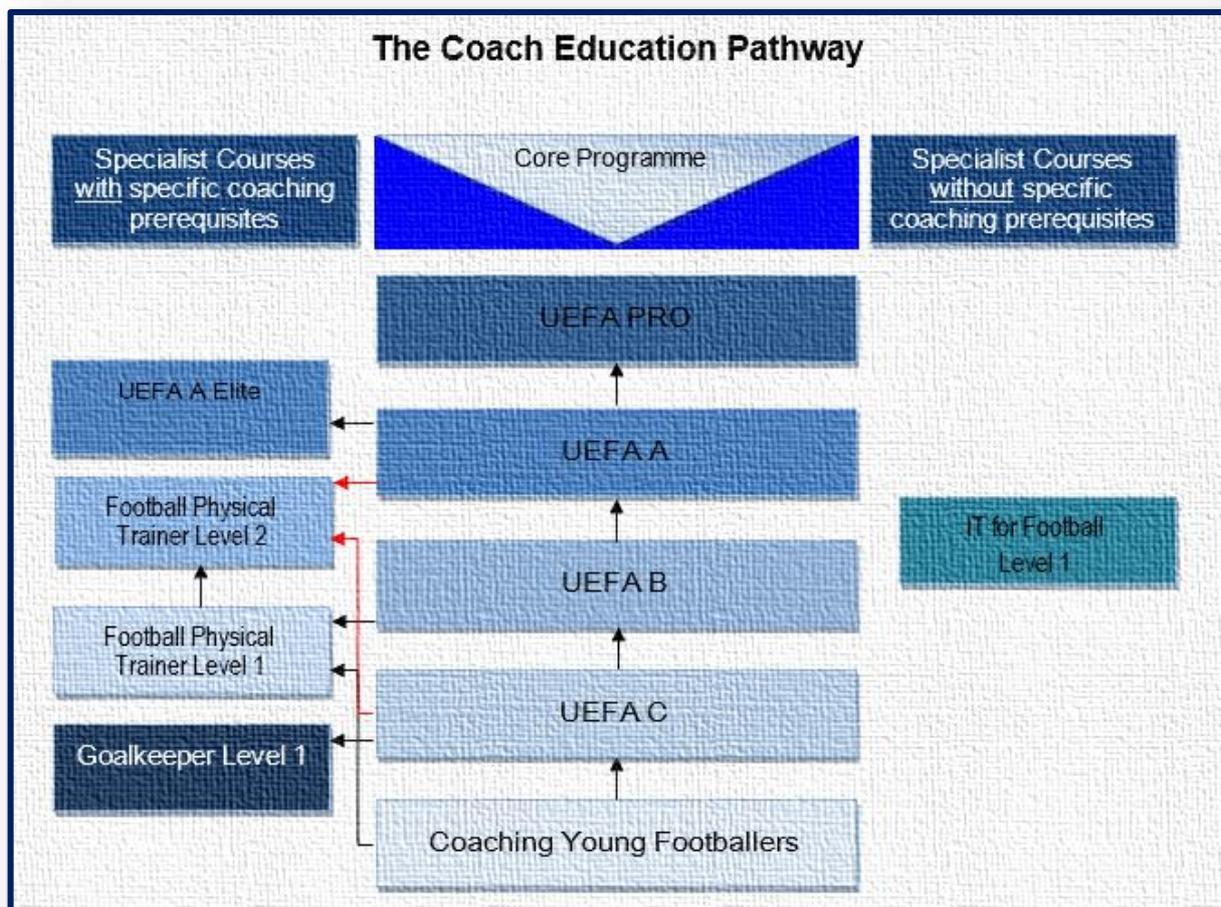


## Football Coaching Courses and Qualifications



### Coaching Young Footballers (CYF)

Coaching Young Footballers (CYF) is the first course in football coaching that allows the interested candidate to get initiated into the realms of coaching. It deals with the Fundamental stage which is the first stage in the Long-Term Player Development process. During this course participants are introduced to the basic principles of football coaching and to an understanding of the responsibility of the coach towards the different stakeholders. The candidate can aspire to coach young footballers after completion of the course. This course has a duration of 20 hours and has a part dedicated to Coerver Coaching.

