MYSA “Technical Certificate” Course
Summary

Course Description
This 5-hour course is designed to improve 9U-19U coaches’ ability to teach the application of technique in the game: how to pass, receive, dribble, shoot, head, and defend including goalkeeping. Technical aspects of these skills will be broken down for coaches to analyze within game-like activities best suited for training players in a team setting. This is a stand-alone offering and not a prerequisite for any other course, though serves as preparation for or as a supplement to National “E” and “D” License courses.

Course Outcomes
Coaches should be better able to:
★ Identify key physical movements involved in performing soccer skills.
★ Create activities that emphasize technical development and facilitate player learning.
★ Analyze player performance and address technical improvements.
★ Employ a variety of coaching methods and connect them to appropriate learning moments.

Sample Course Schedule
9:00-9:10  Introduction and Orientation
9:10-9:50  Dribbling – For Possession and Penetration
9:50-10:30  Passing
10:30-11:10  Receiving – Ground and Air Balls
11:10-11:30  Heading
11:30-12:00  Methods/Q&A
12:00-1:00  Lunch Break
1:00-1:30  Goalkeeping – Integrated with Team Training
1:30-2:10  Shooting and Finishing
2:10-2:50  Defending – Individual and Small Group
2:50-3:00  Summary/Q&A

Candidate Expectations
✓ Prior to attending, watch the 5-minute MYSA Technical Certificate Online Module at https://www.youtube.com/watch?v=OpJ7tGgJV6k
✓ Actively participate in sessions if physically able.
✓ Contribute to a positive learning environment for all participants.

Individual Registration and Cost
• Register through Host Club. Details at: http://www.mnyouthsoccer.org/coachinged-opportunities
• A nominal fee may apply.