

Module specification

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Module Code	FAW608
Module Title	Advanced Football Coaching and Performance
Level	6
Credit value	40
Faculty	FSLS
HECoS Code	100095
Cost Code	GASP
Pre-requisite module	N/A

Programmes in which module to be offered

Programme title	Core/Optional/Standalone
BSc (Hons) Football Coaching and Performance Specialist	Core

Breakdown of module hours

Learning and teaching hours	24 hrs
Placement tutor support hours	0 hrs
Supervised learning hours e.g. practical classes, workshops	24 hrs
Project supervision hours	0 hrs
Active learning and teaching hours total	48 hrs
Placement hours	0 hrs
Guided independent study hours	352 hrs
Module duration (Total hours)	400 hrs

Module aims

- Provide an insight into performance-focused football coaching, exploring the demands of elite and modern football environments.
- Aligning with industry standards, students will be challenged to design and deliver football sessions informed by cutting-edge coaching methodologies and best practices.

Module Learning Outcomes

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

1	Critically evaluate the principles of performance-focused football coaching
2	Design football coaching practices that integrate industry best practices
3	Deliver theoretically underpinned football coaching sessions which are informed by evidence-based research
4	Critically reflect on the effectiveness of a coaching practice

Assessment

Indicative Assessment Tasks:

This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

Practical - Students will deliver a 20-minute practical session aligned to a NGB qualification. 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).

Presentation- Utilising the footage of the practical, 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	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	2&3	Practical	20 minutes	50	N/A
2	1&4	Presentation	15 minutes	50	N/A

Derogations

N/A

Learning and Teaching Strategies

This module adopts the Active Learning Framework (ALF) to create an engaging, practice-based learning experience. A blend of interactive lectures, practical coaching sessions, and

industry-led workshops will enhance students' critical understanding of high-performance football coaching. Students will engage in real-world coaching scenarios, applying contemporary theory to practice while receiving peer and mentor feedback. Digital resources and online discussions will support independent learning, fostering critical reflection and professional development. The strategy emphasizes experiential learning, problem-solving, and industry alignment, ensuring students develop the skills, knowledge, and adaptability required to thrive in high-performance football environments.

Welsh Elements

The programmes will be delivered through the medium of English. Students are entitled to submit assessments in the medium of Welsh. If students wish to converse in Welsh, they will be assigned a Welsh speaking personal tutor. Students will be sign posted to relevant opportunities via the VLE and MS Teams page.

Indicative Syllabus Outline

- **Principles of High-Performance Football Coaching**
 - Key concepts in elite football coaching
 - Tactical, technical, physical, and psychological demands
 - Contemporary trends in football coaching
- **Coaching Methodologies and Practice Design**
 - Evidence-based coaching approaches
 - Session planning, delivery, and reflection
 - Integrating technology and data analysis in coaching
- **Applied Coaching Practice**
 - Practical delivery aligned with FAW Coach Education Pathway
 - Coaching in varied performance environments
 - Managing player development within high-performance settings
- **Football Employment Landscape**
 - Career pathways and opportunities in football coaching
 - Professional standards and expectations in high-performance environments
 - Networking and employability skills
- **Critical Reflection and Professional Development**
 - Self-assessment and peer feedback in coaching
 - Ethical considerations and leadership in football coaching
 - Continuous learning and progression within the FAW coaching framework

Indicative Bibliography

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

Essential Reads

Cassidy, T., Potrac, P., Rynne, S. (2023). *Understanding Sports Coaching: The Pedagogical, Social and Cultural Foundations of Coaching Practice*. Taylor & Francis: United Kingdom.

Other indicative reading

Owen, A. (2023). *Football Science and Performance Coaching: Develop an Elite Coaching Methodology with Applied Coaching Science*. Meyer & Meyer Sport: Germany.

Administrative Information

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Initial approval date	08/12/2021
With effect from date	01/09/2022
Date and details of revision	July 2025 – module updated with sports validation for Sept 2025
Version number	2