



# New Hampshire Soccer Association



## National & State Coaching Schools

2018 NHSA AGM Presentation

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## NH Soccer Association National & State Coaching Schools



### Welcome and Introductions

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## NH Soccer Association National & State Coaching Schools



### Purpose of Coaching Certification

Parents expect the soccer coach to have a formal coaching certification just as they do for a teacher or lifeguard.

There must be a minimum standard of certification.



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## NH Soccer Association National & State Coaching Schools



### Purpose of Coaching Certification

To help build a coach's foundation of understanding of basic teaching principles in order to create safe and effective soccer training environments.



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## NH Soccer Association National & State Coaching Schools



### Purpose of Coaching Certification



*"We (USYS) believe that a coaching certificate doesn't mean an individual is a top coach. Rather, it means there is a minimum standard that the candidate has successfully navigated which can help put the candidate on a path to become a top coach."*

**Sam Snow, USYS Director of Coaching**

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## NH Soccer Association National & State Coaching Schools



### NHSA Coaching Education Pathway

NHSA is a certified to deliver coaching education courses from the following



**US Soccer Federation (USSF)**



**United Soccer Coaches**  
(Formerly known as NSCAA)

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### NHSA Coaching Education Pathway



**US Soccer Federation (USSF)**

The USSF courses are the primary coaching education program that is offered by NHSA.

All other certifications from other organizations are secondary to the USSF courses.

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## NH Soccer Association National & State Coaching Schools



### NHSA Coaching Education Pathway



**US Soccer Federation (USSF)**

USSF has made significant changes to the coaching education curriculum and the USSF Coaching pathway.

The new changes now make the USSF courses more accessible and appropriate for all coaches, volunteer and professional coaches.

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## NH Soccer Association National & State Coaching Schools



### NHSA Coaching Education Pathway



### US Soccer Federation (USFF)

As of January 1, 2018, USFF has officially retired the USFF F & E Licenses.

USFF F & E Licenses will always be recognized licenses for the age groups they were designed for.

USFF F License: U5-9 year olds  
USFF E License: U9-12 year olds

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## NH Soccer Association National & State Coaching Schools



### NHSA Coaching Education Pathway



### United Soccer Coaches (Formerly known as NSCAA)

NHSA will still offer USC courses to the membership.  
The USC coaching curriculum will provide additional coaching courses and resources to NH coaches.

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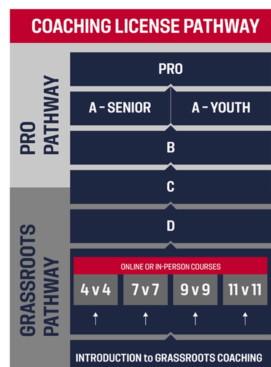
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### USFF Coaching Pathway



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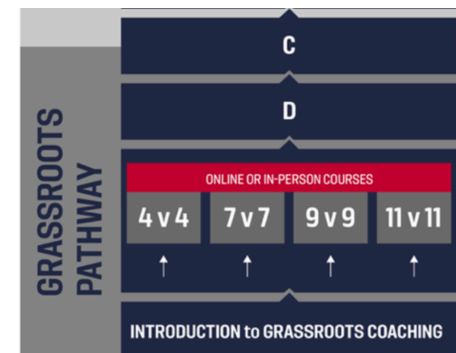
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### USFF Coaching Pathway



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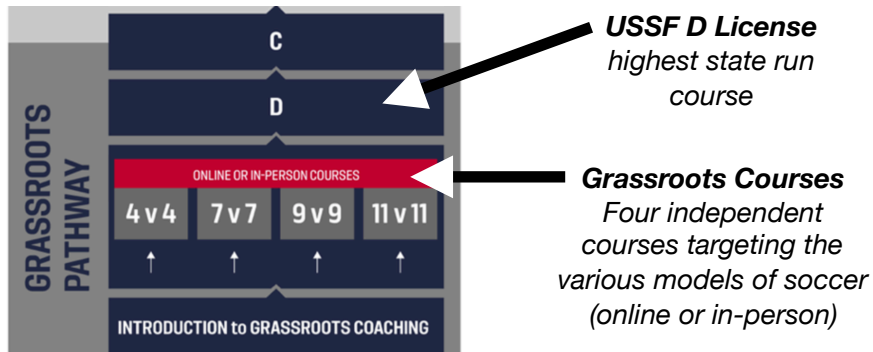
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## NH Soccer Association National & State Coaching Schools



### USSF Coaching Pathway



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## NH Soccer Association National & State Coaching Schools



### USSF Grassroots Courses

The Grassroots (GR) courses will focus on empowering coaches through experiential learning and a player-centered approach.

