



## U.S. Soccer D License Sample Schedule

Day	Date	8:00-9:00	9:15-10:15	10:30-12:00	12:00-1:00	1:00-2:00	2:15-3:15	3:30-5:00	5:15-6:15	6:15-7:15	7:30-8:30
1		<b>Phase I: Preparation Phase (Pre-Course)</b> <ul style="list-style-type: none"> <li>• Five (5) Assigned Practical Sessions</li> <li>• Concussion Level II (on-line to be completed prior to Phase IV)</li> </ul> <b>Phase II: Instructional Phase (Day 1-3)</b>					<b>Course Registration</b> <b>5:30-6:00 p.m.</b>	<b>Lecture</b> Prep Phase Review (Individual Conferences) <b>6:00-7:00 p.m.</b>	<b>Break</b>	<b>Lecture</b> Methods I: Coaching Athlete Development	<b>Lecture</b> Reading the Game: Video Analysis
2		<b>Lecture</b> Methods II: Principles of Planning	<b>Lecture</b> Principles of Defense	<b>Field</b> Principles of Defending with a Back Four (+Transition)	<b>Break</b>	<b>Lecture</b> Principles of Attack	<b>Field</b> Principles of Attack (+ Transition)	<b>Field</b> Candidate Coaching (Stages II and III)	<b>Break</b>	<b>Field</b> Candidate Coaching (Stages II and III)	<b>Lecture</b> Summary
3		<b>Lecture</b> Goalkeeping Theory	<b>Field</b> Goalkeeping Practical	<b>Field</b> Flank Play	<b>Break</b>	<b>Field</b> Candidate Coaching (Stages II and III)		<b>Lecture</b> Summary	<b>Instructional Phase Completed</b>		
<b>Phase III: Deliberate Practice (minimum of 10 Weeks)</b> <ul style="list-style-type: none"> <li>• Five (5) Assigned Practical Sessions</li> <li>• Concussion Module II (on-line to be completed prior to Phase IV)</li> </ul>											
4		<b>Phase IV: Performance Review (Day 4-6)</b> <ul style="list-style-type: none"> <li>• Review and Practice</li> <li>• Assessment</li> </ul>							<b>Lecture</b> Deliberate Practice Review (15 minutes per Candidate)		
5		<b>Field</b> Instructor Dual Demo Stage III-IV (Attack vs. Defense)	<b>Field</b> Candidate Coaching (Stages III and IV)		<b>Break</b>	<b>Field</b> Candidate Coaching (Stages III and IV)			<b>Break</b>	<b>Lecture</b> Course Summary	
6		<b>Field</b> Performance Evaluation (2 coaches at 30 minutes)			<b>Break</b>	<b>Field</b> Performance Evaluation (2 coaches at 30 minutes)			<b>Performance Review Phase Completed – Course Ends</b>		