



## Youth I Module – Course Description

### Introduction

- This course is designed for the parent/coach of Under 6 and Under 8 aged players

### Objectives

- To prepare coaches to unlock the “game within the child”
- Provide a better understanding of the specific age characteristics and how to place players in age appropriate activities
- Gain understanding of developmental characteristics of children at this age

### Length of Course

- 6 hours

### Sample Schedule

9:00 AM	Youth I Module Course Introduction
9:15 AM	<b>Lecture:</b> Role of the Coach/Coaching responsibilities
10 AM	<b>Lecture:</b> Coaching the U-6 player Traits and Characteristics <b>Field:</b> Player Development Activities
12 Noon- 1 PM	Lunch
1 PM	<b>Lecture:</b> Team Management Care and Prevention of Injury
1:30 PM	<b>Lecture:</b> Coaching the U-8 player Traits and Characteristics <b>Field:</b> Player Development Activities
3:00	Program Summary and Q & A

### Cost

- \$25.00 for a NCYSA Member/ \$35.00 for a Non-member