#### Learning outcomes

- Recognise and identify the main characteristics of the FUNdamental stage.
- Differentiate between and apply the ABC's that characterise the FUNdamental phase.
- Express child development in each of the 4 corners of development that is tactical, technical, physical and mental.
- Appraise the role of the coach at such a critical stage
- Recognise and apply a host of exercises and games that are useful for this age.
- Practice the Coerver Coaching method and apply this methodology for the FUNdamental stage

- Differentiate between multilateral education and early specialisation and recognise that development does not happen instantly but there are different pathways taken by different players.
- Recognise that session planning is about fun and activities and can demonstrate such games and activities with children.
- Analyse the relations between the coach, the player and the parent and ascertain how they can work together for the player to develop.
- Recognise that the 4v4 game and other small sided games are the natural games for children to play.
- Recognise that it is all about development and the child and not about winning and the coach.
- Experiment with handling the ball which is the foundation for goalkeeping training.
- Recognise that dribbling is the key fundamental skill in this age.
- Recognise that safeguarding is everyone's responsibility.
- Determine the best practice when working with youngsters in football?
- Differentiate between abuse and poor practice

## UEFA C

The UEFA C deals with the golden age of learning. It deals with 9-12 age bracket and coincides with the Learning to Train Stage. This is a very delicate period in the development of the football player and the coach needs to prepare the player through and in the game while considering the 4 corners of development thoroughly. This course has a duration of 84 hours.

The candidate is assessed formatively throughout the course and summatively through the formative task, 2 practical sessions and the end of module assignments. The candidate needs to obtain a minimum of 60% to pass however he needs to obtain a 60% in the practical to be successful.

- Recognise and identify the main characteristics of the Learning to Train stage.
- Differentiate between and apply coordinative and conditional capacities in each training session.
- Express child development in each of the 4 components of development that is tactical, technical, physical and mental.
- Consider the role of the coach and his approach in training and in games.
- Recognise and apply a host of exercises and games that are useful for this age.
- Practice the Coerver Coaching Session Pie methodology.
- Adapt and apply a game approach and player centred methodology.
- Recognise how the body works and how biological principles form the basis of practical work.
- Consider and practice in detail the 4v4 and 8v8 in both offensive and defensive situations.
- Apply differentiation in training to bring about the best from each player and help each player improve in each session.
- Practice the organisation of the 4v4 festival.
- Identify how goal setting can facilitate better and more sustained improvement.
- Recognise the possible stressors in youth football and determine how the coach can help to alleviate stress.
- Recognising the signs and symptoms of abuse
- Consider the legal and moral implications of being a person in a position of trust
- Differentiate between abuse and poor practice

## UEFA B (pre-selection criteria apply)

(As per UEFA Coaching Convention 2015)

The candidate needs to be in possession of a UEFA C and at least one year coaching experience.

### Profile

Work context
Working at youth and/or amateur level
Working with youth and/or amateur players
Working as the coach of a youth or amateur team
Being involved in the technical policy of an amateur club and/or club's youth development plan
Working with players from different backgrounds, minority groups, talented and less talented players...

Purpose of the job
To develop the team and players in a manner appropriate to their age and/or level
To make and execute a plan to improve amateur players and/or youth players of different ages
To manage all aspects of the team's performance
To focus on the development of the team and individual players

Responsibilities and roles
Being accountable to the club's youth development director and/or its management (president, board ...)
Coaching and leading the team and directing support staff

Working Areas
Coaching the team during matches at amateur and/or youth level
Preparing and conducting training sessions at amateur and/or youth level
Working on the team's development (in cooperation with support staff)

Directing and supporting players' development
Contributing to club policy and/or the club's youth development plan
Dealing with all other factors affecting the team's performance (e.g. sports ethics)

## UEFA A (pre-selection criteria apply)

(As per UEFA Coaching Convention 2015)

The candidate needs to be in possession of a UEFA B and at least one year coaching experience.

