

# FA LEARNING NATIONAL COURSES 2013

FA LEARNING – DEVELOPING YOUR GAME  
THROUGH EDUCATION AND TRAINING





# YOU'VE GOT THEIR FUTURE IN YOUR HANDS

So if you're serious about coaching, you should seriously get a licence.

Whether you're paid or not, every football coach should take a professional approach.

That's why The FA is determined that coaching is seen as a profession, not a hobby. It's also why The FA Licensed Coaches' Club has been launched to replace The FA Coaches' Association.

It will provide ongoing training and development for its members. In turn, they'll be expected to commit time every year to retain their licence.

Join today from £12 and benefit from:

- Access to a members only website with 3D session plans, interviews with elite coaches and videos
- Ballot entry for 100 pairs of free tickets to every England team home match
- Discounts on FA Learning courses
- Photo ID Licence
- Free access to Tactx, UEFA's 3D animation software
- 100 Future Game practice animations on DVD-rom

To find out more:

[TheFA.com/LicensedCoachesClub](http://TheFA.com/LicensedCoachesClub)

**Get on. Get licensed.**



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# THE FA COACHING PHILOSOPHY AND VISION



## The Future Game

In 2010, The FA launched The Future Game, The FA Technical Guide for Young Player Development. Two guides, one for the grassroots and one for the elite game, were published outlining a playing and coaching philosophy for the future of the English game.

These two guides are supported by two further resources; the Future Game Coaching Practice DVD uses UEFA Tactix animation software, providing 100 of The Future Game practices in over 90 minutes of 3D animation, The Future Game Memory Card resource library contains 7 hours of live HD footage capturing 21 of the Future Game Practices.

With the opening of St. George's Park, The FA's new national football centre, set to provide a platform for the communication of The Future Game vision, we hope that you can share the philosophy and can help us deliver the changes at all levels of football prompted by the Elite Player Performance Plan and the Youth Development Review, encouraging a more technical approach to developing English players.

Central to the message are the principles of creativity and innovation, for both coaches and players, and a playing philosophy based on quality passing, possession and building play through the three thirds of the pitch. Out of possession, the philosophy calls for a tactical approach to defending in which all players contribute.

## The vision: players and coaches

The Future Game vision is intended for the whole game, with the same underpinning values applicable for coaches from grassroots to elite level.

### A vision for players:

To produce technically excellent and innovative players with exceptional decision-making skills.

### A vision for coaching:

To train, develop, qualify and support more innovative coaches, who are excellent teachers of the game.

Innovation is a theme embedded in both vision statements, underlining the aim for a more progressive and original approach to player and coach development, one which understands and predicts the trends and demands of the ever-changing modern game.

## Playing philosophy

The Future Game playing philosophy outlines an overarching vision for the English game, a statement for coaches and clubs to develop their own bespoke and individualised coaching programmes.

The Future Game playing philosophy is broken down into the following principles:

### In possession:

- A possession-based approach played through the three thirds of the pitch
- Quality passing and intelligent movement and support off the ball
- Penetrative, incisive and varied attacking play, allied to good finishing
- Counter-attacking whenever opportunities arise

### Out of possession:

- A tactical approach to defending, in which all players contribute
- A controlled, calculated and assertive approach when and where necessary

Additionally, the playing philosophy actively encourages the individualistic player. Players with varied and unique dribbling skills and the dexterity to go past defenders, particularly in the final-third, are fundamental to success in the future game.

## Coaching philosophy

The Future Game publications outline guidelines for coaches, at all levels, to begin developing players with the necessary skills to play in this way. Specialist age-appropriate coaches, with the knowledge and skills to work effectively with specific age-groups, are central to the plan.

Effective youth coaches possess the skill to make the game relevant, appropriate and enjoyable to the players in their care. This can be a complex process, requiring appropriate technical knowledge and an appreciation of the affect that age, stage and level of development have on a young player.

Refraining from imposing unrealistic expectations and methods more suited to older and more talented players accompanies this approach. In short: coaches should work to understand individual players, the areas in which they require support and the best methods for helping them develop and learn.

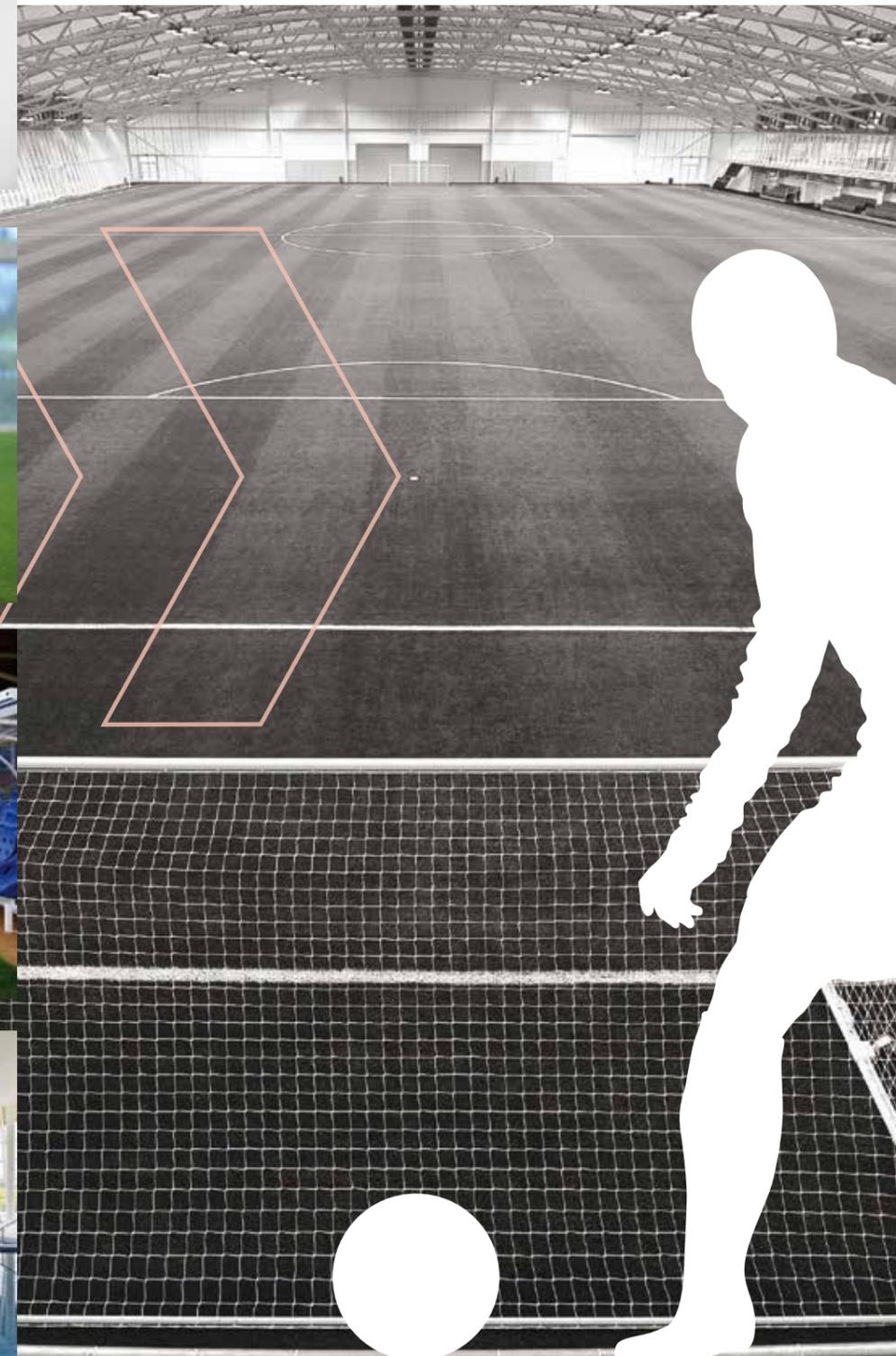
It is understandable then, that coaches of senior football, where results are one indicator of coach effectiveness, may adopt different methods than a youth coach who works with a development focus. As such, The Future Game does not promote any one prescriptive method for coaching the game.

Coaching approaches depend on a whole host of variables, all of which require different responses. The intricacies of adapting method and approach according to circumstance and situation are integral to The Future Game coaching philosophy. Flexibility and adaptability are crucial skills for effective coaching of young players.

In response to this clear distinction between adult and youth coaching, The FA have developed two distinct coaching pathways for coaches of youth and senior players, allowing coaches to become experts in their chosen field. The traditional pathway provides the opportunity for coaches to develop expertise in coaching senior players with The FA UEFA Pro Licence and The FA Elite Coaches Award the pinnacle of this pathway.

The second pathway provides a route for specialist Youth coaches, giving recognition to youth coaching as a profession, shining light upon the specific understanding and practical knowledge necessary to work at this level. This pathway culminates in The FA Advanced Youth Award which will be available in 2013.

Specificity is also the core value for the unique and world-leading position specific courses included in this year's course provision. The courses, which are aligned to The Future Game, look at the detail required to develop players in the areas of Goalkeeping, Defending, Midfield and Forward play, providing testament of The FA's commitment to equip coaches for the demands of the modern changing game.



# THE FUTURE GAME

## THE FOOTBALL ASSOCIATION TECHNICAL GUIDE FOR YOUNG PLAYER DEVELOPMENT



### THE FUTURE GAME - ELITE

#### A Guide for Young Player Development in Professional Football

The Future Game – Elite is the blueprint for the future of football in this country, outlining the anticipated requirements of young players aspiring to play the game at the highest levels in the future.

#### This book includes:

- The FA's playing and coaching philosophy
- Guidelines for player development in age-specific sections

There are over 100 practice sessions included in this 275-page guide, all of which have been worked up collaboratively with expert coaches from the professional game.

Price: £20.00

To order, visit:

[www.FALearningshop.com](http://www.FALearningshop.com)

or contact:

0113 279 1395

[enquiries@FALearningshop.com](mailto:enquiries@FALearningshop.com)



### THE FUTURE GAME - 3D ANIMATIONS

#### Technical Guide for Young Player Development

The FA Licensed Coaches' Club have partnered with TactX, a 3D coaching animation tool used on UEFA's training ground web-site, to animate the practice syllabus from The Future Game, the FA Technical Guide For Young Player Development.

Over 100 age-appropriate practice sessions are included, each with downloadable practice progressions and key coaching points. Session plans can be transferred to other devices.

Price: £9.99



### THE FUTURE GAME - LIVE COACHING SESSIONS

#### Age Appropriate Practices

Featuring exclusive footage of FA National Coaches delivering practical sessions from The Future Game at St. George's Park, The FA's new National Football Centre, three digital resources have been developed.

Each has an age-appropriate focus for coaches working with players of different ages.

- The Foundation phase - players aged 8-11
- The Youth Development phase - players aged 12-16
- The Professional Development phase - players aged 17-21

Each resource features several hours of age-appropriate coaching footage including defending, attacking and goalkeeping sessions.

An animated overview of each of the outfield coaching practice sessions is also included.

The Future Game - Live Coaching Sessions are designed for grassroots and elite coaches working in both the men's and women's game. Each resource includes identical goalkeeping content which should be amended and changed according to the age and ability of the players. Accompanying practice information included on this resource is transferable to other devices.

Price: £14.99 each or £29.99 for all three



### THE FUTURE GAME - GRASSROOTS

#### The FA Technical Guide for Young Player Development

Complete with over 200 age-appropriate coaching practices and DVD, The Future Game – Grassroots 3-part box-set provides a guide to The FA's playing and coaching philosophy for grassroots football.

"The Future Game philosophy is something we want all coaches in this country to adopt as we work towards developing effective coaches and players for the future," explained Sir Trevor Brooking, Director of Football Development, The FA.

Over the 350 detailed pages grassroots coaches are given extensive practical tips for capturing their players' imagination and igniting their enthusiasm for the game.

The Future Game – Grassroots is packed with expert research on young players and is filled with advice on:

- How to create a positive learning environment
- Nurturing a development mindset
- Opportunity and birth bias issues
- How to manage young players' behaviour

Price: £29.99

To order your copy, visit:

[www.FALearningshop.com](http://www.FALearningshop.com)

or contact:

0113 279 1395

[enquiries@FALearningshop.com](mailto:enquiries@FALearningshop.com)



# ST GEORGE'S PARK



The wait is over. Eleven years after the site was first acquired, St. George's Park, The FA's new National Football Centre in Burton-Upon-Trent, is here.

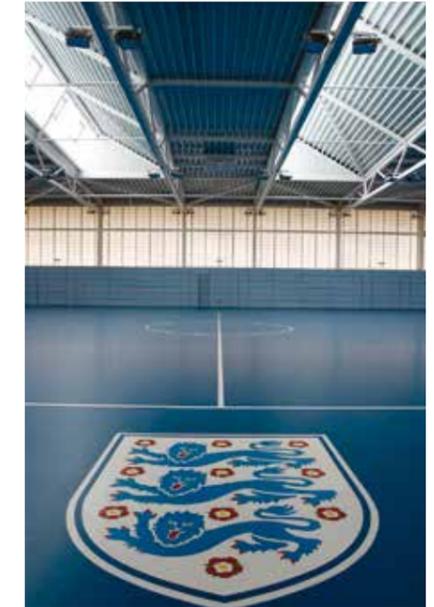
The £100m facility, set in 330-acres of Staffordshire countryside, is the new home for England's 24 national teams. With 11 outdoor pitches, including a replica of the Wembley surface, a full-size indoor 3G pitch, a suite of rehabilitation and sports science areas, and an indoor Futsal sports hall, St. George's Park will provide world-class facilities for all England teams ahead of international fixtures.

St. George's Park is the new home of FA Learning and will deliver all FA national coach education courses. The suite of courses, covering a variety of disciplines, will help communicate The Future Game philosophy, which outlines a vision for the development of English football.

Sports science and performance is integral to St. George's Park. Perform at St. George's Park is a bespoke sports medicine, rehabilitation and performance centre which combines cutting-edge technology with elite medical expertise.

Visitors to the site will enjoy world class facilities and impressive accommodation with Hilton and Hampton by Hilton hotels catering for individuals, groups or team bookings, along with major sporting or business conferences and banquets.

