

PEPRO 101 : Coaching Youth Soccer

Credits 2

Quarter Offered Spring

The Washington State E coaching course is an introduction to the methodology of coaching and the four components of coaching soccer: Technique, Tactics, Fitness, and Psychology. This course provides elementary information in the management and preparation of coaching youth soccer. This class may include students from multiple sections. (Elective)

Course Outcomes

Demonstrate competency in planning an age-appropriate activity and lesson plan.

Understand laws of the game, prevention and care of injuries, nutrition, sleep and hydration.

Demonstrate the essential competencies to execute a team training session that is focused on a technical function of the game using small sided games and facilitator games.