

U.S. Soccer D License 2020 Resource- Definitions of the 5 Elements of a Training Activity



**COACHING  
EDUCATION**

The 5 Elements of a Training Activity are a tool for the coach to use to observe and check the created situation on the field, adapt if necessary, based on the player behavior within the training session goal. For the D License Course, the focus is on “organized” as the key element since they all work in sequential order (#1-#4 first, and then work towards coaching).

Element	D License
<b>Organized</b>	<b>An overview of components that allow for a training session to be organized</b>
	Session Goal: Developmentally appropriate session goal
	Set Up Field: Optimal use of available space & preparation of pitch (cones, balls, bibs)
	Safe Learning Environment: check of surroundings to ensure player safety (field, equipment, players etc)
	Description: Clear rules and expectations for both teams in relation to the training session goal and activity objective (starts, re-starts, scoring)
	Demand: Awareness of physical demand placed on the players. Applies an appropriate physical demand based on the developmental stage of the players.
	Spacing: Appropriately defined field spacing to bring out realistic, game-like player behaviors
	Positioning: Players are in the right position in the formation at the start of the exercise and each repetition.
	Substitutions: The management of players throughout each activity so that all players participate (rotation into each activity and able to experience the training session goal)
	Transition: Efficient transition between different activities and phases
	<b>Outcome- The training environment is safe and fun for players</b>
<b>Outcome- The players are clear on what is expected in each activity of the training session</b>	
<b>Game-Like/ Game Realistic</b>	<b>An overview of components that allow for a training session to be game-like</b>
	At least one ball (based on game model i.e. 4v4, 7v7)
	Two Teams: Two clearly defined teams in each activity/phase
	Four Moments: The 4 Moments of the game may occur for both teams.
	Scoring opportunities: Provide directional scoring opportunities for both teams (through large goals, small goals, or end zones)
	Respect Laws of the Game and apply/modify appropriately based on the activity/phase. For example, for play 1, sideline kick-ins allowed. For play 2, all laws of the game apply.
	Player decision making is present.
	<b>Outcome- The training environment provides players with an enjoyable, game-like experience.</b>
<b>Outcome- The players experience and understand what they are doing and why as it relates to the formation and training session goal.</b>	
<b>Repetition</b>	<b>An overview of components that allow for a meaningful number of repetitions during the activity</b>
	The activity is organized in a way that allows players to experience repetition of the player actions to develop the KQ of today's training session goal.
<b>Challenging</b>	<b>Outcome- Players experience meaningful repetitions of today's training session goal.</b>
	<b>An overview of components that allow activity to have different levels of challenge</b>
	The ability to design developmentally appropriate activities based on the player developmental stage, goals and needs.
<b>Coaching</b>	The ability to recognize when to move between less challenging/more challenging within an activity.
	<b>Outcome- A balance between successful and unsuccessful actions.</b>
	<b>An overview of components that allow for influencing the players to the desired behavior</b>
	Observation position: the position allowing for a good observation (linked to the training session goals) and possible coaching interventions/teaching actions
	Interactions: Utilizes the training session manual to deliver teaching actions from the U.S. Soccer Coach's Tool Kit based on the player's needs.
Length: amount of time spent within the interaction allows for maximum play time	
<b>Outcome- Players experience success and use mistakes as meaningful learning opportunities.</b>	