



COACH EDUCATION PROGRAM

Better Coaches, Better Football

Introduction

Football Federation Australia has established a Coach Accreditation Structure within the National Coaching Scheme.

A fresh range of Coach Education Courses are available to assist in the development of coaches at all levels of ability in modern coaching and training methods.



Kelly Cross conducting a session at the FFA 'B' Certificate Coaching Course

Football Federation Australia's Coach Education Department, in conjunction with the Australian Coaching Council and representatives from State Federations, has developed the new programs after extensive research into the needs of coaches and players throughout Australia.

A two-pathway system has been introduced, catering for both Community and Advanced coaches.

The Community courses start with the Grassroots Certificate and progress to the Junior, Youth and Senior Certificates.

The Advanced courses are approved by the Asian Football Confederation (AFC), and are the A, B and C certificates. These courses are recognised by Europe's governing body, UEFA.

Football Federation Australia is committed to the delivery of quality courses.

A valid, reliable, consistent and fair assessment process is assured by Football Federation Australia through a process of standardisation and in-service training of Course Instructors.

A handwritten signature in black ink that reads "Kelly Cross".

Kelly Cross
National Coach Education Manager

Mission

To facilitate and coordinate a national coach accreditation structure for football that develops the competence of all coaches through the presentation of courses, associated programs, and educational resources, enabling coaches to provide players with quality football experiences relevant to their needs.

Slogan

'Better Coaches, Better Football'

This slogan implies that the education of coaches has a major impact on the quality of football in Australia. By educating coaches, we are striving to ensure that not only players of all levels, but also coaches of all levels enjoy quality football experiences that will grow their love of football and make them lifelong members of the football family. As a result, football as a whole will be better.

A New Era in Coaching

Three former Australia captains were among the first to benefit from FFA's new coach education initiative last month, undertaking the first stage of the Advanced Pathway for aspiring coaches. Tony Vidmar, Kevin Muscat and Alex Tobin, ex-Socceroos Ian Gray and Ante Milicic, Central Coast Mariners coach Lawrie McKinna and Hyundai A-League stars Stuart McLaren, Andre Gumprecht and Wayne O'Sullivan were among 17 candidates on the inaugural B Certificate coaching course.

Launched in 2007, the program allows would-be coaches to train on home soil rather than having to travel overseas. This has only become possible since Australia became a member of the AFC.

"This is the first of FFA's new Advanced Coaching Courses, which are under the auspices of the AFC," said Kelly Cross, FFA National Coach Education Manager.

"In the past, Australian coaches had to travel to Europe, or elsewhere, for such high-level courses. These AFC-endorsed courses are recognised as equivalent to those conducted by UEFA."

Candidates who pass the B Certificate can progress to the higher-level A Certificate and finally the Pro Diploma.

Courses are run at the Australian Institute of Sport and the fee includes all tuition, training gear, meals, and accommodation.



