

What is the "E" License?

Written by Lester Pasarell
Sunday, 08 July 2012 11:03 -

The National "E" is an 18-hour course, which covers the elementary principles of coaching and will prepare interested coaches for the 36-hour "D" license course.

What is the "E" License?

- Develop the core coaching competencies necessary to effectively teach the 9-12 year old athlete and team
- Understand the characteristics and needs of an athlete in the Basic Stage of our Long Term Athlete Development Model
- Establish a foundation of knowledge and experience in order to proceed through the sequence of coaching development courses

What are the specific target outcomes of the course?

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- Understand and effectively apply the principles of Long Term Athlete Development
- Demonstrate competency in planning an age-appropriate training session
- Demonstrate the essential competencies to execute a team training session that is focused on a technical function of the game
- Understand concepts and recognize the principles of attacking and defending in a small-sided game environment (3v3 to 9 v 9 adaptable to local competition structure)

"E" License Candidate Guidebook

- **Download** (<http://www.ussoccer.com/Coaches/Licenses/National-E.aspx>)- "E" License Candidate Guidebook.

NO manual will be provided.

You will need to print the E Guidebook or bring your laptop to be able to view the downloaded manual.

Pre-Course Candidate Assignments

Candidates are required to complete three (3) pre-course assignments.

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Candidates must complete a Laws of the Game exam

- **Laws of the Game** (<http://www.ussoccer.com/Coaches/Licenses/National-E/Laws-of-the-Game.aspx>)

and a Concussion Awareness course.

- **Risk Management Assignment- Concussion Awareness** (<http://www.cdc.gov/concussion/HeadsUp/Training/HeadsUpConcussion.html>)

In addition, candidates must choose to complete one of three team management assignments. Each assignment will be submitted during the first lecture.

- **Team Management** (<http://www.ussoccer.com/Coaches/Licenses/National-E.aspx>)