

2020 United Soccer Coaches Advanced National Diploma

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>
	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
	Tactics Presentation- Attacking	Tactics Presentation- Defending	Formations and Systems	Squad Q & A
	Sample Functional Training Session	Roles of backs + GK (Defending)	Leadership Presentation	Squad Q & A
	Roles of Backs + GK (Attack)	Roles of midfielders (Defending)	Instructor Session: Sports Science	Squad Q & A
		<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
	Squad: Prac Coaching Prep	Sports Science	Set Pieces	
1:00-2:45 Check-In/Registration	Roles of midfielders (Attack)	Roles of Forwards/strikers (Defending)	Practice Coaching	
3:00-3:45 p.m. Opening Session	Roles of forwards/strikers (Attack)	Instr Session: Def Later (Preparing to counter attack)	Practice Coaching	
Principles of Coaching	Training the Playmaker	Practice Coaching	Practice Coaching	
<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>
Functional Training Methodology	Evening Social	PC Feedback	PC Feedback	
Identifying Coaching Points Video		Match Analysis/ Squad Q and A	Post Course Procedures	
Course director will confirm final schedule, including any changes, at opening session. Weather may dictate some changes during the course.				