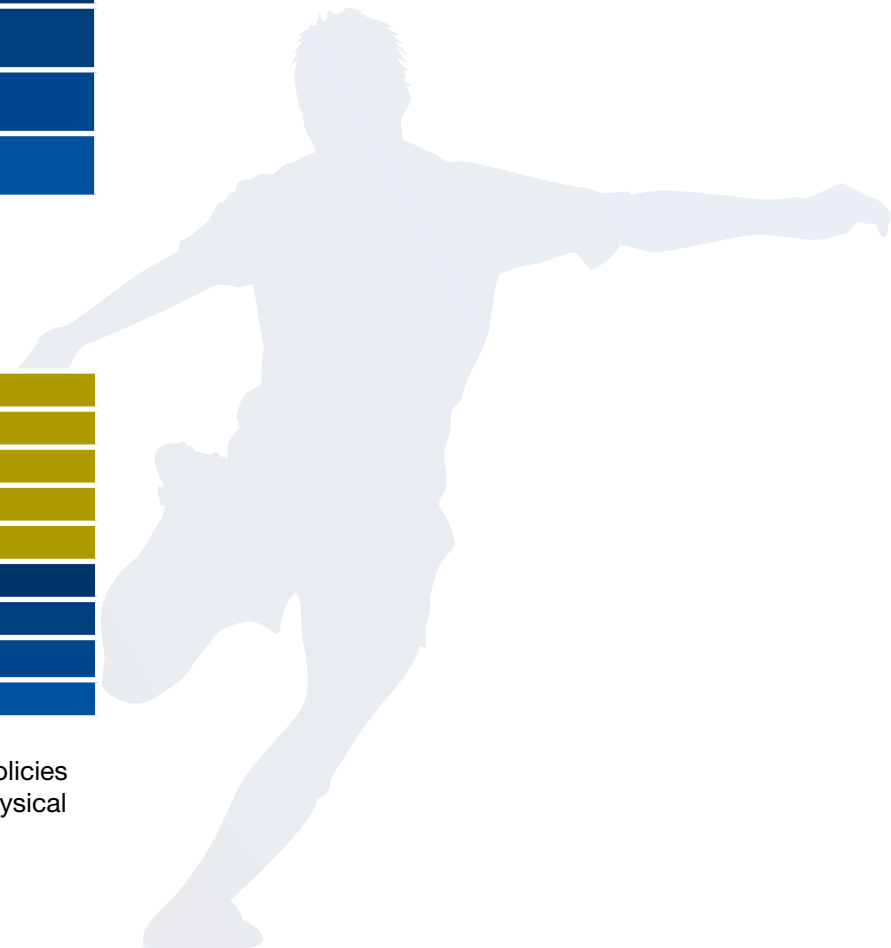
National Coaching Scheme

ACCREDITATION LEVEL	FOOTBALL FEDERATION AUSTRALIA ACCREDITATION	DURATION (HOURS)	CONDUCTED BY
Advanced	Professional Diploma	385	Asian Football Confederation
Advanced	A Certificate	148	Football Federation Australia
Advanced	B Certificate	107	Football Federation Australia
Advanced	C Certificate	82	Football Federation Australia
Community	Senior Licence	60	State Federation
Community	Youth Licence	24	State Federation
Community	Junior Licence	16	State Federation
Community	Grassroots Football Certificate	3	State Federation

Specialist courses

ACCREDITATION LEVEL	FOOTBALL FEDERATION AUSTRALIA SPECIALIST ACCREDITATION	DURATION (HOURS)	CONDUCTED BY
Advanced	Level 3 Goalkeeping Certificate	70	Football Federation Australia
Advanced	Level 2 Goalkeeping Certificate	65	Football Federation Australia
Advanced	Level 1 Goalkeeping Certificate	40	Football Federation Australia
Advanced	Level 2 Futsal Certificate	72	Football Federation Australia
Advanced	Level 1 Futsal Certificate	52	Football Federation Australia
Community	Senior Goalkeeping Licence	24	State Federation
Community	Youth Goalkeeping Licence	16	State Federation
Community	Level 2 Futsal Licence	32	State Federation
Community	Level 1 Futsal Licence	16	State Federation

The FFA is committed to providing a non-discriminatory culture on all courses and is active in providing policies and procedures which enable equity regardless of gender, race, parental or marital status, age, religion physical disabilities or any other criteria not specifically related to a candidates potential abilities as a coach.





Choosing the appropriate course

Candidates are encouraged to review the details of each course particularly with regard to the 'Target Candidate'.

There is a course available and suitable for all coaches from the inexperienced to the professional. If you require assistance in choosing a course you should contact the State Federation Coach Education Department.

What candidates can expect to receive

On Enrolment and Payment

- Confirmation of venue, date, starting and finishing times.

At the beginning of the course

- Receipt of course fees
- Identified course objectives and outcomes
- An outline of the candidate's responsibilities and what is expected on the course
- An explanation of the assessment procedures and necessary time lines for assignments (where appropriate)

During the course

- Professional delivery of the required course syllabus by an authorised Course Instructor
- The use of appropriate equipment and facilities
- A punctual start and finish at the agreed times
- Feedback on a candidate's performance
- Group discussions on coaching methodology

On completion of the course

- A request to complete a course evaluation questionnaire
- Accreditation Certificate within 6 weeks of the successful completion of required modules and assignments

Re-accreditation and updating

A FFA licence is valid for a period of four consecutive years.

Community Accreditation

Community Licence coaches that have remained active at the appropriate level for three out of the past four years and have met the updating requirements specific to each accreditation may apply through the State Coach Education Department for renewal of their accreditation.

Advanced Accreditation

At the conclusion of the four year accreditation period, coaches need to have attended a refresher course (or have passed the next level of accreditation) to gain the licence for another four years.

For additional information on updating requirements and procedures, contact your State Federation or the FFA.

Requirements

- Candidates must meet the enrolment requirements for each course
- All accreditation courses are conducted in English.
- Candidates have the opportunity to obtain credit for prior learning and relevant experience (where applicable) on Community Courses
- An application form for Community Courses can be obtained from the State Federation
- An application form for Advanced Courses can be obtained from the FFA
- To apply for a place in a chosen course, candidates are required to complete and return the official application form with the necessary payment to the address provided
- All courses involve practical work and whilst participation is encouraged, it is not obligatory and arrangements will be made to assist those candidates with learning difficulties or disabilities

Responsibilities

What is expected of Candidates on the course?

