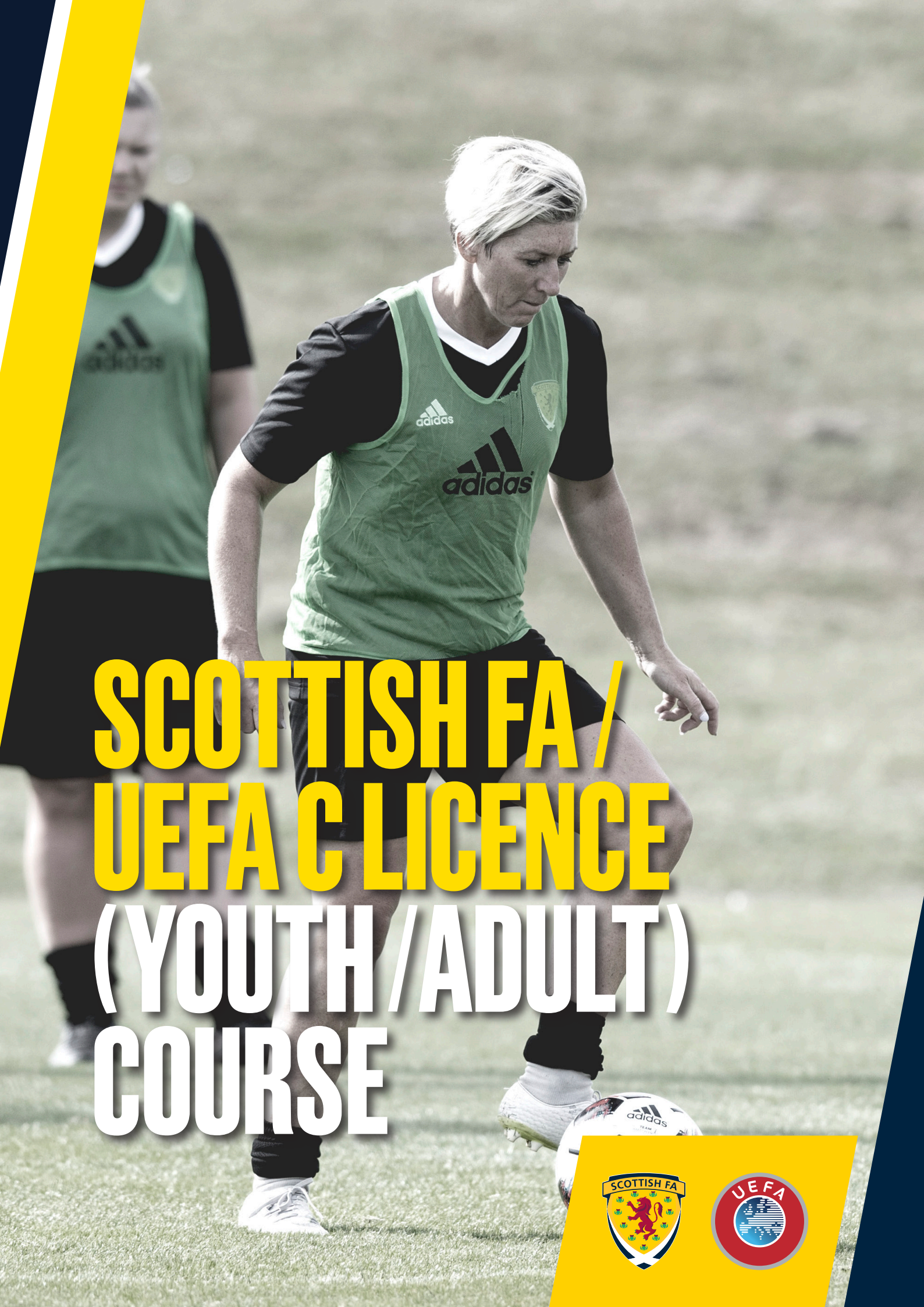




SCOTTISH FA / UEFA C LICENCE (YOUTH / ADULT) COURSE



UEFA C LICENCE (YOUTH/ADULT)

