



Jason Tenner

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Coaching Experience: 15 years

Current and Recent Coaching Positions:

- Director of Coaching at Saratoga-Wilton Soccer Club
- SWSC U12 Select girls head coach
- SWSC U10 Select girls head coach
- SWSC U10 Select boys assistant coach
- SWSC U14 Competitive girls assistant coach
- Queensbury girls varsity head coach

Previous Coaching Position:

- SWSC U12 Competitive girls head coach
- Adirondack Lynx coach U12 girls, U17 girls, U19 girls
- Shenentaha coach U17/19 girls
- Dome Academy Trainer U6/U8 Coed
- High School JV coach, both boys and girls

Licenses:

- USSF National "F" License (2013)
- USSF National "E" License (April 2016)
- USSF Grassroots License (April 2018)
- NSCAA Coaching Level 1 Diploma (2014)

- NSCAA Coaching Level 2 Diploma (2014)
- NSCAA Special Topics Certificate Mental Training (2014)
- CDYSL Level 1 License (2011Current)
- New Jersey State Public High School Certified Coach (20032007)
- New York State Public High School Certified Coach (2007Current)
- First Aid/CPR/AED Certification (Current)
- Heads Up Concussion Youth Sports Certification (Current)

Specialties:

- Speed, agility and quickness (SAQ) training
- General technical proficiency with the ball, including:
 - Receiving with an open body shape
 - Dribbling for possession
 - Passing with all surfaces
 - Striking the ball for various purposes
- Defensive positioning and understanding
- Incorporating personal athleticism into the game environment
- Body positioning for maximum vision and efficiency during game play
- Finishing goal scoring opportunities

Additional Services:

- Game film review and analysis
- \$75 per game, includes a written report.