- Adequate preparation for the course with appropriate fitness and prior study (for Advanced Courses it is recommended that candidates complete one or more Community Coaching Courses as ideal preparation for Advanced Coaching Courses)
- Appropriate attire and footwear
- To be punctual and attend all sessions
- A requirement to inform the Course Instructor if attendance is not possible
- Contribution to all activities
- Complete assignments within the agreed time lines
- Take reasonable care for health and safety of self and others
- Display respect and consideration for other course members, the equipment, facilities, and staff
- An ongoing commitment towards
 - The course outcomes
 - The completion of course
 - The completion of course activities
 - An open mind to presentations and coaching methods

Australian Sports Commission (ASC)



The Junior Licence course includes the ASC Level 1 Coaching General Principles.

The Senior Licence course requires candidates to complete the ASC Level 2 Coaching General Principles in their own time. This must be completed within two years of undertaking the Senior Licence Course and is necessary before accreditation can take place. Contact your State Football Federation for options on completing the ASC Level 2 General Principles Course.



Grassroots Football Certificate

This course is of three hours duration and is aimed at beginner coaches and teachers of players up to 10 years of age. It is designed to give them a basic understanding of their role and to provide them with practical ideas for training sessions.

Course Objectives and Outcomes

After attending this course the coach will have a basic understanding of:

- What kids' coaching is about
- What kind of activities to provide at training sessions
- How to put together the content of a kids' training session

Course Content

The course centres on the FFA publication 'Coaching Grassroots Football', which each participant receives free of charge when attending this course. Participants will be shown a range of practices from the book and will be able to use the book as an ongoing coaching resource.



Accreditation Award

Participants who attend the whole three-hour course will receive an FFA Certificate, and will be recorded on the FFA database as having attended.

Pre-Requisites

- Minimum age 15 years old

Candidate Assessment

There is no assessment component on this course. It is an 'attendance-only' course.

Junior Licence

This course is aimed towards the beginner coach, managers, parents, teachers and prospective coaches of junior club teams interested in development training methods.

The Junior Licence course is for those coaches who require the knowledge and competency to organise junior players into suitable football practices. This course is an accredited program under the auspices of the Football Federation Australia National Coach Accreditation Scheme.

Football Federation Australia's Licensed Instructors and authorised Lecturers focus the course content on competent organisation of development practices through the presentation of modern practical and theory methods. The course is also designed to further enhance the knowledge of those coaches who are currently coaching players of a junior age.

Course Objectives and Outcomes

On the completion of this course the coach will be able to;

- Identify the training requirements of the junior players
- Identify the learning behaviours of junior players
- Prepare a training session appropriate to the needs of the junior players
- Facilitate the learning of the fundamentals techniques/skills
- Identify basic safety and first aid requirements
- Implement basic playing rules
- Evaluate the effectiveness of their coaching behaviour



Course Duration

16 hours

Course Preparation

Candidates are advised to undertake adequate pre-course preparation by downloading and reading the Course Content available from the 'The Education Centre' using the Access Code jl123:

<http://coaching.footballaustralia.com.au/public/coaching/courselist.asp>

Candidates are also advised to attend the FFA Grassroots Football Certificate Course, which is ideal preparation for the Junior Licence.

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

Note: Candidates will be invited to participate in practical sessions. Those who are unable to do so are required to declare any medical impediment in writing and advise the Course Instructor.



Course Content

Modules will be integrated throughout the course and will include:

- Practice Methods
- Basic Laws and Rooball rules
- Basic technique/skills development
- Planning a junior coaching session
- Basic attacking and defending play
- Role of the coach
- Basic safety first aid
- Development of young players
- Coaching practice evaluation

Pre-Requisites

Minimum age 15 years old

Candidate Assessment

- Successful completion of course work sheets and assignment
- Successful completion of the Rooball basic laws question paper
- Successful completion of a basic practice session
- Participation in all course activities

Accreditation Award

Football Federation Australia Junior Licence

(Valid for 4 years)



Youth Licence

This course is aimed at coaches or prospective coaches of Youth players up to amateur Senior Competition Level.

The Youth Licence is for those candidates who have successfully completed an FFA Junior Licence or have relevant overseas qualifications. This course is an accredited program under the auspices of the FFA National Coach Accreditation Scheme.

The FFA Licenced Instructors and authorised lecturers focus the course content at the competent organisation of game centred practices through the presentation of modern practical and theory methods.

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

Course Objectives and Outcomes

- Organise appropriate practices to improve a players basic technique and decision making ability
- Organise appropriate practices to improve a player's basic attacking and defensive awareness
- Integrate Development Practices

throughout a training session

- Demonstrate effective communication skills to facilitate a player's appropriate involvement within the practices



Course Duration

24 hours

Course Preparation

Candidates are advised to undertake adequate pre-course preparation by downloading and reading the Course Content available from the 'The Education Centre' using the Access Code yl123:

<http://coaching.footballaustralia.com.au/public/coaching/courselist.asp>

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

Note: Candidates will be invited to participate in practical sessions. Those who are unable to do so are required to declare any medical impediment in writing and advise the Course Instructor.

