

Intermediate Coach Class work explained

The Intermediate Coach Class has two portions. There is the “**Online Course**” pre-course work and the “**In-Person Course**” work. The two courses are not tied to each other. You can do the pre-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 prework to be done. The instructor needs it at least two weeks before the class as the Instructor has to review what you sent them and make comments. When you finish your Training Plan you can print it out and email it to me.

PRE-COURSE WORK

In AYSOU, go to “Online Courses” and you should see “**Intermediate Coaching Training**”, click open

In that folder, you should see

Intermediate Coaching: Part I

Intermediate Coaching: Part II

Intermediate Coach Certificate

Intermediate Coach eBook Download Site

Intermediate Training Plan: Digital Version

Intermediate Training Plan: Print Version

Parts I & II of Intermediate Coaching need to be completed before the class. You also need to do a “Training Plan” and submit it to the Instructor 2 weeks before the class. Towards the end of Part II under Menu there is “Intermediate Training Session” takes you through 3 pages that talks about the plans. “AYSO Training Plan” starts to tell you what to do to create this plan. “Drafting Your Training Plan” helps you understand how to do it. “Field Session Topics” is the slide that tells you the 4 possible subject areas that each have 3 Topics to choose from for your Training Plan that you have to create. You cannot just do any subject you have to choose one of those 12 Topics from the Four Areas. You can also find this info in your ebook on pages 45-47.

Please follow the directions there carefully and, again, there are training plans in the book that correspond to each of the topics in the online module. I understand that some of you have training sessions you have been using and like but, if you use one of those, be prepared to

indicate which of the assigned topics yours is and be prepared to indicate how each of the stages in your session fulfill the requirements as spelled out in the module.

Now you have 3 more modules to complete. Back at the “Online Courses” tab there are 3 courses that need to be completed, “AYSO’s Safe Haven”, “CDC: Concussion Course” and “AYSO’s Summary of the Laws of the Game”.

I now have a way to see if you took the Intermediate Coach Module, have the U12 coach class and that you took Safe Haven, CDC Concussion and AYSO’s Summary of the Laws of the Game. There are points for all of these requirements.

Please note it will not be possible to participate in the classroom and field sessions without completing the pre course work.

Intermediate Training Plans:

In the “Intermediate Coach Pre-course Part II” presentation there is a slide called “Field Session Topics” that you can access from the “Menu on the left side of the plan”. Towards the bottom is a slide called “Field Session Topics” per this slide it tells you your lesson plan has to be one of the 12 topics from the slide. There are 4 blue markers on this page covering four general areas (Goalkeeping, Defending, Midfield and Attacking). If you click on the markers they will each expand to cover 3 topics.

They 12 topics are:

Goalkeeping

- Dealing with 1v1

- Shot stopping (including diving)

- Dealing with crosses

Defending

- Individual Defending

- Zonal Defending

- Defending Principles of Play (pick one of the 5 principals)

Midfield

- Receiving and turning

- Combination Plays

Build up through midfield

Attacking

Attacking from wide areas

Finishing

Attacking Principles of Play (pick one of the 5 principals)

You cannot decide on your own to do a subject not from this list. Why I am writing this, is because I have seen it all. I will return your assignment if it is not from this list. Also, the training plan has to be on the same topic and go through the build-up process through the “4 Stages” as explained in the book and the presentations.

You will also need to open the eBook which you need to read. There are sections on how to do a training plan (page 45-47) which you need to do per below to be able to pass the course. There are also a blank digital and print version of a training plan for you to fill out per requirements. Part of the training plan is the diagrams should use the traditional numbering system as per page 30. So no Xs & Os but circle and triangles with the number (position) of the players involved in that stage.

Part of the Training Plan in each of the 4 stages 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.

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