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Module Code:	FAW607
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Module Title:	Football Coaching for Performance
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Level:	6	Credit Value:	40
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Cost Centre(s):	GASP	JACS3 code:	C610
		HECoS code:	100095

Faculty	FSLS	Module Leader:	Sara Hilton
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Scheduled learning and teaching hours	24 hrs
Placement tutor support	0hrs
Supervised learning eg practical classes, workshops	24 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total contact hours	48 hrs
Placement / work based learning	
Guided independent study	352 hrs
Module duration (total hours)	Click here to enter TOTAL hours. 400 hrs

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

Pre-requisites
None

Office use only		
Initial approval:	01/04/2020	Version no: 1
With effect from:	28/09/2020	
Date and details of revision:		Version no:

Module Aims

- To provide an introduction of performance-related football coaching and the demands of the high performance and contemporary environment.
- In-keeping with industry, the students will be challenged to deliver football practices underpinned by contemporary theory and practice.
- Introduce the students to the employment landscape and demands of the respective environments.

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

1	Demonstrate a critical understanding of learning theories and their application within the performance environment.
2	Deliver theoretically underpinned football coaching sessions which are informed by evidence based-research.
3	Make reasoned, clear and concise recommendations for the improvement of practice.

Employability Skills The Wrexham Glyndŵr Graduate	I = included in module content A = included in module assessment N/A = not applicable
CORE ATTRIBUTES	
Engaged	I
Creative	I, A
Enterprising	A
Ethical	I, A
KEY ATTITUDES	
Commitment	I
Curiosity	I
Resilient	I, A
Confidence	I, A
Adaptability	I
PRACTICAL SKILLSETS	
Digital fluency	A
Organisation	I, A
Leadership and team working	I, A
Critical thinking	I, A
Emotional intelligence	I, A
Communication	I, A
Derogations	
N/A	

Assessment:

Indicative Assessment Tasks:

Practical

Students will deliver a 30 minute practical session aligned to the UEFA B Licence. The student will demonstrate an understanding of the FAW five pillars (Technical, Tactical, Physical, Psychological & Social) both practically and through the submission of an appropriate session plan (submitted 24 hours prior to delivery). This assessment will be a pass or fail.

Presentation

Utilising the footage of coursework 1, the students will perform a pre-planned live reflection of their session highlighting strengths and weaknesses within their own coaching practice. The students will utilise contemporary pedagogical literature and FAW coach education content to perform their reflection.

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

Learning and Teaching Strategies:

Planning, organisation, observation, discussion, self-management, independent thinking, problem solving, IT skills, communication skills, interpersonal skills of interacting with performers and reflective practice.

This module will be delivered with a variety of learning & teaching strategies, where students have to engage with a range of activities, which include lectures, seminars, blended learning, small group work, practical activities and practical workshops.

Syllabus outline:

- The Football Learning Environment
- Technical and Tactical Application
- Application of the Elite Player Performance Plan (EPPP)
- Approaches to Coaching

Indicative Bibliography:**Essential reading**

Ankersen, R. (2012) The Gold Mine Effect: Crack the Secrets of High Performance

Indicative Bibliography:
Other indicative reading
Owen, A. & Dellal, A. (2016) Football conditioning: a modern scientific approach: fitness training, speed & agility, injury prevention. UK: SoccerTutor.com.
Owen, A. & Dellal, A. (2016) Football conditioning: a modern scientific approach: periodization, seasonal training, small sided games. UK: SoccerTutor.com.
Strudwick, T. (2016) Soccer science. Champaign, IL: Human Kinetics. ISBN: 9781450496797