Course Content

Modules will be integrated throughout the course and will include:

Theory Modules

- Teaching Soccer Skills and Games
- Effective Communication with players
- Risk Management
- Laws of the Game
- Sports Medicine



Candidate Assessment

- Successful completion of course work sheets and assignments
- Successful completion of a practical session
- Participation in all course activities

Accreditation Award

Football Federation Australia Youth Licence

(Valid for 4 years)

Practical Modules

- Technique and Skill Practices 1 and 2
- Basic Playing System Practices
- Attacking Awareness Practices
- Defensive Awareness Practices
- Set Play Awareness Practices
- Set Play Awareness in Attack and Defence
- Goalkeeper Awareness Practices
- Candidates Practical Evaluation and Feedback

Pre-Requisites

Candidates must have achieved a Pass in the Junior Licence, demonstrated coaching competencies or overseas qualifications equivalent to the FFA Junior Licence.



Youth Goalkeeping Licence

The Youth Goalkeeping Licence course has been structured to instruct coaches in the Principles of goalkeeper coaching at the Youth level. The Course covers both theory and practical sessions as well as practical assessments of candidates and is also designed to update goalkeeper coaches currently coaching at both junior and senior levels.

Course Objectives and Outcomes

To provide candidates with the knowledge and competency to organise Goalkeeper related practical and theory sessions to the Youth Level.

- Understand the role of the goalkeeper and required skills
- Conduct goalkeeper related warm up and stretching sessions
- Organise a periodic training program for all ages
- Coach basic Goalkeeper techniques
- Analyse and correct problems in technique
- Coach game awareness and practical sessions

Course Duration

16 hours

Course Preparation

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



Note: Candidates will be invited to participate in practical sessions. Those who are unable to do so are required to declare any medical impediment in writing and advise the Course Instructor.

Course Content

Modules will be integrated throughout the course and will include:

Theory Modules

- Introduction to the Course
- Principles of Goalkeeper Coaching
- Planning a Training Program
- Analysis Methods to Improve Technique and Game Awareness

Practical Modules

- Warm Up and Stretching Routines
- Technique Development
- Role of the Goalkeeper at Set Plays
- Shot Stopping Techniques and Skills
- Goalkeeper's Attacking Role and Responsibilities
- Goalkeeper Positioning and Kicking Techniques
- Candidate Assessment and Feedback

Pre-Requisites

Candidates must have completed the Youth Licence and achieved a pass

Accreditation Award

Football Federation Australia Goalkeeper Youth Licence (Valid for 4 years)

Senior Licence

This course is aimed towards coaches or prospective coaches of players at Youth and Senior Competition Level.

The Senior Licence is for those candidates who have successfully completed the FFA Youth Coaching Licence and achieved an “Advanced Pass” grade whilst demonstrating an ability to coach players at an advanced youth level or at a senior amateur competition level. This course is an accredited program under the auspices of the FFA National Coach Accreditation Scheme.

The FFA Licensed Instructors and authorised lecturers focus the course content at competent levels of technique and skills coaching through the presentation of modern practical and theory methods.

The course is also designed to further enhance the knowledge of those coaches who are currently coaching players at a youth/senior level of competition.

Course Objectives and Outcomes

- Identify and coach soccer technique and skill
- Differentiate between practice methods
- Select appropriate methods to enhance

performance

- Differentiate between technique and principles of play
- Demonstrate appropriate techniques and skills
- Coach principles of attack and defence
- Relate theory of coaching principles to practical coaching
- Demonstrate and understanding of the laws of the game
- Evaluate the effectiveness of their coaching behaviour

Course Duration

60 hours

Course Preparation

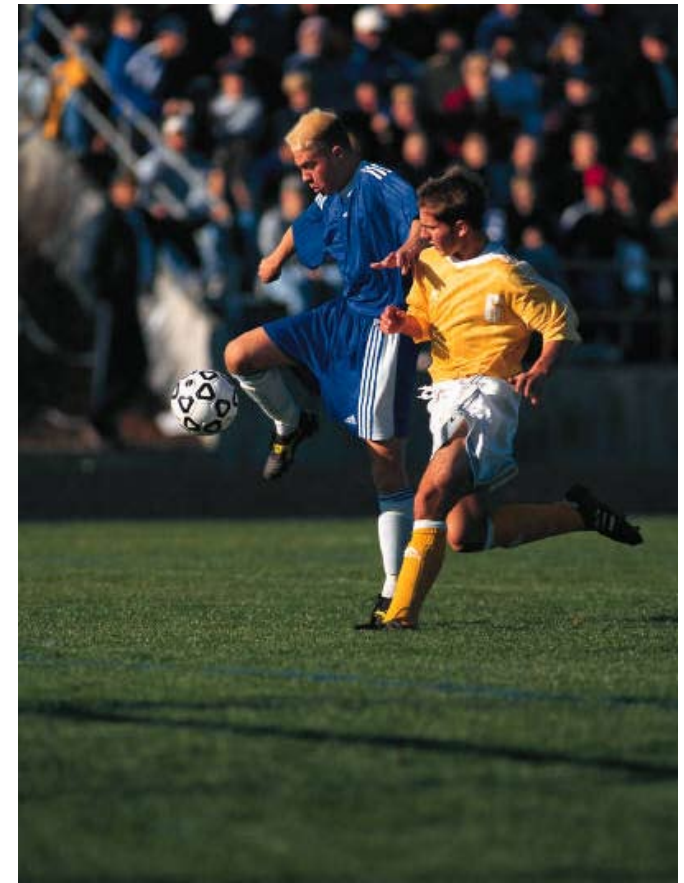
Candidates are advised to undertake adequate pre-course preparation by downloading and reading the Course Content available from the ‘The Education Centre’ using the Access Code sl123:

