

USSF NATIONAL “E” COACHES COURSE, 9/26 – 9/28

Sponsored by CWSC / WSA – Gary Osterhage, Staff Instructor

CWSC / WSA is proud to offer the first in a series of Coaching Educational opportunities with the National “E” Coaches Course, which is the foundational start to coaching youth soccer. This is an 18 hour course held over 2 ½ days of lecture (Friday night 6 – 9pm with inside location TBA), and Field Session on Saturday and Sunday (8 – 5pm both days) all at JDZ Elementary School.

State Staff Instructor Gary Osterhage (CWSC / WSA Coaching Director) will handle all coaching duties for the weekend. Items covered in this course are: Warmup Games, Pass n Receive, Dribbling, Principles of Attack (up to 4 v 4), Principles of Defense (up to 4 v 4), Crossing and Finishing, Goal Keeping, and Speed and Agility / Fitness with the ball.

All candidates will be required to turn in Written Testing on Laws of the Game, Team Management, Care and Prevention. 8 coaches will be asked to volunteer to run a Practice Session on the Field Topics listed above (with review by staff instructor).

COST – Free to any CWSC / WSA coach . . . \$75 for coaches outside CWSC / WSA with checks payable to CWSC).

HOW TO REGISTER – go to www.cwsoccer.com and click on “forms” and print off the National E application.

PARTICIPATION– all coaches are expected to get involved with all field sessions unless a medical condition does not allow for physical activity.

DEADLINE – registration and check due by Sept. 22 (send to Gary Osterhage, 3113 NW Pacific Rim Dr. Camas, WA 98607 (National E Course).

LOCATION– JDZ Elementary School next to DOC Harris stadium, in Camas, WA

Questions – Call Gary Osterhage, at 360 – 608 – 8073, or email to gosterhage@comcast.net