**To find out more about St. George's Park and how you can use the facilities please visit [TheFA.com/sgp](http://TheFA.com/sgp) or call +44 (0)1283 576200**



St. George's Park, the new National Football Centre is home to all 24 England teams. A unique destination for football, sport and business offering:

- National coach education courses
- Pitch hire and experience packages
- Sports medicine, rehabilitation and performance services
- Hilton and Hampton by Hilton hotels
- Conference and banqueting facilities
- Health Club and Spa



more information  
[TheFA.com/sgp](http://TheFA.com/sgp)



# Perform

Part of Spire Healthcare

The Perform complex at St. George's Park combines 25,000 square feet of cutting-edge technology with elite medical expertise to create the most advanced sports medicine, rehabilitation, performance science and training centre in the UK.

Perform helps people maximise their performance – from elite athletes and corporate groups, to individuals needing rehabilitation from injury or simply wanting to improve their overall health and fitness.

Perform is part of Spire Healthcare, a leading private hospital group with 38 hospitals across the UK. Any individuals who'll require more specific medical treatment can be referred to Spire Little Aston Hospital, just 25 minutes away from St. George's Park.

The vast complex houses state-of-the-art equipment and top-class clinicians to offer a wide range of services, including:

**Performance science:** Helping people achieve their maximum potential by accurately profiling individual needs through heart and blood profiling, lung function tests, nutritional analysis and psychology.

**Sports medicine:** Our clinician led discipline involves the prevention, diagnosis and management of sport-related injuries and issues.

**Rehabilitation:** The rehabilitation and physiotherapy facility will use world-class equipment to diagnose injuries and deliver a treatment plan. The hydrotherapy unit will be one of the best in the UK today. Strength and conditioning: Perform will offer the latest strength and conditioning gym equipment along with expert staff to create bespoke fitness plans.

During your visit you can book individual services such as;

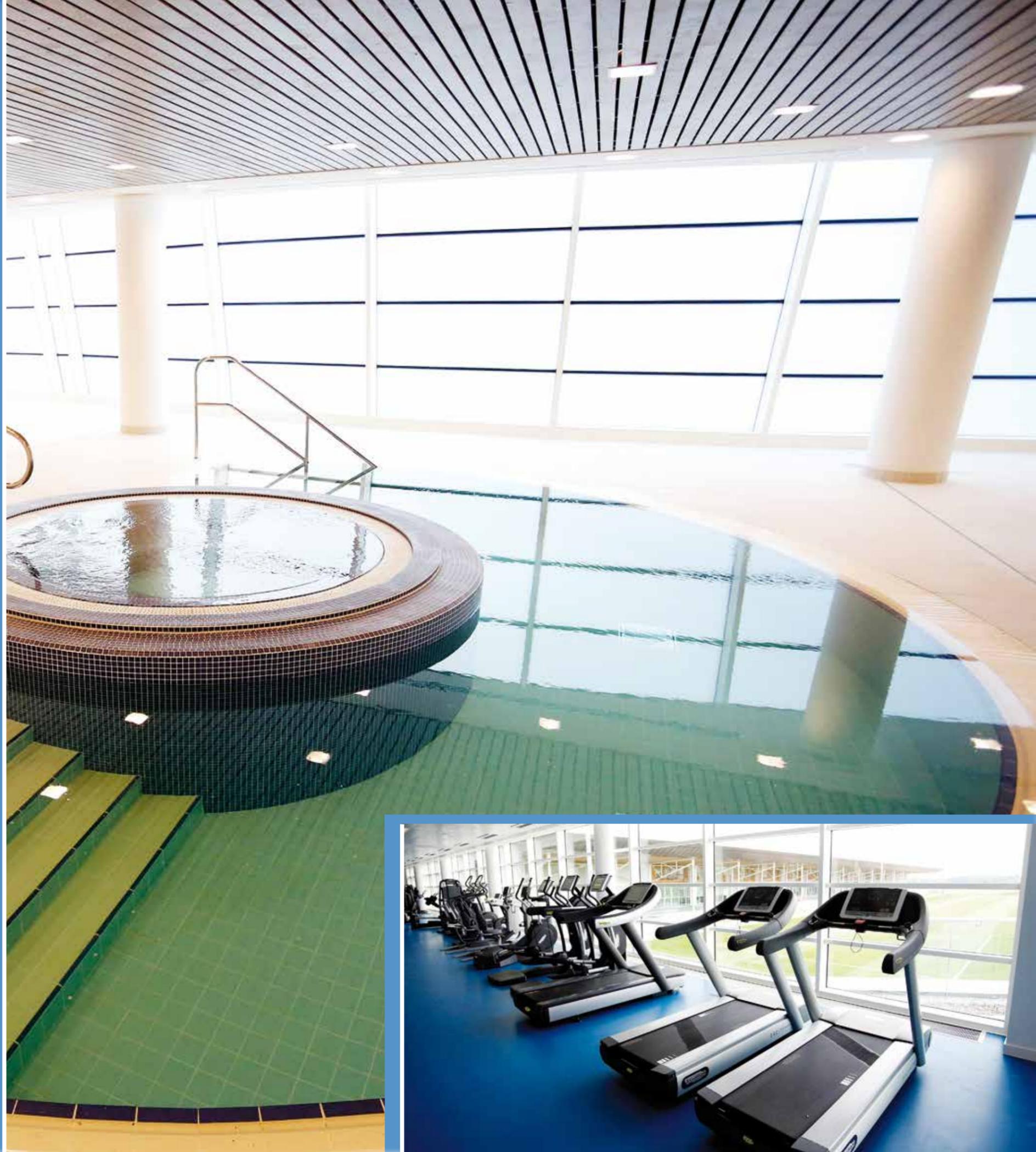
- Sports performance and lifestyle assessment using advanced sports technologies
- Physiotherapy
- Rehabilitation including state-of-art hydrotherapy and an underwater treadmill
- Biomechanical screening and movement analysis
- Nutritional services

And have access to;

- Imaging services
- Orthopaedic consultants
- Podiatrists
- Other specialists

**For more information please contact**

Jake Keeling, Business Development Manager, 0128357 6336 or email [jake.keeling@spireperform.com](mailto:jake.keeling@spireperform.com) [www.spireperform.com](http://www.spireperform.com)





*“In times of change the learners will inherit the earth, whilst the knowers will be beautifully prepared for world which no longer exists.”*

# THE FA LEARNING METHODS EXPLAINED

The FA are committed to improve the learning experience in all coaching and training provision. In order to do so, we actively promote an approach to learning underpinned by a set of principles. Understand the principles and you can begin to improve your tutoring. Taken together, these principles give ‘shape’ to any learning experience delivered on behalf of The FA. They derive from what we know about effective learning.

### Risk taking

All meaningful learning involves negotiating a degree of risk. Learners will need to experience the challenge of being at the edge of the ‘comfort zone’. Great tutors sell the benefits of doing so whilst scaffolding the challenge. Learners make incremental progress.

### Active engagement

No one ever learned anything of lasting value without being actively involved in the process. Passivity breeds compliance. Great learning requires the learner to see the point of what they are doing, buy into the activity and to be challenged.

### Structured variety

Variety for its own sake is confusing. Over reliance on structure is monotonous. Great tutors balance a repertoire of strategies to actively engage and challenge the learners. The FA Learning model allows the tutor to do this in an informed way.

### Enquiry

The best learners ask the best questions. Supplying all the answers in a pre-packaged way kills curiosity.

### Problem solving

Great tutors provide problems to be solved rather than information or drills to be rehearsed. The real tutor skill lies in the design of the problem scenario and the subsequent unpacking of the solutions.

### Feedback

To be useful, feedback needs to be meaningful to the learner. There are three sources of feedback and in order of worth they are: self-evaluation, peer-evaluation and tutor-evaluation. To be useful it needs to be informed, timely and manageable. It also needs to relate to agreed success criteria.

### De-briefing

De-briefing is at the heart of great learning. The best learners are reflective and the best tutors take time to explore what has been learned, how it was learned and why. This formula offers the best possible combination of learning outcomes: content, process and benefits. Quality de-briefing helps the learner acquire independent learning skills.

### Authentic experience

An imperative of any learning is authenticity. For the adult learner particularly, the experience needs to relate in some way to their lives and develop from their experience.

### Transfer

By its nature, the work of FA Learning comes to life in practical contexts so the links between training room and workplace need to be assured. We use case studies and learners’ real life experiences to develop transfer.

### Inclusion

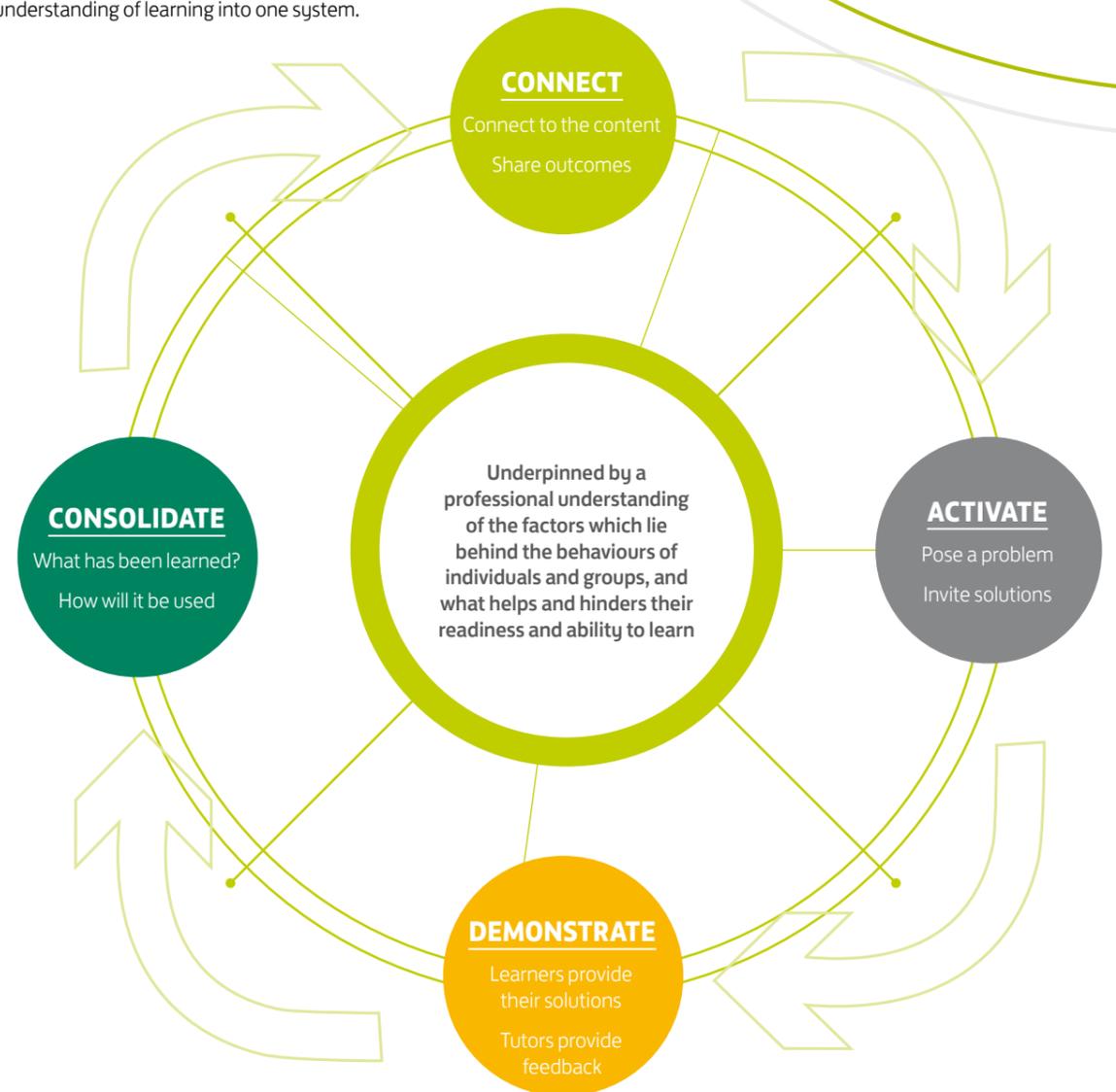
The work of FA Learning takes place in a range of communities and the learners on our programmes reflect the diversity of modern life. Tutors understand the need in some cases to differentiate by outcome, by task, by grouping and by method.

*“We are drowning in information and thirsting for understanding.”*

### Our Learning Cycle

The learning cycle is a way of organising any learning experience to make it more effective and engaging.

It is best described as a learning ‘cycle’ with a sequence of different types of engagements taking place in turn. The cycle brings all our understanding of learning into one system.





# THE FA LICENSED COACHES' CLUB

The successful implementation of The Future Game vision across the whole game requires more than qualification attendance. FA awards aim to plant the seeds of a life-long dedication to self-improvement and learning. As a result, there is recognition that support and advice must extend beyond course attendance.

For those that want to learn more, there must be the opportunity to do so.

With mandatory Continuous Professional Development (CPD) required to retain a coaching licence, The FA Licensed Coaches' Club aims to regularly support coaches to develop the appropriateness of their methods. A nationwide programme of events provides members with opportunities to observe the practice of expert FA practitioners as well as develop a community of practice with other Licensed Coaches' Club members.

For details of events local to you, please contact your local County FA, or for national events, please see the table opposite.



