



Adriana Rosen

Assistant Coach

Sport and exercise science graduate with 3 years of experience coaching youth soccer athletes across multiple age divisions, from coordinating positional drills and small-sided games to reviewing match film on Hudl for drill adjustments. Reduced equipment setup time from 19 minutes to 11 minutes by pre-staging standardized field layouts, and counseled 9 student-athletes on academic eligibility to maintain full roster availability throughout the season.

CONTACT INFORMATION

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 Rexburg, ID 12345

KEY SKILLS

- Hudl
- Sportscode
- Practice planning
- Field setup and logistics
- CPR and AED response
- Age-appropriate drill design
- US Soccer Grassroots pathway
- NFHS coaching standards
- Player counseling
- Microsoft Office

PROFESSIONAL EXPERIENCE

2024 - Present

Assistant Coach | Snake River Soccer Academy, Rexburg, ID

- Coached 47 athletes per season across U-12 and U-16 divisions, running positional drills and small-sided games aligned to the head coach's weekly curriculum.
- Managed session duration of 75 minutes per practice, structuring warm-up, technical work, and tactical segments to maximize on-field contact time for 6 sessions per week.
- Reduced equipment setup time from 19 minutes to 11 minutes by pre-staging cones, goals, and agility ladders in a standardized field layout before each session.
- Counseled 9 student-athletes on academic eligibility concerns, coordinating with school advisors to keep all players practice-eligible throughout the fall season.
- Enforced safety rules and AED protocols during practices and matches, conducting pre-session equipment inspections for 4 training fields.

2023 - 2024

Volunteer Coach | Teton Valley Youth Soccer League, Driggs, ID

- Assisted the lead coach with 34 athletes across two U-10 teams, demonstrating drills and providing one-on-one encouragement during 60-minute practices.
- Set up and broke down portable goals, corner flags, and training equipment for 3 practice fields in under 14 minutes per session.
- Reviewed 2 match recordings per week using Hudl to identify areas for drill adjustment, then presented observations to the head coach before each planning meeting.
- Provided nutritional guidance to parents at 3 preseason meetings, distributing hydration and meal-timing handouts.

EDUCATION

BS, Sport and Exercise Science

Idaho State University, Pocatello, ID | 2019 - 2023