



• **D License Sample Schedule (effective 2006)**

1<sup>st</sup> Friday Evening

- 6:00-6:30 p.m. Opening and Course Orientation  
-Cover how the candidates will be assessed.  
-Cover the basic schedule and any changes to the schedule
- 6:30-8:00 p.m. Methods of Coaching
- 8:00-8:30 p.m. Laws
- 8:30-9:00 p.m. **Candidate Assistance-Give candidates Practice Coaching Topics for Practice Coaching #1.**  
**-Practice Coaching #1**-Two candidates work together on a topic. They both write the lesson plan together. Coach A will instruct and coach the 2<sup>nd</sup> activity of the lesson plan, Coach B will conduct and coach the 3<sup>rd</sup> Activity. Each coach makes a point (or two) in their activity. Then they each coach a team in the 5v5 match and make a coaching point in the match. *Both coaches will have maximum 15 minutes*

1<sup>st</sup> Saturday

- 9:00-10:15 a.m. **Model Training Session (use new progression-ending with 5v5)**
- 10:15-11:30 a.m. Field Session-Warm-up and Dribbling (*with warm-up include dynamic stretching*)
- 11:30-1:00 p.m. Field Session-Passing and Receiving
- 1:00-1:30 p.m. Lunch
- 1:30-2:00 p.m. Lecture: Tactics I
- 2:15-3:00 p.m. Field Session-Goalkeeping
- 3:00-5:00 p.m. Practice Coaching #1 (*end day with cool down and stress importance of it*)

1<sup>st</sup> Sunday

- 9:00-10:15 a.m. Field Session-Warm-up and Finishing
- 10:15-11:30 a.m. Field Session-Crossing and Heading
- 11:30-12:30 p.m. Break
- 12:30-1:30 Team Management
- 1:30-5:00 Practice Coaching #1

## 2<sup>nd</sup> Friday

- 6:00-6:30 p.m. Give Coaches Field Testing Topics for Practice Coaching #2  
**-Practice Coaching #2**  
Coaches individually will write out the lesson plan and present either their 2<sup>nd</sup> and 3<sup>rd</sup> activity and match condition or 5v5 match- (Exception will be the first coach who will do the warm-up, 2<sup>nd</sup> activity, and match condition.  
-Coaches must make coaching points in **both** (2<sup>nd</sup> or 3<sup>rd</sup>) activity **and** **5v5 match condition stage.**
- 6:30-7:45 p.m. Lecture-Tactics II
- 7:45-8:30 p.m. Oral Questions-I will provide instructor with a list of questions similar to that of the C License Course to prepare those that may qualify to go on. Although now the C uses a video/dvd with the Oral Examination, this will still be a valuable learning time for the candidates.
- 8:30-9:00 p.m. Candidate Assistance

## 2<sup>nd</sup> Saturday

- 9:00-10:15 a.m. Field Session-Warm-up and Possession
- 10:15-11:30 a.m. Field Session-Attacking and Defending Principles
- 11:30-12:30 p.m. Lunch
- 12:30-1:30 p.m. “Best Practices” (Review and discuss the Best Practices document from US Soccer)
- 1:30-2:00 p.m. Candidate Assistance
- 2:30-5:00 p.m. Practice Coaching #2

## 2<sup>nd</sup> Sunday

- 9:00-10:00 a.m. Whole-Part-Whole Sample Session (instructor will show how to train with the whole-part-whole method)
- 10:00 a.m.-11:30 a.m. Field Testing (Candidates will present one activity (2<sup>nd</sup> or 3<sup>rd</sup>) **and** make a coaching point in the 5v5 match like Practice Coaching #2) Maximum time is 15 minutes per coach
- 11:30-12:30 p.m. Lunch
- 12:30-3:30 p.m. Field Testing (the length of time allocated is subject to the number of candidates)
- 3:30-4:00 p.m. Course Summary and Closing