



SCOTTISH FA COACH EDUCATION LEVEL 1 COURSES

- UEFA Grassroots Leader Award
- Main (Youth/Adult) Pathway
- Children's Pathway
- Goalkeeping Pathway



HOW TO BECOME A COACH

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 1 Main (Youth/Adult), Goalkeeping, Children's Pathway offerings specifically.

Further information on the full Scottish FA Coach Education Pathways can be found here www.scottishfa.co.uk/football-development/coaching/coaching-pathway/

HOW TO BEGIN – REGISTER FOR AN ACCOUNT

All aspiring coaches, who must be 16+ years old, begin their journey by registering for a Comet account via www.scottishfa.co.uk/football-development/coaching/become-a-coach/

SELF-DIRECTED LEARNING: E-LEARNING

There are a number of e-learning courses to be completed, which are pre-requisites for coaches to complete at various stages as they progress up our coaching pathways. All are free of charge and provide an e-certificate for each course upon completion.

Children's Wellbeing in Scottish Football E-Learning Course



This module covers the following topics:

- A rights-based approach to safeguarding and protecting children in Scottish Football
- Raising awareness of safeguarding children's wellbeing
- Recognising what needs to be done when a child needs help or support

Mental Health in Scottish Football E-Learning Course



This module is designed for everyone – coaches, players, officials and parents

- In our society, there is still a stigma surrounding mental health. There is often a fear about talking about mental health and how we feel
- The main aim of this module is to equip us with the tools and techniques to effectively support players and fellow coaches

Understanding Children's Rights in Scottish Football E-Learning Course



- Adults play an important role in realising the undisputable rights of children and young people. This course will develop your knowledge, skills and understanding on how to recognise and promote the rights of all children and young people in Scottish Football.

Communicating Effectively with Children & Young People E-Learning Course



- This E Learning course will develop your knowledge, skills and understanding on how to communicate effectively with children & young people and how to build positive, trusting and respectful relationships.

GRASSROOTS COACH EDUCATION PATHWAYS

Once a coach completes the first two pre-requisite E-learning courses they then have the opportunity to progress to our Introduction to Coaching course and then specify the route they take depending on which part of the game they are currently coaching within.



UEFA GRASSROOTS LEADER AWARD

Candidates who hold a Coaching Award (1.3) level qualification as well as complete our First Aid E-learning (National Sports First Aid) course through their Comet account, will receive the UEFA Grassroots Leader Award after booking for free. Holders of this award are recognised by UEFA to hold all the necessary qualities and attributes to be an effective Grassroots Leader within their coaching environment. A digital UEFA certificate will be awarded upon completion

****As of 1st January 2024 only the First Aid E-learning will be recognised and will allow coaches to receive the UEFA Grassroots Leader Award. Other external First Aid course suppliers will not be applicable to gain this award.**

****This First Aid E-Learning is a pre-requisite to the National Sports First Aid (NSFA) course which is a nationally recognised qualification. If coaches wish to be fully qualified as a First Aider they must also attend the practical component of the course.**

****The UEFA Grassroots Leader Award is a pre-requisite before coaches can progress onto the UEFA C Licence**

INTRODUCTION TO COACHING

The Introduction to Coaching course is the first step for new coaches to take prior to entering a specific pathway e.g. Children's, Main (Youth/Adult) or Goalkeeping

The course aims to develop a basic understanding of;

- The Scottish FA coach education pathway and the coach's learning journey
- Effective communication and player interaction to develop effective delivery
- The fundamental principles of a games-based approach to player development
- The role of the coach within the Coaching Process
- How to solve some common problems faced by the coach

Content delivered on the course includes;

- Theory (Introduction to Coaching, Benefits of a Games Based Approach & Challenges of the Coach)
- Practical (Introductory Activities, Small Sided Games, Training Games)

DELIVERY METHODS



Virtual Classroom:

- 2 x 2.5-hour theory modules. Course participants will interact with our coach educators and other learners as they learn and share experiences

OR



In-person Coaching Practice and Classroom Sessions:

- 5-hours of in-person practical and theory based activity, delivered in a local environment with our coach educators and other learners. This delivery method provides the opportunity to participate in on-pitch practices and interactive presentations and discussions face-to-face

OR



Hybrid Sessions:

- 5 hours of in-person practical sessions in a local environment, mixed with virtual theory based activity.

