

ISCA with the ICA

The Illinois Soccer Coaches' Association (ISCA) has created a relationship with the International Coaches' Association (ICA) to provide a comprehensive on-line interactive coaching website that will be included within your membership in the ISCA.

In addition, online coaching certification under your ISCA membership will be provided through content material on the new website. This allows ISCA members to have the option to learn at your own pace and convenience. We feel that the current experience of attending a clinic will not be compromised, but enhanced by having the option of learning on-line. This format provides the coaches with professional coaching year-round.

The vast majority of coaches in the NISL are volunteer coaches that often do not have the time to attend coaching clinics to enhance their knowledge of the game. The vehicle in which we plan to deliver coaching education is very much a hands-on effect. The new on-line program allows those parent/volunteer coaches who have families and jobs to connect with the rest of their colleagues at their own pace.

We feel by offering our coaches an interactive website with your membership package, it will be a huge benefit for everyone involved. Each member receives access to the ISCA website containing over 4,000 pages of text, graphics, video, and animation to present and demonstrate the following topics:

- Coaching 5 to 8 years
- Coaching 9 to 12 years
- Coaching 13 to 16 years
- Training Ground
- Coaching Goalkeepers
- Learn the Skills
- Advanced Team Tactics
- Coaching Methodology
- Team Management
- Player Preparation
- Warm-ups
- Physiology
- Fitness Training
- Strength Training
- Soccer Injuries
- Nutrition
- Equipment
- Health and Safety
- Scouting the Opposition
- Laws of the Game
- Refereeing
- Administration Help
- Player Homework
- Printable Coaching Manuals
- Coaches Resource Center
- International Coaches' Association

Unlike other coaching associations, the ISCA provides coaches with instruction 24 hours every day, 7 days per week, year-round. We hope you all continue to advance your knowledge of the game, coaching, and teaching.

ICA Bronze Coaching Certification

The International Bronze Course is directed towards coaches who are training youth players ages 5 through 9 years. This is an introductory level course, designed to improve the coaches' understanding in the areas of Coaching Methodology, Team Management, Skill Development, Health and Safety, and Laws of the Game. This online course does exceed the requirements of many national schools' with academies' introductory certificates worldwide. This online course is **FREE** with membership to the ISCA.

ICA Fitness and Conditioning for Soccer Certification

The ICA Fitness and Conditioning Course is the first ever online certification for soccer and fitness training. The course is specifically designed to improve the coaches' understanding in all the important areas of fitness training. Modules include Warm-ups, Isolation Training, Speed Development, Strength Training, Stamina Training, Flexibility Training, Rhythm Training, Mobility Training, Cool-Downs, Fitness Testing, and much more. The curriculum of the course is the most comprehensive program of its kind.

Future Courses

The ISCA is committed to develop further online coaching certification course. These online courses will be directed towards goalkeeper coaching and intermediate and advanced levels of field player coaching.