The GR courses will be offered in online and in-person formats allowing for greater accessibility for coaches to gain coaching expertise.

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## NH Soccer Association National & State Coaching Schools



### USSF Grassroots Courses

Each GR course is 'stand alone' in nature and designed to target a specific soccer play model.

Coaches can take the GR courses in any order.

An online GR course will take 2-3 hours to complete.

An in-Person GR course is 4 hours in length and has interaction with players of the targeted age group.

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### USSF Grassroots Courses

Coaches who take the GR courses will have access to a variety of support materials, including a wealth of predesigned coaching sessions.

The fundamental change in the coaching philosophy in the GR courses is to create player-centered learning environment through 'Play-Practice-Play' structure.

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## NH Soccer Association National & State Coaching Schools



### Play - Practice - Play Structure

**PLAY-PRACTICE-PLAY TRAINING SESSION**

GOAL: Improve building up in opponent's half in order to create chances

PLAYERS ACTIONS: Pass or dribble forward, spread out, shoot

KEY QUALITIES: Read game/make decisions, take initiative, technical execution

Date: 08/14/14  
MOMENT: Attacking  
DURATION: 65 min

**PLAY: 1st Play Phase**

OBJECTIVE: To pass or dribble past opponents, create chances and score goals.

ORGANIZATION: Set up small fields within a 135 x 102.5 yd. space. Play for 20 minutes with breaks. Free play, add players up to 2 v 2 or 3 v 3, make additional fields if necessary.

KEY WORDS: Opening, go forward, pass, dribble, soft/hard touches.

**PLAY: 2nd Play Phase**

OBJECTIVE: To pass or dribble past opponents, create chances and score goals.

ORGANIZATION: 135 x 102.5 yd. field. Play for 20 minutes including one 5 minute (max) "off time". Play using equal numbers if possible (even), using same all players participate.

KEY WORDS: Opening, go forward, pass, dribble, soft/hard touches.

**PLAY: 3rd Play Phase**

OBJECTIVE: To pass or dribble past opponents, create chances and score goals.

ORGANIZATION: 135 x 102.5 yd. field. Play for 20 minutes including one 5 minute (max) "off time". Play using equal numbers if possible (even), using same all players participate.

KEY WORDS: Opening, go forward, pass, dribble, soft/hard touches.

**GUIDED QUESTIONS:** 1) How can you find an opening? 2) How can you create an opening? 3) What can you do if you see an opening? 4) How do you keep the ball close? 5) How do you dribble faster? 6) Why? 7) What is the difference in how you dribble forward and how you dribble to the side?

**ANSWERS:** 1) Look at the position of the opponent. 2) Make the opponent move. 3) Pass or dribble through it. 4) The goalkeeper with the ball. 5) Use hard touches. 6) You can go faster without the ball. 7) You have to use a different part of the foot.

**NOTES:**

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## NH Soccer Association National & State Coaching Schools



### USSF Grassroots Courses

Starting this spring, NHSA will begin offering the 7v.7 and 11v.11 Grassroots courses in the in-person format.

Coaches looking for the Grassroots 4v.4 and 9v.9 courses are directed to take the online version. In the future, these courses will be offered in-person in NH.

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## NH Soccer Association National & State Coaching Schools



### New USSF National D License

The time commitment for the USSF D License is still two weekend blocks (5 days).

The USSF D License homework and assessments have changed significantly to create reasonable expectations and a quality learning environment.

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## NH Soccer Association National & State Coaching Schools



### New USSF National D License

#### Course Prerequisites

#### New Grassroots Course Pathway

Complete three (3) Grassroots courses  
Two (2) of the three (3) Grassroots courses must be completed as an in-person course.  
One (1) of the two (2) in-person Grassroots courses must be the 11v11 Grassroots course.

There is no 'wait period' between completing Grassroots courses and taking the USSF D License.

