

Level 2 - Certificate in coaching

For Whom?

- Anybody over 17 years of age with regular practical experience of participation in football.
- Candidates should have observed qualified and experienced coaches working with adults and children

Course Content:

Practical Demonstrations including:

- Basic techniques
- passing
- ball-control
- running with the ball
- turning
- dribbling
- shooting
- heading
- goalkeeping
- Attacking and defending (1 v 1 and 2 v 2)
- Principles of attack and defence - small-sided games (3 v 3, 4 v 4, 5 v 5, 6 v 6)
- Warm-up/cool down
- Group work and discussion

Theory:

- The Learning and Coaching Process I (including communication and coaching styles)
- Planning, Preparing and Evaluating Coaching Sessions
- Football Fitness I
- Football Food I
- Emergency Aid
- Health and Safety
- Overuse Injuries
- Growing Up: Youngsters in Football
- Laws of the Game
- Attitudes and Ethics
- Observed Coaching Practice:
- Three sessions techniques, skills and principles of play in attacking or defending
- Group review of coaching

Feedback:

- Development of individual Action Plan regarding coaching to be recorded in the Log-Book.
- Recorded Coaching in Log-Book
- Record of Planning, Preparing, Conducting and Evaluating 10 sessions
- Minimum of 16 hours coaching
- Evidence of coaching techniques and principles
- Evidence of coaching adults and children

Please Note: A range of opportunities to complete this module locally is available throughout the country. The cost of these modules will need to be borne separately by the candidate.

Final Training and Assessment:

- Students will have the opportunity of subsequently being assessed on a National or Local course through a:
- Laws of the Game Examination
- Review of the study tasks
- Review of Log-Book
- Oral Interview
- Practical Coaching Assessment - adults and children

Re-assessment:

- Available in aspects deemed not yet competent.

Leading To:

- 1st4sport Level 3 Certificate in Coaching Football [The UEFA 'B' Award] (The Football Association)

- FA Youth Coaches' Certificate (7-11 yrs)

More Details:

- Purpose of Course:
- Develop greater responsibility for their own learning and development
- Coach the basic skills and techniques, and demonstrate an understanding of the principles of attack and defence through the use of practices and small-sided games
- Develop an appreciation of the coaching process, the needs of the player and related issues in Sports Science
- Plan, conduct and evaluate a series of sessions in a systematic and progressive manner
- Ensure the health and safety of players and others within the coaching environment and be able to respond to any emergency
- Establish positive working relationships and high standards of behaviour with players, other coaches, parents and officials and contribute to the promotion of Association Football

Distance Learning:

- Completion of home study tasks regarding:
- FA Child Protection - Best practice
- Emergency Aid
- Candidates are expected to have completed the Child Protection module Children Ensuring Safety in Football and the Emergency Aid module either before the course of training or before the final assessment.

Please Note: Candidates will need to return for TWO final assessments of this coaching certificate.