



# FREE UNITED SOCCER COACHES CLINIC



## AYSO Region 89 La Mesa Fall Coaches Clinics

Challenger Sports has partnered with United Soccer Coaches (formerly National Soccer Coaches Association of America) to provide over one thousand coach education programs throughout the USA and Canada. Attendees will be given instruction on organizing and coaching a youth soccer practice, demonstrations of core techniques and a wide selection of useful drills, practices and games that coaches can put to immediate use.

Attendees will also receive a United Soccer Coaches approved coaching booklet, a six months trial membership to the United Soccer Coaches, plus a number of additional discounts and benefits from United Soccer Coaches affiliates.

**Session One**      **Saturday August 18th - Improving players Technical Skills**  
9am -10:15am - U8 Coaches  
10:30- 11:45am - U10+ Coaches

**Session Two**      **Friday August 24th - Defensive Principles**  
5 -6:15pm - U8 Coaches  
6:30-7:45pm - U10+ Coaches

**Session Three**    **Friday September 7th - Attacking Principles**  
5 -6:15pm - U8 Coaches  
6:30-7:45pm - U10+ Coaches

**Location:**        TBC

**Materials:**      Bring a Soccer Ball

**Content:**

- 1) Organizing players, set up of practices areas.
- 2) Coaching tips and communication techniques.
- 3) Demonstration of core skills
- 4) Progressive Coaching: Warm up, Unopposed, Opposed, Game
- 5) Q & A.

**For more information contact:**

Nick Howitt // (760) 849 4111 // [nhowitt@challengersports.com](mailto:nhowitt@challengersports.com)

