

Journal of Coaching Education

The United States Soccer Federation's National Youth License (NYL): A Measure of Coaching Efficacy

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Abstract

The licensing of soccer coaches to coach at the teenage and adult levels have been in existence since the early 1970's through the United States Soccer Federation (USSF) Coaching Schools. However, it has only been since 1995 that US Youth Soccer, an affiliate of the USSF created a child-centered curriculum to address the needs of children 12 and younger and the individuals who coach them, namely the parent-coach. To date over 5000 coaches have attended this five-day course. However, no such analysis has occurred to determine the impact and influence of this program on coaching efficacy. Coaching efficacy as defined by Feltz, Chase, Moritz, & Sullivan, (1999) "is the extent which coaches believe that they have the capacity to affect the learning and performance of their athletes." The Coaching Efficacy Scale (CES) developed by Feltz, et al was used as the primary data survey instrument.

This particular study has three primary objectives:

1. to determine the coaching efficacy of the 5000 individuals who have already taken the course;
2. to conduct a pre-post study of individuals at courses during the summer and fall of 2010, to directly measure any change in coaching efficacy, and
3. to compare the coaching efficacy levels of individuals who have already completed the course with those currently enrolled in courses during 2010.

Preliminary data suggests that this program has had profound effects on candidates not only in coaching efficacy, but in changing coaching behaviors.