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## NH Soccer Association National & State Coaching Schools



### New USSF National D License Course Prerequisites USSF F License Pathway

Complete free 20-minute webinar on the DCC  
“Introduction to Grassroots Coaching”  
Complete two (2) Grassroots in-person courses.  
One (1) of the two (2) in-person Grassroots courses  
must be the 11v11 Grassroots course.

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## NH Soccer Association National & State Coaching Schools



### New USSF National D License Course Prerequisites USSF E License Pathway

Coaches holding a USSF E License qualify for the  
new USSF D License.  
Complete free 20-minute webinar on the DCC  
“Introduction to Grassroots Coaching”

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## NH Soccer Association National & State Coaching Schools



### NHSA Coaching Education Pathway



NHSA encourages all coaches to  
earn a USSF D License.

The new USSF D License is now  
obtainable and appropriate for all  
coaches.

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## NH Soccer Association National & State Coaching Schools



### USSF Course Descriptions

Course	Length	Age Group	Course Type
D License	5 Days (two weekends)	U5-15	Testing
Grassroots Licenses	4 hour in-person 3 hour online 4 different licenses	U5-13	Survey
Grassroots Introduction	20 minute on-line (free)	U5-18	On-line Survey

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## NH Soccer Association National & State Coaching Schools



### NHSA Coaching Certification Requirements

#### Competitive Level

The team participates in **NHSL Division 1** or the top division in another league.

#### Travel/Recreational Level

The team participates in **NHSA Division 2 or 3**, or is in a **recreational** league.

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## NH Soccer Association National & State Coaching Schools



### NHSA Coaching Certification Requirements

Age Group	Competitive Level	Travel & Rec Level
<b>U-6</b>	<b>USSF 4v.4 Grassroots</b> online	<b>USSF 4v.4 Grassroots</b> online
<b>U-8</b>	<b>USSF 4v.4 Grassroots</b> online	<b>USSF 4v.4 Grassroots</b> online
<b>U-10</b>	<b>USSF 7v.7 Grassroots</b> in-person	<b>USSF 7v.7 Grassroots</b> online or in-person
<b>U-12</b>	<b>USSF 9v.9 Grassroots</b> online	<b>USSF 9v.9 Grassroots</b> online

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## NH Soccer Association National & State Coaching Schools



### NHSA Coaching Certification Requirements

Age Group	Competitive Level	Travel & Rec Level
<b>U-14</b>	<b>USSF D License</b> (prerequisite USSF GR 11v.11 in-person)	<b>USSF Grassroots 11v.11</b> in-person
<b>U-15 and older</b>	<b>USSF C License</b> or <b>USSF D License</b>	<b>USSF Grassroots 11v.11</b> in-person

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## NH Soccer Association National & State Coaching Schools



Age	Competitive	Travel & Rec
<b>U6 - U8</b>	<b>USSF Grassroots 4v.4</b> online	<b>USSF Grassroots 4v.4</b> online
<b>U10</b>	<b>USSF Grassroots 7v.7</b> in-person	<b>USSF Grassroots 7v.7</b> online or in-person
<b>U12</b>	<b>USSF Grassroots 9v.9</b> online (recommended USSF D)	<b>USSF Grassroots 9v.9</b> online
<b>U14</b>	<b>USSF D License</b> (prerequisite is GR 11v.11 IP)	<b>USSF Grassroots 11v.11</b> in-person
<b>U15 - U18</b>	<b>USSF D License</b>	<b>USSF Grassroots 11v.11</b> in-person

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## **NH Soccer Association National & State Coaching Schools**



### **NHSA Coaching Certification Requirements**

The new coaching certification requirements were introduced at the start of the 2018-19 season.

NHSA and NHSL are working with clubs and coaches to promote and enforce the new standards.

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## **NH Soccer Association National & State Coaching Schools**



### **Current Coaching Course Offerings**

USSF Grassroots 11v.11  
Manchester - Saturday, March 31

USSF D License  
Manchester - April and June  
*Course is full, but names can be added to waitlist*

All NHSA course offerings can be found on the  
USSF Digital Coaching Center (DCC)  
[dcc.ussoccer.com](http://dcc.ussoccer.com)

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## **NH Soccer Association National & State Coaching Schools**



### **NHSA Coaching Certification Requirements**

Thank you for time and attention.

Opportunity to answer your questions.

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