



Coaching Convention

Syllabus of minimum content:
UEFA Youth B diploma

2020 edition



COACH PROFILE

A UEFA B Youth licence holder must have a clear understanding of how to develop and coach potentially talented young players transitioning from grassroots or amateur level to elite level, just before and during their period of biological growth and maturation, and must demonstrate competence in the following four areas:

Development coach

- » Working with players in the period of maturation, especially during peak height velocity (major growth spurt), when training programmes should often be adjusted to reduce the likelihood of growth-related issues
- » Working with players of different cultural backgrounds, different ages, and different levels of ability
- » Working closely with support staff to develop player potential
- » Encouraging involvement of and interaction with parents

Player

- » Knowing how to periodise and plan for the right development of players on weekly and monthly schedules
- » Playing a key role in developing individuals by providing sufficient playing opportunity for each member of the team
- » Knowing how to devise personal development plans for individual players

Training environment

- » Improving and focusing particularly on players rather than the team as a whole
- » Understanding how to manage differences within the group
- » Understanding and managing players through their individual physical developmental changes
- » Conducting training sessions appropriate to the needs and ages of the players
- » Working on the individuals and the team by having a clear understanding of training session design and how it can affect performance
- » Understanding technical and tactical development and issues relating to age, growth and maturity
- » Understanding how to plan, deliver and review training sessions

Match

- » Transitioning from training to matches in a constructive and positive way
- » Focusing on the principle of development rather than a winning team mentality
- » Ensuring equal playing time
- » Considering the match as a tool for evaluation and learning
- » Understanding and dealing with each player's support networks

LEARNING OUTCOMES

Development coach		
Competences	Modules	Hours of education ¹
<ul style="list-style-type: none"> Understanding the role of a development coach Remaining positive in all aspects of behaviour on and off the pitch Creating a positive, learning environment and a clear understanding of what makes a skilful performance 	Philosophy, values and beliefs	
<ul style="list-style-type: none"> Understanding the various teaching and learning styles (coaching models), and how to work across the coaching continuum Coaching the team/players in a manner appropriate to the ages of players with a clear understanding of managing differences within the group Promoting a performance development approach rather than focusing on winning 	Teaching methodology: art of coaching	
<ul style="list-style-type: none"> Communicating effectively with coaching staff and other support staff within the development process Communicating with parents and involving them in the players' development process 	Collaboration	
The development 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

Player		
Competences	Modules	Hours of education
<ul style="list-style-type: none"> Setting and constantly reviewing goals for individual players according to ability and biological, calendar and training age Setting and constantly reviewing goals for teams of different ages and abilities 	Knowing the players	
<ul style="list-style-type: none"> Understanding how to identify potential talent Understanding what constitutes a talented player Continually promoting the club's talent development plans Contributing to and supporting the club's talent development programme Cooperating with everyone involved in the talent identification process 	Talent identification and recruitment	
<ul style="list-style-type: none"> Understanding the complexities of growth and maturation and the effects on physical performance Understanding conditioning, care and welfare Appreciating training work loads, recovery and fitness testing in order to produce a safe, balanced physical programme Improving players' overall fitness: speed, strength, power and endurance 	Physical development	
<ul style="list-style-type: none"> Applying basic tools and methods to build players' confidence and self-esteem Understanding the impact that maturation and relative age may have on individual players Awareness of outside influences, such as parental pressure, agents and social drugs that give rise to negative behaviour and have implications for individual and team performance Developing player's growth mindset and its elements of curiosity, learning, commitment, effort, resilience and self-regulation 	Psychological development	
<ul style="list-style-type: none"> Building a strong team ethic through positive behaviour, actions and communication Communicating effectively with different players, people and support staff in various situations to continually monitor players' progress Understanding the complexities of social media and the impact on youngsters 	Social development	
The player section of the course requires at least 10 hours of reality-based education		

Training environment		
Competences	Modules	Hours of education
<ul style="list-style-type: none"> Managing differences within the group by appropriately designing training sessions Understanding the technical, tactical and physical requirements for developing and improving performance Developing training sessions focused on decision-making which is underpinned by players using proficient technical skills Designing training sessions that develop game awareness and understanding and how it might affect biomechanics and motor control. 	Training session design and content	
<ul style="list-style-type: none"> Understanding how to design individual performance plans Understanding periodisation – individual and team Preparing team sessions focusing on individual needs Preparing clear outcomes for the training sessions, while understanding the different returns for different types of training sessions Ability to prepare, execute and review sessions individually and with the support staff. 	Planning, delivering and reviewing	
<ul style="list-style-type: none"> Using different leadership styles appropriate to players' ages Allowing players to be involved in self-discovery, in an environment where mistakes are allowed Motivating, inspiring and stretching players' limits in training sessions Constantly reviewing and reflecting in order to enhance individual and team performance 	Learning climate	
<ul style="list-style-type: none"> Ensuring player welfare Injury prevention Knowing basic first aid Knowing the child safeguarding guidelines² and legislation Knowing the club's or organisation's code of conduct and acting accordingly 	Care and welfare	
The training environment section of the course requires at least 10 hours of reality-based education		

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

Match		
Competences	Modules	Hours of education
<ul style="list-style-type: none"> Understanding player roles within the team while avoiding early specialisation of set positions especially in the 11-13 age range Providing equal opportunity to practice and play based on players' needs Supporting player autonomy, involving players in decision-making and the problem-solving process 	Players	
<ul style="list-style-type: none"> Understanding the differences and transition from small-sided games (e.g. 8v8) to 11v11 Awareness of various different game formats to give each player a significant amount of playing time and opportunity 	Playing formats	
<ul style="list-style-type: none"> Exhibiting consistent matchday behaviours in keeping with a learning environment Preparing individual players and the team for matches in cooperation with support staff Ability to coach the team during matches in a manner appropriate to players' ages and always in a positive manner Ability to analyse and evaluate performance of own players and team in cooperation with support staff 	Match environment	
The match 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		60³ hours
Study visits ⁴		

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

⁴ Study visits in the elite youth football environment are recommended if the course is not already delivered in such an environment or the students are not working in this sector. The number of study visit hours are in addition to the minimum 60 hours of education.

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"> • Development coach <ul style="list-style-type: none"> » Creating the right learning climate » Using the appropriate coaching methodology » Collaborating with coaching staff and other support staff • Player <ul style="list-style-type: none"> » Understanding the identification process of potentially talented players » Understanding the complexities of growth and maturation and their effects on the physical, psychological and social development of youngsters » Goal-setting focused on the individuals' development processes • Training environment <ul style="list-style-type: none"> » Planning training sessions focused on decision-making development related to both the individual and team » Designing training sessions to take account of differences, e.g. relative age, maturation » Reviewing and evaluating training sessions within the learning climate • Match <ul style="list-style-type: none"> » Exhibiting consistent matchday behaviours in keeping with a learning climate » Supporting player autonomy, involving players in decision-making and the problem-solving process » Analysing the performance of both the individual and team 	
<p>Personal coaching logbook</p> <ul style="list-style-type: none"> • Planning and delivering safe and age-appropriate training sessions and matches • Analysing and reviewing training sessions and matches • Self-evaluation, reflections and the ability to adapt future planning and coaching activities accordingly • Ability to work consistently with individual players on all aspects of their development 	