

A man with a beard and short dark hair, wearing a black Adidas jacket, is gesturing with his right arm extended. 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 pitch.

SCOTTISH FA / UEFA C LICENCE COURSE



NOTHING
MATTERS
MORE

An opportunity to enter the UEFA pathway through the Scottish FA, delivered at your own convenience through a unique blended-learning approach.

UEFA C LICENCE - 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- 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. 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 coaching@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 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- 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
- Systems of Play Task
- Position Specific Qualities Task
- Logbook Sessions:
 - Training Session Plans
 - Shaping a Team Sessions

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

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 and Phase 2 can be completed in any order or at the same time. However, both Phase 1 and Phase 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 will be awarded.

To book: www.scottishfalive.co.uk/scottishfa/coached
Further enquiries: coaching@scottishfa.co.uk

UEFA C LICENCE COMPLETION - NEXT STEPS

On successful completion of the UEFA C Licence, 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.

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.

Detail will be issued in due course for those coaches that wish to assimilate from a Scottish FA C Licence to a UEFA C Licence.