



Federal Way Football Club

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## Grassroots Coaching Education Model

### **Level 1: Early Touches (Mandatory for all coaches in Federal Way Soccer)**

This is a 2-hour course open to all interested parties ages 16 and over, experienced or otherwise, who work with children 4-9 years of age. In addition to defining most current and relevant ways to provide a best soccer environment, the course will assist coaches in developing their coaching technique, improving their communication skills with kids and parents, and making practice a fun environment. The goal of this course is to explore the best age-group specific practice for the development of young players.

### **Level 2: Coaching Fundamentals (Mandatory for second year MOD coaches)**

This is a 2-hour course open to everyone working with youth at all ages. No matter what your level of experience, this course will help you improve your knowledge and communication skills and will share best practices. This course is a great gateway to USSF courses and introduction to principles of play. After completing the 2-hour course, coaches must shadow a premier coach for 3 sessions, or get their team involved in our technical training program.

### **Level 3: Select Teams / Older 11-aside Recreational Teams**

This is a 2-hour classroom course and three field sessions open to all coaches, but coaches that completed level 1 and 2 are preferred. The objective is to address the principles of attacking and defending, periodization, and session planning.

Please contact FWFC DOC Fawzi Belal to get started.

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