



COMMUNITY COACHING PATHWAY

JUNIOR LICENCE COURSE CURRICULUM

Better Coaches, Better Football

Course Description

The Junior Licence is for those candidates who require the knowledge and competency to organise junior players into suitable football practices. This course is an Accredited program under the auspices of Football Federation Australia's National Coaching Scheme.

FFA Licensed Instructors and authorised Lecturers focus the course on competent organisation of development practices through the presentation of modern practical and theory methods.

The course is also designed to further enhance the knowledge of those coaches who are currently coaching players of a junior age.

Course Aim and Learning Outcomes

Aim

To provide candidates with the knowledge and competency to prepare, structure and organise suitable development practices for Junior Players.

Learning Outcomes

On completion of this course the candidate will be able to:

- Identify the training requirements of junior players
- Prepare a training session appropriate to the needs of Junior players
- Differentiate between practice methods and demonstrate that knowledge by selecting appropriate methods
- Facilitate the learning of basic technique and skills of football within practice sessions
- Conduct practice session in a safe environment
- Identify basic safety and first aid requirements
- Understand the basic laws of the game
- Evaluate the effectiveness as the role of the coach

The course will be presented by integrating both Practical and Theoretical Modules.

Methodology of Practical Coaching Modules

Model practical sessions dealing with the principles of how players develop and learn basic techniques will be presented in varied forms. This will also include guided tuition and practical assessments.

Methodology of Coaching Principles Modules

Lectures and group work will be based on the Theory of Coaching Principles with relevance to Football in varied forms. This will also include guided tuition and practical assessments.

Course Duration

Not less than 16 hours.

Course Pre Requisite

Medical Status

Candidates will be invited to participate in practical sessions. Those who are unable to do so are required to declare any medical impediment in writing.

Health warnings are provided to candidates when enrolling for the course.

Candidates are responsible for their own health and medical requirements.

Course Preparation

Candidates are advised to undertake adequate pre-course preparation by reading of the Course Content.

It is further recommended that the candidates prepare themselves in a physical sense, particularly if they are not actively playing or coaching immediately prior to the start of the course.

Course Equipment

For Candidates to bring to the Course

- Writing Material
- Suitable shoes for grass or indoor training surfaces
- Change of clothes
- Towel
- Wet weather gear
- Sun protection
- Shin pads are advised
- Water Bottle

Course Text Book

'Developing Youth Football Players' by Horst Wein

Course Instructor

The Instructor presenting the Methodology of Practical Coaching is a current FFA Junior Licence Instructor or has a higher qualification. Invited Coaches who are recognised as High Performance Coaches or a Specialised Lecturer may conduct individual sessions. Such Coaches/Lecturers will be used under the direction and guidance of the Course Instructor.

Accreditation

Upon completion of Methodology of Practical Coaching and Methodology of Coaching Principles, successful candidates will receive:

- FFA Junior Coaching Licence (valid for 4 years)

The renewal date for ongoing accreditation will be on 30th June and 31st December of the relevant year.

Recognition of Prior Learning and Current Competency

FFA recognises that competencies can be achieved in a number of ways:

- Through formal or informal educational programs
- Through playing or coaching experience
- Through related experiences
- Through any combination of the above

All competency pathways will be incorporated in the recognition of prior learning that allows competencies currently held by candidates to be formally benchmarked against FFA's Coaching Course Assessment Criteria.

A candidate may be exempted from certain aspects of the course where it is considered appropriate and in recognition of prior learning. This may be where a candidate has a Physical Education / Sports Science Degree or has acquired acceptable local / overseas qualifications or competencies which have incorporated aspects covered in specific modules of the course.

Qualification and statements of prior learning must indicate the level of competence achieved and be accompanied by authorised documentation.

The State Coach Education Manager is the only person authorised to give exemptions.

Course Sections

The Junior Licence Course will be conducted in three main sections as follows:

Section 1	Practical Instruction - Methodology of Organising Practices
Section 2	Theory of Coaching Principles - Methodology of Coaching Principles
Section 3	Assessments

Section 1: Practical Instruction

This part of the course will include model practice demonstrations, lectures, and group planning sessions, coaching principles and interim assessments.

Participation and attendance at all sessions will contribute to the final pass mark.

Section 2 : Theory of Coaching Principles:

This section of the course will concentrate on the coach gaining a theoretical understanding of the fundamental principles involved with coaching junior players.

