



VIRGINIA YOUTH SOCCER ASSOCIATION

SCHEDULE FOR E CERTIFICATE

VIRGINIA BEACH TRAVEL SOCCER, INC (BEACH FC/NYSL)

SAMPLE SCHEDULE

Fri.	6:00-9:00 pm	Introduction & Orientation/ Methods/Team Management (Classroom)
Sat.	9:00-10:30 am	Warm up/dribbling (Field)
	10:30-12:15 pm	Passing and Receiving (Field)
	12:15 -1:30 pm	Lunch
	1:30-2:00 pm	Laws (Classroom)
	2:00-3:15 pm	Intro: Principles of Play (Field)
	3:15-4:15 pm	Shooting (Field)
	4:15-5:15 pm	Goalkeeping (Field)
Sun.	9:00-10:00 am	Heading (Field)
	10:00-11:00 am	Defending-Principles of Play (Field)
	11:00-12:00 pm	Attacking-Principles of Play (Field)
	12:00-1:00 pm	Lunch
	1:00-1:30 pm	Care and Prevention (Classroom)
	1:30-3:45 pm	Candidate Practice Sessions (Field)
	3:30-4:15 pm	Review (Classroom)