Course Code	Region	Date	Timings	Hours Accredited	Venue	Price for Licensed Coach	Price for Un-Licensed Coach
LCC16	South East	14/10/2012	10:30am - 4.30pm	5	Hampshire FA	£20	£40
LCC12	South West	08/11/2012	6:30pm - 9:30pm	3	Ivybridge Community College	£10	£25
LCC13	East & West Midlands	10/12/2012	10am - 4pm	5	St. George's Park	£20	£40
LCC14	North West	25/02/2013	10am - 4pm	5	The Cliff, Manchester	£20	£40
LCC15	North West	12/03/2013	6:30pm - 9pm	3	Egerton YC	£10	£25
LCC17	East & West Midlands	14/03/2013	6:30pm - 9pm	3	St. George's Park	£10	£25
LCC18	North West	19/03/2013	6:30pm - 9pm	3	Egerton YC	£10	£25
LCC19	East & West Midlands	21/03/2013	6:30pm - 9pm	3	St. George's Park	£10	£25
LCC28	South East	14/04/2013	10am - 4pm	5	Brighton University	£20	£40
LCC20	London	26/04/2013	10am - 4pm	5	London Soccerdome	£20	£40
LCC21	East & West Midlands	29/04/2013	10am - 4pm	5	St. George's Park	£20	£40
LCC22	North West	06/05/2013	10am - 4pm	5	Lancashire FA	£20	£40
LCC23	South West	09/05/2013	10am - 4pm	5	Hartbury College, Gloucester	£20	£40
LCC24	North East	24/05/2013	10am - 4pm	5	York College	£20	£40
LCC25	East	26/05/2013	10am - 4pm	5	Crowne Plaza Resort, Colchester	£20	£40
LCC26	London	23/06/2013	10am - 4pm	5	Douglas Eyre (LFA)	£20	£40
LCC27	East	05/07/2013	10am - 4pm	5	Huntingdon Regional College	£20	£40

These events can be booked by visiting the FA Licensed Coaches Club website at [www.thefa.com/licensedcoachesclub](http://www.thefa.com/licensedcoachesclub) (News section) or at <http://eventspace.thefa.com/FALearning/participant/s.aspx>



# THE FA YOUTH AWARD MODULE 1

## Developing the Environment

The course will provide practical sessions and advice for coaches and will increase the candidates' knowledge of how to develop their coaching to incorporate The FA four-corner model. The course will cover technical development and in the physical corner it will offer FUNDamental ideas for the coach to use, as well as suggested activities for the development of football-specific movements. The important social and psychological development of the young player is also examined.

### Course duration

Four days

### Course pre-requisites

Candidates must be over 16, have the 1st4sport Level 1 Award in Coaching Football or be a Qualified teacher (QTS) who has completed the Age Appropriate Coaching – Introductory Module.

Please note: all students will be required to enrol as a Licensed Coach in order to complete this module. Details of how to access your free licence will be given to you when you register your details.

### Who is it for?

Aimed at coaches of all levels who wish to extend their knowledge of coaching by developing appropriate learning environments. There are generic strands relating to teaching and learning, motivation and self-esteem suitable for most coaches.

### Course content

The course will introduce some key aspects in the following areas:

- The role of the social corner and its link with the other corners
- How players learn
- Motivation
- Self-esteem
- Managing mistakes
- Managing physical, technical, social and psychological difference
- Planning activity

Practical elements of the course will provide an introduction to:

- Physical corner FUNDamental warm-ups
- Practical activities and games

### Pre-course task

Candidates will receive a pre-course pack two weeks prior to the course, which they are required to read in advance.

### Course assessment

This course has a formative assessment, which includes planning, delivery and evaluation of a practice. Candidates receive an action plan as a result of tutor observations, and a certification of attendance.



### COURSE DATE 2013

Code	Date	Venue	Licensed Coaches' Club Member Price	Non-Member Price
CYA106	4 - 7 May	St. George's Park	£595	£775

# THE FA YOUTH AWARD MODULE 2

## Developing the Practice

This course will provide candidates with the chance to improve their knowledge and confidence in a range of key issues around developing and understanding practice. The course introduces a number of generic strands applicable to all players, regardless of age, and these are consolidated during Module 3.

### Course duration

Four days

### Course pre-requisites

The FA Youth Award Module 1 – Developing the Environment  
Please note: all students will be required to enrol as a Licensed Coach in order to complete this module. Details of how to access your free licence will be given to you when you register your details.

### Who is it for?

Coaches involved in youth football development from grassroots to professional level.

### Course content

Workshops will consider:

- Age and maturity issues
- Different types of practice and the advantages and disadvantages of each
- Unopposed and opposed practice development
- Dealing with talented players
- Planning and evaluating issues

### Pre-course task

Candidates will receive a pre-course reading pack two weeks prior to the start of the module, which they are required to read in advance.

### Course assessment

The course has a formative assessment. This includes planning, delivery and evaluation of a practice. Candidates receive an action plan as a result of the observations made by the tutor and certification of attendance.



### COURSE DATE 2013

Code	Date	Venue	Licensed Coaches' Club Member Price	Non-Member Price
CYA209	17 - 20 May	St. George's Park	£595	£775



## Developing the Player

In this module, coaches will be required to demonstrate the ability to analyse performance within the principles of play (attacking or defending) and show an aptitude for the design of practices specific to the needs of individual players within their charge. Such practices may involve consideration of role specific requirements within the match play scenario.

### Course duration

Four days plus assessment

### Course pre-requisites

- 1st4sport Level 2 CCF + The FA Youth Award Module 1 + The FA Youth Award Module 2 OR
- FA UEFA B Licence + FA Youth Coaches Course

Please note: all students will be required to enrol as a Licensed Coach in order to complete this module. Details of how to access your free licence will be given to you when you register your details.

### Who is it for?

Module 3 is designed to support the development of coaches who currently work (or who have a realistic opportunity of working, on a consistent basis) with a group of youth players within the performance or elite levels of the game.

### Course content

#### Workshops will consider:

- Practice and multiple outcomes
- 'What the players say'
- Coaching styles and intervention strategies
- Planning and design
- 'What the coaches say'

### Pre-course task

Candidates will receive a pre-course pack two weeks prior to the module, which they are required to read in advance. Candidates should arrive having identified six areas of individual, unit or team developmental needs, plus up to six identified areas for personal development as a coach.

### Post-course task

Certificates of attendance will be issued following submission of completed logbook requirements. This does not commit candidates to undergo assessment for The FA Youth Award qualification.

### Course assessment

There is an option to undertake an assessment at the conclusion of this module to examine the understanding and application of all the key elements included within Modules 1-3 of The FA Youth Award. Opportunities will be made available to all eligible candidates throughout the year.

Candidates will be required to return log books to the relevant FA Learning Co-ordinator at least four weeks prior to the date of their final assessment and will be required to bring players to the practical assessment at a regional venue (further details will be sent out to all eligible candidates).

## COURSE DATES 2013

### National (full-board accommodation provided)

Code	Date	Venue	Licensed Coaches' Club Member Price	Non-Member Price
CYA350	18 - 19 May + 22 - 23 June	St. George's Park	£795	£1035
CYA351	15 - 16 June + 6 - 7 July	St. George's Park	£795	£1035
CYA359	14 - 15 September + 19 - 20 October	St. George's Park	£795	£1035

### Regional (no accommodation provided)

Code	Region	Start Date (see website for full details)	Venue (Subject to change)	Licensed Coaches' Club Member Price	Non-Member Price
CYA341	North West	14 January	The Cliff Training Ground	£345	£450
CYA342	East Region	31 January	Cambridgeshire FA	£345	£450
CYA343	London	21 February	London Soccerdome	£345	£450
CYA344	South West	23 February	Ivy Bridge Community College	£345	£450
CYA345	North East & Yorks	28 February	Tbc	£345	£450
CYA346	West Midlands	18 March	Sheffield Community Academy	£345	£450
CYA347	South East	25 March	East Grinstead Sports Club	£345	£450
CYA348	East Midlands	25 April	Rustons Sports and Social Club	£345	£450
CYA349	North West	29 April	Egerton Youth FC	£345	£450
CYA352	North West	22 July	Lancashire FA	£345	£450
CYA353	East Region	6 August	Norfolk FDC	£345	£450
CYA354	South East	13 August	Oxford City FC	£345	£450
CYA355	East Region	21 August	Hertfordshire FA	£345	£450
CYA356	West Midlands	2 September	Sheffield Community Academy	£345	£450
CYA357	North East & Yorks	5 September	Tbc	£345	£450
CYA358	London	12 September	The Hive	£345	£450
CYA360	South West	5 October	Stanley Park	£345	£450
CYA361	East Midlands	10 October	St Georges Park	£345	£450

Courses marked 'TBC' will be updated on the website as soon as dates and venues have been confirmed (<http://eventspace.thefa.com/FAlearning>)

# THE FA YOUTH AWARD ASSESSMENT

On completion of Modules 1 and 2 of The FA Youth Award candidates will be issued with a certificate of attendance to identify that they have completed the formal courses of training.

For Module 3, the certificate of attendance will be issued when the candidate has completed the course of training and returned their log book for it to be reviewed and signed off. Candidates who subsequently wish to submit themselves for assessment for the full FA Youth Award will then be required to register through FA Learning, selecting a date from those listed (all assessment opportunities will be advertised on the FA Learning website. Please contact [FALearningSupport@TheFA.com](mailto:FALearningSupport@TheFA.com) for a link).

For the purposes of assessment, candidates will be required to conduct coaching sessions with their own group of players or team and so must ensure that they have the capacity to transport the players to and from the assessment venue. Due to designated professional game staffing, assessment can be club-based for coaches working in levels 1-5 of the pyramid (Premier League to Conference National) but there MUST be two coaches requiring assessment per tutor. Candidates must provide venue and players.

Please contact your course co-ordinator in FA Learning to organise an assessment. (The cost is included in that of the Module 3 and it should be noted that no refund will be made where candidates choose not to submit themselves for assessment. There is a charge of £150 for re-assessments.)

## THE FA YOUTH AWARD ASSESSMENT PROCESS

The assessment process for The FA Youth Award is as follows:

Before the assessment day

- On receiving the candidate pack from FA Learning the assessor will read and assess the ten sessions candidates are required to complete. The log will then be given a mark out of 30. The pass mark required is 25
- The assessor will also decide which two out of the ten sessions they require to see presented practically and draw up questions associated with those sessions to ask the candidate prior to the practical taking place

On the assessment day

The assessment will be divided into three parts of two hours:

- Prior to the practical, the assessor will inform candidates of the two practical sessions to be presented with the players. The assessor will then ask the candidate the 'bridging' questions associated with the sessions. The assessor takes the candidate's responses but makes no comment. This process will take approximately 20 minutes. The candidate will then have 10 minutes to prepare their first practical session
- The practical session is marked out of 50 with a pass mark of 30 marks. However, if two corresponding boxes are not achieved (for example, communicate positively and clearly throughout) and not ticked in either of the sessions a candidate will not pass

- After the first practical session the assessor may advise the candidate as to aspects of the practical assessment criteria they are concerned about and wish to see more of in the second session. If through circumstance the candidate is unable to clearly show these criteria the assessor may ask the candidate a question after the second session to clarify a candidate's knowledge
- The practical session should take a maximum of 60 minutes (i.e. 2 x 25-minute sessions plus set up time)
- After the practical is complete there is an oral interview where the assessor will ask the candidate five questions associated with The FA Youth Award Modules 1, 2 and 3 and four marks will be allocated to each question. Candidates must achieve 10 marks out of a possible 20 to pass
- In order to pass The FA Youth Award assessment, candidates must achieve a total score of 65 out of a possible 100 marks but cannot fall below the pass mark in any of the three sections (i.e. logbook, practical or oral interview)
- Overall failure (a mark of below 65) will require total reassessment. Failure in any of the three sections (e.g. logbook) will mean re-assessment in that section only

Candidates will be given their results and an action plan going forward at the end of the assessment process.

# THE FA ADVANCED YOUTH AWARD

This newly developed FA Advanced Youth Award has been constructed to fulfil the A Licence equivalent in the youth coaching domain. It aims to create master coaches who are able to work at the highest level within the specific age phases: Foundation (5-11), Youth development (12-16) and Professional development (17-21).

The FA Advanced Youth Award will focus upon the integration of the 4 corner long term player development model and recognise the importance of the physical, social and psychological disciplines in underpinning the technical programme.

Course duration

The whole programme will be delivered over a 9 month period with the total contact time being 165 hours. Distance learning and club site visits to be added on top of the taught hours.

Course pre-requisites

- The FA Youth Award Module 3 or an equivalent via The FA Youth Award APL qualification
- FA Licenced Coach status
- Candidates must be at least 21 years old

Who is it for?

The FA Advanced Youth Award is designed to support the development of coaches who have achieved the full FA Youth Award and are working, or who have a realistic opportunity of working, on a consistent and intensive basis with elite youth players.

Course content

Core Programme

This will be held for all candidates across all age phases to share experience and develop a coordinated understanding of player development. The overview of the core content is as follows:

- Developing a playing and coaching philosophy
- Player profiling, monitoring and evaluation
- Establishing developmental milestones
- Practical coaching modelling across the three age phases
- The social considerations and factors related to player development
- The psychological factors and their influences for both players and coaches
- The physical considerations in relation to the three different age phases and their importance within a player development model

Intermediate programme

This will be followed by an intermediate programme of the four corners delivered within individual age specific phases. The focus will very much be on the integration of all areas to underpin the technical development of players.

2a) Social corner:

- Philosophy
- Environment
- Behaviour
- Codes of conduct

2b) Psychological corner:

- Integrating mental skills with technical work
- Preparation for match day
- Coping with a variety of stress related areas
- Self-esteem, confidence and motivation

2c) Physical corner:

- Movement skills
- Athletic performance
- Relative age effect
- Injuries across different ages
- Training and recovery
- Fitness testing

2d) Technical corner:

- Role specific player programmes
- Player development across the three phases
- Game and match day preparation
- Technical competencies
- Tactical competencies
- Session structures and progression

Course assessment

The assessment will be composed of the following:

- Club based coaching sessions (2) drawn from selected coaching theme blocks in specific age phases (3) – 50%
- An assessment of 12 logged coaching sessions (4 blocks of 3), together with the case study – 30%
- An oral interview with questions selected from the expanded matrix – 20%

A mandatory club visit is required prior to the club based assessment.

Please note that candidates must present themselves for assessment within three years of registration on the course.

Re-assessment

Candidates deemed 'Not Yet Competent' at the FA Advanced Youth Award assessment will be able to submit for re-assessment at a cost of TBC.



# THE FA UEFA B LICENCE



## Who is it for?

Coaches who have an ongoing involvement in the coaching of a team playing 11v11 football.

### Course duration

16 days

### Course pre-requisites

1st4sport Level 2 Certificate in Coaching Football and be at least 20 years of age.

