



UEFA B License:

Course Content - Theory:

- A philosophy of coaching
- Consider how players learn
- A study of both coaching styles and communication processes
- A detailed consideration of player analysis
- Utilising analysis data to prioritise player performance
- The psychological factors associated with player performance
- The influences related to the Four Corner Model and player development
- A consideration of The FA's LTPO Model
- The ability to plan appropriate coaching sessions
- Consideration of the key elements related to coaching session delivery
- The development of progressive coaching session delivery
- The development of progressive coaching sessions
- Detailed coaching session evaluation and reflection
- A consideration of fitness programmes and planning

Practical:

- The principles of attacking: to include detailed consideration of attacking from wide/central areas, counter attacking, switching play and finishing.
- The principles of defending: to include detailed consideration of defending effectively in wide/central areas, pressing and defending when both organised and outnumbered
- Midfield play: to include support play for front players, possession