<http://coaching.footballaustralia.com.au/public/coaching/courselist.asp>

It is recommended that the candidates prepare themselves in a physical sense,

particularly if they are not actively playing or coaching immediately prior to the start of the course.

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





Course Content

Modules will be integrated throughout the course and will include:

- Planning the Training Program
- Practice Methods
- Principles of Attack 1 and 2
- Coaching Technique 1 and 2
- Patterns Of Play
- Principles of Defence 1 and 2
- Attacking and Defensive Principles
- Goal Scoring Techniques
- Resource Management
- Laws of the Game
- Coaches Practical Evaluation and Feedback

Pre-Requisites

Candidates must have completed the Youth Licence and achieved an “Advanced Pass” or have relevant overseas qualifications.

Candidate Assessment

- Successful completion of course work sheets and assignments
- Successful completion of ‘Laws of the Game’ exam
- Successful completion of practical coaching sessions
- Participation in all course activities

Accreditation Award

Football Federation Australia Senior Licence

(Valid for 4 years)



Senior Goalkeeping Licence

The Senior Goalkeeping Licence has been structured to provide candidates with the knowledge and competency to organise coaching sessions, coach goalkeepers at the senior level and develop goalkeepers in the following areas:

- Physical Conditioning
- Tactical Awareness
- Technical Ability
- The Goalkeeper's Psychological approach to training and the game.

Participating coaches will be required to perform a practical session on a topic in the course and will be evaluated on the session.

Objectives and Outcomes

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

- Organise a development programs for goalkeepers
- Organise and implement advanced goalkeeper fitness sessions
- Organise and implement appropriate practices to improve a keeper's technique and decision-making ability
- Integrate field players and keeper skills

practices

- Shoot and analyse a training or game video, correct faults, and show technical and tactical strengths and weaknesses
- Instruct on the psychological profile required by a keeper



Course Duration

24 hours

Course Preparation

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

Note: Candidates will be invited to participate in practical sessions. Those who are unable to do so are required to declare any medical impediment in writing and advise the Course Instructor.

Course Content

The Senior Goalkeeping Coaching Licence has been structured to provide candidates with the knowledge and competency to organise coaching sessions, coach goalkeepers at the senior level and develop goalkeepers in the following areas:

- Physical Conditioning
- Tactical Awareness
- Technical Ability
- The Goalkeepers Psychological approach to training and the game.

Participating coaches will be required to perform a practical session on a topic in the course and will be evaluated on the session.

Pre-Requisites

Candidates must have completed the FFA Youth Goalkeeping Licence and the FFA Senior Goalkeeping Licence

Level 1 Futsal Licence

This course is designed for the beginner coach and those that would be coaching at a junior level. The target market is parents, teachers, current and former players.

Course Objectives and Outcomes

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

- Identify the training requirements for their players
- Prepare a training session appropriate to the needs of their players
- Facilitate the learning of the fundamental techniques and skills of futsal in modified practices
- Conduct appropriate practices in a safe environment
- Identify the learning behaviours of their players
- Identify basic safety and first aid requirements
- Evaluate the effectiveness of their coaching session and coaching behaviour

Course Duration

16 hours

Course Preparation

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



Note: Candidates will be invited to participate in practical sessions. Those who are unable to do so are required to declare any medical impediment in writing and advise the Course Instructor.

Course Content

Examples of Theory Modules

- Introduction
- The role of the coach
- Framework of a training session
- Communication
- Sports safety
- Risk Management
- Futsal laws of the game

Examples of Practical Modules

- Basic skills and tactics
- Warm up and stretches
- Receiving and Controlling the ball
- Passing the ball
- Dribbling / running with the ball
- Ball skills
- Striking the ball
- Game centred practices in attacking and defending
- Group discussion
- Coaching practices evaluation



Pre-Requisites

- No previous experience required
- Minimum age 15 years old

Accreditation Award

Football Federation Australia Level 1 Futsal
Licence

(Valid for 4 years)



Level 2 Futsal Licence

This course is designed for coaches that would aspire to coach at a State or National League level. The target market is current Level One coaches and current and former players.



