



COMMUNITY COACHING PATHWAY

SENIOR LICENCE COURSE CURRICULUM

Better Coaches, Better Football

Course Description

The Senior Licence is for those candidates who have successfully completed a Football Federation Australia Youth Licence and achieved an “Advance Pass” grade whilst demonstrating an ability to coach player’s at a senior amateur competition level. This course is an Accredited program under the auspices of Football Federation Australia’s National Coaching Scheme.

FFA Licensed Instructors and authorised Lecturers aim the course at competent technique and skill coaching 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 at a senior level of competition

Course Aim and Learning Outcomes

Aim

To provide candidates with the knowledge and competency to coach technique, skill and game principles to players at youth / senior amateur level of competition.

Learning Outcomes

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

- Identify and coach technique and skill to youth/amateur senior players
- Differentiate between practice methods
- Select appropriate methods to enhance performance
- Differentiate between technique and principles of play
- Demonstrate appropriate knowledge of techniques and skill principles
- Coach principles of attack and defence in functional / phase practices
- Relate theory of coaching principles to practical coaching
- Demonstrate an understanding of the laws of the game
- Evaluate the effectiveness of their coaching behaviour

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 player’s learning technique, skill and game awareness will be presented in varied forms. This will also include guided tuition and practical assessments.

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 60 hours of active course involvement, plus home assignments and practical team coaching.

A minimum of 30 hours Football Specific and 30 hours of General Coaching Principles is required.

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 who wish to participate in practices. Candidates are responsible for their own health and medical requirements and insurance.

Course Preparation

Candidates are advised to undertake adequate pre-course preparation by reading of the Course Content. It is also recommended that you acquire the relevant course coaching manuals.

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 course.

Recommended Equipment

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

Course Text Book

'Coaching Soccer Successfully' by Roy Rees and Cor van der Meer

Course Instructor

The Instructor presenting the 'Methodology of Practical Coaching' is a current Football Federation Australia Senior Licence Instructor or has higher qualification. Individual sessions may be conducted by invited Coaches who are recognised as a High Performance Coach or Specialised Lecturer. 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 Senior 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

Football Federation Australia recognises that competencies can be achieved in a number of ways:

- Through formal or informal instruction
- 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 Football Federation Australia'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 current competencies. 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 current competencies 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 Senior Licence will be conducted in three main sections as follows:

- Section 1** Practical Instruction - Methodology of Organising Practices
- Section 2** Theories 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 players at a youth / senior competition level.

Modules will be integrated throughout the course and will include:

- Periodisation of a coaching program
- Teaching Methodologies
- Effective Communication
- Resource Management
- Technique/Skill Development
- Principles of Attack and Defence
- Goalkeeping Principles
- Goal Scoring Principles
- Laws of the Game
- Fitness for Football
- General Coaching Principles

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 three, 15 to 30 minute instructional sessions with each session contributing to the final pass mark.

The coach should plan to progress each session from a 'Ball Technique Practice or Functional 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.

The Course Instructor will carry out an assessment on the practical and theory components of the course, 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 results of one practical session does not attain the overall performance grade allocated to candidates.

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

The Four Levels of Performance Grade Marks are:

Advance Pass

The candidate has demonstrated a very high level of competency throughout the Course, and is recommended for the next level of accreditation.

Pass

The candidate has demonstrated an adequate level of competency throughout the course. Although the candidate would need further coaching competence before attending the next level of accreditation.

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 reaching acceptable standards will be graded "Pass" or "Advance Pass."

A "Pass" grade mark indicates that the candidate has reached a satisfactory standard. However the candidate would need to gain further coaching competence before applying for reassessment to be upgraded to an "Advance Pass".

Candidates who receive an "Advance Pass" grade will qualify to attend the next Level of accreditation

Candidates may apply for reassessment to be upgraded to an "Advance Pass" through their State Coaching & Development Department.

Assessment Criteria

Assessment Criteria: 1

Coaching practices should have the following features:

- Relevance to the allocated topic
- 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 observation and ability to facilitate improvement
- The Coaches demonstration of relevant coaching points
- The players understanding and comprehension of instruction
- The planned progression of the practice
- The Coaching style of the coach with effective utilisation of voice, humour, 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 Course Instructor.

Candidates not meeting the above minimum requirements maybe required to attend a complete new course or attend those incomplete modules.