The Scottish FA's Coach Education vision focuses on delivering a world-leading system that develops the capacity and capabilities of our workforce, from grassroots to the professional game. We offer a range of online and in-person courses for coaches working with children, youths and adults, as well as a variety of specialist courses. This brochure details our Level 2 UEFA C Licence (Youth/Adult) course specifically. Further information on the full Scottish FA Coach Education Pathways can be found [here](#)

COURSE OUTLINE

On completion of the UEFA C Licence (Youth/Adult) course, the candidate will be able to provide a positive developmental experience that enhances the players' enjoyment, knowledge, and skill, and must demonstrate competences both:

- (i) Practically; by demonstrating an ability to apply the following principles; and
- (ii) Theoretically; by being able to demonstrate understanding of the following:

THE COACH

- Creating an opportunity to play football for players of different ages, genders, backgrounds and abilities
- Benefits of the player-centred approach and positive coach behaviour
- Inspiring a lifelong desire to play football and stay involved in the game
- Basic coaching skills
- Planning and delivering safe and appropriate coaching activities
- Analysing and reviewing coaching activities

THE ENVIRONMENT

- Maintaining a positive motivational climate
- Creating a consistent, safe and positive learning environment
- Organisation of the sessions and activities

THE PLAYER

- Holistic development of a player:
 - Technical, Physical, Psychological and Social
- Improving players' basic techniques and understanding of the game
- Encouraging players to think for themselves
- Enabling players to experience the health benefits of regularly playing football and improving their overall fitness
- Instilling in players values of fair play and respect

THE GAME

- Planning and delivering various game formats with an emphasis on enjoyment and development
- Using the game as a tool to help players in their personal and football development
- Basic technical and tactical understanding of the game
- Basic game management principles
- Key benefits and principles of the basic training methods

UEFA C LICENCE (YOUTH/ADULT)

ENTRY REQUIREMENTS

The UEFA C Licence (Youth/Adult) will build on the competencies gained by the coach through the completion of the Scottish FA Youth/Adult Coaching Award. Candidates must have obtained the UEFA Grassroots Leader Award which includes completion of the following courses:

- Children's Wellbeing in Scottish Football (e-learning)
- Mental Health in Scottish Football (e-learning)
- Introduction to Coaching
- Youth/Adult Coaching Certificate
- Youth/Adult Coaching Award **OR**
- Goalkeeping Coaching Certificate
- Goalkeeping Coaching award
- First Aid (e-learning)

Candidates are advised to have access to players of 11-a-side age for the duration of the UEFA C Licence (Youth/Adult) journey, to allow exposure and practice of course content. Direct entrance to the UEFA C Licence (Youth/Adult) will also be granted to the following

1. Those in possession of a the UEFA C Licence (Children's)
2. Experienced players at professional/semi-professional level with either:

A.	3 years' experience as a full-time professional player
B.	5 years' experience as a part-time professional player
C.	7 years' experience as a semi-professional player

Please email LicenceCourseAdmin@scottishfa.co.uk with a full curriculum vitae (CV) detailing all relevant playing experience.

3. Admission may be granted to those with coaching qualifications from other National Associations.

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In each of the cases noted above it is expected that prior to application, each applicant has a Scottish FA Live account and has completed the Children's Wellbeing in Scottish Football (e-learning), Mental Health in Scottish Football (e-learning) and First Aid (e-learning) courses within the past 3 years.

UEFA C LICENCE (YOUTH/ADULT)

BLENDED-LEARNING APPROACH

PHASE 1&2



BACKGROUND READING

- On registration for Phase 1&2 of the UEFA C Licence (Youth/Adult), resources and background reading will be made available in your Comet account.



VIRTUAL CLASSROOMS

- Three x 90-minute online theory modules. Candidates will interact with our coach educators and other learners as they learn and share experiences.

