

# Understanding Coaching Education

## Why Should I Attend Coaching Courses?

Coaching courses help coaches expand their knowledge of the game and youth coaches owe it to their players to be as knowledgeable and well prepared as they can be.

Informed coaches are better able to understand, develop and challenge young players. The result is a better experience for the players and more enjoyment for the coach.

The coaching courses and clinics help debunk some of the myths and clear the mysteries behind the methods and principles of coaching. For example: The age old myth of "No pain, no gain" has been replaced with periodization (see article), and has no place in the training approach of an under-10 youth team.

As the quality of the player increases, many coaches find that they cannot teach the material the player needs for growth. Doing the same old drills leads to boredom and turnoff. Coaches need to constantly better themselves along with the players.

Many leagues and organizations require a minimum level coaching licenses which must be met in order to be a youth coach.

## Where do I go for coaching education?

### [Long Island Junior Soccer League](http://www.lijsoccer.com)

[www.lijsoccer.com](http://www.lijsoccer.com)

### [Eastern New York Youth Soccer Association](http://www.enysoccer.com)

[www.enysoccer.com](http://www.enysoccer.com)

### [United States Soccer Federation](http://www.ussoccer.com)

[www.ussoccer.com](http://www.ussoccer.com)

### [National Soccer Coaches Association of America](http://www.nscAA.com)

[www.nscAA.com](http://www.nscAA.com)

### [USYSA Region I Olympic Development Coaches Symposium](http://www.region1.com)

[www.region1.com](http://www.region1.com)

### [United States Youth Soccer Association: US Youth Soccer Coaches Connection](http://www.usyouthsoccer.org)

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