### Profile

Work context
Working at top amateur level
Working with top amateur players
Working as the head coach of a top amateur team
Being involved in the technical policy of a top amateur club
Working with players from different cultural backgrounds

Purpose of the job
To create a winning team
To make and execute a plan to improve top amateur players
To manage all aspects of the team's performance
To focus on the development of the team and individual players

Responsibilities and roles
Being accountable to the club's management (president, technical director, board ...)
Coaching, managing and leading the team and directing support staff at top amateur level

Working Areas
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Coaching the team during matches at top amateur level
Preparing and conducting training sessions at top amateur level
Working on the team's development (in cooperation with support staff – i.e. technical, medical and performance staff)
Directing and supporting players' development
Contributing to club policy
Dealing with all other factors affecting the team's performance (media, supporters, scouting, sports ethics ...)

### **UEFA PRO (pre-selection criteria apply)**

(As per UEFA Coaching Convention 2015)

The candidate needs to be in possession of a UEFA A and at least one year coaching experience.

#### **Profile**

<b>Work context</b>
Working at professional level
Working with (semi-)professional players
Working as the head coach of a club's first team
Being involved in the club's technical policy
Working with senior players from different backgrounds, (young talented players, older players, players from different cultures, star players ...)

<b>Purpose of the job</b>
To create a winning team
To make and execute a plan to improve professional players
To manage all aspects of the team's performance
To focus on the development of the team and individual players

## Responsibilities and roles

Being accountable to the club's management (owner, chief executive, technical director, board ...)

Coaching, managing and leading the team and directing support staff

## Working Areas

Coaching the team during matches at professional level

Conducting training sessions at professional level

Working on the team's development (in cooperation with all support staff – i.e. technical, medical and performance staff)

Directing and supporting players' development

Contributing to club policy

Dealing with all other factors affecting the team's performance (media, players' agents, supporters, sports ethics ...)

## UEFA ELITE YOUTH A (pre-selection criteria apply)

(As per UEFA Coaching Convention 2015)

The candidate needs to be in possession of a UEFA A and at least one year coaching experience.

## Profile

### Work context

Working at elite youth level

Working with elite youth players

Working as the head coach of an elite youth team

Being involved in a club's talent development plan

Working with players from different cultural backgrounds, different ages ...

### Purpose of the job

To develop talented players for the professional game

To make and execute a plan to improve elite youth players of different ages as part of the club's talent development plan

To manage all aspects of the team's performance

To focus on the development of the team and individual players

### Responsibilities and roles

Being accountable to the club's youth development director

Coaching, managing and leading the team and directing support staff at elite youth level

### Working Areas

Coaching the team during matches at elite youth level

Preparing and conducting training sessions at elite youth level

Working on the team's development (in cooperation with support staff – i.e. technical, medical and performance staff)

Directing and supporting the development of elite youth players

Contributing to club's talent development plan

Dealing with all other factors affecting the team's performance (media, parents, players' agents, supporters, scouting, sports ethics ...)

## Goalkeepers' Course Level 1

Goalkeepers' course level 1 is the first course about specialization in goalkeeping. This course deals with the four components of preparation of the goalkeeper. This course equips the candidates with the required competence to prepare the goalkeepers for youth level up to U/13. This course has a duration of 24 hrs which includes both theoretical and practical lessons.

The candidates need to have the UEFA C license to apply for this course. There on, to continue specializing in goalkeeping candidates must sit for the UEFA B whereby they can specialise further in goalkeeping in courses that need yet to be organised.

Learning outcomes:

- Recognize and identify the main technical-tactical goalkeeping aspects.
- Plan and conduct various training sessions.
- Coach the goalkeeper within a game situation.
- Recognize physical and mental elements that characterize the youth at this level.
- Cooperate with other technical staff.

