



U.S. Soccer "E" License Sample Schedule

Time		Day I	Day II	Day III
9:00 -10:00 AM			Lecture Periodization: Planning a Micro-Cycle	Lecture Video Analysis III: POP (3v3 to 9v9)
10:00-11:00 AM			Lecture Video Analysis I / II: Technique and Tactics in SSG	Lecture Candidate Presentations: Assign Topic A
11:00-Noon			Field Instructor Field Session: Individual Defending/Attacking	Field Instructor Field Session: Teach in a SSG (3v3 to 4v4)
Lunch			Open	Open
1:00-2:00 PM			Field Instructor Field Session: Functional Technique	Field Instructor Field Session: Teach in a SSG (5v5 to 9v9)
2:00-3:00 PM			Field Instructor Field Session: Functional Technique	Field Candidate Practice Coaching: Pre-assigned Topics
3:00-4:00 PM			Field Candidate Practice Coaching: Pre-assigned Topics	Field Candidate Practice Coaching: Pre-assigned Topics
4:00-5:00 PM			Field Candidate Practice Coaching: Pre-assigned Topics	Field Candidate Practice Coaching: Pre-assigned Topics
5:00-6:00 PM		Lecture Orientation - Objectives/Protocols	Review / Preview	Course Ends
6:00-7:00 PM		Lecture Methods I: Long Term Athlete Development		
7:00-8:00 PM		Lecture Methods II: Coaching Tools, Training Design		
8:00-9:00 PM		Lecture Candidate Presentations: Assign Topic C		