

ADDITIONAL COACHING INFORMATION

- Coaching Certification (Optional)

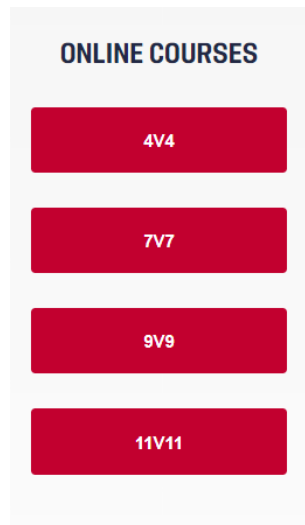
- Teaching fundamentals
 - Practice Sessions
 - COVID Activity Guides

- MOJO Website and App



Grass Roots Training (Optional But Highly Recommended)

1. Go to: <https://www.ussoccer.com/coaching>
2. Scroll to bottom of page and choose online course option.



Each course has a \$25 registration fee with a 12 month completion frame. In addition to a receiving a certified grass roots coaching license, you will also gain access to more online coaching information such as practice plans, nutrition guides, gaming strategies, and more.

If you are unsure of which course to take, please speak with a coordinator.



Teaching Fundamentals

Please visit <https://www.usyouthsoccer.org/coaching-resources/> for free coaching resources.

AGE-APPROPRIATE LESSON PLANS:

<https://www.usyouthsoccer.org/lesson-plans/>.

COVID ACTIVITY GUIDE:

<https://www.usyouthsoccer.org/resources/us-youth-soccer-activity-guide/>

https://www.usyouthsoccer.org/assets/1/6/usys_covid_activity_guide_comp.pdf






https://www.usyouthsoccer.org/assets/1/6/usys_topsoccer_activity_guide_v2.pdf

IMPORTANT:

- *During your lessons, avoid the 3 L's:*
 - Laps
 - Lines
 - Lectures
- *Make sessions fun!*
- *Encourage asking questions!*
- *Create sessions that are full of fundamental skill building and competitive drills/games to develop self-confidence in practice and game situations*
- *Keep it simple!*
- *Develop skills that are appropriate for each age group.*

Child Development and Sports

Did you know?

-  70% of kids drop out of organized sports by age 13 because "it's not fun anymore."
-  Kids in group sports do better in school and have healthier relationships
-  With the right coaching approach, sports can improve self-esteem and confidence
-  Team sports help kids develop important interpersonal skills like cooperation and respect
-  Kids need at least 60-minutes of activity each day to grow healthy
-  Kids who exercise develop good habits and are more likely to exercise as adults



Coaches Corner

<https://www.mojo.sport/coachs-corner?search=>

This website and app offer great resources for first time and returning coaches!

This program provides short videos that cover:

Skill Development

Practice Activities

Coaching Behaviors

And More!