MYSA Youth “Y” Module

Summary

Course Description
This 4-hour certification course focuses on the cognitive, physical, and psychological development of children and introduces developmentally appropriate activities. The course takes the approach that the “game within each child” is at the center of all belief, decisions and actions taken by the child, coach and organization. Course content includes coaching philosophy and methodology, characteristics of players, and team administration/risk management. Courses may be designed for 6U/8U, 8U/10U, 10U/12U, or any combination of those. There is no prerequisite.

Course Outcomes
Coaches should be better able to:
★ Understand characteristics of children and implications for coaching (Who and How to coach)
★ Identify and lead age appropriate activities (What to coach)
★ Facilitate a positive learning environment that meets the needs of children (Why coach)

Sample Course Schedule
Hour 1       Classroom with coaches
Hour 2       Field/Gym with coaches playing
Hour 3       Field/Gym with youth players
Hour 4       Field/Gym with coaches playing

Candidate Expectations
✓ Actively participate as a player in sessions if physically able.
✓ Contribute to a positive learning environment for all participants.

Individual Registration and Cost
• Register through Host Club. Details at: https://www.mnyouthsoccer.org/course-calendar
• A nominal fee may apply.