Course Objectives and Outcomes

- Identify the needs of Futsal athletes/teams
- Devise a yearly plan appropriate to the Futsal athlete/team's needs
- Develop appropriate communication skills to ensure the needs of the Futsal athlete/team, and the situations that arise, are met
- Monitor team performances and provide appropriate tactical corrections
- Evaluate athlete performance/s and

- provide appropriate technical corrections
- Analyse and implement appropriate modifications to the yearly plan
- Adapt game plans to suit opposition's style of play

Course Duration

32 hours

Course Preparation

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

Note: Candidates will be invited to participate in practical sessions. Those who are unable to do so are required to declare any medical impediment in writing and advise the Course Instructor.

Course Content

Examples of Theory Modules

- Planning a competition and training program

- Improve fitness levels for players
- Development of attacking and defensive principles.

Examples of Practical Modules

- Practice methods
- Development of skill in games
- Supporting players and evading defenders to penetrate defences
- Understanding and employment of blocks, feints, dummy runs etc
- Understanding and employment of attacking and defensive systems
- Understanding and employment of attacking set plays
- Understanding and employment of defence against attacking set plays
- Goalkeeping
- Coaching practice evaluation
- Game tactics practices in attack and defence

Pre-Requisites

- Current Level 1 Futsal Licence



Accreditation Award

Football Federation Australia Level 2 Futsal
Licence

(Valid for 4 years)



Advanced Courses

Type	Practical Hours	Theoretical Hours	Dissertation	Total Hours	Practical Assessments	Theory/Oral Examinations
'C' Certificate	36'30"	46'20"	-	82'50"	3	2 + 1
'B' Certificate	43'	60'	4 mins	107'	3	2
'A' Certificate	64'	78'	6 mins	147'30"	3	2
Pro-Diploma	107'	266'	12 mins (thesis)	385'	3	2
Level 1 Futsal	27'	25'	-	52'	1	1
Level 2 Futsal	37'	35'	-	72'	2	2
Level 1 GK Certificate	22'	18'	-	40'	2	1
Level 2 GK Certificate	40'	25'	-	65'	2	1
Level 3 GK Certificate	42'	28'	-	70'	2	1

The pass mark is 70% for all practical assessments and 60% for theory exams, oral exams and dissertations.

C Certificate

The course is designed to educate coaches how to organise, direct and conduct youth coaching practices and is targeted mainly to develop the fundamental techniques, skill and understanding of youth players.

Each student will be examined in his/her practical coaching ability, knowledge of the laws of the game and knowledge and understanding of the theory content of the game.



Target Candidates

This course is aimed towards coaches or prospective coaches of elite youth players and gives a solid foundation for entry to the B Certificate. The course also provides sound preparation for coaching Senior Community Football Teams.

Pre-Requisites

- Minimum age 18 years old
- Significant playing experience
- Physically fit to participate in all practical sessions
- Proficient in written and spoken English
- It is recommended that candidates complete one or more Community Coaching Courses as ideal preparation for Advanced Coaching Courses
- Enrolment is subject to the approval of the National Coach Education Manager

Assessment

- Pass 2 out of 3 practical coaching assessments
- Pass both the General and Specific Theory Papers

Duration

Two week residential course at the Australian Institute of Sport, Canberra

Content

Examples of modules taught during the course include:

Theoretical Content

- The Coaching Profession
- Principles of teaching and Training
- Effective Communication
- Organising Individual Training and Coaching Sessions
- Development of Football Technique and Skills
- Criteria of Age Group Training
- The Foundation of Team Building
- Laws of the game and fair play
- Basic Tactics and Strategies
- Three Main Moments in Football
- Defining Football Problems
- Coaching Methods
- Nutrition

Practical Content

- Dribbling
- Passing and Supporting Play
- Controlling the ball
- Shooting
- Heading
- Defending
- Goalkeeping
- Attacking Play
- Creative Football
- Small-sided Games



Accreditation Award

All Candidates Receive

- Football Federation Australia Certificate of Participation - C Certificate

Successful Candidates Receive

- Asian Football Confederation C Certificate
- Football Federation Australia C Licence
Coaches will receive the C Licence on completion of a Logbook with 60 hours of relevant coaching experience. (Valid for four years)



B Certificate

The course is designed to educate coaches in the advanced techniques and skills of the game and to develop an understanding of individual, group and team tactics, inherent in the playing of the game. The physical and mental requirements of players are also addressed.



Each student will be examined in his/her practical coaching ability, knowledge and understanding of the theory content of the game, and a short presentation in front of the class.