SELF-DIRECTED LEARNING: ASSIGNMENT SUBMISSION

- Course candidates will undertake a series of assignments through self-directed learning on the following topics:
 - Individual Learning Needs Analysis
 - Physical Preparation Task
 - Systems of Play Task
 - Position Specific Qualities Task
 - Psychology Task
 - Wellbeing & Protection Task
 - Logbook Sessions:
 - Training Session Plans
 - Shaping a Team Sessions



SELF-DIRECTED LEARNING: E-LEARNING

- Course candidates will complete the 'Equality in Scottish Football E-Learning' course that will cover the following topics:
 - Diversity and Inclusion within Scottish Football
 - Exploring Potential Barriers
 - Creating an Inclusive Environment
 - Discrimination in Society
 - Hate Crime in Scottish Law
 - Equality in Law



PHYSICAL PREPARATION (YOUTH/ ADULT) COURSE



- A 6-hour course, delivered entirely online over Zoom. Similarly to the virtual classrooms from Phase 1, coach educators will lead the course candidates through topics such as:

- Injuries in Football
- Warm-Up & Flexibility
- Speed & Agility
- Energy Systems
- Strength & Power
- Nutrition & Wellbeing

FOOTBALL PSYCHOLOGY COURSE



- A 3-hour course delivered entirely on Zoom. This course is relevant to the psychological aspects of being a coach and covers topics such as:

- Culture
- The 6 C's
- Relationships
- Mindset
- Self-awareness

WELLBEING & PROTECTION WEBINAR



- Candidates must observe a pre-recorded webinar which will cover the topic of Trauma Informed Coaching, providing coaches with essential knowledge around looking after the wellbeing & protection of their players

PHASE 3

IN-PERSON COACHING PRACTICE & PRACTICAL ASSESSMENT



- 24-hours (likely to be delivered over 4-days) of in-person coaching practice delivered by candidates in a local environment, giving the opportunity for peer and tutor feedback and assessment. Coaching practice and assessment will be on the following sessions:
 - Training Sessions
 - Shaping a Team Sessions

Phase 1 & 2 must be completed prior to accessing Phase 3. Coaches should attend Phase 3 within one year of having undertaken Phase 1&2. All Phases can be booked on Comet and on successful completion of all three phases, the UEFA C Licence (Youth/Adult) will be awarded.

To book: <https://www.scottishfacomet.co.uk/mycomet/>

Frequently Asked Questions & Support: <https://support.scottishfa.co.uk/>

UEFA C LICENCE REASSESSMENT

NEXT STEPS

All UEFA C Licence courses delivered by the Scottish FA allow up to three assessment attempts, before participants are required to retake the entire course. Please note that any reassessment attempts will have additional fees.

UEFA C LICENCE COMPLETION

NEXT STEPS

On successful completion of the UEFA C Licence (Youth/Adult) candidates can carry on their Coach Education journey in various ways:

UEFA B Licence

- A valid UEFA C Licence (Youth/Adult) required
- Completed a minimum of six months' coaching experience by the UEFA B Licence course start date

UEFA Goalkeeping B Licence

- A valid UEFA C Licence (Youth/Adult) required
- Completed the GK Coaching Award
- Completed a minimum of six months' coaching experience by the UEFA Goalkeeping B Licence course start date

UEFA B Fitness Licence

- A valid UEFA C Licence (Youth/Adult) required
- A BSc Degree in a relevant field

UEFA C Licence (Children's)

- A valid UEFA C Licence (Youth/Adult) required
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SCOTTISH FA C LICENCE - ASSIMILATION TO UEFA C LICENCE

The Scottish FA C Licence is no longer valid for Club Licensing purposes (as of 31st December 2023) or for admittance onto the UEFA B Licence.

Coaches can assimilate their Scottish FA C Licence to a UEFA C Licence (Youth/Adult) by booking on and completing any UEFA C Licence (Youth/Adult) Phase 1 & 2 course.