Once online applications have been submitted, candidates will be required to scan and email an original copy of their Level 2 Action Plan from their final assessor. Once the deadline for applications has closed, the Course Director will assess all submissions, using the following criteria:

- Compliance with Level 2 Action Plan
- Evidence of Coaching Practice and Supporting Testimony
- Evidence of current capacity (on a sufficiently regular basis) to work with an 11-a-side team for which FA UEFA B practice format and content are appropriate

### Course content

#### Theory:

Key aspects related to the role of a football coach working with teams. These are delivered via home-based study tasks and tutor delivered workshops. Students will examine the following:

- A philosophy of coaching
- Consider how players learn

- A study of both coaching styles and communication processes
- A detailed consideration of player analysis
- Utilising analysis data to prioritise player performance
- The psychological factors associated with player performance
- The influences related to the Four-Corner Model and player development
- A consideration of The FA's LTPD Model
- The ability to plan appropriate coaching sessions
- Consideration of the key elements related to coaching session delivery
- The development of progressive coaching sessions
- Detailed coaching session evaluation and reflection
- A consideration of fitness programmes and planning

#### Practical:

The practical elements of the course will provide the following:

- The principles of attacking: to include detailed consideration of attacking from wide/central areas, counter attacking, switching play and finishing
- The principles of defending to include detailed consideration of defending

- effectively in wide/central areas, pressurising and defending when both organised and outnumbered
- Midfield play: to include support play for front players, possession in key areas and the use of width
- Counter-attacking and being able to defend deep and attack quickly
- Goalkeeping: to include support for the defensive unit, the ability to deal with crosses, maintain possession momentum and the development of shot stopping
- Set plays: to include effective organisation in defending and attacking from a selection of free-kicks, corners and throw-ins

### Course assessment

Assessment is via successful completion of:

- All candidate learning activities
- The practical delivery of themed 45-minute coaching session utilising coaching session formats from the course syllabus culminating in a minimum of 20 minutes in either a phase of play or a small-sided game (8v8)

## COURSE DATES 2013

### National

Code	Date	Venue	Licensed Coaches' Club Member Price	Non-Member Price
CL355	4 August	St. George's Park	£1,885	£2,450
(Part residential - First 2 blocks of study and assessment only)				
Refresher				
CL3R13	3 - 5 September	St. George's Park	£395	£515

### Regional

Code	Region	Start Date (see website for full details)	Venue (Subject to change)	Licensed Coaches' Club Member Online Price	Non-Member Offline Price
CL356	South West	11 February	Stanley Park, Chippenham	£695	£905
CL357	North East & Yorkshire	18 February	York College	£695	£905
CL358	London	25 February	London soccerdome	£695	£905
CL359	North West	18 March	Egerton FC	£695	£905
CL360	South West	2 April	Test park Southampton	£695	£905
CL361	South East	8 April	Maidstone Utd FC	£695	£905
CL362	East Region	15 April	Essex Crowne Plaza, Five Lakes, Colchester	£695	£905
CL363	East Midlands	10 June	Northants Tresham College	£695	£905
CL364	East Midlands	22 July	SGP	£695	£905
CL365	North East & Yorks	1 August	Complete Football Centre, Northumberland FA	£695	£905
CL366	North West	19 August	Myerscough college	£695	£905
CL367	London	2 September	London soccerdome	£695	£905
CL368	West Midlands	16 September	Shropshire	£695	£905
CL369	South West	26 October	Hartpury College, Glos	£695	£905
CL370	East Region	28 October	Norfolk CFA dev centre	£695	£905

\* These courses are structured around school holidays.

\*\* This course will be accompanied by the appropriate number of interpreters and notetakers based on the relevant tutor: learner ratio.

\*\*\* Courses marked 'TBC' will be updated on the website as soon as dates and venues have been confirmed (<http://eventspace.thefa.com/FAlearning/>)



I CAN'T SEE HOW IT WOULD FAIL TO MEET ANYBODY'S PERSONAL EXPECTATIONS.... IT HAS BEEN A HUGE BENEFIT TO MY COACHING.

B Licence participant

# THE FA UEFA A LICENCE



The following theoretical aspects will be included in the course curriculum:

- Problem-solving exercises
- Performance and match analysis
- Strategies and tactics
- Principles and systems of play
- Communication skills
- Player development
- Psychology - how players learn, what motivates them
- Planning for performance

### Course description

The UEFA A Licence is the highest practical coaching award currently available and builds on technical and tactical content covered in the UEFA B Licence course or the other recognised equivalents. In addition the course will focus extensively on the effective application of the principles of play in the 11v11 game and the development of specialist individual roles within the team.

### Course duration

The course is divided into two residential parts:

**Part 1** of the course runs over 13 days, during which time candidates will be filmed delivering a practical session, as well as participating in the theory and practical sessions.

**Part 2 – New Format:** Candidates who started Part 1 in 2010 will return for an eight-day Part 2 course, and will again be filmed delivering one practical session, as well as participating in the remaining theory and practical syllabus. Final assessment will take place after Part 2, and candidates will be sent details of assessment opportunities.

**Part 2 – Old Format:** Candidates who took Part 1 between 2006 and 2009 will return for a 13-day Part 2 course, during which they will complete the UEFA A Licence syllabus and conduct their two remaining assessed sessions. This will be the last 'old format' Part 2 course.

The content exceeds the minimum requirements specified under UEFA guidelines (120 guided learning hours), as it is designed specifically to meet the needs of coaches working in England.

### Re-assessment

There is no limit to the number of re-assessment opportunities, though candidates must successfully complete a re-assessment within the five-year registration period. Detailed, constructive feedback will be given at the end of the assessment, with an action plan regarding the next stage.

*Please Note: The re-assessment fees are not included in the course fees listed.*

## Who is it for?

For coaches who are, or who intend to be working in 11v11 football within the international, professional, semi-professional and elite girls or youth programmes. Candidates are strongly advised to ensure they will have access to sufficient players to practice 11v11 sessions between Part 1, Part 2 and the final assessment.

### Course pre-requisites

The FA UEFA B Licence + The FA UEFA A Licence Preparatory Course

Candidates are required to submit their footballing CV and their FA UEFA B Action Plan with their course application.

### Applications will then be vetted by the course director, using the following criteria:

- Compliance with FA UEFA B Action Plan
- Evidence of coaching practice and supporting testimony
- Evidence of current capacity (on a sufficiently regular basis) to work with an 11-a-side team for which UEFA B practice format and content are appropriate

The FA UEFA A Part 1 for Senior Professional Players Course is for current or previous full international players, including women's senior team or full professional contract players with a minimum of five years' experience.

### Course content

The following practical aspects will be included in the course curriculum:

#### Part 1:

- Attacking from set plays (corner, free-kick, throw-in)
- Development of possession and effective movement: possession, playing out from a back three
- Tactical use of possession
- Development of quick inter passing and quick attacking play
- Counter-attacking
- Coach wingers how, where and when to receive the ball
- Crossing and finishing
- Defending deep with a back three
- Defending deep with a back four
- Defending with a back three
- Pressing
- Transition
- Goalkeeping
- Fitness

#### Part 2:

- The full-back as an attacker
- No.4 as a quarter-back
- Overcoming deep-lying defences
- The role of the no.9
- The role of the no.10
- The shadow striker plus wrong-sided wide men
- Flexible forwards
- Attacking with a sweeper
- Defending with a sweeper
- Game Management: 'coaching in the game'

Varied coaching styles and methods will be developed throughout the course, and the use of functional practices, phases of play, small-sided games and 11v11 structures will be employed in the presentation of the practical content.

## COURSE DATES 2013

Code	Date	Venue	Licensed Coaches' Club Member Price	Non-Member Price
<b>Preparatory Course</b>				
CL4P52	7 October 2012	Hartpury College	£85	£110
CL4P53	12 October 2012	Histon FC	£85	£110
CL4P54	11 November 2012	Manchester Metropolitan University	£85	£110
CL4P55	30 November 2012	St. George's Park	£85	£110
CL4P56	16 December 2012	London Soccerdome	£85	£110
CL4P57	20 January 2013	Newcastle United Foundation	£85	£110
<b>Part 1 for Senior Pros</b>				
CL431	21 May - 2 June 2013	St. George's Park	£2,495	£3,245
<b>Part 1</b>				
CL432	13 - 25 July 2013	St. George's Park	£2,495	£3,245
CL433	10 - 22 August 2013	St. George's Park	£2,495	£3,245
<b>Part 2 (New Format)</b>				
CL4231	23 - 30 May 2013	St. George's Park	£1,895	£2,465
CL4232	15 - 22 July 2013	St. George's Park	£1,895	£2,465
CL4233	12 - 19 August 2013	St. George's Park	£1,895	£2,465
<b>Refresher</b>				
CL4R13	8 - 10 July 2013	St. George's Park	£395	£515

# THE FA UEFA PRO LICENCE

The FA UEFA Pro Licence is the mandatory qualification for all first team managers who wish to work in the Premier League. The course is designed to prepare managers and coaches to work at the elite level of the game in a managerial capacity. (International, Premier League, Football League and the FA Women's Super League). The course has been designed using a competency based approach and will be delivered in a number of modules over an 18 month period, combining distance learning and club visits to support and enhance the learning. The content will be a mixture of theory and practical based delivery using the latest technology and facilities at St. George's Park.

## Course duration

27 days / 202.5 guided learning hours.  
Distance learning and club site visits to be added on top of the taught hours.

## Course pre-requisites

- The FA UEFA A Licence
- All applicants must typically have experience in the professional game (or Women's equivalent) at a senior level as either a player (minimum five years experience), player coach, coach, assistant manager or manager

## Who is it for?

The course is for all elite level coaches who wish to work in a managerial capacity in The Premier League and Football league.

## Potential candidates must meet the following criteria:

- Applicants must hold a current UEFA 'A' Licence, with priority given to applicants holding the English FA Award
- Applicants from outside the UK must hold the current A Licence equivalent award of that country, with priority given to holders of The FA UEFA 'A' Coaching Licence
- All applicants must typically have experience in the professional game (or women's equivalent) at senior level as either a player (minimum five years experience), player coach, coach, assistant manager or manager
- Priority will be given to applicants who have significant coaching experience with senior players in the domestic professional game

Applications are considered by the UEFA Pro-Licence Admissions Committee, which is made up of a representative from The FA, the League Managers' Association, Professional Footballers' Association, Premier League and Football League and the intake is agreed to commence the course in January 2013.

## Course content

### The following modules will be covered:

#### Professional communication

- Communicating with players
- Communicating with staff
- Communicating with senior management, owners and senior stakeholders
- Communicating with the media, wider community and supporters
- Communicating with third party talent identification and recruitment agencies

#### Leadership, management of self and others

- Influence and influencing
- Practical applications of leadership
- Leading and developing staff and associates
- Leading winning teams in the modern game
- Managing oneself and handling the pressures of management
- Decision-making, and time and priority management

#### Performance management

- Tactical understanding of the game and of systems of play
- Technical understanding of play and players
- Talent identification and recruitment

- Performance analysis and purposeful use of data
- Seasonal planning and preparation
- Weekly planning, preparation and management
- Match day management
- Understanding and utilisation of physical conditioning, recovery and rehabilitation
- Developing and sustaining a winning culture

#### Football business and finance

- Understanding finance
- Building a brand
- Employment and contract law
- Commercial and other revenue opportunities
- Marketing and public relations

## Course assessment

In order to complete the Licence, students must attend all modules and complete all associated distance learning and course tasks.

## Re-assessment

Students who do not complete all of the above tasks before the graduation will be required to complete them before the following year's graduation.



## COURSE DATES 2013

Code	Date	Venue	Licensed Coaches' Club Member Price	Non-Member Price
CL512	13 January	St. George's Park	£7,595	£8,510
<b>Refresher</b>				
CL5R06	TBC	St. George's Park	£575	£750

# THE FA ACADEMY MANAGERS' LICENCE

In conjunction with the introduction of the Elite Player Performance Plan (EPPP), The FA, the Premier League and the Football League are at the time of going to press reviewing the FA Academy Managers' Licence and Academy Managers' Refresher courses for a re-launch in 2013. This review is in response to the changing needs of the workforce and the changes occurring in many Academies across the country. For further details on the course when it is launched and to express an interest, please contact [FALearningSupport@TheFA.com](mailto:FALearningSupport@TheFA.com).



# THE FA ELITE COACHES' AWARD

During the latter part of 2013, we will be advertising for the next cohort of coaches to participate in The FA Elite Coaches' Award. The purpose of the course, which is aimed at the highest level A Licence holders, is to develop coaches skilled to work at the highest levels within the game and support and challenge coaches to be innovative, insightful and informed.

Throughout the Elite Coaches' programme we aspire to develop in-depth and excellent coaching well beyond the current 'A' Licence and which will equip future national coaches and educators. The award is unique in world coaching.

Participating coaches will benefit from working at an in-depth level on challenges which reflect changes in the world game. They will be able to observe and assist on FA national courses, observe national teams in training, support our coach education programmes and work with a group of talented peers. Graduation from the programme will help with future employment and offer high level status.



# THE FA DEVELOPING DEFENDERS

This new course is designed to examine and develop the skills and mental processes of the modern defender. It will examine the role and responsibilities of the different defending positions and demonstrate the development of the athletic capabilities of the defender and the technical and tactical capabilities required for the game in the future. It features practices for the individual defender and for the defender working with others in units and the team defence. The course will also examine the different defensive strategies and tactics employed by teams operating at the highest levels of the game.

## Course duration

Three days

## Course pre-requisites

The FA UEFA B Licence

## Who is it for?

Coaches seeking to enhance their knowledge on defensive position-specific practices.

## Course content

Seven sessions (two theory, five practical) looking at:

- Roles and responsibilities of the centre-back and full-back in the modern game
- Positional, athletic and technical profiles for centre-backs and full-backs
- Practice and training content for developing defenders

- Skills central to producing excellent defenders
- Marking – distances, reasons and inviting passes etc
- Tracking and back-tracking
- Pressing and 1v1 roles
- Screening and blocking passes/crosses
- Passing-on opponents (laterally/vertically)
- Interceptions, spoiling possession and containing opponents
- Major attacking skills
- Playing from the back and middle third
- Distribution over distances with varied technique
- Defending against central and flank attacks
- Defending in wide areas
- Defending centrally
- Defending against counter-attack

- Defending against crosses
- Methods
- Discussion and lecture
- DVD observation
- Practical sessions
- Athleticism (agility, acceleration, deceleration)
- Technical
- Tactical

## Pre-course task

Candidates need to finish a pre-course self-reflection task. This will be assigned to all successful applicants approximately one month prior to the course.



