U.S. Soccer National Coaching Schools "E" License Instructor Field Sessions

Time Day I

1 hour Attacking and Defending (Individual)

Dribbling to penetrate or possess

Pressing and tackling

2 hours Functional Technique

Passing (contextual variety)

Receive and redirect (contextual variety)

Heading (attacking and defending)

Goalkeeping (collecting the ball)

Day II

1-1.5 hours Principles of Play: 3v3 to 4v4 small-sided (Stage III)

Principles of Attack (primary focus: support; mobility; width; penetration)

1-1.5 hours Principles of Play: 5v5 to 9v9 small-sided (Stage III/IV)

Principles of Defense (primary focus: pressure; cover; balance; 1st, 2nd, 3rd defender)