



## 1<sup>st</sup>4 Sport Level 2 Certificate in Coaching Football

### For Whom?

Anybody over 16 years of age with regular practical experience of participation in football.

Candidates should have observed qualified and experienced coaches working with adults and children

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### Course Content:

The Level 2 course has recently been restructured to provide a more candidate-friendly package.

Practical sessions will cover:

- Skills
- Techniques
- Small sided games

You will take part in the sessions and also have the opportunity to coach your colleagues which will allow your course tutor to feedback to individuals and the group to enable you to identify strengths and weaknesses and then design personal action plans.

Theory:

- The Learning and Coaching Process I (including communication and coaching styles)
- Planning, Preparing and Evaluating Coaching Sessions
- Football Fitness I
- Football Food I
- Emergency Aid
- Health and Safety
- Overuse Injuries
- Growing Up: Youngsters in Football
- Laws of the Game
- Attitudes and Ethics

Distance Learning:

You will be required to do the following homework:

- Complete the course tasks and formulate your candidate pack for assessment.
- Conduct a minimum of 12 hours of verified coaching, supported by session plans and evaluations.
- Work to your action plan as discussed with your course tutor

- Online Laws of the Game module
- FA Safeguarding Children in Football Workshop
- FA Emergency Aid

Candidates are expected to have completed the FA Safeguarding Children in Football Workshop and the FA Emergency Aid module before the final assessment. Courses will be arranged for those candidates needing to update these qualifications.

### Support Sessions

In between the course of learning and the final assessment, you will need to attend support sessions which will focus on practical and theory issues in order to assist you in preparation for your final assessment.

You will receive your final assessment topics and be able to discuss with the assessor your pack and any questions you have regarding your topics.

### Final Assessment

You will need to submit your completed candidate pack for assessment on the last support session. The independent assessor will assess your pack.

### Practical

You will be required to attend two full days where you will need to plan and deliver a technique practice developed into a skill practice, followed by a small sided game (4 v 4).

### Theory/Oral Interview

Once all the coaching sessions have been completed, candidates will have personal interviews with the independent assessor who will inform you of the final decision and discuss your action plan to develop.

### Re-assessment

Available in aspects deemed not yet competent.

### Leading To

1st4sport Level 3 Certificate in Coaching Football [The UEFA 'B' Award] (The Football Association)

## **More Details**

### **Purpose of Course:**

Develop greater responsibility for their own learning and development  
Coach the basic skills and techniques, and demonstrate an understanding of the principles of attack and defence through the use of practices and small-sided games

Develop an appreciation of the coaching process, the needs of the player and related issues in Sports Science

Plan, conduct and evaluate a series of sessions in a systematic and progressive manner

Ensure the health and safety of players and others within the coaching environment and be able to respond to any emergency

Establish positive working relationships and high standards of behaviour with players, other coaches, parents and officials and contribute to the promotion of Association Football

For further details and course dates please contact Annie Watts on 01626 325 914 – [annie.watts@devonfa.com](mailto:annie.watts@devonfa.com)