

MODULE DESCRIPTOR

MODULE TITLE	Football Coaching Principles and Practice		
MODULE CODE	LS1516	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	LS1515 Applied Golf Coaching, LS1519 Introduction to Sport Science for Golf, MR1158 Introduction to Golf Coaching
----------------------	------	-----------------------	------	------------------------------	---

MODULE AIMS

The focus of this module is to provide the theory of the coaching process. It outlines the knowledge required for a coach to be able to operate in different and safe environments within football. The practical element of the module allows for experience in a variety of football-related contexts. Practical experiences will support the acquisition of theoretical principles throughout.

MODULE CONTENT

- 1 Coaching Principles – The philosophy of coaching, the role of the coach, coaching styles, good/bad practice.
- 2 Health and Safety – implications when coaching football
- 3 Coaching Practice – The coaching process, planning, conducting and evaluating coaching performance.
- 4 Coaching theories applied to practice.
- 5 The child in sport – Developmental considerations.
- 6 Coaching Ethics – child protection, equity, coaching and the law.
- 7 Skills for practical Coaching – Key coaching points, coaching delivery, technique development.

LEARNING OUTCOMES

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

1	Develop an understanding of the roles and responsibilities of a safe and equitable coach.
2	Identify the key principles of coaching practice.
3	Describe contemporary issues surrounding football coaching, such as legal and child protection.
4	Apply aspects of the coaching process by delivering practical football coaching sessions.

TEACHING AND LEARNING STRATEGY

This module will be taught through a one-hour lecture and two hour practical session per week. Students will be required to read widely in order to benefit from keynote lectures. 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 Lecture per week plus 1 hour practical session per week.

INDICATIVE ASSESSMENT

Number of Assignments	Assessment	Weighting %	Type/Duration/ Wordcount (indicative only)	Learning Outcomes being assessed
1	Review of practical coaching session	50%	2000 words equivalent	1, 2
1	Coaching Handbook	50%	2000 words	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

Butler, R. (1996) *Performance Profiling*.

Cross, N. & Lyle, J. (eds.) (1999) *The Coaching Process: Principles and Practice for Sport*, Leeds: National Coaching Foundation

Foxon, F. (1999) *Improving Practices and Skills*, Leeds: National Coaching Foundation

Jones, R. Armour, K. and Potrac, P. (2003) *Sports Coaching Concepts: From practice to theory*. London: Routledge

Lyle, J. (2004) *Sports Coaching Concepts: A Framework for Coaches' Behaviour*. Routledge, London.

Martens, R. (1997) *Successful Coaching (2nd Ed.)*. West Point, NY: Leisure Press

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.

National Coaching Foundation. (1992) *Planning Your Programme*. NCF, Leeds

National Coaching Foundation. (1994) *Analysing Performance*. NCF, Leeds

Sneyers, J. (2002) *Soccer Training: An Annual Programme*.

Sports Coach UK. (1999) *A Guide to Planning Coaching Programmes*.

Sports Coach UK. (1999) *Analysing Your Coaching*.

Sportscoach UK & The National Society for the Prevention of Cruelty to Children

Sports Coach UK. (1999) *Observation, Analysis and Video*

Sportscoach UK. (2001) *Protecting Children: A Guide for Sports People*. Leeds:

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

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.cco.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
www.soccerperformance.org	An animated website based on practical coaching sessions.
www.finesoccer.com	Practical and theoretical information on coaching