



# Schedule



## Classroom Location

SYSA Office  
520 NE Ravenna Blvd., Rm 117  
Seattle, WA 98115

## Pitch Location

Lower Woodland, Field #7  
5301 E. Greenlake Way, North  
Seattle, WA 98103

### Theory – Friday 27<sup>th</sup> August - 5pm to 9.30pm

- 5pm – Introduction and Methods – Lecture
- 6pm – Planning a practice – Lecture
- 7.15pm – Break
- 7.30pm – Management – Lecture/Video
- 8.30pm – Injuries and First Aid
- 9.30pm - Close
- **Total 4.5hrs**

### Teaching Technique – Saturday 28<sup>th</sup> August - 9am to 6.30pm

- 9am – Passing & Receiving – Field
- 10am – Dribbling & Running with the Ball - Field
- 11am – Tackling & Defending - Field
- Noon – Lunch
- 12.30pm – **Small Sided Games - Lecture**
- 1.30pm – Goalkeeping – Field - **Systems of Play – Lecture/DVD**
- 2.30pm – Break
- 3pm – **Small Sided Games – Field**
- 4pm – **1v1, 1v2, 2v2, 3v2 - Field**
- 5pm – Theory of Tactics - Lecture
- 6pm - **Practice Teaching Topics assigned**
- **Total 8.5hrs**

### Teaching Tactical – Sunday 29<sup>th</sup> May – 9.30am to 5.30pm

- 9am – Shooting & Heading – Field
- 10.30am – Goalkeeping – Field
- 11.30am – **4v4, 6v6, 8v8 – Field**
- 12.30pm – Lunch
- 1.30pm – **Practice Teaching - Field**
- 5pm – Close
- **Total 8hrs**

Coaches can register for Regional, Advanced Regional or Advanced Regional Supplement  
The Advanced Supplement coaches units are marked out in red  
Coaches that hold there Regional will need to be mail in a copy with thier application