



US Soccer National "F" Coaching License

In July 2016, in an effort to better serve our community and the children that are entrusted into our care, the Hobe Sound Soccer Club adopted a policy that requires all Coaches and Assistant Coaches to obtain as a minimum standard, the US Soccer "F" License. This license is easy to obtain, requiring just 2 hours of online coursework. The "F" License Certificate is issued immediately upon the successful completion of the required modules.

The fee for this course is \$25 payable to US Soccer at registration. The fee includes a one year access to the Digital Coaching Center. The Registration Fee is eligible for reimbursement by Hobe Sound Soccer Club. To receive your reimbursement, simply submit a copy of your license Certificate, along with a copy the receipt of payment to: HSSC Treasurer, 8771 SE Bridge Road #215, Hobe Sound, FL 33455. Please be sure to include your Return Mailing Address along with your documentation.

GETTING YOUR "F" LICENSE

To obtain your "F" License, visit: <http://www.ussoccer.com/coaching-education/licenses/national-f> or visit: <https://dcc.ussoccer.com/>

This new coaching school is the entry point into US Soccer's National Coaching School program. This new coaching school is focused on the U6 and U8 parent/volunteer coach and is all On-Line. The course contains topics and video clips of age specific fun activities for the U6 and U8 soccer player.

The On-Line course is hosted by the US Soccer's Digital Coaching Center (DCC) web site. It takes about 2 hours to complete in a single setting. The course offers a "stop", "start", "resume" feature that allow the coach to take the course as their schedule permits.

The On-Line course has 4 modules: Kick-off, 1st Half, Halftime, and 2nd Half. To maximize comprehension and facilitate learning each module has a series of multiple-choice questions that the coach must answer correctly before moving to the next module. Coaches will have multiple attempts to answer all questions correctly.

As of May 15th 2015, the National "F" Coaching School will become a pre-requisite for the National "E" Coaching School. **This course has no requirements for coaches to attend a field session.**

It is recognized that the players of HSSC can only get better through improved coaching. To improve coaching improves and enhances a player's experiences with the game of soccer. To further HSSC coaches' skills, it is required that every coach in the Recreational Program obtain, at minimum, the National "F" Coaching License.

DESCRIPTION

The “F” license is a 2-hour course, conducted entirely online, intended for **all** parents and coaches of youth players. The focus of this grassroots course is to share U.S. Soccer’s best practices in creating a fun, activity-centered and age-appropriate environment for 5-8 year old players.

ELIGIBILITY

The “F” license course is open to **all** applicants at least 16 years of age.

WHAT TO EXPECT

Taking the Course:

*In order to register for the course, candidates will first be required to sign up for a user account in the U.S. Soccer Digital Coaching Center- a state of the art online educational platform

*The course takes approximately 2 hours to complete. However, candidates can stop, rewind, or restart the webinars as often as needed

*After registering for the course, candidates are granted access to the course content for 12 months. The course may be successfully completed at any time during this period

COURSE CURRICULUM

The “F” course is broken into four key modules: Kick-off, 1st Half, Halftime and 2nd Half. The following webinars make up the required components of the course:

*Kick-off

- Introduction
- Philosophy
- Characteristics

*1st Half

- Teaching
- Designing an Activity
- Designing a Lesson Plan

*Halftime

- Laws of the Game
- Prevention and Care
- Physical
- Sleep
- Nutrition and Hydration

*2nd Half

- Technique
- Small Sided Games
- Facilitator Games
- U6 Activities
- U8 Activities

*Closing

ASSESSMENT

Following each webinar, candidates are required to complete a series of multiple-choice questions. To successfully complete each webinar, all checks for understanding must be answered correctly. To maximize comprehension and facilitate learning, candidates will have multiple attempts to correctly answer all questions.