



UEFA Pro Licence 2009

Course Content

Pre-Course Tasks:

- Obtain access to the necessary audio visual and IT equipment:
- Ensure you have a personal email address to contact The FA for assistance, if information is required.
- Ensure you have:
 - TV
 - PC with PowerPoint and broadband internet connection (if possible).
 - Audio cassette recorder.
 - DVD Player
 - Complete IT training (if appropriate).
 - Complete a personal review of Time Management.
 - Finalise the programme to complete the tasks for the UEFA A Coaching
 - Award (if necessary).

Initial residential training:

- Guest presentations.
- Practical demonstrations.
- Seminars.

Distance learning Part 1:

- 15, 30 minute lectures delivered by audio tape, video tape or internet.
- Post lecture / Pre tutorial tasks.
- 15, 60 minute tutorials as one group or two sub-groups delivered by telephone conference call system (normally on Thursday afternoons).
- Post tutorial tasks

Club Visits: (theory)

Visits by FA staff for tutorials for individual students or in small cluster groups relating to:

- Fitness and Conditioning
- Mental Preparation
- Nutrition
- Sports Medicine
- Sports Science



Club Visits: (practical)

Visits by The FA Technical Staff for discussions of practical demonstrations with individual students or in small cluster groups relating to:

- Specialist player training
- Squad training
- Team Play
- Practices

Overseas Visits:

A study of training and coaching outside England.

Final Residential Course of Training Club Assessment:

Assessment of analysis, coaching and team talk tasks.

Review of Log Book and oral interview.

Assessment:

- Project tasks - e.g. Planning a Programme, Evaluation and Performance,
- Match Analysis
- Practical Coaching - three assignments.
- Log Book activities.
- Theory of Coaching and Management.
- Team Tasks.
- Log Book of activities:
- 5 ½ hours of assessed Learning
- 24 hours of recommended practical work experience