



Coaching Convention

Syllabus of minimum content:
UEFA C diploma

2020 edition



COACH PROFILE

A UEFA C licence holder must be able to provide a positive developmental experience that enhances the players' enjoyment, knowledge, and skill, and must demonstrate competence in the following four areas:

Grassroots coach

- » Creating an opportunity to play football for grassroots players of different ages, genders, backgrounds and abilities: children, teenagers, adults, veterans, disabled people and other amateur target groups
- » Inspiring a lifelong desire to play football and stay involved in football

Environment

- » Maintaining a positive motivational climate

Player

- » Adopting a holistic approach to player development
- » 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

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

LEARNING OUTCOMES

Grassroots coach		
Competences	Modules	Hours of education ¹
<ul style="list-style-type: none"> • Understanding the role of a grassroots coach • Using positive coach behaviours, e.g. respect for play and for individuals • Using a participant-centred approach (based on players' needs) • Demonstrating a lifelong learning attitude 	Philosophy, values and beliefs	
<ul style="list-style-type: none"> • Knowing different coaching models • Applying coaching skills in their basic form: <ul style="list-style-type: none"> » Behaviour management » Communication: explanation, coaching position, feedback, learning channels » Demonstration » Differentiation: dealing with individual differences » Organisation • Understanding the importance of interventions 	Teaching methodology: art of coaching	
<ul style="list-style-type: none"> • Demonstrating competence in short- and medium-term planning • Planning sessions carefully • Delivering sessions effectively • Applying reflective practice after sessions 	Planning, delivering and reviewing	
The grassroots coach section of the course requires at least 10 hours of reality-based education		

¹ Exact number of education hours in course modules to be defined by each convention party.

Environment		
Competences	Modules	Hours of education
<p>Creating a motivational climate with the following components:</p> <ul style="list-style-type: none"> • Fun • Individual needs • Culture of learning: no fear of making mistakes, appropriate challenges, positive coaching • Inclusion and friendship, sense of belonging • Engagement • Player's empowerment and autonomy • Success, personal improvement and effort, process vs outcome 	Motivational climate	
<p>Creating the right structure for grassroots sessions:</p> <ul style="list-style-type: none"> • Before sessions (arrivals, dressing rooms) • During sessions <ul style="list-style-type: none"> » Physical environment and equipment » Activity time » Consistent set-up (tidy space = tidy mind) • After sessions (departures) 	Organisation	
<ul style="list-style-type: none"> • Ensuring player welfare • Knowing the child safeguarding guidelines and legislation² • Knowing basic first aid • Knowing the club's or organisation's code of conduct and acting accordingly • Creating and using other resources (volunteers and parents) 	Care and welfare	
The environment section of the course requires at least 10 hours of reality-based education		

² If you require more information on the child safeguarding, please see the Child Safeguarding Toolkit for UEFA member associations

Player		
Competences	Modules	Hours of education
<ul style="list-style-type: none"> Acknowledging and respecting individuality (person first) Recognising each player's needs and wants Knowing the player's social, psychological, physical and football abilities 	Knowing the players	
<ul style="list-style-type: none"> Developing the player's individual technique, tactical skills, collaboration, etc. 	Individual football skills	
<ul style="list-style-type: none"> Enabling players to experience the health benefits of regularly playing football Improving players' physical literacy Developing fundamental movement skills: stability, object control, locomotion Improving players' overall fitness: speed, strength and power, endurance Knowing the key characteristics of physical maturation and the impact on physical loading 	Physical development	
<ul style="list-style-type: none"> Understanding the importance of developing a player's growth mindset and its elements of curiosity, learning, commitment, effort, resilience Developing players' problem-solving, decision-making, information processing, curiosity and creativity Applying basic tools and methods to build players' confidence and self-esteem and support their emotion management Explaining the importance of self-regulation and demonstrating basic tools and methods 	Psychological development	
<ul style="list-style-type: none"> Understanding the role of emotions and behaviours at different ages and stages of player development Applying basic tools to build relationships, improve teamwork, increase interaction and support peer learning Applying basic tools to develop players' leadership skills 	Social development	
The player section of the course requires at least 10 hours of reality-based education		

Game		
Competences	Modules	Hours of education
<ul style="list-style-type: none"> Understanding and teaching the basic principles of attacking, defending, transitions Developing players' basic technical and tactical understanding of the game: playing positions and game awareness Teaching basic game management principles Developing player autonomy: decision-making, problem-solving, power of play 	Players	
<ul style="list-style-type: none"> Understanding the key benefits and principles of the basic training methods: <ul style="list-style-type: none"> » technical practice (unopposed practice) » skill practice (multi-directional practice with opposition) » game-related practice (one directional team practice) Understanding basic training principles (specificity, progression, etc.) 	Training	
<ul style="list-style-type: none"> Designing and organising various game formats (11v11, small-sided games, festivals) Understanding the importance of playing time and applying it in various game formats Knowing and respecting rules and guidelines: Laws of the Game, club policy, regulations 	Playing formats	
<ul style="list-style-type: none"> Dealing with matchday behaviours Engaging appropriately with volunteers and parent in team/club activities 	Match environment	
The game section of the course requires at least 10 hours of reality-based education		

Guided interactive content, not including self-study	At least 50 hours
Work experience	At least 10 hours
Minimum hours of reality-based education	60 hours ³

³ Minimum hours of theory and practical units off the pitch: 30
Minimum hours of practical units on the pitch, including work experience: 30

ASSESSMENTS

Formative and summative assessments	
Theory: The coach must be able to understand and explain the following:	Practice: The coach must demonstrate an ability to apply the following principles:
<ul style="list-style-type: none"> • Grassroots coach <ul style="list-style-type: none"> » Benefits of the player-centred approach and positive coach behaviour » Basic coaching skills » Planning, delivering and reviewing • Environment <ul style="list-style-type: none"> » Creating a consistent, safe and positive learning environment » Organisation of the sessions and activities • Player <ul style="list-style-type: none"> » Holistic development of a player: technical, physical, psychological and social • Game <ul style="list-style-type: none"> » Basic technical and tactical understanding of the game » Basic game management principles » Key benefits and principles of the basic training methods 	
Personal coaching logbook: <ul style="list-style-type: none"> • Planning and delivering safe and appropriate coaching activities • Analysing and reviewing coaching activities 	