MAIN (YOUTH/ADULT), GOALKEEPING AND CHILDREN'S PATHWAYS

Once the Introduction to Coaching course has been completed, coaches can choose their preferred pathway.



MAIN (YOUTH/ADULT) PATHWAY

YOUTH/ADULT COACHING CERTIFICATE

The Scottish FA Youth/Adult Coaching Certificate course (for coaches working with players in the 11-a-side game) aims to develop a basic understanding of:

- The individual session components and how they can be structured
- How to select practices so that the session flows from start to finish
- How to adapt practices to help the players achieve success
- Coaching position and how it can influence delivery
- The importance of demonstration
- Coaching interventions – how & when to speak to players
- How to create positive learning environments and cultures at training / game days

DELIVERY METHODS



Virtual Classroom:

- 3 x 3-hour online theory modules. Course participants will interact with our coach educators and other learners as they learn and share experiences

OR



In-person Coaching Practice and Classroom Sessions:

- 2 x 6-hours of in-person practical and theory based activity, delivered in a local environment with our coach educators and other learners. This delivery method provides the opportunity to participate in on-pitch practices and interactive presentations and discussions face to face

OR



Hybrid Sessions:

- 2 x 6 hours of in-person practical sessions in a local environment, mixed with virtual theory based activity.

Candidate delivery:

- As part of a group, coaches will be asked to deliver part of a coaching session while on the course through either delivery method

YOUTH/ADULT COACHING AWARD

The Scottish FA Youth/Adult Coaching Award course (for coaches working with players in the 11-a-side game) aims to develop a basic understanding of:

- The 'Principles of Play' for both attacking and defending and how these can be coached in all scenarios
- Selecting appropriate practices and how to adapt those practices (if required) to achieve success
- Coaching interventions – progress understanding of how/when to coach the players
- Overloads and Underloads in game situations with units of the team

DELIVERY METHODS



Virtual Classroom:

- 3 x 3-hour online theory modules. Course participants will interact with our coach educators and other learners as they learn and share experiences

OR



In-person Coaching Practice and Classroom Sessions:

- 2 x 6-hours of in-person practical and theory based activity, delivered in a local environment with our coach educators and other learners. This delivery method provides the opportunity to participate in on-pitch practices and interactive presentations and discussions face to face

OR



Hybrid Sessions:

- 2 x 6 hours of in-person practical sessions in a local environment, mixed with virtual theory based activity.

Candidate delivery:

- As part of a group, coaches will be asked to deliver part of a coaching session while on the course through either delivery model

CHILDREN'S PATHWAY COURSES

CHILDREN'S COACHING CERTIFICATE

The Scottish FA Children's Coaching Certificate course (for coaches working with children aged 5-12 years) aims to develop a basic understanding of:

- The individual session components and how they can be structured
- How to select practices so that the session flows from start to finish
- How to adapt practices to help the players achieve success
- Coaching position and how it can influence delivery
- The importance of demonstration
- Coaching interventions – how & when to speak to players
- How to create positive learning environments and cultures at training / game days
- A basic understanding of practices that will help develop a creative player

DELIVERY METHODS



Virtual Classroom:

- 3 x 3-hour online theory modules. Course participants will interact with our coach educators and other learners as they learn and share experiences

OR



In-person Coaching Practice and Classroom Sessions:

- 2 x 6-hours of in-person practical and theory based activity, delivered in a local environment with our coach educators and other learners. This delivery method provides the opportunity to participate in on-pitch practices and interactive presentations and discussions face to face

OR



Hybrid Sessions:

- 2 x 6 hours of in-person practical sessions in a local environment, mixed with virtual theory based activity.

