

# Prifysgol Wreccsam Wrexham University

## Module specification

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Module Code	FAW303
Module Title	Football: Starting to Coach
Level	3
Credit value	20
Faculty	FSLS
HECoS Code	100095
Cost Code	GASP

## Programmes in which module to be offered

Programme title	Is the module core or option for this programme
BSc (Hons) Football Coaching and the Performance Specialist (with Foundation Year)	Core

## Pre-requisites

*None*

## Breakdown of module hours

Learning and teaching hours	40 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
<b>Total active learning and teaching hours</b>	<b>40 hrs</b>
Placement / work based learning	0 hrs
Guided independent study	160 hrs
<b>Module duration (total hours)</b>	<b>200 hrs</b>

<b>For office use only</b>	
Initial approval date	12/12/18
With effect from date	1/9/23
Date and details of revision	10/8/23 Reapproved via FSLs Foundation Year revalidation
Version number	3

## Module aims

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This module will:

- introduce the students to a range of planning and preparation skills required by a coach when working with a group or an individual player in a training and match context.
- develop an understanding of the social and psychological skills required when working with a performer in a sporting context.
- investigate and explore the range of pedagogical skills and their application to the coaching setting

**Module Learning Outcomes** - at the end of this module, students will be able to:

1	Describe the role, qualities and characteristics of a football coach
2	Demonstrate an understanding of the participants learning styles.
3	Plan, design and deliver a coaching practice.
4	Reflect on an aspect of personal practice

## Assessment

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Assessment 1: Written Assignment- Essay

Describe and outline the role, qualities and characteristics of the coach in a training and competitive setting. Reflect on these qualities in relation to the students own personal development. (1,500 words)

Assessment 2: Practical

Plan, design and deliver a 15 minute individual practical skills session relating to an element of the game, based on the requirements stipulated within the FAW Football Leaders Award.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1 & 4	Written Assignment	50%
2	2 & 3	Practical	50%

## Derogations

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*None*

## **Learning and Teaching Strategies**

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A series of workshop style lectures with student-led seminars and small group activities. Directed learning using library and internet resources will be facilitated using Moodle and MS Teams. This module will also follow the ALF (Active Learning Framework) guidelines, which will include alternative methods of assessment and a blended approach to delivery.

## **Indicative Syllabus Outline**

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- Planning a coaching practice
- Practice structure
- Coaching Principles
- Psychological understanding of players
- Social understanding of players
- Physical benefits of practice
- Understand and deliver effective small sided games
- Continued Professional development – progression as a coach
- Managing the match day environment

## **Indicative Bibliography:**

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Please note the essential reads and other indicative reading are subject to annual review and update.

### **Essential Reads**

Cassidy, T.G., Jones, R.L and Potrac, P.A. (2023), *Understanding Sports Coaching: The Pedagogical, Social and Cultural foundations of Coaching Practice*. 4<sup>th</sup> ed. Oxon: Routledge.

Mariman, H., Berger, H. and Coolen, L. (2015), *Dutch Academy Football Coaching (U12-13) - Technical and Tactical Practices from Top Dutch Coaches*. SoccerTutor.com

### **Other indicative reading**

Allison, W., Abraham, A. and Cale, A. (2016), *Advances in Coach Education and Development: From research to practice*. Oxon: Routledge

Jay, S. (2009), *Youth Football Coaching: Developing Your Team through the Season*. London: Bloomsbury Publishing PLC.

Jones, R. L. (Ed.) (2006), *The sports coach as educator: Re-conceptualising sports coaching*. London: Routledge

Jones, R.L., Hughes, M., and Kingston, K. (Eds.) (2013), *An Introduction to sports coaching*. 2<sup>nd</sup> ed. London: Routledge.

Lyle, J. (2013), *Sports coaching concepts: A framework for coaches' behaviour*. 2<sup>nd</sup> ed. London: Routledge

Magill, R.A. (2022), *Motor learning and control: Concepts and applications*. London: McGraw-Hill.

Nash, C. (2014), *Practical Sports Coaching*. Oxon: Routledge

## **Employability – the University Skills Framework**

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Each module and programme is designed to cover core Graduate attributes with the aim that each Graduate will leave the University having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

### **Core Attributes**

Engaged  
Enterprising  
Creative  
Ethical

### **Key Attitudes**

Commitment  
Curiosity  
Resilience  
Confidence  
Adaptability

### **Practical Skillsets**

Digital Fluency  
Organisation  
Critical Thinking  
Communication