

## **What is the "E" License?**

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

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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.usoccer.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.usoccer.com/Coaches/Licenses/National-E.aspx> )