The Virginia Rush offers the USSF "F" modules, "E" certification and "D" license courses two times per year. The fee for these courses are paid for by Virginia Rush for all coaches who are currently coaching Virginia Rush teams.

Virginia Rush Developmental coaches, U4 - U8, are highly encouraged to attend the "F" module courses. Virginia Rush Developmental and Advanced coaches, U9 - U19, are encouraged to attend the "E" certification courses and all Virginia Rush coaches who have obtained their USSF "F" modules and USSF "E" certification are highly encouraged to further their coaching education by attending the USSF "D" license course offered by the Virginia Rush.

Proceed below for detailed course description and upcoming course dates.

"F" Module Courses
Length: The Youth modules are broken down into two separate age-specific classes of 6 hours each; U4-U8, and U8-U10. Field and classroom work are both involved.
Curriculum Emphasis:

- Philosophy of Coaching, Characteristics of Players, Team Administration, Risk Management, Care and Prevention of Injuries and Modified Laws of the Game.
- Age Appropriate Field Activities and Progressions.

"E" Certification Course
Length: 18 hours
Curriculum Emphasis:

- Methods of Coaching, Team Management, Tactics, Laws of the Game, and Care and Prevention of Injuries.

- Dribbling, Passing, Receiving, Shooting, Heading, Goalkeeping, Defending, and Attacking.

The "E" Certificate is designed for the parent/coach who may or may not have

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any previous soccer playing or coaching experience. The curriculum focuses on the development of the player, both individually and as part of the team. The emphasis will be to build on the player's technical development by applying tactical concepts within a team environment. The candidate must 16 years of age or older.

"D" License Course
Length: 36 hours
Curriculum Emphasis:

- Methods of Coaching, Team Management & Administration, Tactics I, Tactics II, Match Analysis, Laws of the Game, and Care and Prevention of Injuries
- Coaching Small Sided Games, Dribbling, Passing, Receiving and Turning, Heading and Crossing, Finishing, Fitness with the Ball, Goalkeeping, Possession, Defending and Attacking.

  The D License is the highest level license that the state offers. In order to maintain consistency in the delivery and execution of the course the objectives, expectations, and grading for the "D" License course have been established. At the conclusion of the course the candidate will receive a National "D", a State "D" or a fail. The candidate must at least 18 years of age.

- For more information on VYSA hosted Coaching Courses (USSF "D", USSF "E" certificate and USSF "F" modules), contact the Va Rush office at 757-430-3500 or Virginia Youth Soccer Association at 703-494-0030 or **www.vysa.com**

  USSF D License

  Sponsor: Virginia Rush

  Location: Virginia Beach

  Dates: TBA

  Course Fee: $130.00 for VYSA teams

  $180.00 for non VYSA teams

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Instructor: TBA

Key Contact: Virginia Rush Office
(757) 430-3500

Download VYSA Course Registration Form

USSF E License

Sponsor: Virginia Rush

Location: Virginia Beach

Dates: August 16, 17, 18 2013

Course Fee: $70 for VYSA teams

$95 for Non VYSA teams

Instructor: TBA

Key Contact: Virginia Rush Office
(757) 430-3500

Download VYSA Course Registration Form

USSF F Modules

Modules: U6-U8 and U9-U12

Sponsor: Va Rush

Location: RAVE Soccer Complex - 2949 Shipps Corner Road, Va. Beach, Va. 23453

Date: March 15, 2014

Course Fee:

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$40 (Per module) for VYSA team

$55 (Per module) for Non VYSA team

Instructor: Matt Badiee - VYSA Assistant Technical Director

Contact: Virginia Rush Office
(757) 430 - 3500

Download VYSA Course Registration Form

The following is an overview of the US Soccer coaching Education programs and the curriculum offered

"C" License Course
Length: 9 Days
Curriculum Emphasis:

- The emphasis of the course will continue to be on the development of individual skill taught within individual and small group activities and games (4 v 4 to 7 v 7).
- The understanding and development of tactics through 4 v 4 to 9 v 9 games.
- The ability to observe mistakes and make appropriate correction.

"B" License Course
Length: 9 Days
Curriculum Emphasis:

- The development of training that provides greater meaning to positional play with the team functional training.
- Improved understanding of the roles of players and their responsibilities with the game.
- Development of collective play within the various lines of play, i.e. back line, midfield line or forward line, as applied to tactics and concepts of play.

"A" License Course
Length: 9 Days
Curriculum Emphasis:

- The development and understanding of team play and specific tactical concepts applied to a game plan, i.e. low pressure defending, counter-attack, pressing, etc.

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- Ability to construct an appropriate training session and coach within an 11 v 11 format.
- Understanding of team-related issues, i.e. player management, match analysis, etc.

For more information on U.S. Soccer Coaching Schools (USSF "A", "B" and "C") contact the **U.S. Soccer Coaching Department**at 312-528-1219 or coaches@ussoccer.org.

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