

The “E” License is a required prerequisite for the “D” License and must be held for a minimum of 6 months before entering the “D” License course.

The “D” License is a four-phase process. Advanced planning is critical to a coach’s ability to successfully complete all four phases. We encourage our “D” License Candidates pre-register 1-3 months in advance of the scheduled Group Instruction, first weekend.

Phase 1: Registration and Individual Preparation includes the completion of pre-course assignments

- 1-3 month’s prior to the course start date
- Conduct a minimum of 5 team training sessions with 5 different session plans, topics below
 1. Goalkeeping - shot stopping and hand distribution
 2. Individual defending
 3. Receiving and turning
 4. Improve your team’s ability to build up through midfield
 5. Improve your team’s ability to recover the ball in the defensive half of the field
- Write a self-analysis of each of the 5 sessions
- Submit those 5 sessions with your self evaluation to Washington Youth Soccer, through Dropbox (see instructions on the bottom), 2 weeks in advance of Phase 2

Phase 2: Group Instruction includes individual candidate feedback, classroom discussion, field sessions lead by the instructor(s) and 1 field session conducted by each candidate

- 1 weekend
- Candidate has one-on-one session to review Preparation Phase with Instructor
- Participation actively in classroom discussions and field sessions led by the Instructor (you are not graded on your playing ability and we understand some many not be able to physically participate)
- Create and present Practice Coaching session
- Candidates selects 5 practice sessions

Phase 3: Deliberate Practice Coaching provides the candidates with the opportunity to develop their ideas about the coaching process in their local environments

- Minimum of 10 weeks and a maximum of 18 months
- Conduct a minimum of 5 team training sessions with 5 different session plans, see topics on page 3
- Write a self-analysis of each of the 5 sessions
- Each Candidate will be paired with a mentor coach
- One of the 5 sessions, preferably the 3rd session, will be observed by the mentor coach
- Submit those 5 sessions with your self evaluation to Washington Youth Soccer, through Dropbox (see instructions on the bottom), 2 weeks in advance of Phase 4

Phase 4: Performance Review is the final coaching assessment weekend, which includes classroom and field sessions and practical testing. Candidates must wait a minimum of 10 weeks before attending the Performance Review weekend.

- 1 weekend
- Candidate has one-on-one session to review Deliberate Practice Coaching with Instructor
- Participation actively in classroom discussions and field sessions led by the Instructor
- Create and present Final Coaching session

Post Course

- Candidate is directed to an online survey to evaluate the course
- Candidate receives a copy of course results and a National “D”, State “D”, or Not Ready.
- A National “D” License is required to move on to the “C” License Course

The “D” License consists of theoretical (classroom) and practical (field) instruction on teaching the four components of soccer -- technique, tactics, fitness and psychology -- as they relate to games between 1v1 and 11v11. The course also includes an extensive “methods” component, designed to improve the pedagogical skills of participating coaches and prepare candidates for the US Soccer national coaching schools.

The “D” License includes a formal testing process to qualify coaches for the national coaching schools. Coaches are assessed on their ability to create and implement a written lesson plan and conduct a training session based on a specific soccer problem. The “D” license is based on coaching 11-a-side soccer.

There are three possible outcomes for “D” License candidates:

1. Coaches can be assessed as capable of succeeding at the national coaching schools and awarded a “National” pass.
2. Coaches can be assessed as “not ready” for the national coaching schools and awarded a “State” pass. Coaches who wish to proceed to the national coaching schools can retest at a future “D” License course after 3 months.
3. Coaches who fail to complete the course requirements or who fail to demonstrate the minimum competencies to pass the course are not awarded the “D” License, National or State.

“D” license candidates are encouraged to read the following supplementary materials

- US Soccer Best Practices
- “D” License Manual
- Principles of Play
- Methods I Athletic Development
- Methods II Planning
- Goalkeeping
- FIFA Laws of the Game

DROPBOX

Dropbox is a free sharing files program.

- Create an account: <https://www.dropbox.com/>
- Create a file with your First and Last Name that has your 5 sessions and self-evaluation completed forms
- Send file to Lacey Schreiner

**Phase 3: Coaching Themes for Deliberate Practice Coaching (choose 5 for the session plans and self-analysis)



**U.S. SOCCER- NATIONAL “D” LICENSE
Coaching Themes for Pre Course and Deliberate Practice**

PRE-COURSE THEMES

Concept: “E” level topics making a transition to the D topics.

1. Goalkeeping – shot stopping and hand distribution.
2. Individual defending
3. Receiving and turning
4. Improve your team’s ability to build up through midfield.
5. Improve your team’s ability to recover the ball in the defensive half of the field.

CANDIDATE PRACTICE COACHING TOPICS (12)

(Attack)

1. Improve your team's ability to build up from the defensive half.
2. Improve your team's ability to create scoring chances from wide positions.
3. Improve your team's ability to build up using the wide players.
4. Improve your team's ability to build up through the midfield.
5. Improve your team's ability to create scoring chances from central positions.

(Defense)

1. Improve your team's ability to recover the ball in the defensive half.
2. Improve your team's ability to recover in the attacking half.
3. Improve your team's ability to defend against the counter-attack.
4. Improve your team's ability to defend against wide attacking play.
5. Improve your team's ability to defend zonally.

(Goalkeeping)

1. Improve your goalkeeper’s angle play and starting position.
2. Improve your goalkeeper’s Shot stopping to include diving.

CANDIDATE DELIBERATE PRACTICE COACHING TOPICS (5)

Please select (5) five of the practice coaching topics above. Plan and execute these 5 practices with your team.

1. (Attack List) _____
2. (Attack List) _____
3. (Defend List) _____
4. (Defend List) _____
5. (GK List) _____

PRACTICAL COACHING REVIEW

The Instructor will assign one of the 12 topics to each of the Candidates.

TEST: _____