Modules will be integrated throughout the course and will include:

- Planning and Group Management
- Role of the Coach and Coaching Better
- Basic Laws of the Game
- A Junior Player's Development
- Basic Safety and First Aid

Section 3 : Assessments

Each candidate will be assessed on practical coaching and the theory of coaching principles through the course.

In the practical assessments the candidate will be expected to conduct a minimum of one fifteen-minute instructional session with the session contributing to the final pass mark.

Each session should progress from a simple 'related practice' to a more complex stage.

For the theory assessment, the candidate will be expected to complete workbooks and/or lecture assignments that will contribute to the final pass mark.

An assessment on the practical and theory components of the course will be carried out by the Course Instructor and an overall performance grade allocated.

In awarding an overall performance grade at the end of the course, the candidate's current competency is evaluated.

Simply evaluating the result of one practical session does not attain the overall performance grade allocated to a candidate.

Competency that is demonstrated by the candidates throughout the course will be acknowledged in order for the candidate to achieve an appropriate final grade.

The Three Levels of Performance Grade Marks are

'Pass'

The candidate has demonstrated an adequate level of competency throughout the course and is recommended to attend the Youth Licence Course.

'Not Yet Competent'

The candidate has demonstrated a "Not Yet Competent" level throughout the Course and is required to undertake further coaching practice and assessment.

'Course Incomplete'

The candidate did not meet essential course attendance requirements and/or completed assignments.

Candidates Grade

Candidates who receive a 'Pass' grade will receive an FFA accreditation licence and qualify to attend the next level coaching course.

Candidates not achieving the required competence may apply for a re-assessment through their Coach Education Department.

Candidates will be required to demonstrate a competence in the following Assessment Criteria

Assessment Criteria 1

Coaching practices should have the following features:

- A relevance to the allocated coaching topic
- Passive and / or active opposition
- Clearly defined participants or teams with targets to achieve
- Maximum and effective use of available equipment
- Clearly defined playing areas and outcomes to achieve

Assessment Criteria 2

Each session will be assessed on the following:

- The coaches written preparation plan on the session feed back sheet
- The coaches organisation of the practice
- The coaches demonstration of relevant points
- The players understanding and comprehension of instruction
- The coaches observation and ability to change the practice session
- The progression of the practice if required
- The presentation style of the coach with effective utilisation of voice, tact, enthusiasm and positive language.

Candidates not meeting a competent standard of the assessment criteria may be required to undertake additional assessments.

Attendance Requirements

Candidates are required to attend all practical instructional sessions and coaching principle lectures to achieve the attendance requirements.

Modules missed or not completed may be undertaken on other courses under the direction of the State Coach Education Manager.

Candidates not meeting the above minimum requirements may need to complete a new course or attend incomplete modules.

For a PASS grade the candidate will need to demonstrate a competence in:

1. Preparation - Has the Coach shown an ability to design a suitable practice and prepared relevant equipment?
2. Organisation - Has the organisation of the practices shown that the coach has been effective and efficient with equipment, players and instruction?
3. Practice structure - Has the coach structured the practice with appropriate learning outcomes, realistic targets, suitable numbers in a safe area that fits the age and ability of the players?

4. Explanation and demonstration of activity - Has the coach shown an ability to effectively and efficiently explain and demonstrate the required activity to the players to start the practice or to improve an action?

Course Modules

Theory Modules

Module 1: Role of the Coach

Module 2: Planning and Group Management

Module 3: Development of Junior Players

Module 4: Risk Management & Basic First Aid

Module 5: Basic Laws of the Game

Practical Modules

Module 1: Principles & Methods of Organising Games

Module 2: Technique Practices – Basic Striking & Controlling the Ball

Module 3: Technique Practices – Basic Dribbling & Goalkeeping

Module 4: Basic Attacking & Defensive Play

Assessment Module

Module 1: Candidate Coaching Practice, Evaluation & Assessment Feedback

Course Theory Modules

Module 1: Introduction To Course

- Aims and objectives of course and candidates obligations

Role of the Coach

- How to coach kids effectively and Coaching styles
- Development Coach versus Premiership Coach
- Junior players views of the 'ideal' coach
- The coaches role at a training session
- The coaches role at a competitive match

Purpose of Module

- This module will provide coaches with an overview of the role of a coach and the skills that coaches require to be effective practitioners
- Provide coaches with practical skills to evaluate and improve the quality of their coaching

Group Discussion

- Instructor to review session activities
- Candidates to discuss key points
- Instructor to overview the next module

