



U.S. Soccer D License Deliberate Practice Themes

Deliberate Practice Phase Topics (12) (Prep Phase and Practice Phase)

Attacking

1. Improve your team's ability to build up from the defensive half
2. Improve your team's ability to create scoring chances from wide positions
3. Improve your team's ability to build up using wide players
4. Improve your team's ability to build up through midfield
5. Improve your teams' ability to create scoring chances from central positions

Defending

1. Improve your team's ability to recover the ball in the defensive half
2. Improve your team's ability to recover the ball in the attacking half
3. Improve your team's ability to defend against the counter-attack
4. Improve your team's ability to defend against wide attacking play
5. Improve your team's ability to defend zonally

Goalkeeping

1. Improve your goalkeeper's starting positions and angle play
2. Improve your goalkeepers shot stopping and diving skills

Candidate's Deliberate Practice Coaching Topics

Please select three (3) practice topics, based on the options noted below.

1. Attacking:
2. Defending:
3. Goalkeeping:

Performance Review Phase

The instructor will assign one of the remaining topics for the Performance Review