



U.S. Soccer “C” License Candidate Recommended Reading

General Guidelines for Evaluating Soccer

Candidates should consider the following guidelines when observing field sessions.

1st Stage or Technical Warm-up:

- 1) Is there a ball involved?
- 2) Is there fluid activity with lots of repetition and little standing around?
- 3) Do the movements replicate movements found in soccer (changing direction, different speeds, maneuvering around and between other players, various types of dribbling, passing and receiving with different parts of the body)?
- 4) Does the progression steadily involve more players, more combinations of players more balls, or more variety of movement? (players, balls, cones, boundaries)
- 5) How does the coach hold the players accountable? How are mistakes by the players addressed?
- 6) Is technique addressed at this stage?

2nd / 3rd Stages or Small Sided / Expanded Small-Sided Activities:

- 1) Do the technical and tactical challenges replicate challenges found in soccer?
- 2) Is there a progression in the activity?
- 3) Do the numbers of players build to 6v6, including uneven numbers, neutral players, small goals and large goals?
- 4) Are the players asked to solve realistic soccer problems that are age appropriate in scope and difficulty?
- 5) Do the players have repeated opportunities to address the recurring themes found in soccer?
- 6) Are the players included in the problem solving process, or does the coach make all decisions for the players?
- 7) Is technique addressed at this stage?



Final Stage or 7 v 7 to 2 Big Goals:

- 1) Line-up should be 6 field players and one goalkeeper per team and two large goals.
- 2) Are the players able to apply the lessons from the earlier exercises to the 7v7 game?
- 3) Is the coach able to address the recurring soccer themes as they present themselves in the 7v7 game?
- 4) How many players can the coach keep track of in the 7v7 game?
- 5) Does the coach anticipate the plays or reacting and seeing only the result?
- 6) Do the points made during this stage reflect the themes established earlier in training?

Coaching Methodology:

- 1) Does the coach provide a clear direction to the exercise?
- 2) Is the exercise appropriately challenging for the age and ability of the players?
- 3) Does the coach provide appropriate guidance and direction to the players, while also allowing the players enough opportunities to experience the game for themselves?
- 4) Is the coach correctly using the Coach's Toolkit? (see Methodology doc. for Toolkit breakdown)
- 5) The information and guidance from the coach should be specific to the challenges that the players are experiencing in the exercise, but not so specific that the players cannot apply the lesson to their future soccer experiences.
- 6) Does the coach properly manage the activity? Is consideration given to safety, flow of the activity, equal playing opportunity, and time for uninterrupted play?
- 7) How does the coach hold the players accountable? How are mistakes by the players addressed?
- 8) Are the players included in the problem solving process, or does the coach make all decisions for the players?



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