

MODULE DESCRIPTOR

MODULE TITLE	Applied Football Coaching		
MODULE CODE	LS1514	CREDIT VALUE	20 credits
MODULE DELIVERY	Year Long		
MODULE TUTOR	Dene Whittal-Williams		
DATE APPROVED	April 2008	VERSION NUMBER	2
DEPARTMENT	Tourism & Leisure Management	PARTNER INSTITUTION	Myerscough College

RELATIONSHIP WITH OTHER MODULES

Co-requisites	None	Pre-requisites	None	Excluded Combinations for Foundation Certificate Sports	LS1519 Introduction to Sports Science for Golf, MR1158 Introduction to Golf Coaching
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MODULE AIMS

This module will introduce students to the development and evaluation of football performance through the use of football coaching and sports science principles and practices. Students will undertake a variety of theoretical and practical learning tasks aimed at developing their skills as coaches, particularly focused on the feedback processes needed for football improvement. In addition, students will be able to identify and evaluate training programmes, and provide a framework within which they can plan and organise methods of operation as a football coach.

MODULE CONTENT

- 1 Programming of football performance to encompass football specificity models.
- 2 The role of periodisation in the preparation of elite athletes.
- 3 Gathering information. Developing observation and analysis systems. Evaluation and feedback.
- 4 Long Term Player Development.
- 5 Back up systems for coaches including the role of BASES, World Class Performance Plan and other agencies.
- 6 Field Testing for football performance.
- 7 Practical Football Coaching Sessions.

LEARNING OUTCOMES

On successful completion of this module a student will be able to:

1	Acquire knowledge of notational analysis terminology and concepts.
2	Discuss various theoretical coaching principles, particularly the use of video and ICT.
3	Apply the scientific theories underpinning the preparation of athletes for football performance in form of a periodisation plan.
4	Perform practical fitness testing activities aimed at evaluating player performance.

TEACHING AND LEARNING STRATEGY

This module is delivered through lectures and seminars. Delivery will be in the form of classroom based lectures and practical sessions. Football coaching practicals are an essential element of the module. To facilitate the achievement of the learning outcomes listed, students will need to take a pro-active role in their own learning. Directed reading will need to be undertaken prior to seminar activities and group discussions. Students will be expected to work on their own initiative in the development of appropriate skills, taking a critical appreciation of their progress.

INDICATIVE CLASS CONTACT

1 hour per week Lecture per week plus 1 hour per week practical workshop. Total 2 hours per week.

INDICATIVE ASSESSMENT

Number of Assignments	Assessment	Weighting %	Type/Duration/ Wordcount (indicative only)	Learning Outcomes being assessed
1	Performance report to Head Coach.	60%	2500 words	1, 2
1	Periodisation Plan	40%	1500 words equivalent	3, 4

MODULE PASS REQUIREMENTS

For successful completion of the module, each individual element of assessment must be attempted and an overall average of 40% achieved.

BIBLIOGRAPHY AND LEARNING SUPPORT MATERIAL

Carling, C. Williams, M.A. & Reilly, T. (2005) *Handbook of Soccer Match Analysis; A systematic approach to improving performance*. Routledge, London

Elliot, B. (1999) *Training in Sport: Applying sports science*. Wiley, Chichester.

Hughes, M. and Franks, I. (1997). *Notational Analysis of sport*. E & FN SPON, London.

Knudson, D.V. & Morrison, C.S. (2002) *Qualitative Analysis of Human Movement*. Human Kinetics, Champaign, IL.

Martens, R. (1997) *Successful coaching. (2nd edition)* Human Kinetics, Champaign.

National Coaching Foundation. (1994) *Delivering the Goods*, Leeds: National Coaching Foundation

National Coaching Foundation. (1994) *Understanding and Improving Skill*, Leeds: National Coaching Foundation

National Coaching Foundation. (1996) *Code of Ethics and Conduct for Sports Coaches*, Leeds: National Coaching Foundation

National Coaching Foundation. (1999) *The Body in Action – Introductory study pack*. Number 2, Leeds, National, Coaching Foundation.

National Coaching Foundation. (1999) *The Coach in Action – Introductory study pack*. Number 1, Leeds, National Coaching Foundation

National Coaching Foundation. (1999) *Planning and Practice – Introductory study pack* Number 6, Leeds, National Coaching Foundation.

Sportscoach UK. (1999) *The Successful Coach - Guidelines for Coaching Practice*, Leeds: Sportscoach UK

Sprunt, K. (1992) *An Introduction to Sports Mechanics*. NCF, Leeds.

Wirhed, R. (1996) *Athletic Ability and the Anatomy of Motion; (2nd Edition)*. Mosby, London.

Journals

British Journal of Physical Education
Journal of Sports Sciences
Journal of Strength and Conditioning Research
Medicine and Science in Sports and Exercise
Sports Medicine

Websites

www.sportengland.co.uk	The general Sport England website
www.sportscoachuk.co.uk	The website for Sports Coach UK
www.culture.gov.uk	Department for Culture, Media and Sport
www.sportsci.org	An excellent site for general sports science issues.
www.acsm.org	American College of Sports Medicine.
www.worldclasscoaching.com	Good resource for practical coaching sessions