



Long Island Junior Soccer League Coaching Academy

The Long Island Junior "D" Course is a four-hour course designed for those who will be coaching youth soccer players from 4 to 10 years of age. We encourage those parents and coaches who are involved with soccer for the first time to take this course, in order to learn the proper methodology in teaching youth players who may be exposed to soccer for the first time.

The Long Island Junior "C" Course is designed for those coaches who will be coaching and training youth soccer players from U10 to U13. The course covers the philosophy of coaching youth players, the laws of the game, games approach to teaching technique, care and prevention of injuries, coaching parents, teaching games, positional concepts (team shape), and positive vs. negative reinforcement. Although this course is directed toward travel coaches we encourage those Intramural coaches who will be coaching and training the above age groups to also take this course. Successful participants will receive a LIJSL "C" License. This course is recognized as the NSCAA State Diploma.

The Long Island Junior "B" Course is designed for those coaches who will be coaching and training youth soccer players from U13 to U16. The starts with a review of the "C" course and goes on to cover the importance of a structured practice, stressing the Fundamental, Match Related and Match Condition phases of a practice. Other topics will include Methods of training, Combination play, Fitness training, Start of tactical training. Although this course is directed toward travel coaches we encourage those Intramural coaches have a "C" license and who will be coaching and training the above age groups to also take this course. Successful participants will receive a LIJSL "B" License. This course is recognized as the NSCAA Regional Diploma.

The Long Island Junior "A" Course is designed for those coaches who will be coaching and training youth soccer players from U16 to U19. The course starts with a review of the "B" course and goes on to the philosophy of the modern game. Other topics are as follows: Group and team play, Counter Attacks, Midfield Principles, Defensive Principles, Fitness, Player Identification and Evaluation, Advanced Shooting, Goalkeeping, 4v2, Heading, 3v3, and Small Sided Games. Although this course is directed toward travel coaches we encourage those Intramural coaches who will be coaching and training the above age groups to also take this course. Successful participants will receive a LIJSL "A" License. This course is recognized as the NSCAA Advanced Regional Diploma.