



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

FOR FEMALE COACHES  
July - November 2023



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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 youth/adult game (11 a-side).

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## **UEFA C LICENCE (YOUTH/ADULT) - 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
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## 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 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

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 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.

3. 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](mailto: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 (YOUTH/ADULT) - 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
    - 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

## PHASE 2

### PHYSICAL PREPARATION (YOUTH/ADULT) 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 (Youth/Adult) will be awarded. Coaches must attend Phase 3 within one year of having undertaken Phase 1.

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## SCOTTISH FA / UEFA C LICENCE (YOUTH/ADULT) COURSE - FEMALE ONLY

### JULY - NOVEMBER 2023

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#### 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 (Youth/Adult) - Thursday 26th and Friday 27th October 2023, 6pm-9pm

Phase 3 - In-Person @Toryglen, Glasgow

Monday 13th, Tuesday 14th, Thursday 16th and Friday 17th Nov, 9am-4pm

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Candidates who are not at the stage to attend the UEFA C Licence (Youth/Adult) 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 Youth/Adult Coaching Certificate and progress from there to the UEFA C Licence (Youth/Adult).

See all available Level 1 courses overleaf available for booking.

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#### COST

Applicants can enter the Youth/Adult 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](mailto: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 Level 1 course details in which they wish to apply for.

For more information prior to applying please contact [martyn.buckie@scottishfa.co.uk](mailto:martyn.buckie@scottishfa.co.uk)

## UEFA C LICENCE (YOUTH/ADULT) COMPLETION - NEXT STEPS

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

## UEFA C LICENCE (YOUTH/ADULT) - INTRODUCTION TO COACHING

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

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

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

## YOUTH/ADULT COACHING CERTIFICATE (1.2)

MONTH	SESSION 1	SESSION 2	SESSION 3
July	4 <sup>th</sup> July, 6pm - 9pm	11 <sup>th</sup> July, 6pm - 9pm	17 <sup>th</sup> July, 6pm - 9pm
	10 <sup>th</sup> July, 6pm - 9pm	11 <sup>th</sup> July, 6pm - 9pm	17 <sup>th</sup> July, 6pm - 9pm
	30 <sup>th</sup> July, 9am - 4pm	6 <sup>th</sup> August, 9am - 12pm	N/A

MONTH	SESSION 1	SESSION 2	SESSION 3
August	8 <sup>th</sup> August, 6pm - 9pm	10 <sup>th</sup> August, 6pm - 9pm	15 <sup>th</sup> August, 6pm - 9pm
	15 <sup>th</sup> August, 6pm - 9pm	17 <sup>th</sup> August, 6pm - 9pm	22 <sup>nd</sup> August, 6pm - 9pm
	23 <sup>rd</sup> August, 6pm - 9pm	24 <sup>th</sup> August, 6pm - 9pm	31 <sup>st</sup> August, 6pm - 9pm

MONTH	SESSION 1	SESSION 2	SESSION 3
September	4 <sup>th</sup> September, 6pm - 9pm	5 <sup>th</sup> September, 6pm - 9pm	11 <sup>th</sup> September, 6pm - 9pm
	17 <sup>th</sup> September, 9am - 4pm	24 <sup>th</sup> September, 9am - 12pm	N/A
	18 <sup>th</sup> September, 6pm - 9pm	20 <sup>th</sup> September, 6pm - 9pm	27 <sup>th</sup> September, 6pm - 9pm

## YOUTH/ADULT COACHING AWARD (1.3)

MONTH	SESSION 1	SESSION 2	SESSION 3
July	4 <sup>th</sup> July, 6pm - 9pm	5 <sup>th</sup> July, 6pm - 9pm	12 <sup>th</sup> July, 6pm - 9pm
	25 <sup>th</sup> July, 6pm - 9pm	26 <sup>th</sup> July, 6pm - 9pm	1 <sup>st</sup> August, 6pm - 9pm

MONTH	SESSION 1	SESSION 2	SESSION 3
August	7 <sup>th</sup> August, 6pm - 9pm	8 <sup>th</sup> August, 6pm - 9pm	15 <sup>th</sup> August, 6pm - 9pm
	22 <sup>nd</sup> August, 6pm - 9pm	24 <sup>th</sup> August, 6pm - 9pm	29 <sup>th</sup> August, 6pm - 9pm

MONTH	SESSION 1	SESSION 2	SESSION 3
September	19 <sup>th</sup> September, 6pm - 9pm	21 <sup>st</sup> September, 6pm - 9pm	26 <sup>th</sup> September, 6pm - 9pm
	26 <sup>th</sup> September, 6pm - 9pm	28 <sup>th</sup> September, 6pm - 9pm	3 <sup>rd</sup> October, 6pm - 9pm