



## **Age Appropriate Coaching - Introductory Module**

### **Course Information:**

- **Minimum Age:** 16
- **Course Duration:** 6 hours
- **Course Prerequisites:** None
- **Who is it for:** Aimed at coaches and qualified teachers (QTS) who wish to further their knowledge and confidence in coaching young players aged 5-11.
- **Course aims and objectives:** This course will provide an introduction to the organisation and delivery of safe and enjoyable coaching sessions for young players. It is ideally suited to those working with groups of young players and/or teams.

### **Course Content:**

**Theory:** The course will introduce some key aspects in the following:

- Managing Difference in your coaching sessions
- The STEP principle
- An introduction to Learning Preferences
- The Coaching Environment
- Fundamental Movements (ABC's)
- Session Planning & Management

**Practical:** Practical elements of the course will provide an introduction to:

- Fundamental Movements
- Application of the STEP principle

**Practical Involvement:** Candidates will be encouraged to participate practically to maximize their opportunities for learning (This however will not prevent successful completion of the award).

**Assessment:** N/A

**Re-assessment:** N/A

**Refresher:** N/A

**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
- 1st4sport Level 1 Certificate in Coaching Football
- FA Goalkeeping Coaching Award (Level 1)
- FAL Coaching Adults Course
- Introduction to Futsal Course
- Coaching Disabled Footballers Course
- Education Modules (selection of eight).

**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.