

Football Canterbury COACH Accreditation Courses

"Better Coaching, Better Players"



Est. 1923

Welcome to **Coaching within Football Canterbury.**



It has now become clear that our coaches, need not only be volunteers, but are required to develop our football players and ensure through their learning they are also enjoying themselves. To this end within Football Canterbury, we require every intended coach to be accredited by attending a FA accredited coaching course that we try and make as easy as possible to undertake. We hope you take this opportunity to register for one of the upcoming courses so that you can best assist your particular team and players, and we thank you for that in advance.

Football Canterbury is a proud supporter of FA's vision of the future and pathway for our girls and boys to become better footballers.

We believe it is important to follow the FA curriculum so that our children have the best chance to progress as footballers in any environment and onwards to their next stages of personal development.

A key point relating to Youth Coaching, which is one of the issues we are addressing within Football Canterbury, is to establish the necessary behaviour patterns and player actions in the early stages of development, we create football habits that serve the player as they progress.

The general coaching philosophy:

Senior Players - Job Description: Short Term problem solution (improving a current fault in team performance/preparing for a specific opponent).

Youth and Junior Players - Job Description: Long term problem solution (preparing the players for senior football).

Junior or MiniRoo Players - Job Description: Long term skill or habit introduction and acquiring a passion to enjoy the game, (preparing the players for football through small sided games initially). This is where most of you will fit in.

This is the first step on a long journey towards becoming a complete footballer. We're glad to have you on-board!

**Register for courses at Play football <https://www.playfootball.com.au/coach/find-a-course>
Football Canterbury Website under Events or call the office of Football Canterbury.**

Football Canterbury: Mandatory **Coach requirements.**



COACHES NEED TO BE ACCREDITED:

In Football Canterbury all coaches need accreditation.

U8 through to U18 require a Foundation of Football as a minimum.



CLUB COACH COORDINATOR:

Every Club has a CCC who assists its members in registering for courses and keeping the coach and managers up to date with information and special offers and events.



MINIROOS GRASSROOTS COURSE:

This is an introduction for all new PARENTS in a practical session for approximately 1 hour, demonstrating the stages of development and activities for the players. Complete information to answer most question for regarding the progress of players.

Football Canterbury: **Courses available.**



FOUNDATION of FOOTBALL COURSE:

This is the primary course for coaching which introduces the process of teaching football effectively to young players. It focusses on technical ability of football along with helpful tips on managing your training sessions and where to find session plans that are relevant to specific age groups. The course is held over several nights and is approx. \$100 that is refundable from most clubs on request.



GAME TRAINING WORKSHOP:

The workshop introduces the process of teaching tactical situations that teams encounter playing 11 a side football. Defending, attacking and the moments in between. It is practical and covers a wide range of activities along with helpful tips on managing your training sessions and where to find session plans that are relevant to specific age groups for teams U13+. It also includes conditioning applications to the football activities relevant to specific senior, all age players. +17 age groups. *(CPD Hours allocated for attendance).*



GAME DAY INTRODUCTION WS:

This is practical session / WorkShop showing Game Day Managers what to do on game day, from pre-game warm up's, structures and formations of teams, substitutions and post-game reviews. This caters for MiniRoos from U6-U12 involved in small sided football

What do I need to **Coach** in Football Canterbury.



