



COMMUNITY COACHING PATHWAY

# **YOUTH LICENCE COURSE CURRICULUM**

Better Coaches, Better Football

## Course Description

The Youth Licence is for those candidates who have successfully completed a Football Federation Australia Junior Licence Coaching Course. 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 the competent organisation of development practices through the presentation of modern practical and theory methods.

The course is also designed to further enhance the knowledge in the area of game centered practices of those coaches who are currently coaching players up to a senior level of competition.

## Course Aim and Learning Outcomes

### Aim

*To provide candidates with the knowledge and competency to organise technique and game awareness development practices for players up to a senior level.*

### **To give coaches the skills to develop a player's:**

- Basic Technique
- Basic Attacking & Defensive Awareness
- Basic Set Play Awareness
- Basic Goal Keeping Role

Through a variety of integrated development practices at training.

## Learning Outcomes

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

- Organise appropriate practices to improve a player's basic technique and decision-making ability.
- Organise appropriate practices to improve a player's basic attacking and defensive awareness.
- Integrate development practices throughout a training session.
- Demonstrate effective communication skill to facilitate the player's appropriate involvement within the practices.

The course will be presented by integrating both practical and theoretical modules.

## Methodology of Practical Coaching Modules

Model practical sessions dealing with the principle of players learning through practice will be presented in varied forms. This will also include guided tuition and practical assessments throughout the course.

## 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 throughout the course.

## Course Duration

Not less than 24 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 and advise the course instructor.

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 also recommended that they 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 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 (if appropriate)
- Sun protection (if appropriate)
- Shin pads are advised
- Water Bottle

## Course Text Book

'Skills and Strategies for Coaching Soccer' by Alan Hargreaves

## Course Instructor

The Instructor presenting the Methodology of Practical Coaching will be a current Football Federation Australia Youth Licence Instructor or have higher qualification. Individual sessions may be conducted by invited coaches who are recognised as a High Performance Coach or by specialised lecturers. Such coaches/lecturers will be used under the direction and guidance of the course instructor and must meet ASA standards.

## Accreditation

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

- FFA Youth 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 Current Competency

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

- Through formal or informal education of 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 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 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 and these exemption must be in line with FFA policy.

## Course Sections

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

- Section 1**      Practical Instruction - Methodology of Game Centered Practices
- Section 2**      Theory of Coaching Principles - Methodology of Coaching
- Section 3**      Assessments – Practical & Theory

### 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 candidate gaining a theoretical understanding of the fundamental principles involved with the organisation and coaching of players at a club youth level.

Modules will be integrated throughout the course and will include:

- Teaching Football skills in game centered practices
- Effective communication with your players
- Risk Management
- Laws of the Game
- Sports Safety & Injury Management

### 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 one or two, fifteen-minute instructional sessions with each session contributing to the final pass mark.

Each session should progress from a simple “*game centred practice*” to an alternative stage. Candidates will also receive an ongoing assessment throughout all parts of the course to assist their final grade mark.

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

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 experience before attending the next level of accreditation.

### **“Further Assessment Required”**

The candidate has demonstrated a “*not yet competent*” level throughout the course or in a specific section(s) of 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 achieving the required standards will be graded “Pass”. or “Advance Pass”

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

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

Candidates may apply for reassessment to be upgraded to an “Advance Pass” through their State Coaching & Development 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 coach’s written preparation plan on the session feed back sheet
- The coach’s organisation of the practice
- The coach’s demonstration of relevant points
- The coach’s observation and ability to change the practice
- The players understanding and comprehension of instruction
- 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.

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

**PREPARATION**

Has the coach shown an ability to design a suitable practice and prepared relevant equipment in relation to age / ability of the players and the session objectives / outcomes?

**ORGANISATION**

Has the organisation of the practices shown that the coach has been effective and efficient with equipment, players and instruction?

## **PRACTICE STRUCTURE**

Has the coach structured the practice with appropriate learning outcomes realistic targets, suitable numbers in a safe area that accommodates the age and ability of the players?

