



ASET delivered a National “D” license course in conjunction with the Missouri Youth Soccer Association. The location of the course was the St. Louis Soccer Park and it was given on the weekends of January 7/8 and January 21/22. Below was the schedule of both theory and practical sessions.

Saturday, January 7

8-8:30am	Introduction and Overview of Course
8:30-9:30am	Lecture - Methods of Coaching
9:30-10:45am	Model Session – Wall Passes
10:45-Noon	Improving Awareness and Perception
Noon-1pm	Lunch
1pm-2:15pm	Holding Possession Under Pressure
2:15pm-3:30pm	Sideways-on Soccer
3:30-4:30pm	Lecture – Attacking Principles

Sunday, January 8

8-8:15am	Question and Answer from Previous Day
8:15-9:15am	Lecture – Defending Principles
9:30-10:45 am	Small Group Defending
10:45-Noon	Zone Defense: Working with the Back Four
Noon-1pm	Lunch



1-2:15pm Midfield and Forward Defending

2:15-4:15pm Tactical Assessment and Adaptability

Saturday, January 21

8-10:15am Lecture and Practical Session – Playing like Barcelona:
Through Phase of Play

10:30-11:45am Playing in the Shadows

11:45-12:45pm Lunch

12:45 – 2pm Movement Off the Ball

2:15 – 3:15pm Lecture - Concussions

3:30 – 5pm Practice Candidate Coaching

Sunday, January 22

8-9:15am Panel Discussion

9:30-10:45am Building Possession Out of the Back Through the Center of
the Field

11 – Noon Variations of 3v3 using the thirds of the field

Noon – 1pm Lunch

1pm – 5pm Candidate Testing