Target Candidates

This course is aimed towards coaches or prospective coaches of players at a senior or semi professional competition level.

Pre-Requisites

- Current FFA, AFC, or UEFA 'C' Certificate
- Team coaching experience, min 1 year
- Possess good knowledge and playing experience in Football
- Physically fit to participate in all practical sessions
- Proficient in written and spoken English
- Enrolment is subject to the approval of the National Coach Education Manager

Assessment

- Pass 2 out of 3 practical coaching assessments

- Pass both the General and Specific Theory Papers

Duration

Three week residential course at the Australian Institute of Sport

Content

Examples of modules taught during the course include:

Theoretical Content

- Muscular System and Movement
- The Demands of Training and Coaching
- Introduction to Game Systems and Tactics
- Individual, Group and Team Tactics
- Principles of Play
- The Energy System and The Body
- Team Analysis
- Art of Goalscoring
- Principles of Training
- Periodic Planning in Training and Competition
- Diet and Nutrition for the football player
- Factors in the design of Fitness and Conditioning Schedule

- Regeneration – Facilitating Recovery
- Data Collection

Practical Content

- The Development and Use of Possession
- Individual Attacking Play
- Combination Play
- Crossing the ball
- Scoring from Crosses
- Goalscoring
- Goalscoring 2
- Defending Skills: Individual and combined
- Team Defending

Accreditation Award

All Candidates Receive

- Football Federation Australia Certificate of Participation - B Certificate

Successful candidates Receive

- Asian Football Confederation B Certificate
- Football Federation Australia B Licence
Coaches will receive the B Licence on completion of a Logbook with 60 hours of relevant coaching experience. (Valid for four years)



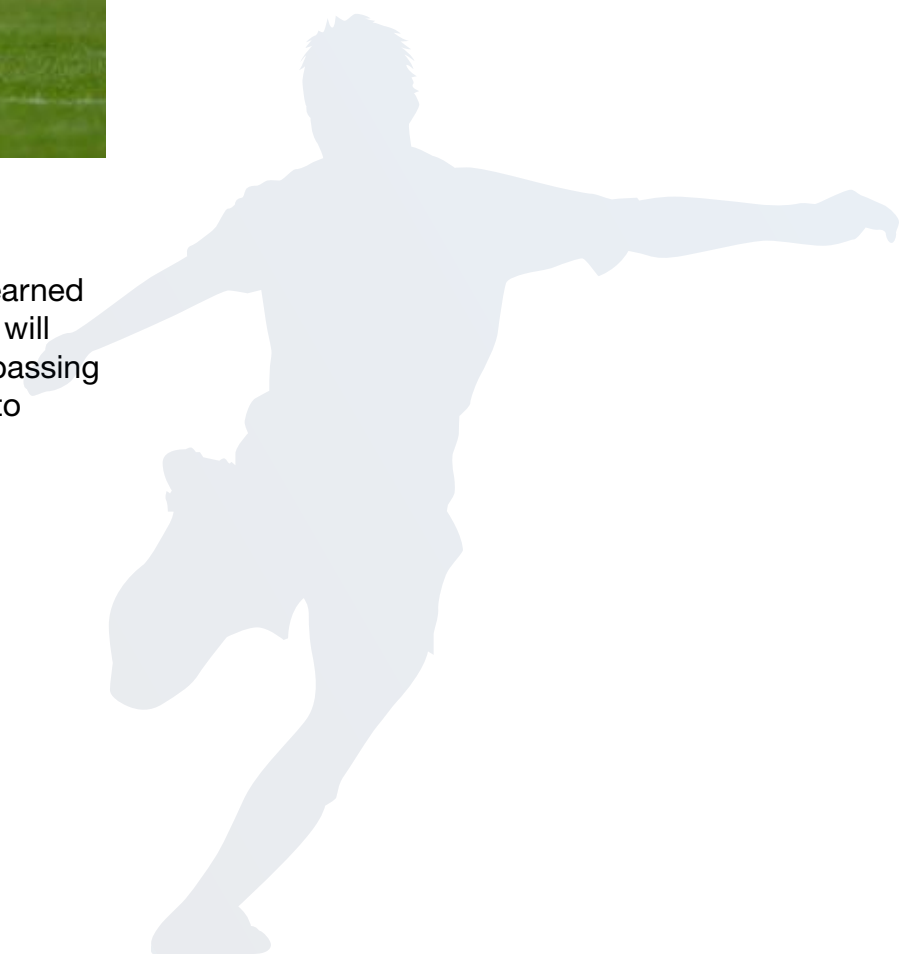
Testimonials

"I enjoyed the course very much and learned many new methods of coaching which will help my future as a coach. Thanks for passing on your knowledge and I look forward to attending the next course."