## **EXPLANATION & DEMONSTRATION OF ACTIVITY**

Has the coach shown an ability to effectively and efficiently explain and demonstrate the required activity to the player's to start the practice?

**For an “ADVANCE PASS” grade the candidate needs to demonstrate a high level of competency throughout the following sections:**

### **OBSERVATION**

*If the organisation is correct -*

Does the coach “SEE” the players’ requirements and acts accordantly or merely “OBSERVE” the player’s activities?

### **COACHING**

*If the players requirements have been observed -*

Has the coach chosen the best way to create a learning situation for the player, while communicating and demonstrating effectively?

### **GAME KNOWLEDGE**

Has the coach shown a competent technical knowledge of the key components of the topic to facilitate the development need of the player?

## **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 maybe require to attending a complete new course or attending those incomplete modules.

## Course Modules

### Theory Modules

*Module 1*  
Teaching Football Skills & Games

*Module 2*  
Effective Communication

*Module 3*  
Risk Management

*Module 4*  
Laws of the Game

*Module 5*  
Sports Medicine / Football Injuries

### Practical Modules

*Module 1*  
Technique & Skill Practices 1

*Module 2*  
Technique & Skill Practices 2

*Module 3*  
Basic Playing System Practices

*Module 4*  
Attacking Awareness Practices

*Module 5*  
Defensive Awareness Practices

*Module 6*  
Set Play Awareness in Attack & Defence

*Module 7*  
Goalkeeper Awareness Practices

### Assessment Modules

*Module 1*  
Practical Evaluation & Feedback

*Module 2*  
Practical Evaluation & Feedback

*Module 3*  
Practical Evaluation & Feedback

*Module 4*  
Practical Evaluation & Feedback

## Module 1: Teaching Football Skills & Games

### Introduction to Course

- Aims and objectives of course
- Candidates obligations
- Overview of course

### Teaching Football Skill & Games

The purpose of this module is to enable the coach to teach Football specific skills, develop appropriate games and give effective feedback

- How to achieve coaching effectiveness
- What is essential in learning a new technique and skill
- How to develop game awareness
- Basic methodology for a development practice
- How to structure a training session with varied practice methods
- Games Approach to Coaching Football - ACC Video, Game Sense or equivalent lecture

### Group Discussion

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

## Module 2: Effective Communication with your Players

### Effective Communication with Your Players

The purpose of this module is for the coaches to implement basic communication techniques and skills between the coach and the player

- Communication is more than words
- The importance of good coaching communication
- Active listening skills & feedback
- Effective communication techniques

### Group Discussion

- Review session activities

- Candidates to discuss key points
- Overview the next module

## Module 3: Risk Management

### **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 4: Laws of The Game

### **Laws of the Game**

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

This module will also overview the laws of the game and their implementation.

- Law 1 to Law 17 will be covered

### **Group Discussion**

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

## Module 5: Sports Medicine / Football Injuries

### Sports Medicine

This module provides coaches with an overview of relevant sports medicine issues pertaining to the coaches role within their program  
Football specific common injuries

- Illness
- Health Issues
- Hygiene
- Monitoring the Injured player

### Group Discussion

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

## Practical Modules

### Module 1: Improve Technique & Skill Practices 1

#### Warm-Up & Opening Activity

- Activities that provide a stimulating start to the training session
- Developing effective stretching and flexibility techniques

#### Technique & Skill Development: 1

Technique Development – Striking the ball, passing & shooting

Striking the ball techniques

- Inside, outside
- Lofted / chip, kicks, low drives, crossing,
- Volleying (full, half, pivot)
- Heading

Skill Development – Game Decisions (Application of technique based on decision making)

- The Technique developed to become a skill through game centred practices

Group Discussion

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

## **Module 2: Improve Technique & Skill Practices 2**

### **Warm-Up & Opening Activity**

- Activities that provide a stimulating start to the training session
- Developing effective stretching and flexibility techniques

