

A man with a beard and short dark hair, wearing a black Adidas jacket, is gesturing with his right arm extended forward. He is looking towards the right. In the background, another person in a green Adidas shirt is partially visible. The background is a blurred outdoor setting, likely a football field.

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



NOTHING
MATTERS
MORE

An opportunity to enter the UEFA C Licence (Youth/Adult) pathway through the Scottish FA, delivered at your own convenience through a unique blended-learning approach.

UEFA C LICENCE (YOUTH/ADULT)

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 will build on the competencies gained by the coach through the completion of the Scottish FA Youth/Adult Coaching Award. Entrance to the UEFA C Licence (Youth/Adult) course will therefore require completion of the following:

- 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

Candidates are advised to have access to players of 11-a-side age for the duration of the UEFA C Licence journey, to allow exposure and practice of course content. Entrance will also be granted to the following:

1. Those that have completed Scottish FA Level 1 courses on the Main (Youth/ Adult) pathway prior to 2020, and where all certification remains valid.
 - Development Activities (1.1)
 - Coaching Footballers 13+ (1.2)
 - Coaching in the Game (1.3)
2. Those in possession of a the UEFA C Licence (Children's) or Children's Coaching Licence (or equivalent), where all certification remains valid.
3. Those that have completed Scottish FA Level 1 courses on the Goalkeeping pathway (up to and including the Scottish FA Goalkeeping Award, or equivalent), and where all certification remains valid.
4. 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 Catherine.Sharp@scottishfa.co.uk with a full curriculum vitae (CV) detailing all relevant playing experience.

5. 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 both the Children's Wellbeing in Scottish Football (e-learning) and Mental Health in Scottish Football (e-learning) courses within the past three years.

UEFA C LICENCE (YOUTH/ADULT)

BLENDED-LEARNING APPROACH

PHASE 1&2

£170

BACKGROUND READING



- On registration for Phase 1 of the UEFA C Licence (Youth/Adult), resources and background reading will be made available in your Scottish FA Live account. This is of particular importance for those that completed the Level 1 courses pre-2020.

VIRTUAL CLASSROOMS



- Three x 90-minute online theory modules. Groupings will be created and scheduled to participate in three virtual classroom experiences. Candidates will interact with course tutors 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
 - 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

PHASE 3

£260

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 must attend Phase 3 within one year of having undertaken Phase 1. All Phases can be booked on Scottish FA Live and on successful completion of all three phases, the UEFA C Licence (Youth/Adult) will be awarded.

To book: www.scottishfalive.co.uk/scottishfa/coached

Frequently Asked Questions & Support: coachedsupport.scottishfa.co.uk/support/home

Further enquiries: Catherine.Sharp@scottishfa.co.uk

UEFA C LICENCE COMPLETION - NEXT STEPS

On successful completion of the UEFA C Licence (Youth/Adult), coaches can apply for admittance to a UEFA B Licence course, assuming they have held the UEFA C Licence for a minimum period of six months and have been actively coaching during that period.

Successful candidates also have the option to apply directly for the UEFA C Licence (Children's) on the Children's Pathway

SCOTTISH FA C LICENCE - ASSIMILATION TO UEFA C LICENCE

The Scottish FA C Licence will still be recognised for Club Licensing purposes and UEFA B Licence entry in Scotland until the end of 2023.

Those with a valid Scottish FA C Licence can assimilate to a UEFA C Licence (Youth/Adult). Email alan.white@scottishfa.co.uk for further information