



**Coach Education**  
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## Soccer: Fundamentals of Coaching Soccer

This NFHS Fundamentals of Coaching Soccer course provides a unique student-centered curriculum on essential soccer coaching techniques and methods for interscholastic teacher/coaches. This course also shares practical methods for increasing student participation through effective feedback and stress reduction. Coaches can start and complete a course immediately after a course purchase is approved, and will have up to one year after purchase to review and access all printable resources.

### Unit 1: Overview

- Introduction
- Methods
- Components
- Practice Session
- Resources: Practice Session Planning; Practice Management issues; Three Stages of Teaching Technique; 1 v 1 + 1; Philosophy; Two Main Coaching Tasks; Mastering and Teaching Technique

### Unit 2: Methods

- Participation
- Stress Factors
- Feedback
- Success
- Resources: Bill of Rights for Young Athletes; Participation Philosophy

### Unit 3: Techniques

- Dribbling
- Tackling
- Passing Unit 3 Review
- Receiving
- Heading
- Shooting
- Goalkeeping
- Resources: Shielding; Speed Dribbling; Attacking Defense; Tackling; Receiving; Passing; Heading; Body Position #1; Body Position #2; Shooting Technique; Technical Training in Goalkeeping; Tactical Training in Goalkeeping

### Unit 4: Rules

- Rules
- Rules Differences

### Unit 5: 4 v. 4

- Overview
- 5 v. 5
- Resources: NSCAA Code of Ethics