IN
#10 SCORING	#16 GOAL KICKS
#11 OFFSIDE	#17 CORNER KICKS
#12 FOULS	

**AS YOU COMPLETE EACH MODULE. PRINT A COMPLETION CERTIFICATE AND SUBMIT THESE AT THE COURSE OPENING.**

### ASSIGNMENT #2 (PART B: MODIFIED SMALL-SIDED GAMES RULES)

- ✓ Contact your local League or soccer organization to locate the modified rules of play for the Team that you coach.
- ✓ Read and Review the modifications for the following FIFA Rules #1 FIELD, #2 BALL, #3 # PLAYERS, #5 REFEREE, #6 ASST. REFEREE, and #7 DURATION OF GAME.

**PREPARE A LIST OF EACH OF THESE RULES. FOR EACH RULE WRITE A BRIEF DESCRIPTION OF THE RULE AS IT APPLIES TO THE TEAM AND AGE DIVISION THAT YOU COACH.**

# ASSIGNMENT #3: RISK MANAGEMENT



## Concussions in Youth Sports

Concussion prevention and management is a current focal point in many youth sport environments. We expect all licensed coaches to take responsibility in protecting the physical well being of the young athletes that we coach and teach. As part of your Team Management competency, we expect each E License coach to participate in the CDC on-line Concussion program. This program is called the “Heads Up” program.

THIS ASSIGNMENT SHOULD BE COMPLETED and **SUBMITTED AT THE E COURSE OPENING.**

### ASSIGNMENT #3 (PART A: FIFA)

✓ Please follow this link to the CDC Website: <http://www.cdc.gov/concussion/HeadsUp/Training/HeadsUpConcussion.html>

✓ **COMPLETE THE ON-LINE MODULE, ANSWERING THE QUESTIONS THAT APPEAR THROUGHOUT THE MINI-COURSE**



**AFTER YOU COMPLETE THE “HEADS UP” PROGRAM. PRINT A COMPLETION CERTIFICATE AND SUBMIT THESE AT THE COURSE OPENING.**

COACH:

TEAM:

DATE:



TOPIC:

STAGE

ORGANIZATION (DIAGRAM + RULES)

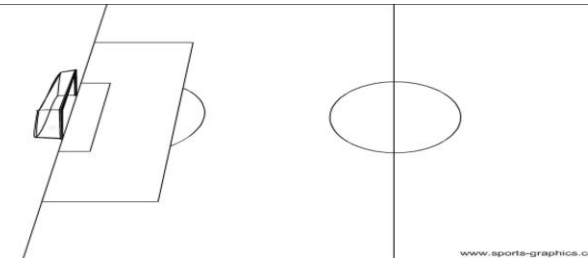
OBJECTIVES

KEY COACHING POINTS

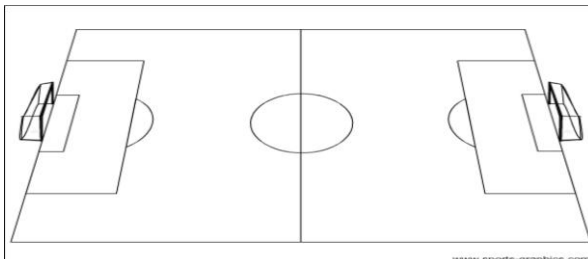
TECHNICAL  
WARM-UP



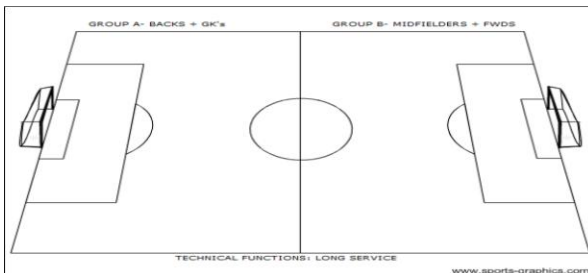
SMALL-SIDED  
ACTIVITY  
(Main Part)



EXPANDED  
SMALL-SIDED  
ACTIVITY  
(Main Part)



MATCH



**COACH:**

**TEAM:**

**DATE:**



**TOPIC:**

**STAGE**

**ORGANIZATION (DIAGRAM + RULES)**

**OBJECTIVES**

**KEY COACHING POINTS**

**TECHNICAL  
WARM-UP**

**SMALL-SIDED  
ACTIVITY  
(Main Part)**

**EXPANDED  
SMALL-SIDED  
ACTIVITY  
(Main Part)**

**MATCH**

# "E" PRACTICAL COACHING SUMMARY



Candidate Name:

## PRACTICE PLAN: (Theory)

- Objectives are clearly stated.
- The session is formatted into 4 Stages.
- Each stage builds on previous stage.
- Outlined a system of play for Stage 4
- Appropriate plan for the development of this athlete level.

## CANDIDATE APPEARANCE & ATTITUDE:

- Appropriate coaching apparel.
- Tone and demeanor are effective for youth environment.
- Recognizes and encourages positive outcomes.
- Actions show respect for participants and the game.

## INSTRUCTOR COMMENTS:

## SESSION: (Performance)

- Training area set-up is safe & organized.
- Completed at least one transition between 2 stages.

## COACHING TOOLS: (check if completed)

- Natural Stoppage
- Flow (continuous activity)
- Stop-Freeze
- Individual Reference

## COMMUNICATION TOOLS:

- Verbal (Instructions)
- Non-verbal (Demonstration)
- Positive Feedback
- Negative Feedback
- Uses questions as a tool

## ASSIGNMENTS:

- The Coach as a Conductor
- #2 LAWS OF THE GAME (on-line)
- #3 CONCUSSION PROGRAM (on-line)

**FINAL SCORING:** PASS / INCOMPLETE (circle one)