## COURSE DATE 2013

Code	Date	Venue	Licensed Coaches' Club Member Price	Non-Member Price
SPCD04	25 - 27 October	St. George's Park	£395	£515

# THE FA DEVELOPING MIDFIELDERS

This new course has been designed to examine and develop the skills and different roles, responsibilities and tactical requirements of the modern midfielder. The course will cover the technical, tactical, athletic and psychological necessities for the midfielder player and this will be undertaken in both classroom and practical coaching sessions.

## Course duration

Three days

## Course pre-requisites

The FA UEFA B Licence

## Who is it for?

Coaches seeking to enhance their knowledge on midfield position-specific practices.

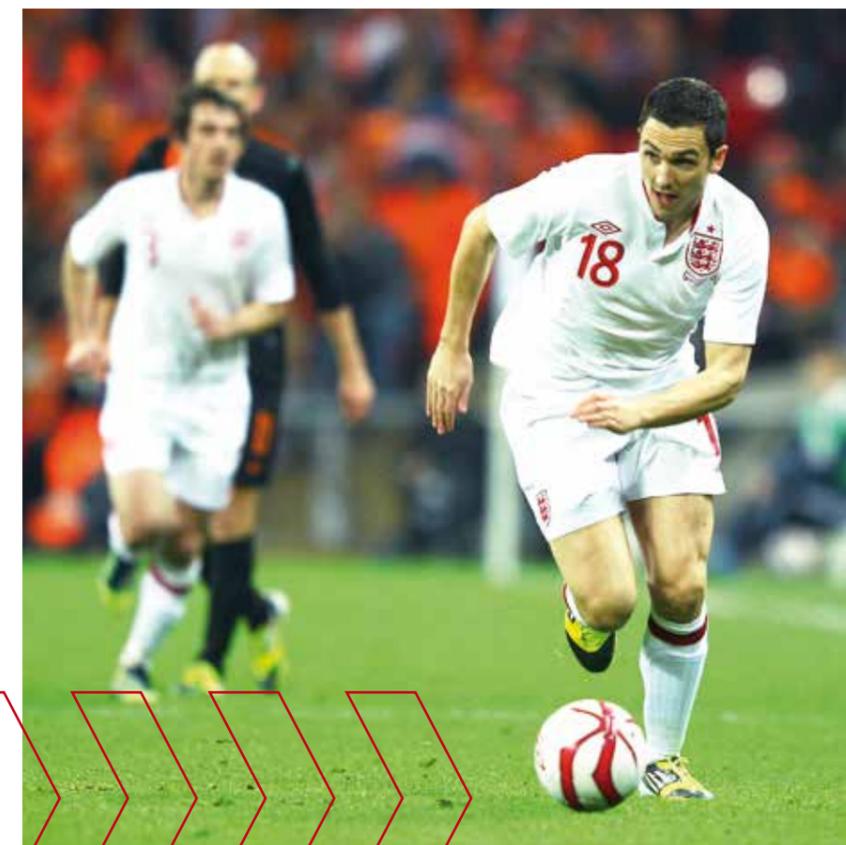
## Course content

Seven sessions (two theory, five practical) looking at:

- Roles and responsibilities of the central midfielder in the modern game
- Positional, athletic and technical profiles for central midfielder players
- Practice and training content for developing midfielder players
- Skills that are central to producing excellent midfielder players
- Support, positioning and movement
- Turning with the ball
- Protecting the ball and operating under pressure
- Distribution – variety, range and added qualities
- Running with the ball
- Major defending skills
- Pressing, sliding and screening
- Defensive movement
- Tracking opponents

## Pre-course task

Candidates are required to complete a pre-course self-reflection task. This will be assigned to all successful applicants approximately one month prior to the course.



## COURSE DATE 2013

Code	Date	Venue	Licensed Coaches' Club Member Price	Non-Member Price
SPCM04	12 - 14 April	St. George's Park	£395	£515



This new course has been designed to examine and develop the necessary capabilities of forward players in the modern game. It aims to identify the different roles and responsibilities of forwards and the complementary tactical and technical skills necessary to perform successfully. The development of athletic and psychological skills will also be covered. Practice for the individual forward, forwards working in tandem and the functioning of forward players in team play will be featured.

### Course duration

Three days

### Course pre-requisites

The FA UEFA B Licence

### Who is it for?

Coaches seeking to enhance their knowledge on forward position-specific practices.

### Course content

Seven sessions (two theory, five practical), looking at:

- Skills that are central to producing excellent attacking players

- Interchanges of position and roles with others
- Receiving the ball and varied use of the first contact
- Protecting the ball and escaping from pressure
- Intelligent movement and running in and around the penalty box
- Defending skills
- Striking at goal – varied skills and circumstances
- Positioning and predicting play
- Screening intended passes from opponents
- Pressing and tracking opponents
- Methods

- Discussion and lecture
- DVD observation
- Positioning and individual movement to receive passes
- Practical sessions
- Athleticism (agility, acceleration, deceleration etc)
- Technical
- Tactical

### Pre-course task

Candidates need to complete a pre-course self-reflection task. This will be assigned to all successful applicants approximately one month prior to the course.



### COURSE DATE 2013

Code	Date	Venue	Licensed Coaches' Club Member Price	Non-Member Price
SPCF04	4 - 6 March	St. George's Park	£395	£515

We are pleased to announce the launch of The FA Coaching Futsal: level 1 course.

### Course duration

35 hours (24 assisted learning hours & 11 unassisted hours)

### Course pre-requisites

- Attended 'The FA Coaching Futsal: A Beginners Guide' course
- Attained The FA Level 1 Certificate in Coaching Football

### Minimum age

16 years

### Who is it for

This course is for individuals wishing to understand more about the three core strands of Futsal: defending, attacking and counter-attacking / transitional play which is required for coaching Futsal.

### Course aims and objectives

The aim of this course is to provide candidates with an understanding of the application of Futsal techniques and skills within Futsal game play. This course will help candidates organise and deliver game related Futsal practices based across the three core strands. It will also provide candidates with an introduction to the structure of team play, the Laws and the role the game of Futsal can play in developing underlying skills and techniques.

### Course content

- Develop an appreciation and understanding of the application of the basic techniques of Futsal within game play
- Demonstrate an understanding of the underlying core strands of Futsal: defending, attacking and counter-attacking / transitional play
- Demonstrate an understanding of the Futsal Laws of the Game
- Develop an advanced understanding of Futsal as a stand-alone game in its own right and the significant variances from conventional 5-a-side
- Show an awareness of the part Futsal can play in the development of young players.

### Practical involvement

Candidates will be encouraged to participate practically to maximise their opportunities for learning. (This however will not prevent successful completion of the award)

### Assessment

There is a formal Practical assessment which is co-ordinated with Log-Book assessment. Refresher: No refresher required.

### Suggested additional learning opportunities

- FAL Online Courses: Coaching Children, Running a Club, Futsal Laws of the Game, Soccer Camp Coaches, Planning, Preparing and Evaluating Coaching Sessions, Disciplinary, Fitness in Football Level 1, Psychology for Soccer Level 1, Player and Match Analysis.

- FA Youth Award Module 1 – Developing the Environment
- Age Appropriate Coaching – Introductory Module
- 1st4sport Level 1 Award in Coaching Football
- 1st4sport Level 2 Certificate in Coaching Football
- Beginner's Guide to Coaching Disabled Footballers
- The FA Junior Football Organisers Course (Students)
- The FA Junior Football Organisers Course (Teachers & Coaches)
- Football Mentor (Adults)
- Mentoring Young Leaders
- Working with Teams
- Movement and Handling Skills
- Planning for Effective & Meaningful Football – Key Stage 2 Curriculum

### Equality

FA Learning will ensure that it treats people fairly and with respect and that it will provide access and opportunities for all members of the community to take part in, and enjoy, its activities in an atmosphere free from harassment, bullying, discrimination or abuse. FA Learning will seek to provide a service which is appropriate to the needs of an individual and to make reasonable adjustments or provide support, where appropriate, to cater for those needs.

The first public courses will be held at St. George's Park on the dates listed below.

### COURSE DATES 2013

Code	Date	Venue	Licensed Coaches' Club Member Price	Non-Member Price
CL1F1	2- 3 February + 9 - 10 March	St. George's Park	TBC	TBC
CL1F2	18 - 19 May + 22 - 23 June	St. George's Park	TBC	TBC
CL1F3	13 - 14 July + 24 - 25 August	St. George's Park	TBC	TBC

# THE FA GOALKEEPING B LICENCE

## Course duration

Six days

## Course pre-requisites

The FA UEFA B Licence

## Who is it for?

Holders of The FA UEFA B Licence who wish to coach and develop goalkeepers at the levels below:

- Football League Centres of Excellence
- Football League Academies
- Premier League Academies
- Semi-professional Development Centres
- Representative level schools / youth

## Course description

On completion of the course the competent coach will be able to:

- Coach individual techniques
- Understand the role of the goalkeeper within the team
- Plan and prepare coaching sessions taking into account goalkeepers' specific needs
- Understand how to devise a Development programme
- Maintain the health and safety of players and other coaches
- Maintain high standards of conduct to promote Association Football

## Course content

Practical demonstrations include:

- Warm-ups and cool-downs
- Footwork
- General handling techniques
- Shot-stopping/narrowing the angle 1v1
- Dealing with crosses
- Distribution – techniques and principles
- Support and communication

## Theory includes:

- The role of the goalkeeping coach
- The development of young goalkeepers

- Performance analysis of the goalkeeper
- Goalkeeping injury audit – conditioning for goalkeepers (practical)
- Goalkeeping psychology
- Growth and development

## Observed coaching practice includes:

- 1 x 25 minute session – functional practice
- 1 x 25 minute session – small-sided game or phase of play

## Course assessment

Candidates receive a certificate of attendance on completion of the course. They can then submit for final assessment to receive a certificate of achievement, and progress to the Goalkeeping A Licence (if you are an FA UEFA A Licence coach, undertaking The FA UEFA A Licence, or a

Goalkeeping B Licence holder committed to The FA UEFA A Licence within a two-year period from the start of the Goalkeeping A Licence course).

## Assessment will consist of:

- Recorded coaching in log book/portfolio
- Devising a 'development programme'
- Goalkeeper performance analysis
- Minimum of six hours personal coaching recorded – 6 x 60 minute sessions
- Record of planning, conducting and evaluating your sessions
- Evidence of understanding principles of goalkeeping in individual and team practices

## Practical sessions:

- 1 x 25 minute session – functional practice
- 1 x 25 minute session – phase of play
- Oral interview – 30 minutes



# THE FA GOALKEEPING A LICENCE

## Course duration

Seven days

## Course pre-requisites

The FA UEFA A Licence

## Who is it for?

Holders of The FA UEFA A Licence wishing to coach goalkeepers at the following levels:

- Premier League senior professional goalkeepers
- Senior professional goalkeepers within The Football League
- All levels of international football

## Course description

On completion of the course the competent coach will be able to:

- Coach advanced individual techniques
- Understand the role of the goalkeeper within the framework of the team
- Plan, prepare and evaluate technical and tactical coaching sessions
- Plan, prepare and develop relevant coaching programmes
- Maintain the health and safety of players and other coaches
- Maintain high standards of conduct to promote Association Football

## Course assessment

Candidates will receive a certificate of attendance on completion of the course, but will be able to submit for final assessment to receive a certificate of achievement.

## Assessment will consist of:

- Recorded coaching in log book/portfolio
- Analysis of a goalkeeper over three matches and devising a learning programme
- Analysis of a goalkeeping coach over three sessions
- Goalkeeping psychology: case studies
- Minimum of nine hours personal coaching recorded – 6 x 90 minute sessions

- Record of planning, conducting and evaluating your sessions
- Evidence of understanding the principles of goalkeeping within the individual team practices

## Final Training and assessment:

Practical sessions:

- 1 x 25 minute session – functional practice or small-sided game
- 1 x 25 minute session – 11v11
- Oral interview – 30 minutes

## Re-assessment

Candidates deemed 'not yet competent' at final assessment can submit for re-assessment (cost TBC). Candidates can be reassessed within a 36-month period from date of registration.

## FA GOALKEEPING REFRESHER

### Course duration

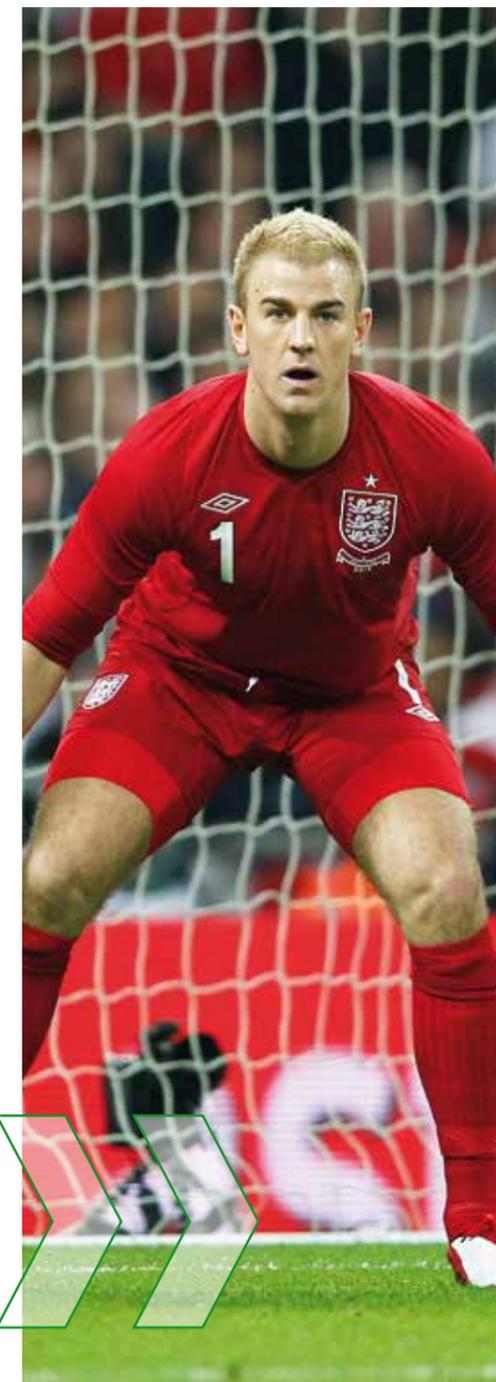
One day

### Course pre-requisites

The FA Goalkeeping B Licence or The FA Goalkeeping A Licence

### Who is it for?

This refresher course is intended for holders of the FA Goalkeeping B Licence or the FA Goalkeeping A Licence. Learners must have successfully completed the final assessment (practical and portfolio).