*Andre Gumprecht
Central Coast Mariners
Director of Coaching, SoccerPro Youth
Development Academy*

"I regularly attend courses in the USA and teach courses in my home state of Michigan. I believe the mixture of on field instruction and classroom information is something I will use to make my courses better for the candidates. This course was the single best course I have ever been involved with."

Rick Larson



A Certificate

The course is designed to educate the coaches in the tactical and advanced technical requirements of team football and team management. The coaches will also be exposed to the demands of high-level performance through understanding of the physiological and psychological needs of the players.

Target Candidates

This course is aimed towards coaches and prospective coaches of semi professional and professional players.

Pre-Requisites

- Current FFA, AFC, or UEFA 'B' Certificate
- Coaching experience at senior competition level, min 1 year
- Possess good knowledge and playing experience in Football
- Physically fit to participate in all practical sessions
- Proficient in written and spoken English
- Enrolment is subject to the approval of the National Coach Education Manager



Assessment

Candidates are required to conduct three coaching sessions throughout the course. They are required to undertake a two-hour examination on the theory of coaching, a two-hour paper on Sport Science and present a paper on a given topic.

Duration

Four week residential course at the Australian Institute of Sport.

NB: The course is broken up into two parts. Part A (two weeks), followed by Part B (two weeks) which is usually the following year.

Content

Examples of modules taught during the course include:

Theoretical Content

- Team Building
- Mental Conditioning of Players
- Planning: Pre-season Program
- Team Attacking Priorities
- Planning: The weekly training program
- Team Preparation for a match
- Development of playing style
- Factors when planning team strategy in a match
- Types of analysis
- Match Observation
- Structure and Role of a Football Club
- Management and Coaching

- Media Relations and Public Speaking
- Handling of professional players
- Scouting and recruitment in a football club
- Management – the team behind the team
- Team Defending priorities
- Match analysis and problem-solving of 11v11 match
- Tactical trends
- Nutrition of football players
- Psychological aspects of coaching
 - factors leading to good performance in a game

Practical Content

- Construction of attack
- The play of the libero/screening midfielder in attack
- Development of midfield play
- Wing play
- Strikers play
- Attacking play – ways to the goal
- Counter attack
- Attacking play against compact defence
- Attacking play at set pieces – corner-kicks and free-kicks
- Defence playing with a back four
- Defence playing with a back three
- The art of midfield defending
- Forward players – defending responsibilities
- Defending against wing play and crosses



- Pressing game
- Defending in order to counter attack
- Defending at set pieces

Accreditation Award

All Candidates Receive

- Football Federation Australia Certificate of Participation - A (Part A) Certificate
- Football Federation Australia Certificate of Participation - A (Part B) Certificate

Successful Candidates Receive

- Asian Football Confederation A Certificate
- Football Federation Australia A Licence
Coaches will receive the A Licence on completion of a Logbook with 12 months of relevant coaching experience. (Valid for four years)

Testimonials

"You only realise when you go on an 'A' Certificate course how much you don't really know. It re-shapes your thinking on our great game."

Gareth Naven
Former Perth Glory captain

"I thoroughly enjoyed this course. I can highly recommend this to anyone who would like to step up professionally in advanced coaching. The best course by far that I have had the pleasure participating in."

Mehmet Durakovic
Former Socceroo

"The FFA 'A' Certificate course is one of the highest standard that has been offered in Australia. The quality of the presentations were first-class. The level of specific football information delivered during the two weeks was second to none. We need more courses like this one."

Slav Koumdjiev
Capital Football

Course Costs

Community Coaching Courses

Course fees include GST

	Range*
Grassroots Football Certificate	\$25.00-\$27.50
Junior Licence	\$90-\$160
Youth Licence	\$170-\$220
Youth Goalkeeping Licence	\$85-\$185
Senior Licence (Part A)	\$220-\$340
Senior Licence (Part B) <i>Level 2 General Principles</i>	\$170-\$250
Senior Goalkeeping Licence	\$85-\$220
Level 1 Futsal Licence	\$45-\$120
Level 2 Futsal Licence	\$155-\$275

*Community Course fees vary from State to State. Visit www.footballaustralia.com.au/coaching to view the course fee in your state.

Advanced Coaching Courses

Course fees include GST

'C' Certificate	\$3190
'B' Certificate	\$4290
'A' Certificate (Part A)	\$3190
'A' Certificate (Part B)	\$2640
Level 1 Futsal	\$1969
Level 2 Futsal	TBA
Level 1 GK Certificate	\$1639
Level 2 GK Certificate	TBA
Level 3 GK Certificate	TBA





The Advanced Course fee includes training gear, meals, and accommodation at the Australian Institute of Sport.








"Great course. Great instructors. Excellent knowledge sharing and networking. First class facilities. Well worth the time and money."

*Steve Harris
NSW Women's State League Coach
A Certificate (Part A) 2007*

Coach Education Contacts

Organisation	Contact	Staff
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