

Advanced Coach Class work explained

The Advance Coach Class has two portions. There is the “Online Courses” pre-course work and the “In-Person Course” work. The two courses are not tied to each other. You can do the Pre-Course “Online Course” work at any time as long as it is finished two weeks before the “In-Person Course” you are going to take, since all that work has to be turned into the “In-Person Course” instructor. Without this work the instructor is told by National to not let the coach take the course. The instructor needs time to go over your work and give you feedback.

This class actually has a grading scale for it in regards to your passing the course. There is pre-course work to be done. The Instructor needs it at least two weeks before the class as they have to review what you sent them and make comments. There are points for all of these requirements. Intermediate Coach certification is a prerequisite.

PRE-COURSE WORK

In AYSOU, go to “Online Courses” and you should see “**Advanced Coach**”, click open

In that folder, you should see

Advanced Coach: Part I

Advanced Coach: Part II

Advanced Coach Certificate

Match Analysis Assignment: Part III

Match Analysis Video First Half

Match Analysis Video Second Half (this is an in class assignment)

Match Analysis Assignment: Part IV

Self-Reflection Assignment: Part V

Advanced Coach eBook Download Site

Advanced Coach Training Plan: Digital Version

Advanced Coach Training Plan: Print Version

Parts I & II of Advanced Coach need to be completed before the class. You also need to complete “Self-Reflection Assignment: Part V” and “Match Analysis Assignment: Part III”. In “Advanced Coach: Part II Section II” is the portion of the pre course dealing with Match Analysis. You should also review “Match Analysis” in your book pages 82 to 95. This will help you in your assignment which is on the second page of the module. “Match Analysis

Assignment: Part IV” is really not another assignment but a video giving additional information on how to do “Training Plan Design”.

Based on your match analysis, you also need to develop a complete “4 Stage Training Plan” to address the issue you wrote on using AYSO diagramming standards. Follow the directions in regards to submitting it to the Instructor 2 weeks before the class. This is building on the work you did in the Intermediate Coach Class, if you took the class 2017 or later. If you took the Intermediate Coach Class before 2017, you should open up the Intermediate Coach Pre-Course work and review the Training Plan Material which you did not get in the course before 2017.

The training plan material is in the Advanced Book pages 99 – 100. Part of the training plan is the diagrams should use the traditional numbering system as per page 87. So no Xs & Os but circle and triangles with the number (position) of the players involved in that stage.

Part of the Lesson Plan in each stage is the timing which is at the bottom right of each stage. It is not in your book as it has the old format. In the pre-course area on AYSOU there is a printed version a digital version for your use. Also, there is no explanation of what this is for or what it means.

This is the explanation:

Duration: This is the amount of time you will spend on this stage of the training plan. The 4 stages duration should equal the length of your practice.

Intensity: How intense is the activity that you have planned for this stage. Is it Low Intensity, Medium Intensity, or High Intensity? The higher the intensity level the longer the recovery time should be. How hard are they running, moving etc. or are they standing in place for the activity?

of Intervals: You add the interval time to the recovery time (that you assign) that determines the time of one activity times the number of times you repeat that activity to get the Duration length.

Interval Time: How long is that one activity (in general there will be more than one interval in a Stage)? If the Intensity is High then the Interval should be shorter so that you can give them some recovery time so they can perform at the highest level.

Recovery Time: Based on the intensity this can be very short (maybe they are changing partners) if the activity is very Low in Intensity. It will be longer as the activity moves to a higher level. This will vary year to year based on the fitness of your team for that year. There is no set number, it is up to you to understand what your team needs.

Recap: Interval Time plus Recovery Time = total time for a complete interval. How many Intervals do you want in that stage? Take that number and multiply it by the total time and you will get the Duration of that Stage.

Example:

This is a Very High Intensity game. 2 players per team. It is 1v1 with no boundaries so the ball is never out of play. One player from each team is 13 yards away from the other. They are the goals with their legs spread at least a shoulder length apart. The other two active players are trying to score on the goal (which is the stationary opponent serving as the goal). They can score from either direction. The total length of the game is 3 minutes. At 30 seconds you yell switch which means the field player goes and takes the place of his teammate as the goal, the goal player is now the active player. The players going to become the goal have to leave the ball wherever it was when you yelled switch. The two new active players run to the ball and try to beat each other to score. You do this for a total of 3 minutes. This is one interval. It is Very High Intensity but they are getting some rest as they are a goal for 30 sec. You still need to give them some recovery time after the 3 minutes. They are going to switch which team they play against and they can get a quick drink which they kept with them but the goal.

Now you have 2 more modules to complete. Back at the “Online Courses” tab there are two free courses that need to be completed, “AYSO’s Safe Haven”, and “CDC: Concussion Course” if the course you took is over two years old.

In the afternoon, you will do another “Match Analysis”, a “Half Time Talk” and Stage 3 presentation of your Training Session based on the Afternoon Match Analysis. There will also be a test at the end.

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