## COURSE DATE 2013

Code	Date	Venue	Licensed Coaches' Club Member	Non-Member
CGKB12	3 - 8 June	St. George's Park	£1,295	£1,685

## COURSE DATES 2013

Code	Date	Venue	Licensed Coaches' Club Member Price	Non-Member Price
CGKA08	15 - 21 June	St. George's Park	£1,495	£1,945
<b>Refresher</b>				
CGKR16	16 May	St. George's Park	£30	£50

## THE FA INTERNATIONAL LICENCE



This is a residential course providing candidates with the opportunity to develop their football knowledge and coaching competencies through a variety of related workshops. Candidates will be instructed and assessed through a range of practical coaching activities. These reflect the structural requirements contained in Level 1-3 of the standard FA Coach Education Programme. Candidates will be eligible for certification appropriate to the individual level of competency they demonstrate. Candidates who achieve all three elements of practical coaching activity will receive the FA International Coaching Licence and may be recommended to apply for the FA UEFA A Licence with The Football Association.

### Course pre-requisites

Candidates must be a minimum of 21 years old, must be a non-EU resident and have either:

- First-class playing experience, with coaching experience, or
- Hold a high-level coaching qualification from your home association, or be a qualified teacher

### Who is it for?

Coaches working in elite football outside of the European Union.

### Course content

The course content includes the following aspects:

- The learning and coaching process
- Match analysis
- Coaching demonstrations by senior members of The FA Technical Department
- Coaching practice
- Football fitness and football psychology
- Emergency aid and aspects of first aid
- Health and safety
- Growing up: youth players and football
- Attitudes and ethics
- Laws of the game
- Visit to a Barclays Premier League match
- Visit to a Premier League club's youth academy

### Course assessment

A certificate of attendance is awarded on course completion and candidates will also deliver an assessed session to see whether they achieve a 'Foundation', 'Intermediate' or 'Advanced' level certificate. Candidates will also be given an action plan to assist them with their future development.



### COURSE DATES 2013

Code	Date	Venue	Licensed Coaches' Club Member	Non-Member
CICL13	9 - 22 September	St. George's Park	£2,445	£3,180
CICL14	9 - 22 December	St. George's Park	£2,445	£3,180

## THE FA OVERSEAS INTERNATIONAL COURSES

The FA has a wealth of experience across a number of disciplines and FA Learning has drawn upon this expertise to design and develop a new range of Overseas International Courses. These are carefully programmed to support the work of overseas coaches in a range of different environments.

The Overseas International Courses have the flexibility to challenge and stimulate all those who attend. They have been carefully programmed to be sympathetic to the previous experience of those attending and the existing coaching cultures that lie within each country.

### FA International Course Policy

These are the only FA courses that are available internationally and fully endorsed by the National Governing Body – The FA

They are drawn from the FA coach education and course pathway and are available for delivery outside of the UEFA countries with the requisite permission from the country hosting the event. Any course delivered overseas on behalf of FA Learning, will require specific authorisation on a course by course basis from the Governing Body of each host country.

### FA International Course Costing

Individual course details and requirements can be obtained from the descriptors that follow. The price for each course will be specified on application. The home country will supply the coaching/teaching facilities, tutor accommodation and return flights, together with the individual learner fees.

FA Learning will meet the cost of course resources, certification and tutor fee.

## THE FA INTERNATIONAL COACHING AWARD FOUNDATION LEVEL

This course aims to provide all course participants with an introduction to the effective management and coaching of football to both adults and young people, in order to assist the safe and progressive delivery of coaching sessions. It will also aim to build a vocabulary needed to engage players and gain confidence in the utilisation of a variety of coaching practices

### Course content

The theory components will include:

- An introduction to coaching qualities
- Player competencies
- Session planning
- Session evaluation
- The organisation and running of a group run tournament

In addition, there will be an introduction to The FA's Long Term Player Development model and its incorporation into your coaching skills.

### The practical elements will include:

- A range of practices that will cover a variety of technical aspects (passing and control, turning with the ball, dribbling, shooting, heading, goalkeeping, small sided games)
- Coaching session adaptations
- Coaching sessions progressions that vary depending on your players' abilities and time

Integral to the course will be the chance to plan and work with young players with feedback from your FA International Course Tutor.



# THE FA OVERSEAS INTERNATIONAL COURSES

## THE FA INTERNATIONAL COACHING AWARD INTERMEDIATE LEVEL

The Intermediate level course will provide all course participants with the knowledge to effectively deliver and evaluate coaching sessions across a range of technical areas to both adults and young people.

### It will also aim to:

- Further develop the roles, skills and qualities of a football coach
- Help coaches to achieve a good understanding of the Principles of Play for football games, and knowledge of the technical detail the players require
- Become more effective at planning, preparing and delivering technical skill, small sided game sessions and practices
- Design sessions to challenge and develop the variation of abilities within a team
- Provide a safe environment for the players and be able to deal with injuries and emergency procedures

### Course content

#### The theory components will include:

- The skills and qualities of a coach
- Developing player competencies
- Coaching session planning considerations
- Coaching session evaluation consideration
- A consideration of coaching styles and communications
- Safe and ethical coaching
- Football fitness
- Nutrition
- The relationship of the FA's Long Term Player Development (LTPD) programme to differentiate players
- The organisation and running of a group run tournament of different formats and outcomes

#### The practical elements include:

- An introduction to the principles of attacking play
- An introduction to the principles of defending play
- Warm up games with diminishing overloads into directional games
- Passing and receiving
- Developing the practice in relation to age
- The development of close control / dribbling
- The development of running with the ball
- Effective defending
- Scoring
- Heading
- Small sided games in a variety of formats

Session adaptations and progressions that vary depending on players' abilities and time will be explored. Integral to the course will be the chance to plan and work with young players with feedback from your FA International Course tutor.

## THE FA INTERNATIONAL COACHING AWARD LICENCE

This nationally recognised course will provide candidates (who have an ongoing involvement in the coaching of a team playing 11v11 football) with the opportunity to gain knowledge of how to effectively plan, deliver and evaluate coaching programmes based on individual, unit or team development objectives.

#### The Theory components will include:

- A philosophy of coaching
- A consideration of how players learn
- A study of both coaching styles and communication processes
- A detailed consideration of player analysis
- Utilising analysis data to prioritise player performance
- The psychological factors associated with player performance
- The influences related to the Four Corner Model and player development
- A consideration of the FA's Long Term Player Development Model (LTPD)

- The ability to plan appropriate coaching sessions
- Consideration of the key elements related to coaching session delivery
- The development of progressive coaching sessions
- Comprehensive coaching session evaluation and reflection

#### The Practical elements will include:

- The principles of attacking: to include detailed consideration of attacking from wide and central areas, counter attacking, switching play and finishing
- The principles of defending: to include detailed consideration of defending effectively in wide / central areas, pressurising and defending when both organised and outnumbered
- Midfield play: to include support play for front players, possession in key areas and the use of width
- Counter attacking and the ability to defend deep to attack quickly

- Goalkeeping: to include support for the defensive unit, the ability to deal with crosses, maintain possession momentum and the development of shot stopping
- Set plays: to include the effective organisation in defending and attacking from a selection of free kicks, corners and throw ins

In addition, candidates will have the opportunity to undertake a minimum of two observed practical coaching sessions with their tutor and receive feedback based on selected criteria. This will form the basis of an opportunity to deliver 20 hours of coaching in the candidate's work place, with their team, to apply the experience gained from the course of training.



## THE FA PSYCHOLOGY LEVEL 2

The Level 2 course focuses on learning and talent development. It looks at what it takes to develop expertise in players and how you can best support this process. It starts by describing psychological development (motivation, perceptual and cognitive development, self-concept and confidence). It then shows how you can coach to meet these needs effectively (structuring practice, communication and coaching styles, managing problem behaviours) and enhance player development. If you've read Outliers, the Talent Code, or Bounce, this course is definitely for you.

### Course duration

Three days

### Course pre-requisites

There are no pre-requisites for this course and acceptance is subject to FA Learning approval. These guidelines are for learners to determine which level is most suitable for their particular background: a current holder or someone who has enrolled to attend Psychology Level 1.

### Who is it for?

Learners will be those surrounding players, e.g.: coaches, parents, teachers, sports scientists, physiotherapists and doctors in and around football.

### Course content

- Background to psychology in football
- Psychological development and skill
- Creating the right environment



### COURSE DATE 2013

Code	Date	Venue	Licensed Coaches' Club Member Price	Non-Member Price
PSL219	15 - 17 April	St. George's Park	£495	£645

## THE FA PSYCHOLOGY LEVEL 4

Building on the material at Level 3, this course looks at taking mental skills out onto the pitch in coaching sessions. The course is both theoretical (mornings) and practical (afternoons) and shows you how to design sessions that integrate mental skills (communication, imagery, goal-setting, relaxation, focus) and give an added psychological return. You'll work in groups on a scenario (e.g. team losing focus and conceding late goals) and deliver a practice to help to improve the team response.

### Course duration

Four days

### Course pre-requisites

Learners must be at least 18 years old. There are no definitive prerequisites for Psychology for Football Level 4 and acceptance onto the course is subject to FA Learning approval.

The following guidelines are for learners to determine which level is most suitable for their coaching/academic background: a current holder or have enrolled to attend Psychology Level 3, or current holders of the 1st4sport Level 2 Certificate in Coaching Football (FA Coaching Certificate) or The FA Youth Award: Module 1 – Developing the Environment.

### Who is it for?

Candidates will be those surrounding players, so coaches, parents, teachers, sports scientists, physiotherapists and doctors in and around football.

### Course content

- Psychological demands of the game
- Mental skills for the game
- Case studies

### COURSE DATES 2013

Code	Date	Venue	Licensed Coaches' Club Member Price	Non-Member Price
PSL412	7 - 10 June	St. George's Park	£765	£995

## THE FA PSYCHOLOGY LEVEL 3

This course is all about mental toughness. It provides you with a toolbox to help your players stay motivated, focused, and confident under pressure. The course looks first at the mental demands of the modern game and how to profile players mentally. It then sets up case studies of players through which the key mental skills are introduced in practical exercises. You'll get a chance to explore relaxation and imagery techniques, how to set goals effectively, how to manage self-talk and how to integrate concentration cues into practice. You'll work in groups on a case-study to improve the mental toughness of an individual player.

### Course duration

Three days

### Course pre-requisites

Learners must be a minimum of 18 years old. There are no definitive prerequisites for Psychology for Football Level 3 and acceptance onto the course is subject to FA Learning approval. The following guidelines are for learners to determine which level is most suitable for their particular background:

a current holder or someone who has enrolled to attend Psychology Level 2, or current holders of the 1st4sport Level 2 Certificate in Coaching Football (FA Coaching Certificate) or The FA Youth Award: Module 1 – Developing the Environment.

### Who is it for?

Again, learners will be those figures surrounding players, so coaches, parents, teachers, sports scientists, physiotherapists and doctors who work in and around football.

### Course content

- Psychological demands of the game
- Mental skills for the game
- Case studies



### COURSE DATE 2013

Code	Date	Venue	Licensed Coaches' Club Member Price	Non-Member Price
PSL315	6-8 May	St. George's Park	£540	£700

## THE FA PSYCHOLOGY LEVEL 5

The course will focus on some of the key psychological issues surrounding team management and preparation. Following the pro-licence format, workshops are delivered by a range of experienced psychologists/practitioners covering the following areas: Managing momentum during a game, team cohesion, developing trust, developing team confidence, building a team vision and culture, effective leadership, and structuring match-day. Course candidates are expected to draw from their own personal experience and practice in relation to these key theoretical areas and provoke interesting and stimulating debates.

### Course duration

Four days

### Course pre-requisites

Learners must be at least 18 years old and hold the Psychology for Football Level 4, the UEFA A Licence or a degree in Sports Science/Psychology.

### Who is it for?

People surrounding players, so coaches, parents, teachers, sports scientists, physiotherapists and doctors in and around football.

### Course content

- Game psychological demands
- Mental skills for the game
- Case studies

### Pre-course task

Candidates need to complete a pre-course self-reflection task. This will be assigned to all successful applicants one month prior to the course.

### Post-course task

Candidates will need to complete a post-course reflective log. This will be assigned to all candidates during the course.

### COURSE DATE 2013

Code	Date	Venue	Licensed Coaches' Club Member Price	Non-Member Price
PSL512	17 - 20 October	St. George's Park	£785	£1,020

# THE FA MEDICAL AND SPORTS SCIENCE PATHWAYS

Every player / athlete at whatever level of football / sport should be able to participate in activity in a safe environment and with the reassurance that their medical interests have not been overlooked. The Football Association Medical Department therefore strongly recommend that whenever sports activity (competition or training) is taking place, an individual who has completed an appropriate first aid course is in attendance.

Sports first aiders must be able to respond quickly to the needs of a casualty on the field of play in order to identify injury or illness, recognise specific signs and symptoms and provide appropriate treatment. The Medical Department has developed a suite of fit for purpose courses for all individuals at all levels, courses that will enable the pitchside first aider to develop the appropriate knowledge and skills.



