



LHSC Player / Coach Development Resources

• Club Resources

LHSC has resources available to coaches at all levels; Micro, Micro, Recreational, and Club Select.

- Micro (U6 & U7)
 - Weekly clinics run by senior LHSC coaches
 - Saturday mornings Sept – Nov @ 09:00 – 10:30
 - Full details of the Micro program on the LHSC website:
<http://www.lakehillssoccer.org/parents-and-players/micro-soccer/>
- Mod (U8 – U12)
 - Weekly clinics for U8 – U10 teams led by LHSC Player/Coach Development director and other senior LHSC coaches
 - Clinic curriculum developed in conjunction with EYSA & Seattle Sounders
 - 2017 clinic schedule still under development
 - Full details of the Mod program on the LHSC website:
<http://www.lakehillssoccer.org/parents-and-players/modified-soccer/>
- Recreational (U13 – U19)
 - No clinics at this level. Coach led practices
 - Coaching curriculum developed in conjunction with EYSA & Seattle Sounders
 - LHSC Player / Coach Development Director available to assist Rec coaches with any areas (i.e. practice plan development, specific skill drills, game day management, etc.).
 - Email: allan.gordon@live.com with any questions, or to schedule time to meet.
 - Full details of the Recreational program on the LHSC website:
<http://www.lakehillssoccer.org/parents-and-players/recreational-soccer/>
- Club Select (U11 – U19)
 - No clinics at this level. Coach led practices.
 - LHSC Player / Coach Development Director available to assist coaches with any areas (i.e. practice plan development, specific skill drills, game day management, etc.).
 - Email: allan.gordon@live.com with any questions, or to schedule time to meet.
 - Full details of the Club Select program on the LHSC website:
<http://www.lakehillssoccer.org/club-select/>
- Coaches page on LHSC website
 - Contains valuable documents, forms, resources, and links to external resources.
 - First stop for all LHSC coaches looking for info

- <https://lakehillssoccer.org/coaches/>

- **External Resources**

There are additional coaching resources available to LHSC coaches from the various local, state, and national soccer associations and federations.

- Eastside Youth Soccer Association (EYSA)

EYSA is the local soccer association that LHSC is a member of. EYSA is part of District II, under the Washington State Youth Soccer Association.

- EYSA Technical Directors (TDs)

- TDs focus on coaching both players AND coaches alike. The "coaching" provided by the TDs will be in the form of 1:1 training at the practices of individual teams and running 1: many clinics. Also, the primary focus of these TDs will be on the Recreational Programs of all the EYSA Clubs, with the remaining amount of their time going towards Club Select and building and communicating Curriculum and Best Practices.

- Details of the TD's here: http://www.eysa.org/EYSA_Technical_Directors

- Details of how to schedule time with the TD's here:

http://www.eysa.org/practice_clinic

- EYSA Coaches Resources

- On the EYSA website, here: <http://www.eysa.org/CResources>

- Washington Youth Soccer (WYSA)

State level soccer association covering all aspects of soccer in WA.

- WYSA Coaches page: <http://www.washingtonyouthsoccer.org/coaches/>

- Great resource for finding coaching and USSF licensing clinics across the state.

Details here: http://www.washingtonyouthsoccer.org/coaches/coaching_education/

- Great resource for additional coaching tools and examples. Details here:

http://www.washingtonyouthsoccer.org/coaches/coaching_tools/

- United States Soccer Federation (USSF)

The governing body of all forms of soccer in the United States.

- USSF Licenses

USFF offers many licenses covering the spectrum of coaching experiences and ambitions from beginner to professional.

- The most useful licenses for LHSC coaches are contained in the table below.

- Details of all USSF licenses can be found in the Coaching Education Digital Coaching Center on the USSF website (sign up required): <http://www.ussoccer.com/coaching-education>

- LHSC will reimburse coaches the cost of the license upon successful completion of the course.

COACHING LICENSE PATHWAY

**PRO
PATHWAY**

PRO

A - SENIOR

A - YOUTH

B

C

D

**GRASSROOTS
PATHWAY**

ONLINE OR IN-PERSON COURSES

4 v 4


7 v 7

9 v 9

11 v 11



INTRODUCTION to GRASSROOTS COACHING

Recreational						Club Select							
Age	Program	Soccer opportunities				Age	Program	Soccer opportunities					
		Fall	Winter	Spring	Summer			Fall	Winter	Spring	Summer		
Under 7	Micro	Micro Short-Sided 1x / Week	Indoor	Indoor	Camps	Under 7	N/A						
7	Mod	EYSA Fall Season and Jamborees	Indoor	Indoor and Spring Soccer	Camps	7	N/A						
8													
9													
10													
11		EYSA Fall Season, Jamborees, Rec Cup Tournament				B&GU11	Mod Select					LHSC Club Select - NPSL Fall League	State Founders Cup Tournament
12		B&GU12											
13	REC	District 2 Fall season, Recreational Cup Tournament	Indoor	Indoor	Camps	B&GU13	11v11 Select	LHSC Club Select - NPSL Fall League	State Founders Cup Tournament	Rest, LHSC/NPSL Spring League, Tryouts in May	Tournaments		
14						B&GU14							
15						BU15							
16						BU16						State Founders Cup Tournament, Tryouts late February, HS Tryouts early March	HS Team
17						BU17							
18						BU18							
19						BU19							
 <p style="text-align: center;">Lake Hills Soccer Club Player Options and Soccer Opportunities</p> <p style="text-align: center;">https://lakehillsoccer.org/</p>						GU15	11v11 Select	HS Team	LHSC Club Select NPSL Winter League	State Founders or Presidents Cup, Tryouts in May	Tournaments, HS tryouts August		
						GU16							
						GU17							
						GU18							
						GU19							