Modules

Theory Modules

Module 1

Introduction to the Course

Module 2

Planning the Training Program

Module 3

Resource Management

Module 4

Laws of the Game

Assessment Modules

Module 1

Candidates Practical Evaluation & Feedback

Module 2

Candidates Practical Evaluation & Feedback

Module 3

Candidates Practical Evaluation & Feedback

Module 4

Candidates Practical Evaluation & Feedback

Module 5

Candidates Practical Evaluation & Feedback

Module 6

Candidates Practical Evaluation & Feedback

Module 7

Candidates Practical Evaluation & Feedback

Module 8

Candidates Practical Evaluation & Feedback

Practical Modules

Module 1

Technique Skill Development

Module 2

Principles of Attack: 1

Module 3

Principles of Attack: 2

Module 4

Coaching Technique: 1

Module 5

Coaching Technique: 2

Module 6

Patterns of Play

Module 7

Principles of Defence 1

Module 8

Principles of Defence 2

Module 9

Attacking & Defensive Principle

Module 10

Goal Scoring Techniques

Module 11

Goalkeeping Training
Techniques

Theory Modules

MODULE 1: Introduction to the Course

This module will overview the course content and requirements, candidate's responsibilities and assessment criteria.

- Aims and objectives of the course
- Candidates and staff obligations
- Course theory and practical modules

MODULE 2: Planning the Training Program

This module will provide candidates with the skills required to implement an effective yearly training program

- Phases of the training / competition plan
- Individualising programs
- Evaluation
- Record keeping

Group Discussion

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

MODULE 3: Resource Management

The purpose of this module is to provide the candidate with the skill to source appropriate information relevant to their training and competition program

- Identification of resources
- Support team management
- Developing a network
- The Internet, books, videos, magazines, other courses

MODULE 4: Laws of the Game

This module will provide candidates with an overview of the current Laws of the Game, their interpretation and tactical impact on the game.

Group Discussion

- Instructor to review session activities
- Candidates to discuss key points

- Instructor to overview the next module

Practical Modules

MODULE 1: Technical /Skill Development

Warm-Up / Opening Activity

- Activities that provide a stimulating start to the training session
- Stretching and flexibility techniques

Practice Methods

- Principles of organising practices
- Methodology of practices to achieve a desired outcome
- Related practices
- Ball technique practices
- Small sided games
- Functional practices
- Phase Practices
- Condition games

Group Discussion

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

MODULE 2: Principles of Attack: 1

Warm-Up / Opening Activity

- Activities that provide a stimulating start to the training session
- Stretching and flexibility techniques

Penetration, depth, width, mobility, communication

- First and second attacker changing roles
- Penetration, (dribble, pass, shoot)
- Small sided games (5v5) (6v6)
- Functional practices (3v3) (2v1 / 3v2)

Group Discussion

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

MODULE 3: Principles of Attack 2

Warm-Up / Opening Activity

- Activities that provide a stimulating start to the training session
- Stretching and flexibility techniques

Penetration, selection, accuracy, power, timing, deception

- Best selection, technique, supporting players, distance and angles, body Shape
- Small sided games (5v5 /6v6)
- Functional practices (3v1 / 4v2 / 5v3)

Group Discussion

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

MODULE 4: Coaching Technique & Skill: 1

Warm-Up / Opening Activity

- Activities that provide a stimulating start to the training session
- Stretching and flexibility techniques

Dribbling, running with the ball, striking the ball Dribbling techniques / skills

- Close control, change direction, disguise intention

Running with the ball technique / skills

- Ball position, visual area, changing direction

Striking the ball techniques / skills

- Inside, outside, instep of foot
- Lofted / chip, kicks, low drives
- Volleying (full, half, pivot)

- Heading

Ball technique practices

Functional practices

Group Discussion

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

MODULE 5: Coaching Technique & Skill: 2

Warm-Up / Opening Activity

- Activities that provide a stimulating start to the training session
- Stretching and flexibility techniques

Controlling, receiving the ball and screening

Receiving / controlling techniques / skills

- Flight of the ball and body position
- Controlling surface - foot, thigh, chest, head
- When and when not to receive

Screening techniques / skills

- Flight of the ball and body position
- Protect the ball and keep it moving
- Disguise intention

Group Discussion

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

MODULE 6: Patterns of Play

Warm-Up / Opening Activity

- Activities that provide a stimulating start to the training session
- Stretching and flexibility techniques

Create space, keep possession, predictable outcomes

Patterns of play combinations

- Wall pass, change over, overlap, blindside runs, set up pass
- Ball technique / functional practices

Group Discussion

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

MODULE 7: Principles of Defence: 1

Warm-Up / Opening Activity

- Activities that provide a stimulating start to the training session
- Stretching and flexibility techniques

Tackling, pressurising, jockeying, containing & changing roles

- First defender's changing role in small sided games (5v5) (6v6)
- First defender's role in ball technique / functional practice (1v1 / 2v1 / 2v2 / 3v2)