## THE FA EMERGENCY AID

This course aims to provide the candidate with the knowledge, practical skills and confidence to enable him / her to attend a conscious or unconscious casualty, ensuring that appropriate care is given until the emergency medical services arrive and takeover, or until an alternative healthcare professional(s), assumes responsibility for the casualty. It will offer basic advice on how to limit the effects of injury and promote recovery. Topics covered include mouth to mouth resuscitation, control of bleeding, dressing of wounds and minimising shock.

**Course duration**  
3 hours

**Course pre-requisites:**  
Participants must be a minimum of 16 years old on the date of the start of the course.

**Who is it for?**  
The course is for individuals, e.g. team managers, coaches, teachers, parents, volunteers and others, who have the responsibility for the provision of basic first aid when supporting sports activities.

It addresses basic life support (BLS) and will provide the participant with the knowledge, practical skills and confidence to enable him/her to respond appropriately and care for a casualty until the emergency medical services arrive and takeover, or until a healthcare professional assumes responsibility for the casualty.

It is highly recommended that course participants consider undertaking the FA Basic First Aid for Sport (BFAS) course to compliment the skills they acquire during this Emergency Aid course. Accreditation of prior learning (APL) is awarded for the Emergency Aid component of the BFAS course (providing the BFAS course is undertaken within six months of completion of the Emergency Aid course).

**Course content:**

- Principles of first aid
- Emergency action planning
- Reacting to an incident / approaching a casualty
- Primary survey / secondary survey
- The recovery position
- Cardiac arrest
- Basic Life Support (BLS)
- Cardio-Pulmonary Resuscitation (CPR) for adults/children

- Use of Automated External Defibrillators (AED's)
- Choking
- Severe external / internal bleeding
- Shock
- After an emergency incident

**Currency of qualification**  
Due to the nature and responsibility associated with first aid provision, and in line with current UK guidelines, the currency of this certificate for use as a first aid qualification will be limited to three years. However, it is strongly advised that the Emergency Aid course is undertaken on an annual basis as a form of 'refresher' training. To remain qualified and 'in date' the holder must complete a further FA Emergency Aid course within the final three months prior to expiry of the qualification.

# THE FA BASIC FIRST AID FOR SPORT (BFAS)

The Basic First Aid for Sport course is a foundation sports first aid course for individuals, specifically team managers, coaches, teachers, parents, volunteers and others, who (in the absence of professional first aiders) have the responsibility for the provision of pitchside / on-field first aid when supporting sports activities.

**Course Duration**  
9 hours flexible, modular course

**Course pre-requisites**  
Participants must be a minimum of 16 years old on the date of the start of the course.

**Who is it for?**  
The BFAS course is a foundation sports first aid course for individuals, specifically team managers, coaches, teachers, parents, volunteers and others, who (in the absence of professional first aiders) have the responsibility for the provision of pitchside / on-field first aid when supporting sports activities.

The course is designed to provide participants with an understanding of (i) the common football/sports injuries, (ii) the general duties and responsibilities of a sports first aider, (iii) the basic knowledge, skills and attitude necessary to recognise and differentiate major from minor injury, and (iv) the ability to administer basic first aid to a casualty engaged in sports activity or who is in a sports environment.

- Course content**
- Principles / practice / ethics of first aid
  - Emergency action planning
  - Reacting to an incident / approaching a casualty
  - Primary survey / secondary survey
  - The recovery position
  - Cardiac arrest
  - Basic Life Support (BLS)
  - Cardio-Pulmonary Resuscitation (CPR) for adults/children
  - Use of Automated External Defibrillators (AED's)
  - Choking
  - Severe external / internal bleeding
  - Shock
  - Fractures / dislocations
  - Sprains / strains / contusions
  - Head / spinal injury
  - Anaphylaxis
  - Asthma
  - Hypothermia
  - Cramp
  - The on-field injury assessment process
  - First aid kit contents
  - Participant assessment

**Currency of qualification**  
Due to the nature and responsibility associated with first aid provision, and in line with current UK guidelines, the currency of the BFAS certificate for use as a first aid qualification will be limited to three years. To remain qualified and in date the holder must complete a further BFAS course within the final three months prior to expiry of the qualification.

It is recommended, and is considered to be best practice, that The FA Emergency Aid course is undertaken on an annual basis as a form of refresher training.



# THE FA INTERMEDIATE FIRST AID (IFAS)

The IFAS is a training course which addresses the needs of physiotherapists, sports therapists, sports rehabilitators and allied medical professionals who are responsible for the management of the acutely injured/ill athletes (members of staff).

## Course duration

Two days

## Course pre-requisites

As a minimum, participants must be a student /undergraduate engaged in medical or allied healthcare professional training.

## Who is it for?

The IFAS course is for undergraduate and graduate physiotherapists, sports therapists, sports rehabilitators and allied medical personnel (masseurs, fitness trainers, sports scientists, gym instructors etc), who are responsible for the management of the individuals in sports environments and who may be working in isolation without immediate access to other first aid provision.

## Course content

- First aid principles / practice / ethics
- First aider roles and responsibilities
- Medico-legal Issues
- Injury prevention / risk assessment
- Emergency action planning
- Primary survey / secondary survey
- 'Log Rolls'
- Cardiac arrest
- Basic Life Support (BLS)
- Use of Automated External Defibrillators (AED)
- Fractures / dislocations
- Sprains / strains / contusions
- Head injury
- Spinal injury
- Maxillo-facial injury
- Chest injury
- Abdominal injury
- Anaphylaxis
- Asthma
- Hypothermia

- Cramp
- Shock
- The on-field injury assessment process
- Use of splints
- First aid kit contents
- Participant assessment – CPR / AED / MCQ / Viva Voce

## Certificate currency

Due to the nature and responsibility associated with first aid provision, and in line with current UK guidelines, the currency of the IFAS certificate for use as a first aid qualification will be limited to three years. To remain qualified and in date the holder must complete a further IFAS course within the final three months prior to expiry of the qualification.

It is recommended, and is considered to be best practice, that The FA Emergency Aid course is undertaken on an annual basis as a form of refresher training.



# THE FA AWARD IN APPLIED FOOTBALL SCIENCE AND CONDITIONING

The new FA Applied Football Science and Conditioning Award is for individuals who are interested in the scientific support and training of players. The course aims to provide the candidates with an appropriate level of theoretical knowledge and practical skill to support the delivery of sports science/strength and conditioning programmes within elite football.

## Course duration

14 days

## Course pre-requisites

TBC

## Who is it for?

The course is aimed at sports science graduates who are already working in, or would like to enter the professional game.

## Course content

The course will include the following topics:

- The demands of football
- The scientific basis of training planning
- Developing fitness for football
- Monitoring and testing the footballer
- Nutrition for football
- The science of recovery
- Injury prevention and rehabilitation
- Developing sport science support programmes

The course delivery includes lectures, seminars and practical sessions (on both the field and in the gym) delivered in the state of the art facilities at St. George's Park, together with and tutor supported self-directed learning undertaken in each candidate's professional environment.

## Course assessment

The course assessments have been designed to evaluate the learning outcomes associated with the award as well as to be industry relevant. Assessments are completed both in and between residential blocks. The assessment strategy includes:

- **In-course presentations and practical assessments**  
In-course presentations and practical assessments are used to assess candidates' understanding of important theoretical concepts and relevant practical skills. These assessments will form a component of the in-course delivery during the residential periods included in the course.
- **Log books and case studies**  
Log books are used to evaluate the ability to plan and deliver training programmes as well as implement performance monitoring and assessment strategies. The use of log books enables the recording of sessions that are completed relevant to the award and for the information to be subsequently analysed for the appropriateness of practice. The production of specific case studies associated with the recorded activities allows clear presentation of the planning, implementation and outcomes of your programmes.

Further awards and CPD modules within the sports science and fitness arena will be developed throughout 2012/13. For further details about these, or for information about dates and price of the FA Award in Applied Football Science and Conditioning, please email [FALearningSupprt@TheFA.com](mailto:FALearningSupprt@TheFA.com)



## COURSE DATES 2013

Course	Date	Venue	Licensed Coaches' Club Member Price	Non-Member Price
IFAS 09	18 - 19 January	St. George's Park	£200	£250
IFAS 10	14 - 15 March	St. George's Park	£200	£250
IFAS 11	18 - 19 May	St. George's Park	£200	£250
IFAS 12	23 - 24 July	St. George's Park	£200	£250

# THE FA ADVANCED RESUSCITATION AND EMERGENCY AID (AREA)



The AREA is a training course which addresses the needs of doctors and physiotherapists who are responsible for the management of the acutely injured/ill athletes (members of staff).

### Course duration

Two days

### Course pre-requisites

Doctors: GMC registration  
Physiotherapists: MCSP/HPC registration

### Who is it for?

The FA Advanced Resuscitation and Emergency Aid course is designed to address the training needs of doctors and physiotherapists who have the primary responsibility for the management of acutely injured/ill athletes, particularly on the field of play and in sports environments.

It is a highly practical and interactive course which develops essential core and extended skills through a series of skill stations and rapid practice scenarios.

The course is accredited with Faculty of Immediate Medical Care at the Royal College of Surgeons (Edinburgh).

### Course content

- Emergency action planning
- Cardiac arrest
- Spinal injury
- Log rolls
- Primary survey / secondary survey
- Basic Life Support (BLS)
- Use of Automated External Defibrillators (AED)
- Advanced Life Support (ALS)
- Advanced airway management
- Fractures
- Dislocations
- Head injury
- Maxillo-facial injury
- Chest injury
- Abdominal injury
- Shock
- Anaphylaxis
- Choking
- Rapid take downs
- Moving an injured player
- Spinal packaging
- Use of split devices
- Use of splints
- Participant assessment – MCQ / practical

### Certificate currency

Due to the nature and responsibility associated with first aid provision, and in line with current UK guidelines, the currency of the AREA certificate for use as a first aid qualification will be limited to three years. To remain qualified and in date the holder must as a minimum complete a further AREA course within the final three months prior to expiry of the qualification.



### COURSE DATES 2013

Course	Date	Venue	Licensed Coaches' Club Member Price	Non-Member Price
AREA 07	7 - 8 February	Sothampton FC	£550	£600
AREA 08	18 - 19 April	Middlesbrough FC	£550	£600
AREA 09	15 - 16 June TBC	St. George's Park	£550	£600

# THE FA ADVANCED RESUSCITATION AND EMERGENCY AID (AREA) RE-ACCREDITATION

The AREA re-accréditation is a training course which addresses the needs of doctors and physiotherapists who are responsible for the management of the acutely injured/ill athletes (members of staff).

### Course duration

One day

### Course-prerequisites

Doctors: GMC registration  
Physiotherapists: MCSP/HPC registration

### Who is it for?

This course is for individuals who have previously completed the two-day AREA course. It is recommended and is considered to be best practice (and is a Premier League requirement), that this re-accréditation course is undertaken on an annual basis, specifically at the one-year and two-year point following completion of the AREA course.

The course is a review of the content previously covered on the AREA course, an update on changes in protocols and clinical procedures and an opportunity to refresh practical, clinical skills through a series of skill stations and rapid practice scenarios.

### Course content

- Primary survey
- Advanced airway management
- Spinal management
- Basic Life Support (BLS)
- Use of Automated External Defibrillators (AED)
- Advanced Life Support (ALS)
- Orthopaedic management
- Moving casualties

### Certificate currency

The FA AREA Re-accréditation course is a form of refresher training which is taken at the year one and year two point in a training cycle. The currency of the AREA Re-accréditation certificate for use as a first aid qualification is thus limited to one year.



### COURSE DATES 2013

Course	Date	Venue	Licensed Coaches' Club Member Price	Non-Member Price
AREA R05	11th February	Sothampton FC	£275	£300
AREA R06	17th April	Middlesbrough FC	£275	£300
AREA R07	14 June TBC	St. George's Park	£275	£300

# MSC/POSTGRADUATE DIPLOMA EXERCISE AND SPORTS MEDICINE (FOOTBALL)

This innovative programme has been developed through a partnership between The Football Association and the University of Birmingham. The overall aim of the programme is to enable exploration of the theoretical basis of exercise and sports medicine in general and football in particular, and its application to the development of a physiotherapist's and doctor's clinical reasoning.

## Course Duration

MSc - Minimum 13 months, maximum six years;  
PGDip - Minimum 10 months, maximum four years (minimum dates are determined by necessity of timetabling specialist modules off-season)

## Course Pre-requisites

Admission to the programme is on the basis that you will have:

- Current registration with the Health Professions Council and the Chartered Society of Physiotherapy for physiotherapists
- Current registration with the General Medical Council, and evidence of appropriate professional indemnity for mentored practice within a football environment for doctors
- A BSc/BA Honours degree or equivalent. (Evidence of equivalence of your qualification(s) to the UK educational system of awards can be found at [www.naric.org.uk](http://www.naric.org.uk)). The degree should normally be a first or upper second class Honours degree for physiotherapists and MBChB for doctors
- Two references and a transcript (CV not necessary)
- Documented evidence post qualification experience of practice within a sporting context
- Supporting evidence of appropriate continuing professional development during this post qualification experience
- Letter of support from employer
- Satisfactory current Criminal Record check
- Satisfactory health declaration and immunisation record

## Who is it for?

The programme is aimed at physiotherapists and doctors either working within football medicine or interested in moving into football medicine.

## Course Description

Using the process of clinical reasoning as its framework, the programme will integrate the key issues central to practice in this specialist area, including: clinical assessment, communication skills, accurate diagnosis, differential diagnosis, diagnostics and prognostics, treatment interventions, management approaches, best evidence, evaluation of outcome, strategies to reduce injury time.

The programme will facilitate the evaluation of existing evidence through the exploration of the assessment and management of athletes. It will provide students with the opportunity to tailor their learning experience to meet their personal and professional needs, developing their capacity for leadership within a multidisciplinary team providing clinical management in football. The programme will promote enquiry based learning through a range of strategies including case analysis and problem based learning.

The programme is written in line with the international competencies and standards established by the International Federation of Sports Physiotherapists and the Specialty Training Curriculum for Sports and Exercise Medicine from the Joint Royal Colleges of Physicians Training Board, and in collaboration with The Football Association and physiotherapists and doctors working within football and other sporting contexts.