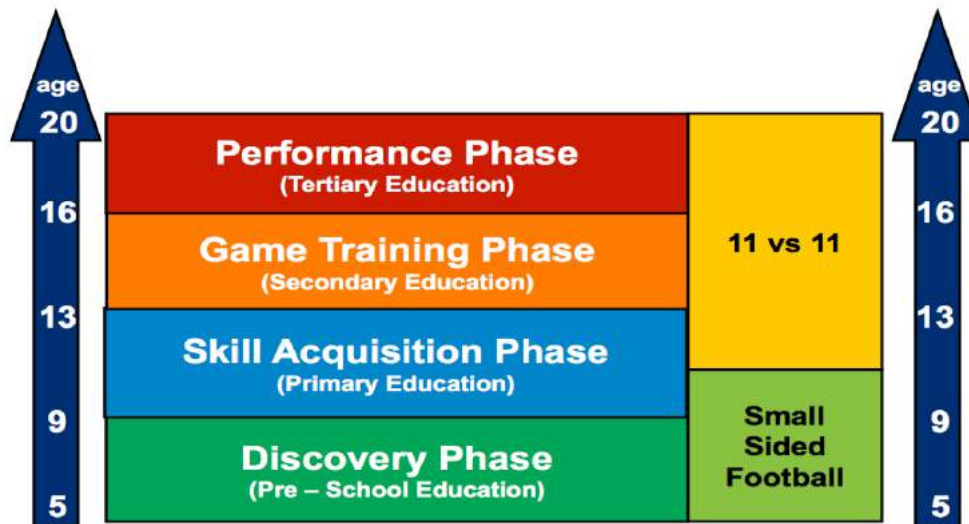
Football Australia has revamped its coaching courses to be more aligned with the world and AFC and accordingly the association has aligned with the National Body of Football. Football Canterbury requires you to hold the following accreditations:

	Grassroots (MiniRoos) Coaching Certificate ⁽¹⁾	Foundation of Football Certificate ⁽²⁾	Game Training Workshop ⁽³⁾	Game Day Introduction ⁽⁴⁾	Advanced Diploma ⁽⁵⁾
3yo-5yo	Mandatory	Optional	N/A	N/A	N/A
U6 & U7	Mandatory	Optional	Optional	Recommended ⁽⁴⁾	N/A
U8-U11	N/A	Mandatory	Optional	Recommended ⁽⁴⁾	Optional
U12-U14	N/A	Mandatory	Recommended ⁽⁴⁾	Recommended ⁽⁴⁾	Optional
U15-U21	N/A	Mandatory	Recommended ⁽⁴⁾	N/A	Optional
Adult	N/A	Optional	Recommended ⁽⁴⁾	N/A	Optional

Mandatory accreditation within Football Canterbury currently in place.

- ⁽¹⁾ Football Canterbury run courses at no cost to a Club registered member.
- ⁽²⁾ Football Australia run courses at member's cost.
- ⁽³⁾ Game Training Workshop is highly recommended for all eleven a side teams.
- ⁽⁴⁾ Game Day Introduction is highly recommended for all manager/coaches looking after teams on game day.
- ⁽⁵⁾ Advanced Diplomas C and B exempt's member from requiring other accreditations.

The Football Australia National Football Curriculum



The Building Blocks

The National Football Curriculum distinguishes 6 Building Blocks: 4 training Building Blocks and 2 playing Building Blocks.

The FFA Building Blocks Methodology is the framework that provides practical guidelines for coaches working at all levels of youth development. Key aims of this are:

- Develop technically proficient players
- Develop tactically aware, proactive players
- Transform the physical and direct style of youth football in Australia to a successful style based upon technique and creativity
- To instil a lifelong passion and love for football in young players

In terms of teaching players, there are two main ways in which this is implemented:

i) Training Session Content: Clear guidelines are provided to assist coaches to design game-related and football-specific exercises which maximise learning and lead to the development of our players.

Our approach also aims to drastically reduce the amount of time players have traditionally spent standing still in training, while coaches give one long-winded speech after another. When conducting training sessions, it is important for the coach to remember 'it's all about the players. The focus should be on helping the players to improve and enjoy themselves.

Players learn by 'doing' and the coach must guide and facilitate this learning process. The coach has to learn when to stop the players, how long for and how often. They must also learn what to say and how to say it in order to achieve the best possible outcome. Stopping the players *too* often, and talking for *too* long are not only non-educational, but they also frustrate the players and take away their enjoyment of training. Perhaps more worryingly, it take's away valuable training time.

Most of this is accomplished through **repetition**, and is of course important in developing players, but we must strive for *repetition of football-specific activities with a focus on a particular aspect*.

Sign Up now for a Football Canterbury coaching course.