

United Soccer Coaches 2020 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>
	Training Methods Planning a Technical Progressive Training Session	Training Methods- Planning a Whole-Part- Whole Session (Tactics)	Sports Science	Squad Q & A presentations
	Instructor Session Sample Technical Training Session (Dribbling)	Instructor Session Sample Tactics Training Session (Combination Play)	Ethics (from manual)	Squad Q & A presentations
	Instructor Session Technique: Passing and Receiving (45 minutes)	Instructor Session Individual Defending	Instructor Session Recovery and/or Teambuilding Activities	Squad Q & A presentations
	Instructor Session Attacking Principles (1st, 2nd, 3rd Attacker)	Instructor Session Game Modeling		
	<i>Lunch</i>	<i>Squad Lunch</i>	<i>Lunch</i>	
1:00-2:45 Check-In/Registration	Attacking Principles	Q & A Assignment	Ethics (from manual)	
3:00-3:45 p.m. Opening Session & meet squads	Defending Principles	Squad Practice Coaching	Squad Practice Coaching	
4:00-5:15 p.m. Modern Coaching Methods	Instructor Session Principles (attacking & defending)	Squad Practice Coaching	Squad Practice Coaching	
<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	
Coaching Methodology (Use of toolkit)	Squad Practice Coaching Prep	Practice Coaching Review	Preview Post Course Procedures	
Identifying Coaching Points (video)	Evening Social	Match Analysis (Focus Presentation)	Practice Coaching Review	10.2018

Course director will make any necessary schedule changes at opening session.

Shaded Blocks = Classroom White Blocks = Field