### **Improve Technique and Skills Practices: 2**

Technique Development – Dribbling & Running with the ball

Dribbling techniques

- Ball position, Close control, change direction, disguise intention

Running with the ball technique

- Ball position, visual area, changing direction, change of speed

Skill Development – Game Decisions (Application of technique based on decision making)

- The Technique developed to become a skill through game centred practices

Technique Development - Receiving the ball and screening

Receiving techniques

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

Screening techniques

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

Skill Development - – Game Decisions (Application of technique based on decision making)

- The Technique developed to become a skill through game centred practices

### **Group Discussion**

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

## **Module 3: Basic Playing System Practices**

### **Warm-Up & Opening Activity**

- Activities that provide a stimulating start the training session
- Developing effective stretching and flexibility techniques

### **Develop Basic Playing System Practices**

*Team formations, playing shape*

- Basic systems and playing shapes in a small sided game relevant to game awareness
- Relevant practices and the basic formations of a team structure
- How appropriate practices are integrated into a training session to develop understanding
- Game sense questioning principles

### **Group Discussion**

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

## **Module 4: Attacking Awareness Practices**

### **Warm-Up & Opening Activity**

- Activities that provide a stimulating start to the training session
- Developing effective stretching and flexibility techniques

### **Attacking Awareness Practices**

*Penetration, support, movement, passing, creativity*

- Basic attacking principles in small sided games i.e. (3 v 3) or (4 v 3)
- Relevant practices and the basic tasks and actions required to develop attacking awareness
- How appropriate attacking practices are integrated into a training session to develop understanding
- Game sense questioning issues

### **Group Discussion**

- Review session activities

- Candidates to discuss key points
- Overview the next module

## Module 5: Defensive Awareness Practices

### Warm-Up & Opening Activity

- Activities that provide a stimulating start to the training session
- Developing effective stretching and flexibility techniques

### Defensive Awareness Practices

*Winning the ball, delay, support, communication*

- Basic defensive principles in small sided games i.e. (3 v 4) or (4 v 4)
- Relevant practices and the basic tasks and actions required to develop defensive awareness
- How appropriate defending practices are integrated into a training session to develop understanding
- Game sense questioning principles

### Group Discussion

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

## Module 6: Set Play Awareness Attack & Defence

### Warm-Up & Opening Activity

- Activities that provide a stimulating start the training session
- Developing effective stretching and flexibility techniques

### Set Play Awareness, Attack & Defence

*Freekicks, corners, throwins, goalkicks*

- Basic set play situations
- Relevant practices and the basic tasks and actions required to develop attacking and defensive awareness
- How appropriate set play practices are integrated into a training session
- Game sense questioning principles

### Group Discussion

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

## Module 7: Goalkeeper Awareness Practices

### Warm-Up & Opening Activity

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

### Goalkeeper Awareness Practices

*Position, shot stopping, crosses, distribution, communication, awareness*

- Basic goalkeeper awareness requirements
- Relevant practices and the basic tasks and actions required to develop a goalkeepers attacking and defensive awareness
- How appropriate goalkeeping practices are integrated into a training session in association with field players
- Game sense questioning principles

### Group Discussion

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

## Assessment Modules

### Module 1: Coaches Practical Evaluation & Feedback

*Positive feedback on coaching effectiveness*

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

### Group Discussion

- Review session activities
- Candidates to discuss the activities conducted
- Overview the next module

### Module 2: Coaches Practical Evaluation & Feedback

*Positive feedback on coaching effectiveness*

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

**Group Discussion**

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

**Module 3: Coaches Practical Evaluation & Feedback***Positive feedback on coaching effectiveness*

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

**Group Discussion**

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

**Module 4: Coaches Practical Evaluation & Feedback***Positive feedback on coaching effectiveness*

- Candidates to organise and coach a group of players in a technique/skill game centred practice
- Instructor coach to give candidate feedback on session and coaching effectiveness

**Group Discussion**

- Review session activities
- Candidates to discuss the activities conducted
- Instructor coach to give overview of additional coach education programs and updating procedures