



SCOTTISH FA / UEFA C LICENCE (CHILDRENS) COURSE

FOR FEMALE COACHES
July - November 2023



An opportunity to enter the UEFA pathway through the Scottish FA. The courses contained in this brochure have been funded by the UEFA Coach Development Programme for Women and are aimed specifically at female coaches within the children's game.

UEFA C LICENCE (CHILDRENS) - COURSE OUTLINE

On completion of the UEFA C Licence 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 (CHILDRENS) - ENTRY REQUIREMENTS

The UEFA C Licence will build on the competencies gained by the coach through the completion of the Scottish FA Childre's Coaching Award. Entrance to the UEFA C Licence 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
- Childrens Coaching Certificate
- Childrens Coaching Award

Entrance will also be granted to the following:

1. Those that have completed Scottish FA Level 1 courses on the Childrens pathway prior to 2020, and where all certification remains valid.

- Early Touches (1.1)
- Coaching Young Footballers (1.2)
- Coaching in the Game (1.3)

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 catherine.sharp@scottishfa.co.uk with a full curriculum vitae (CV) detailing all relevant playing experience.

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 (CHILDRENS) - BLENDED-LEARNING APPROACH

PHASE 1

BACKGROUND READING



- On registration for Phase 1 of the UEFA C Licence, 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
 - Coaching in the Game Session Plans

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

PHASE 2

PHYSICAL PREPARATION (CHILDRENS) COURSE



- A 6-hour course, delivered entirely online over Zoom. Similarly to the virtual classrooms from Phase 1, course tutors 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

IN-PERSON COACHING PRACTICE & PRACTICAL ASSESSMENT



- 24-hours of in-person coaching practice delivered by candidates, 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

Both Phase 1 & 2 must be completed prior to accessing Phase 3. On completion of all three phases, the UEFA C Licence (Childrens) will be awarded. Coaches must attend Phase 3 within one year of having undertaken Phase 1.

UEFA C LICENCE (CHILDRENS) - COMPLETION - NEXT STEPS

On successful completion of the UEFA C Licence (Childrens) course coaches can apply for admittance to the Advanced Childrens Licence and/or the UEFA C Licence (Youth/Adult) course.

SCOTTISH FA / UEFA C LICENCE (CHILDREN'S) - FEMALE ONLY

OCTOBER - NOVEMBER 2023

KEY DATES

Programme Introduction & Welcome - Wed 28th June, 6pm-7pm Online

Phase 1 - Online

Friday 6th October 2023, 9am-3pm

Phase 2 - Online

- Psychology - Monday 23rd October 2023, 6pm-9pm
- Physical Preparation (Childrens) - Sunday 22nd October, 9am-4pm

Phase 3 - Physical Prep (Childrens)

Sunday 22nd October, 9am-4pm

Candidates who are not at the stage to attend the UEFA C Licence (Children's) course beginning in October have the opportunity to complete all/outstanding Level 1 courses for a discounted fee throughout July-September 2023.

E.g. a coach who currently holds the Introduction to Coaching qualification can enter at the Children's Coaching Certificate and progress from there to the UEFA C Licence (Children's).

See all available Level 1 courses overleaf available for booking.

COST

Applicants can enter the Children's Pathway at any stage and progress up to the UEFA C Licence with the one off cost as follows:

- Intro to Coaching Level: £165
 - Certificate Level: £150
 - Award Level: £125
 - C Licence Level: £100
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APPLICATIONS

Female coaches applying must email catherine.sharp@scottishfa.co.uk by Friday 23rd June, 2023

Female coaches must provide their full name, DOB and Coach ID when applying, as well as providing the specific course details in which they wish to apply for.

For more information prior to applying please contact martyn.buckie@scottishfa.co.uk

UEFA C LICENCE (CHILDRENS) - INTRODUCTION TO COACHING

MONTH	SESSION 1	SESSION 2
July	10 th July, 6pm - 8:15pm	11 th July, 6pm - 8:15pm
	10 th July, 6:30pm - 8:45pm	11 th July, 6:30pm - 8:45pm
	17 th July, 6pm - 8:15pm	21 st July, 6pm - 8:15pm
	18 th July, 6pm-8:15pm	19 th July, 6pm - 8:15pm
	18 th July, 6pm - 8:15pm	20 th July, 6pm - 8:15pm

MONTH	SESSION 1	SESSION 2
August	6 th August, 9am - 2:30pm	N/A
	13 th August, 9am - 2:30pm	N/A
	22 nd August, 6pm - 8:15pm	23 rd August, 6pm - 8:15pm
	28 th August, 6pm - 8:15pm	31 st August, 6pm - 8:15pm

MONTH	SESSION 1	SESSION 2
September	5 th September, 6pm - 8:15pm	7 th September, 6pm - 8:15pm
	19 th September, 6pm - 8:15pm	26 th September, 6pm - 8:15pm
	19 th September, 6pm - 8:15pm	21 st September, 6pm - 8:15pm
	25 th September, 6pm - 8:15pm	27 th September, 6pm - 8:15pm

CHILDREN'S COACHING CERTIFICATE (1.2)

MONTH	SESSION 1	SESSION 2	SESSION 3
July	4 th July, 6pm - 9pm	6 th July, 6pm - 9pm	13 th July, 6pm - 9pm
	9 th July, 9am - 4pm	16 th July, 9am - 12pm	N/A
	11 th July, 6pm - 9pm	13 th July, 6pm - 9pm	18 th July, 6pm - 9pm

MONTH	SESSION 1	SESSION 2	SESSION 3
August	7 th August, 6pm - 9pm	9 th August, 6pm - 9pm	16 th August, 6pm - 9pm
	7 th August, 6pm - 9pm	10 th August, 6pm - 9pm	17 th August, 6pm - 9pm
	26 th August, 9am - 4pm	2 nd September, 9am - 12pm	N/A
	28 th August, 6pm - 9pm	30 th August, 6pm - 9pm	4 th September, 6pm - 9pm

MONTH	SESSION 1	SESSION 2	SESSION 3
September	4 th September, 6pm - 9pm	6 th September, 6pm - 9pm	13 th September, 6pm - 9pm
	12 th September, 6pm - 9pm	14 th September, 6pm - 9pm	19 th September, 6pm - 9pm
	18 th September, 6pm - 9pm	21 st September, 6pm - 9pm	28 th September, 6pm - 9pm

CHILDREN'S COACHING AWARD (1.3)

MONTH	SESSION 1	SESSION 2	SESSION 3
July	21 st July, 9.30am - 4.30pm	28 th July, 1.30pm - 4.30pm	N/A
	25 th July, 6pm - 9pm	27 th July, 6pm - 9pm	1 st August, 6pm - 9pm

MONTH	SESSION 1	SESSION 2	SESSION 3
August	1 st August, 6pm - 9pm	2 nd August, 6pm - 9pm	8 th August, 6pm - 9pm
	20 th August, 9am - 4pm	27 th August, 9am - 12pm	N/A

MONTH	SESSION 1	SESSION 2	SESSION 3
September	6 th September, 6pm - 9pm	7 th September, 6pm - 9pm	13 th September, 6pm - 9pm
	18 th September, 6pm - 9pm	20 th September, 6pm - 9pm	25 th September, 6pm - 9pm