



The UEFA A Licence Coaching Award

Course details 2008/09

1. Course Enrolment

The Course will focus on developing the following four competences of the Candidate:

1. Organisation
2. Session Management
3. Diagnosis
4. Communication

In order to assist the candidate and improve their ability with regard to the four competences, all candidates should comply with the following conditions of enrolment:

- The course is delivered entirely in English and all students will need to speak and understand English.
- The course is physically demanding. Students will be required to participate in practical sessions on a daily basis. Students should come prepared and physically fit for the course.

The course focuses on the Candidate Coaching Competencies and therefore it is imperative that the candidates have some experience coaching in the context of the course:

Small-sided games and Phase of Play (Attacking & Defending) before they undertake Part 1 of the course.

- The delivery of the course will be intensive and requires students to lead and contribute to discussions.
- It is therefore in the candidate's interest to practise and evaluate their coaching competences as much as possible before the commencement of the course.
- Considerable information and knowledge will be imparted on the course to all of the candidates and notes will need to be taken.

2. Course Structure

The FA Advanced Coaching Licence / UEFA A Coaching Award is divided into two annual periods of two weeks. Part 1 of the course will be conducted during a residential period of two weeks at Lillleshall NSC and Part 2 will be conducted on the same basis for two weeks at the same venue, twelve months later. After completing the Part 1, you will have a maximum of three years in which to complete the Part 2.

Between Part 1 and Part 2, one day, support seminars will be conducted for candidates at regional venues. Attendance at these support days is strongly recommended. Part 1 and Part 2 will include practical and theoretical aspects of study with the Final Theory and Practical assessments being held during Part 2 of the course. After Part 1, each candidate will be provided with an Action Plan and will be required to undertake tasks before the Final Theoretical and Practical Assessments are conducted.

Distance Learning:

Course Projects.

A recorded minimum of 15 hours coaching.



Course Objectives:

On the completion of the course, successful candidates will be competent in and able to:

- Operate effectively in a variety of coaching situations with players, groups and teams.
- Plan, organise, conduct and evaluate practical coaching sessions on various aspects of play.
- Successfully employ various coaching and teaching methods and styles as appropriate to the needs of the players and group.
- Analyse both individual and team performance and thereby devise practice and training to suit the requirements of the players and team.
- Understand the physical and physiological demands of playing the game, devise specific training and conditioning programmes as necessary.
- Understand the importance and timely application of the various theoretical aspects appropriate to the role of the coach at the highest level.
- Maintain the highest standards of conduct to promote Association Football.

3. Course aims and objectives

To educate the candidates in the practical and theoretical developments in modern football, so that they may devise, organise, conduct and evaluate coaching sessions in the advanced skills, tactics, strategies and systems of play, and also understand and employ the aspects appropriate to the role of 'coach' at the highest levels.

4. Course content

The following practical aspects will be included in the course curriculum:

- Goalkeeping
- Attacking at Set Plays
- Defending at Set Plays
- Development and Effective Use of Possession
- Counter-attack
- Attacking Centrally
- Attacking Down the Flanks
- Attacking from the Different Thirds of the Field
- Team Defending Strategies
- Defending Tactics – individual, group and team tactics
- Pressurising
- Defending Zonally
- Defending with Man-markers and a Free Back

Varied coaching styles and methods will be developed throughout the course, and the use of Functional Practices, Phases of Play, Small-Sided Games and 11 v 11 structures will be employed in the presentation of the practical content.

The following theoretical aspects will be included in the Course curriculum:

- Problem solving exercises
- Match Analysis
- Strategies and Tactics
- Principles and Systems of Play
- Communication Skills
- Psychology – How players learn, what motivates them?
- Fitness & Diet
- Contracts