The specific aims of the programme are:

- To critically evaluate approaches and methodologies for researching theoretical and practical issues relating to exercise and sports medicine with a focus on clinical practice within football
- To critically evaluate previous professional development and plan future development within the framework of contemporary exercise and sports medicine within football
- To critically analyse the theoretical and conceptual issues underpinning assessment, evaluation, management and rehabilitative approaches within football
- To use advanced clinical reasoning and clinical skills to enable optimal clinical effectiveness and holistic management of complex clinical presentations in athletes
- To develop a high level of clinical and research skills to enable leadership within a football medicine context
- To critically evaluate the scientific and clinical evidence of exercise and sports medicine in football
- To formulate a justifiable research design and conduct analytically an investigation to address a given problem
- To produce a written research report and presentation worthy of scrutiny in both academic and clinical settings

## Course Content

The Postgraduate Diploma (PGDip) in Exercise and Sports Medicine (Football) is awarded with successful completion of six 20 credit masters level modules.

- Either Research Methods (Distance Learning) (20 credits) or Developing Evidence Based Practice (20 credits)
- Sports Medicine (Football) 1 (20 credits)
- Sports Medicine (Football) 2 (20 credits)
- Neuromuscular Adaption to Training (20 credits)
- Continuing Professional Development and Mentored Practice (20 credits)
- In addition, you will choose one option module to the value of 20 credits from within the College (subject to availability and viability).

The award of Master of Science (MSc) in Exercise and Sports Medicine (Football) will be awarded following successful completion of the Research Dissertation (60 credits) to provide a cumulative total of 180 M level credits.

## Course Assessment

The programme is assessed through a range of methods including: essay, extended essay, clinical case based viva, problem solving written analysis, viva using portfolio of evidence, and a written and verbally presented research project.

## Pricing

2012/13 programme fees:  
UK/EU students - £9,950  
Non UK/EU students - £16,950

## How to apply

Please follow the link below which will direct you to the Birmingham University website and their standard application procedures:  
<http://www.birmingham.ac.uk/students/courses/postgraduate/taught/med/exercise-sports-medicine-football.aspx>

UNIVERSITY OF  
BIRMINGHAM



## FOOTBALL FOUNDATION DEGREE

In preparation for a launch in September 2013, The FA will be working with Birmingham University to develop a Foundation degree in Football. This vocational course will help prepare the student for a role within football and the course content will include Pedagogy and Coaching, Sports Science, Football Administration and Sports Development. The Foundation degree will be delivered on a part-time basis over three years and will include distance learning and delivery at St. George's Park. For further information on the course and to express an interest, please contact [FALearningSupport@TheFA.com](mailto:FALearningSupport@TheFA.com).



# FOOTBALL INDUSTRIES MBA (FIMBA)

## Who is it for?

The programme is aimed at professionals wishing to pursue or enhance their careers in the business and administration of football.

## Course duration

One year full-time or two years part time.

## Course pre-requisites

Students will normally be expected to hold a 2:1 Honours degree (which may be in any discipline) from a UK university, or an equivalent professional qualification from a similar non-UK institution. Non-graduates with extensive professional experience and/or other prior qualifications may also be considered. Candidates should normally be expected to have a minimum of three years appropriate work experience. All candidates must meet the University's required level of English.

## Course description

The MBA Football Industries programme (FIMBA) is a unique qualification, run in partnership with the FA that focuses on the professionalism, business and marketing of the beautiful game, delivering high-calibre executives into the global football industry. If you want to work in football, with clubs, governing bodies or related marketing, media and sponsorship companies, this is the MBA programme for you.

There are three principal objectives to the programme:

- To introduce students to the modern football business, encourage them to understand theoretical debates around its functioning, and critically analyse processes and forces within it.

- To introduce students to generic management study, and encourage them to apply industry and business concepts to modern football.
- To offer vocational training to students who wish to enter the football industry and peripheral industries, and to develop the skills and attributes required to be successful in this sector.

The programme has three elements:

- A grounding in the core disciplines essential to management
- Specialised football focused professional development by means of taught modules
- A work based project or dissertation comprising an independent piece of research.

The FIMBA programme has some clear characteristics:

- FIMBA is the original, and still the only, Football Industries MBA.
- The programme is taught by staff at the University of Liverpool supplemented by professionals from the football industry.
- As an MBA programme; FIMBA has the real business focus that management positions in modern sport demand.
- Professional development in the field of the football industry is combined with a critical awareness of the issues involved in football management, strategy, law, marketing, finance and administration.
- FIMBA is at the centre of one of the best existing global networks in sport with alumni working for the top football / sports clubs, governing bodies, media and commercial organisations in Europe, Asia, the Americas and Africa.

## Course content

The course includes four core modules in Management: Managing Financial Resources, Organisation in the Strategic Context, Managing the Environment, and Change and Innovation, plus five football specific modules: Sports Operations Management (in conjunction with UEFA), Becoming a Football Executive, International Football Industry, Football and the Law, Football and Finance. Students must also complete a 15,000 word dissertation or a work-based project.

## Course assessment

The course is assessed by means of coursework (essays, reports, group work, presentations etc.) and written examinations. All students must complete a dissertation or work-based project.

## Pricing

Fees for the MBA in 2012/13 are £12,000 for Home/EU students and £17,350 for international students. Fees can be paid in three instalments at the beginning of each semester.

## How to Apply

Please follow the link below which will direct you to the University of Liverpool website and their standard application procedures: <http://www.liv.ac.uk/study/postgraduate/taught/faculty-of-humanities-and-social-sciences/university-of-liverpool-management-school/management-school/taught/football-industries-mba/overview/> Please see [www.liv.ac.uk/footballindustry/](http://www.liv.ac.uk/footballindustry/) for further details.



# THE FA LICENSED REFEREE TUTOR LEVEL 1

The course offers information on the basic principles of tutoring and incorporates many of the GTT principles. It enables participants to work in small groups planning and running teaching sessions, under the leadership of a group tutor. Throughout the course feedback is offered to the participant and a development plan is generated.



## Course duration

Three day programme of training

## Course pre-requisites

- Qualified Referee to at least Level 6
- Nomination by their parent County FA
- Interest and commitment to delivery of basic course referee education programmes

## Who is it for?

The course is designed for those volunteers who wish to be involved in the delivery of quality referee education programmes. It is also the first level (four in total) in the Licensed Referee Tutor process.

## Course content

- The principles of Tutoring
- An introduction to the Learning Cycle
- The use of questions to enhance learning
- The power of quality feedback
- The theory of practical training

## Pre-course task

To observe the delivery of tutors in action on a basic referee training course and wherever possible assist in the delivery of training on the course.

## Course assessment

Two teaching sessions are assessed whilst on the course, one inside the classroom and one outside session.

## 2013 Course details

Regional Courses TBA – please contact your local County Football Association for information.



# THE FA LICENSED REFEREE TUTOR LEVEL 2

This six day course is designed to further develop the tutoring skills of Level 1 Tutors in order for them to deliver a range of training programmes at County FA In-Service Training events. This course will be offered nationally and will be based on clearly identified needs. The course offers information on the theory and practice of referee education both in the classroom and outside on the pitch, and incorporates many of the GTT principles. It enables participants to work in small groups planning and running teaching sessions, under the leadership of a group tutor. Throughout the course feedback is offered to the participant and a development plan is generated.

### Course duration

Six day programme of training

### Course pre-requisites

- Qualified Referee to at least Level 5
- Nomination by their parent County FA or The FA
- Hold Level 1 Licensed Referee Tutor Status
- Interest in actively delivering in-service referee training programmes

### Who is it for?

The course is designed for those volunteers who wish to be involved in the delivery of quality in- service referee education programmes. It is the second level (four in total) in the Licensed Referee Tutor process.

### Course content

- The principles of tutoring and learning
- Developing further understanding of the four stages of the Learning Cycle
- The use of case studies as a learning tool
- Facilitation techniques
- Leading and managing groups
- The power of quality feedback
- The theory of practical training
- Delivery of theory and practical sessions with constructive feedback offered

### Pre-course task

To have undertaken at least six hours delivery of referee education programmes and have been appraised on at least one occasion.

### Course assessment

Three teaching sessions are assessed whilst on the course (two inside and one outside). A minimum of two further teaching sessions (one inside and one outside) are appraised in the workplace by FA appointed Level 3 and 4 Tutors before the participant is awarded Level 2 status.



# THE FA INTERNATIONAL INSTRUCTORS' COURSE

## Foundation and Advanced

### Course duration

Seven day programme of training

### Course pre-requisites

- Qualified Referee in their respective National Associations
- Lead referee educator in their respective National Associations
- Nominated by their National Association
- In respect of the Advanced programme applicants should have previously attended the Foundation Programme

### Who is it for?

The course is designed for those lead referee educators in their respective countries who require up skilling, new information and development opportunities in referee education.

### Course description

This seven day course is designed to offer our international colleagues, who have a responsibility to provide referee

education in their respective countries, information, ideas and updates on referee education and training. This course will be offered internationally to both previously participating national associations and to those showing an interest.

The Foundation programme is designed to offer lead educators information on modern learning techniques whereas the advanced programme deals with GTT principles and builds on the learning obtained in the foundation programme.

The course offers information on the theory and practice of referee education in both inside and outside activities and incorporates many of the GTT principles. It enables participants to work in small groups planning and running teaching sessions, under the leadership of a group tutor. Throughout the course feedback is offered to the participant and a development plan is generated.

### Course content

- The principles of tutoring and learning
- Developing further understanding of the four stages of the Learning Cycle
- The use of case studies as a learning tool
- Facilitation techniques
- Leading and managing groups
- The power of quality feedback
- The theory of practical training
- The concept of coaching referees

### Pre-course task

There is no formal pre course task although all applicants are asked to complete a questionnaire covering their experience in referee education and training.

### Course assessment

Three teaching sessions are assessed whilst on the course, two inside and one outside session. All participants are asked to complete an Action Plan which will outline their intended work and practice when back in their respective countries.

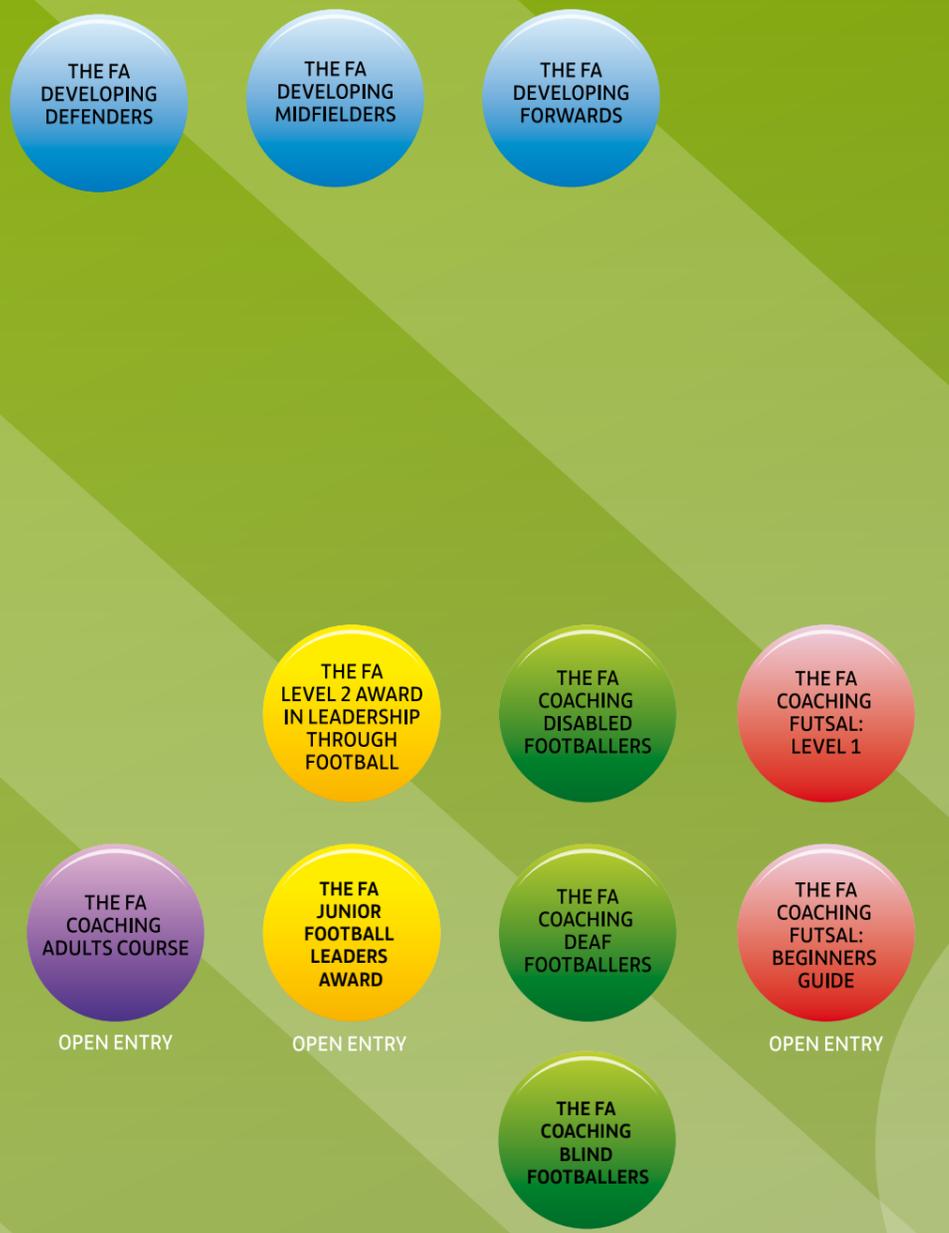


# 2013 FA LEARNING COACHING PROVISION AND PATHWAYS

This graphic represents the current FA course provision for coaching. For specific course information, including pre-requisites, content, assessment protocols and costs please see the in-depth course descriptions which can be found at [www.TheFA.com/FALearning](http://www.TheFA.com/FALearning)

Or telephone The FA Learning Hotline on **0844 980 8212** or Email [FALearningSupport@TheFA.com](mailto:FALearningSupport@TheFA.com)

## Additional Coaching Course Provision



## Core Coaching Qualifications



## Youth Coaching Qualifications





How do you want to be remembered?

**Respect**

Lose Respect  
Lose the game





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