



US Soccer Coaching Course Descriptions

Introduction to Grassroots Coaching

This free introductory module, which represents the first step in the newly revised coaching license pathway, is now the general starting point of the pathway and is the required prerequisite to undergo any of U.S. Soccer's Grassroots Licensing Courses. Coaches who complete the module will also be provided with four complimentary Play-Practice-Play training sessions.

The module takes approximately 20 minutes to complete.

In-Person Grassroots Courses

Eligibility

In order to register for the U.S. Soccer 11v11 In-person course, all candidates must meet the following pre-requisites:

- At least 16 years old*
 - Introduction to Grassroots Module
- *-Due to online privacy laws, individuals under the age of 16 cannot create DCC profiles, and thus are unable to take Grassroots Courses.

Course Structure

- The 11v11, 9v9, 7v7, and 4v4 In-person courses are 4 hours long and are completed in one day. Two in-person Grassroots courses (one must be 11v11 and the other one can be 9v9, 7v7, or 4v4) are required to meet the pre-requisites for D licensure.



D Courses

The D Course facilitates the improvement of the candidates in the Six Tasks of a Coach across all four game models (4v4, 7v7, 9v9, 11v11) with an emphasis on Coaching Training Sessions.

Eligibility

In order to register for the U.S. Soccer D course, all candidates must meet the following pre-requisites:

- Introduction to Grassroots Module
- Two in-person Grassroots courses (one must be 11v11 and the other one can be 9v9, 7v7, or 4v4)
- One online Grassroots course across any of the four levels (11v11, 9v9, 7v7, 4v4)
If you previously earned a USSF F, USSF E, or both:
- USSF E + USSF F + Introduction to Grassroots Module
-OR-
- USSF F + Introduction to Grassroots Module + 11v11 Grassroots in-person course + one other in-person Grassroots course

Course Structure

The D course consists of two course meetings separated by a development period. The total course duration is approximately 2 months.

- **Course Meeting 1**
Three days onsite with full group
- **Development Period**
6-8 weeks in home environment with assignments and mentoring
- **Course Meeting 2**
Two days onsite with full group