

Module Code:	FAW303
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Module Title:	Football: Starting to coach
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Level:	3	Credit Value:	20
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Cost Centre(s):	GASP	JACS3 code:	C600
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Faculty:	Faculty of Social and Life Sciences	Module Leader:	Sara Hilton
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Scheduled learning and teaching hours	40 hrs
Guided independent study	160 hrs
Placement	0 hrs
Module duration (total hours)	200 hrs

Programme(s) in which to be offered (not including exit awards)	Core	Option
BSc (Hons) Football Coaching and the Performance Specialist (with Foundation Year)	✓	<input type="checkbox"/>

Pre-requisites
None

Office use only

Initial approval: 12/12/2018

Version no: 1

With effect from: 01/09/2019

Date and details of revision: 25/03/21 – Admin correction – addition of reading list

Version no: 2

Module Aims

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

Intended Learning Outcomes

Key skills for employability

KS1	Written, oral and media communication skills
KS2	Leadership, team working and networking skills
KS3	Opportunity, creativity and problem solving skills
KS4	Information technology skills and digital literacy
KS5	Information management skills
KS6	Research skills
KS7	Intercultural and sustainability skills
KS8	Career management skills
KS9	Learning to learn (managing personal and professional development, self-management)
KS10	Numeracy

At the end of this module, students will be able to

Key Skills

At the end of this module, students will be able to		Key Skills	
1	Describe the role, qualities and characteristics of a football coach.	KS1	KS2
		KS4	KS6
		KS8	
2	Demonstrate an understanding of the participants learning styles.	KS1	KS3
		KS4	KS5
		KS6	KS7
3	Plan, design and deliver a coaching practice.	KS1	KS2
		KS3	KS4
		KS5	KS6
4	Reflect on an aspect of personal practice.	KS1	KS2
		KS6	KS8
		KS9	

Transferable skills and other attributes

Working independently, working in groups, academic writing skills, practical and applied environment skills, numeracy and the use of IT.

Derogations

N/A

Assessment:

Indicative Assessment Tasks:

Assessment 1: 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.

Assessment 2: Practical

Plan, design and deliver a 25 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 (%)	Duration (if exam)	Word count (or equivalent if appropriate)
1	1 & 4	Essay	50	n/a	1,500
2	2 & 3	Practical	50	25 mins	n/a

Learning and Teaching Strategies:

The learning and teaching strategies will include lectures, seminars, practical's, peer-led discussions, tutorials, online based quizzes/tasks.

Syllabus outline:

- 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

The following texts are essential reading to support your learning on the module:

Cassidy, T.G., Jones, R.L and Potrac, P.A. (2015). *Understanding Sports Coaching: The Pedagogical, Social and Cultural foundations of Coaching Practice*.

Jay, S. (2013). *Youth Football Coaching: Developing Your Team through the Season*. Bloomsbury Publishing PLC. London

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.) (2007). *An Introduction to sports coaching*. London: Routledge.

Magill, R.A. (2003). *Motor learning and control: Concepts and applications*. London: McGraw-Hill.

Schmidt, R., and Wrisberg, C. (2004). *Motor learning and performance*. (3rd ed.). Champaign, IL: Human Kinetics.

The following texts are recommended to provide additional reading:

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

Lyle, J. (2003). *Sports coaching concepts: A framework for coaches' behaviour*. London: Routledge.

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