Module 2: Planning & Group Management

- Seven basic parts of a training session
- Why each is important and why they are in that order
- How to plan and organise a training session

Purpose of Module

- This module will provide coaches with the basic skills required to plan a practice session for Junior players
- The purpose of this module is to enable coaches to effectively manage small groups at training and implement efficient practice activities

Group Discussion

- Review session activities
- Candidates to discuss key points
- Overview the next module

Module 3: Development of Junior Players

- How children develop and learn
- How to facilitate the learning of soccer skills and physical development
- The different growth stages of young players

Purpose of Module

- This module will provide coaches with the information and skills to select appropriate training and competition activities for the Physical and Coordination development of young players

Group Discussion

- Review session activities
- Candidates to discuss key points
- Overview the next module

Module 4: Risk Management

The purpose of this module is to provide coaches with the practical skills to ensure a safe sporting environment

This module will also overview the legal and ethical liabilities that coaches must consider in their coaching

- Ethical Issues
- Coaches code of conduct
- Sexual Harassment/abuse
- Coaching Children

Group Discussion

- Review session activities
- Candidates to discuss key points
- Overview the next module

Module 5: Basic Safety & First Aid

Purpose of Module

- This module will enable coaches to minimise the risk of injury occurring and explain the importance of appropriate first aid in sporting activity

Group Discussion

- Review session activities
- Candidates to discuss key points
- Overview the next module

Module 6: Basic Laws of the Game

The purpose of this module is to provide coaches with the theory components of basic laws in the game to foster fair play.

Group Discussion

- Review session activities
- Candidates to discuss key points
- Overview the next module

Course Practical Modules

Module 1: Principles & Methods of Organising Games

Warm up & Opening Activity / Practice Methods

- Activities that provide a fun and stimulating start to the training session
- Chasing games, relay races, related practice, minor games, small sided games

Principles of Organising Games & Practice Methods

- The 'essential elements' of a game (opposition / colleagues / goals / score / field / marked area / distinguishing colours / rules)
- A game can be 1 v 1, 2 v 2, 3 v 3, 6 v 6, 9 v 9, 11 v 11, with continuous free play
- Players learn from playing games and how the coach facilitate the process

Group Discussion

- Review session activities
- Candidates to discuss key points
- Overview the next module

Warm-Up & Opening Activity

- Different activities and methods

Module 2: Technique & Skill Practices: Striking & Controlling

Striking the ball

- Basic striking techniques
- Selection, accuracy, power, application (foot, head, etc)
- Key features of the technique and the reasons for the different practice methods

- Game sense questioning techniques

Controlling the ball

- Keep possession, selection, application (different parts of the body)
- Basic controlling techniques and practices
- Key features of the technique and the reasons for the different practice methods
- Game sense questioning principles

Group Discussion

- Review session activities
- Candidates to discuss key points
- Overview the next module

Module 3: Technique & Skill Practices: Basic Dribbling & Goalkeeping

Warm & Up Opening Activity

- Different practice methods

Basic Dribbling

- Basic dribbling techniques and practices
- Close control, running with the ball, change angles, fake movements, change of pace
- Key features of the technique and the reasons for the different practice methods
- Game sense questioning practices

Basic Goalkeeping

- Basic goalkeeping techniques and practices
- Basic position, angles, receiving
- Key features of the technique and the reasons for the different practice methods
- Game sense questioning practices

Group Discussion

- Review session activities
- Candidates to discuss key points
- Overview the next module

Module 4: Technique & Skill Practice: Basic Attacking/Defensive Play

Warm-Up & Opening Activity

- Different activities and methods

Basic Attacking

- Keeping possession, passing, support
- Basic attacking techniques and practices
- Basic features of attacking play and the reasons for the different practice methods
- Game sense questioning principles

Basic Defending

- Winning the ball, application
- Basic defending techniques and practices
- Basic features of defensive play and the reasons for the different practice methods
- Game sense questioning principles

Group Discussion

- Review session activities
- Candidates to discuss key points
- Overview the next module

Assessment Modules

Module 1: Candidate Coaching Practice

Warm-Up & Opening Activity

- Different activities and methods

Evaluation and Feedback

- Positive feedback on coaching effectiveness
- Candidates to organise and coach a group of players on a basic technique in a practice
- Instructor to give advanced notice of session
- Session to be a related or ball technique practice

Group Discussion

- Review session activities
- Candidates to discuss key points
- Instructor to overview additional coach education programs and updating procedures.