Group Discussion

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

MODULE 8: Principles of Defence: 2

Warm-Up / Opening Activity

- Activities that provide a stimulating start to the training session
- Stretching and flexibility techniques

Support players, communication, balance, tracking, ball-oriented defence & changing roles

- Second / third defender's changing role in small sided games (5v5) (6v6)
- Ball technique / functional practices (1v2 / 2v2 / 3v3 / 3v4)

Group Discussion

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

MODULE 9: Coaching Attacking & Defensive Principles

Warm-Up / Opening Activity

- Activities that provide a stimulating start to the training session
- Stretching and flexibility techniques
- Coach Attacking Principles in Functional / Phase Practices
- Coach Defensive Principles in Functional / Phase Practices

Group Discussion

- Instructor to review session activities
- Candidates to discuss key points

MODULE 10: Goal Scoring Techniques

Warm-Up / Opening Activity

- Activities that provide a stimulating start to the training session
- Stretching and flexibility techniques

The Art of Goal Scoring

Visual information, reaction, technique

- Striker position to see visual cues
- Reaction to visual cues
- Emphasis on identifying the best target
- Emphasis on hitting the intended target

Group Discussion

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

MODULE 11: Goalkeeper Technique Training

Warm-Up / Opening Activity

- Activities that provide a stimulating start to the training session
- Stretching and flexibility techniques

Position, organisation, communication, set plays

- Goalkeepers role
- Goalkeepers starting position, receiving techniques, distribution techniques
- Effective angles, diving techniques, shot stopping, dealing with crosses from wide areas

Game awareness in functional practices.

Group Discussion

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

Assessment Modules

MODULE 1: Coaches Practical Evaluation & Feedback

Warm-Up / Opening Activity

- Activities that provide a stimulating start to the training session
- Stretching and flexibility techniques

Positive feedback on coaching effectiveness

- Candidates to organise and coach a group of players in a technique/skill or tactical awareness practice
- Instructor coach to give candidate feedback on practice and coaching effectiveness

Group Discussion

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

MODULE 2: Coaches Practical Evaluation & Feedback

Warm-Up / Opening Activity

- Activities that provide a stimulating start to the training session
- Stretching and flexibility techniques
- Candidates to organise and coach a group of players in a technique/skill or tactical awareness practice
- Instructor coach to give candidate feedback on practice and coaching effectiveness

Group Discussion

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

MODULE 3: Coaches Practical Evaluation & Feedback

Warm-Up / Opening Activity

- Activities that provide a stimulating start to the training session
- Stretching and flexibility techniques

Positive feedback on coaching effectiveness

- Candidates to organise and coach a group of players in a technique/skill or tactical awareness practice
- Instructor coach to give candidate feedback on practice and coaching effectiveness

Group Discussion

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

MODULE 4: Coaches Practical Evaluation & Feedback

Warm-Up / Opening Activity

- Activities that provide a stimulating start to the training session
- Stretching and flexibility techniques

Positive feedback on coaching effectiveness

- Candidates to organise and coach a group of players in a technique/skill or tactical awareness practice
- Instructor coach to give candidate feedback on practice and coaching effectiveness

Group Discussion

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

MODULE 5: Coaches Practical Evaluation & Feedback

Warm-Up / Opening Activity

- Activities that provide a stimulating start to the training session
- Stretching and flexibility techniques

Positive feedback on coaching effectiveness

- Candidates to organise and coach a group of players in a technique/skill or tactical awareness practice
- Instructor coach to give candidate feedback on practice and coaching effectiveness

Group Discussion

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

MODULE 6: Coaches Practical Evaluation & Feedback

Warm-Up / Opening Activity

- Stretching and flexibility techniques
- Activities that provide a stimulating start to the training session

Positive feedback on coaching effectiveness

- Candidates to organise and coach a group of players in a technique/skill or tactical awareness practice
- Instructor coach to give candidate feedback on practice and coaching effectiveness

Group Discussion

- Instructor to review session activities
- Candidates to discuss activities conducted
- Instructor coach to give overview of additional coach education programs and updating procedures
- Instructor to close course

MODULE 7: Coaches Practical Evaluation & Feedback

Warm up / Opening Activity

- Activities that provide a stimulating start to the training session

- Stretching and flexibility techniques

Positive feed back on coaching effectiveness

- Candidates to organise and coach a group of players in a technique/skill or tactical awareness practice
- Instructor coach to give candidate feed back on practice and coaching effectiveness

Group Discussion

- Instructor to review session activities
- Candidates to discuss activities conducted
- Instructor coach to give overview of additional coach education programs and updating procedures
- Instructor to close course