

Coaching TOPSoccer Course Instructor Schedule

CLASSROOM (THEORY)

Introduction/Orientation ~ 10 minutes

Why Do People Play Soccer ~ 5 minutes

Players' Challenges ~ 20 minutes

Qualities of Coaches ~ 20 minutes

Prevention & Care of Injuries/Risk Management ~ 30 minutes

Communication ~ 20 minutes

Ideas for Coaching ~ 40 minutes

The TOPSoccer Buddy ~ 25 minutes

Q & A/References/Closing ~ 5 minutes

FIELD (PRACTICAL)

Demonstrate and explain one or two activities for each of the four conditions discussed in the course. Teach how a coach must assess and adjust throughout a training session. This is of particular importance for a TOPSoccer coach given the range of conditions/abilities of the players. Address how the coach can manipulate the intensity, duration and frequency of each activity and the training session as a whole. Provide examples during the activities of the use of various equipment to assist the players in understanding the playing space, targets and objectives.

1 hour

RECOMMENDED HANDOUTS

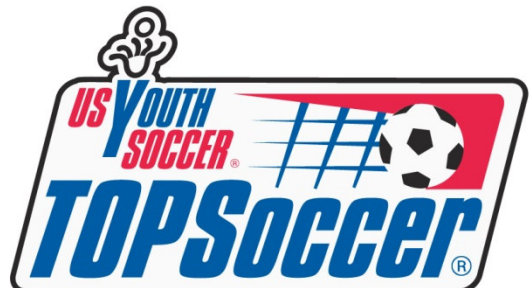
Course Manual

Coaching TOPSoccer Training Activities

TOPSoccer Parent Guide

TOPSoccer Program Manual

US Youth Soccer Coaching Education brochure



On the CD is a complete version of the TOPSoccer Buddy presentation. It includes useful information on recruitment and retention of TOPSoccer Buddies. This presentation could be used in events outside of the course to give participants a more thorough insight on the TOPSoccer Buddy option.

INSTRUCTOR: The objectives for you in the course include helping those taking the course that have a coaching background to realize that the knowledge and experience they already have can be used while working with TOPSoccer players. Help them overcome their trepidation that somehow these kids are so different that the coach feels he or she doesn't have the tools to help them enjoy soccer. In fact there are more similarities than dissimilarities between these players and mainstream players. So one of your objectives is to put those with a soccer coaching background at ease while working with TOPSoccer players.

Another objective is to help those attending the course that have little or no background in soccer or coaching to realize that they can learn the game and how to coach. These are the folks who may be comfortable with the players, but not the sport or the craft of coaching. They likely will be parents of a TOPSoccer player.

A third objective of the course is to let the candidates know of the other coaching education offerings from your state association and US Youth Soccer. Let them know about the state Youth Module courses, on-line education, state coaching symposium, national workshop and so on. Get the course candidates into the soccer coaching education loop.

The final objective of the course is to have the candidates leave the course feeling prepared to work with TOPSoccer players. We want them inspired to get more TOPSoccer programs up and running at the local level. Let's increase the number of TOPSoccer players in each state association.

The TOPSoccer certificate can be co-branded with the state logo. The certificate should be issued by the state office. It can be numbered if desired after the recipient's name or in the upper left corner of the certificate.

For the course manual the state association should provide a cover sheet on state association stationary so that the course candidates will have contact information for the state office. Include other information of which you want to make coaches in the state aware.

