

## 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

## 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	Core

## Pre-requisites

N/A

## Breakdown of module hours

Learning and teaching hours	24 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	24 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
<b>Total active learning and teaching hours</b>	<b>48 hrs</b>
Placement / work based learning	0 hrs
Guided independent study	352 hrs
<b>Module duration (total hours)</b>	<b>400 hrs</b>

<b>For office use only</b>	
Initial approval date	08/12/2021
With effect from date	01/09/2022
Date and details of revision	
Version number	1

## 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.

## 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 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	Pass/Fail
2	3	Presentation	100

## Derogations

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N/A

## Learning and Teaching Strategies

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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.

## Indicative Syllabus Outline

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

## Indicative Bibliography:

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

### Essential Reads

Ankersen, R. (2012) *The Gold Mine Effect: Crack the Secrets of High Performance*. Basingstoke, England: Icon Books.

### 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.

## Employability skills – the Glyndwr Graduate

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Each module and programme is designed to cover core Glyndwr Graduate Attributes with the aim that each Graduate will leave Glyndwr 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  
Leadership and Team working  
Critical Thinking  
Emotional Intelligence  
Communication