



US Soccer E License Course  
Hosted by Alabama Soccer Association  
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One of the main learning components of the course is to prepare and execute a Training Session Plan in the US Soccer methodology and format. We ask that each candidate prepare a session plan prior to the course to use as a base measurement. This document will be used throughout the course in different portions of the Classroom sessions on Methodology. Therefore, it is vital to the success of your participation at the course to complete this assignment prior to the first meeting.

Furthermore, the ability to use technology for the modern day coaching is paramount. I would highly suggest you invest in the US Soccer Digital Coaches Center, which is what you all should have access to after completing your "F" License. If you do not have an account set-up with them, you should purchase one for around \$25 per year.

If you have any questions, please do not hesitate to contact me.

Zac Crawford

**Practice Field Assignment Topic- Please prepare a lesson plan on the topic of Individual Attacking. There are 3 main ways to write a training session digitally. You are allowed to print out the Excel or PDF documents and hand write the sessions, but candidates are strongly encouraged to use technology.**

- 1) **US Soccer DCC**- a state-of-the art online educational platform.  
The DCC allows coaches to create a personal profile, register for courses, communicate with technical staff, take part in online courses, create session plans with an online graphics tool, access an archive of U.S. Soccer training sessions and much more. At this time, U.S. Soccer only offers the F license course and the Planning tool in the DCC. More courses and content will be available later in 2015.
- 2) **US Soccer Session Planner**- an excel document. Please also download the [Session Planner Instructions](#).
- 3) **The ASA Interactive Session Planner**
  - a. [ASA Session Plan Template](#) (1 page)
  - b. [ASA Session Plan Template](#) (2 pages)
    - You will need to download [Adobe Reader](#) (free program) to use to type into the document.

#### **ACADEMY SOCCER COACH SOFTWARE**

As part of the course, you will also have a discount for a software program called Academy Soccer Coach that can help you with graphics to create a session plan. You do not have to use it, but you can if you so choose. I use this program to create my session plans. Since you are enrolled in the course, I'll be able to get you 15% off the registration. Please note that this particular discount code will expire. For more information on the program, please visit this link-[http://www.acadmysoccercoach.co.uk/coaching\\_software\\_p-51.php](http://www.acadmysoccercoach.co.uk/coaching_software_p-51.php)

- If you would like the code, please email Zac Crawford at [zac@alsoccer.org](mailto:zac@alsoccer.org)
- Here is the program link: [http://www.acadmysoccercoach.co.uk/AcadSignup\\_US.php?g=75](http://www.acadmysoccercoach.co.uk/AcadSignup_US.php?g=75)

## COURSE SUMMARY

On Friday, you will be assigned a topic for Practice Coaching during the weekend. You will conduct part of it Saturday, and another on Sunday. Prior to the course, you are required write-up the entire lesson plan for the topic of Individual Attacking. During the Practice Coaching, you will turn in your complete lesson plan to the instructor and then execute certain stages of the lesson plan that you have designed. Each Candidate will have 10-15 minutes to execute the certain stages, and then you will receive feedback from your fellow candidates and the instructor. You need to plan for 12 players on each session. On Saturday, you will perform Stages 1 (Technical Warm-Up) and 2 (Small Sided Activity). Please plan to perform Stage 2 and Stage 3 of that topic on Sunday. We try to bring in youth players for the Practice Coaching Sessions, so please be prepared to coach both youth players and your fellow candidates. Sometimes, the players on one day are different than the next day. Please be prepared to be flexible and dynamic- we want to see you adapt the needs of the players. Essentially, this is the core of coaching- being prepared, but staying flexible.

**Pre-Course TOPIC-** Individual Attacking (due on Friday evening). You will be assigned an additional topic on Friday evening.

### HELPFUL Resources-

- **Session Planner Instructions.**
- Please review this YouTube presentation on how to create a session plan: [ASA Technical Director Zac Crawford provides help for US Soccer "E" License Session Planning via YouTube](#)
  - It's about 30 minutes long and is very helpful in your planning process

### Guidelines for Writing a Lesson Plan

§ Your lesson plan should be clearly written (with diagrams and grid sizes appropriately drawn) so that anyone else could follow it. Handwriting must be legible.

§ Make sure that all 12 players are accounted for during each activity.

§ Each of the 4 Stages must progress from the previous stage in number of players and from simple to complex. Furthermore, each exercise should be functional .

Stage 1- Technical Warm-up should be used to address the technique for that topic

Stage 2- Small Sided- pressure must be present at this stage. Smaller games of 1v1, 2v2, or 3v3

Stage 3-Expanded Small Sided- the activities/games must be directional and functional (i.e. going to a goal, line, small goals, etc). and in a larger numerical context.

Stage 4-The Game- at this age it's 6v6. You should have your formation for each team. Please draw out field dimensions and draw the formation of each team on the field. You use this stage to teach all components of the game (kick-off, off-sides, throw-ins, etc.)