## **Football Physical Trainer Course – Level 1**

Football Physical Trainer Course Level 1 (FPTC – Level 1) is the first of two courses in football physical preparation organized by the MFA Technical Centre. This course deals with all the aspects of physical preparation in youth football up to the age of 16 years. During this course candidates are introduced to the basic principles of training methodology and football periodization. It prepares candidates to have the required competences to prepare the players optimally in this important aspect without losing sight of the other 3 aspects required in football. This course has a duration of 25 hours spread which includes both theoretical and practical lessons.

The candidate is assessed at the end of the course with a practical assessment.

Learning outcomes

- Recognise and identify the main characteristics of physiology in children and adolescents.
- Recognise the importance of physical preparation during the developmental phase.
- Demonstrate the importance to propose an age and level-related methodology of work.
- Recognise the importance to follow a Long-Term Development Plan.
- Differentiate between and apply coordinative and conditional capacities in each training session.
- Recognise the importance to apply a game approach and player centred methodology.

## **Football Physical Trainer Course – Level 2**

Football Physical Trainer Course Level 2 (FPTC – Level 2) considers elite and PRO levels of the game. Candidates will be exposed to various training methodologies and periodisation models that will enable them to plan and execute training sessions to the highest details as is required at pro levels. Candidates will be familiarised with various testing methods of work with various IT gadgets amongst them GPS, HR monitors and be able to download information and help the head coach to utilise such data to plan accordingly. The emerging data coming from match analysis will be scrutinised to determine how the players can improve and through the game as players will be trained mostly through game situations.

Learning outcomes

- Demonstrate and identify the main characteristics of physiology in footballers.

- Recognise the importance of physical preparation throughout the different phases of the season.
- Draw up and apply an individual and level-related methodology of work.
- Evaluate the demands placed on the footballer
- Analyse and evaluate the contemporary approaches used to plan, monitor and evaluate physical conditioning programmes for high level players.
- Plan, apply and evaluate a player centred methodology within a game approach at elite and professional level.

## **Basic IT support for coaches**

The aim of this course is to equip coaches with IT skills to make them maximise their work through technology. Coaches will learn how to use different programmes and applications to perform their duties on and off the field more effectively.

The learning outcomes are:

1. Use Power Point to make presentations and basic animations.
2. Use Excel to store important data such as tests about players.
3. Use applications such as Ubersense and Coach's eye to make player analysis.
4. Cut clips and make an analysis of the game using KINOVEA.
5. Use Facebook to communicate with players
6. Be IT literate and present yourself more effectively to the players.

## **The Football Parent - *Course for Parents***

The intention of the MFA is to broaden its football education to all the stakeholders. As coaches and players are more educated about the game, the parent needs to be part of this strategy and be a positive partner in their son's / daughter's development. As parents have a very strong influence on their children, they need to be sustaining further development and not stifling their growth. These competences will generate a more educated parent who in turn allows the child to develop in a more stable environment.

The aim of the course is to give the required competences to parents whose children have started playing football. The expected course should have a duration of approximately 16 hours which should include lectures, workshops and practicals. At the end of the course the football parent will acquire the following learning outcomes:

- Embrace long-term player development.
- Recognise how the child develops through different stages of development.
- Perform the roles of a parent and of a football parent.
- Respect code of ethics.
- Support his / her child during training, festivals and tournaments.
- Recognise and enable the development of the 5 C's in their children.

- Embrace club philosophy, programme and coaching.
- Sustain the child's learning process.
- Assist own son's / daughter's lifestyle and help them to grow into independent adults who can manage their own lifestyle.
- Determine how nutrition and diet are important for the success of a football player and how to consume healthy food and snacks with adequate hydration.
- Consider how respecting child's welfare can foster greater development.
- Determine when winning becomes important
- Help their children to deal with injuries and layoff periods.
- Conscious about player registration and transfers.

This course does not have any formal assessments but such content should help to develop and refine parenting skills that are required in football. A certificate of attendance will be awarded at the end of the course.