

Westside Soccer Club Coaches Training Document

(Rev 4, 11/10/2020, Karl Meyer)

The purpose of this document is to list the resources by which Westside Soccer Club coaches can further their knowledge of the game of soccer and how to coach it.

Required Training to become a coach:

1. Concussion training through NFHS
2. Safesport training (prevention and reporting of sexual harassment and abuse)

You must complete these classes and a background check to be approved as a coach. You may not step on the field as a coach until you are fully approved.

Detailed information on these classes is on the coaches' information page of our website:

<http://www.westsidesoccerclub.com/coaches/coaches-information>

Recommended Additional Training:

Coaching Clinics

Westside soccer typically arranges for one coaching clinic before each season. Coaching clinic may be run by OYSA, Timbers/Thorns or the Positive Coaching Alliance (PCA). Details are published prior to each season. Coaches are strongly encouraged to attend 1 clinic per year.

See the Westside soccer club website for more information about coaches' clinics.

<http://www.westsidesoccerclub.com/coaches/coaches-information>

US Soccer On-line classes (Grassroots License)

1. First, take the "Introduction to Grassroots Coaching" course. It is free and is offered only on-line.

<https://learning.ussoccer.com/coach/courses/available/16/details/1546>

Coaches who complete this class be provided with four complimentary Play-Practice-Play training sessions.

2. Next, you may take an age-level course. These classes are offered on-line through US Soccer or In-person by OYSA. There is a cost for the course (\$25 for on-line through US Soccer, \$80 for in person through OYSA). If you have not attended any in-person clinics prior to coaching for the very first time, the club suggests that you take the appropriate age level course.

4 V 4 COURSE – TARGETED TO AGE 6-8
7 V 7 COURSE – TARGETED TO AGE 9-10
9 V 9 COURSE – TARGETED TO AGE 11-12

11 V 11 COURSE – TARGETED TO AGE 13+

On-line from US Soccer: <https://www.ussoccer.com/coaching>

In person from OYSA: <https://oregonyouthsoccer.org/coaches/coaching-licenses/>

3. If you want to go beyond the Grassroots License, the next step would be a USSF “D” License. If you are interested, please see the OYSA website for more information. This license would only be for coaches who want to coach in a competitive club or at the high school level. Volunteer coaches in a recreational club do not need this license.
<https://oregonyouthsoccer.org/coaches/coaching-licenses/>

Coaching resources from Oregon Youth Soccer Assoc (OYSA)

See the OYSA coaches’ resources page at:

<https://oregonyouthsoccer.org/coaches/coaching-resources/>

OYSA contact for coaching is:

Nelson Larson

Director of Soccer Development/Technical Director

nelson@oregonyouthsoccer.org

[503.626.4625](tel:503.626.4625) Ext. 4

Coaching Resources from US Youth Soccer

US Youth soccer has a coaching resources page with information for coaches:

<https://www.usyouthsoccer.org/coaching-resources/>