Candidate delivery:

- As part of a group, coaches will be asked to deliver part of a coaching session while on the course through either delivery model

CHILDREN'S COACHING AWARD

The Scottish FA Children's Coaching Award (for coaches working with children aged 5-12 years) course aims to develop a basic understanding of:

- The 'Principles of Play' for both attacking and defending and how these can be coached in all scenarios
- Selecting appropriate practices and how to adapt those practices (if required) to achieve success
- Coaching interventions – progress understanding of how/when to coach the players
- Understanding of Overload and Underload situations

DELIVERY METHODS



Virtual Classroom:

- 3 x 3-hour online theory modules. Course participants will interact with our coach educators and other learners as they learn and share experiences

OR



In-person Coaching Practice and Classroom Sessions:

- 2 x 6-hours of in-person practical and theory based activity, delivered in a local environment with our coach educators and other learners. This delivery method provides the opportunity to participate in on-pitch practices and interactive presentations and discussions face to face

OR



Hybrid Sessions:

- 2 x 6 hours of in-person practical sessions in a local environment, mixed with virtual theory based activity.

Candidate delivery:

- As part of a group, coaches will be asked to deliver part of a coaching session while on the course through either delivery model

GOALKEEPING PATHWAY

GOALKEEPING COACHING CERTIFICATE

The Scottish FA Goalkeeping Coaching Certificate course (for coaches working with goalkeepers in the 7-a-side and 9-a-side games) aims to develop a basic understanding of:

- How to develop young goalkeepers' basic skills and technique
- How to give fundamental movement patterns required for young goalkeepers
- The role of the goalkeeping coach in developing children goalkeepers
- Session design and structure
- The importance of demonstration
- The goalkeeper's role in the 7-a-side and 9-a-side games
- How to create positive learning environments and cultures at training / game days

DELIVERY METHODS



Virtual Classroom:

- 3 x 3-hour online theory modules. Course participants will interact with our coach educators and other learners as they learn and share experiences

OR



In-person Coaching Practice and Classroom Sessions:

- 2 x 6-hours of in-person practical and theory based activity, delivered in a local environment with our coach educators and other learners. This delivery method provides the opportunity to participate in on-pitch practices and interactive presentations and discussions face to face

OR



Hybrid Sessions:

- 2 x 6 hours of in-person practical sessions in a local environment, mixed with virtual theory based activity.

Candidate delivery:

- As part of a group, coaches will be asked to deliver part of a coaching session while on the course through either delivery model

GOALKEEPING COACHING AWARD

The Scottish FA Goalkeeping Coaching Award course (for coaches working with goalkeepers in the 11-a-side game) aims to develop a basic understanding of:

- The difference between training goalkeepers and coaching goalkeepers
- Selecting appropriate practices and how to adapt those practices (if required) to achieve success
- The impact of goalkeeping analysis when session planning
- The goalkeeper's role in the 11-a-side game

DELIVERY METHODS



Virtual Classroom:

- 3 x 3-hour online theory modules. Course participants will interact with our coach educators and other learners as they learn and share experiences

OR



In-person Coaching Practice and Classroom Sessions:

- 2 x 6-hours of in-person practical and theory based activity, delivered in a local environment with our coach educators and other learners. This delivery method provides the opportunity to participate in on-pitch practices and interactive presentations and discussions

OR



Hybrid Sessions:

- 2 x 6 hours of in-person practical sessions in a local environment, mixed with virtual theory based activity.

Candidate delivery:

- As part of a group, coaches will be asked to deliver part of a coaching session while on the course

LEVEL 1 COMPLETION - NEXT STEPS

On successful completion of the Level 1 courses on either pathway and obtaining the UEFA Grassroots Leader Award, coaches can apply for admittance to the subsequent Level 2 course (UEFA C Licence). Coaches can also choose to retain the validity of their Level 1 qualifications within a 3 year period by attending CCD (Continuous Coach Development) events we run online and in-person across the country.

CERTIFICATION

Upon completion of any Level 1 course up to and including the UEFA Grassroots Leader Award, individuals (Scotland based and international) can access an e-certificate within the 'Qualifications' tab section of their COMET Account.

FURTHER ENQUIRIES

For enquiries and answers to FAQs specific to Coach Education please visit support.scottishfa.co.uk/



Scottish FA Coach Education & Development
#ScottishFACoachEd

Contact Information / Support

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