

<b>Module Title:</b>	Coach Education 1 - Football
<b>Language of Instruction:</b>	English
<b>Credits:</b>	5
<b>NFQ Level:</b>	8
<b>Module Delivered In</b>	<a href="#">2 programme(s)</a>
<b>Teaching &amp; Learning Strategies:</b>	- Lectures - Discussion - Readings - Project work - Practicals
<b>Module Aim:</b>	The aim of this module is to develop the students ability to apply the skills, knowledge and competencies associated with the FAI National D Licence level.
<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Design, organise and implement reality based training sessions in relation to the 11v11 game.
LO2	Demonstrate an understanding of the 4 key moments of the 11v11 game - Attacking, Transition to Defend, Defending and Transition to Attack.
LO3	Demonstrate an understanding of how theories and concepts in PA and coaching are applied to enhance sporting performance.
<b>Pre-requisite learning</b>	
<b>Module Recommendations</b>	
<i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>	
No recommendations listed	
<b>Incompatible Modules</b>	
<i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i>	
No incompatible modules listed	
<b>Co-requisite Modules</b>	
No Co-requisite modules listed	
<b>Requirements</b>	
<i>This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.</i>	
Students MUST have successfully completed the Safeguarding 1 course, be Garda Vetted and have completed 40 hours' worth of grassroots coach education prior to beginning this module.	

**Module Content & Assessment**
**Indicative Content**
**FAI Coaching Pathway 'D' licence**

Understanding and managing a reduction of numbers. Football Action Theory. Systems of Play. Self Reflection. Training Cycle of Development. Coaching Methods.

**Small Sided Games**

Constraints Lead Approach (CLA) Player, Environment, Task. STEP Principle (Space, Task, Equipment, People). Whole - Part – Whole Session Design. SSGs (3v3, 4v4, 5v5, 7v7, 9v9)

**Performance Analysis**

What is Performance Analysis. Sports Data and Information. What are KPIs. Developing a manual notation system. Introduction to data visualisation.

**Assessment Breakdown**

	%
Continuous Assessment	60.00%
Practical	40.00%

**Continuous Assessment**

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Portfolio	Individual Coaching Portfolio (Session Plans, Self Reflections, Peer Feedback, Personal Development Plan) (Approx 1500 words)	1,2	45.00	Sem 1 End
Written Report	Post Game Analysis Report	3	15.00	Sem 1 End

No Project

**Practical**

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Group Coaching Assessment 1: FAI National D Licence (Approx 18mins)	1	20.00	Week 4
Practical/Skills Evaluation	Individual Coaching Assessment 2: FAI National 'D' licence (Approx 12mins)	1,2	20.00	Week 10

No End of Module Formal Examination

**SETU Carlow Campus reserves the right to alter the nature and timings of assessment**

**Module Workload**

<b>Workload: Full Time</b>		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	12 Weeks per Stage	1.00
Practicals	12 Weeks per Stage	2.00
Independent Learning	12 Weeks per Stage	7.42
Total Hours		125.00

**Module Delivered In**

Programme Code	Programme	Semester	Delivery
CW_BBSMC_B	<a href="#">Bachelor of Arts (Honours) in Sport Management and Coaching</a>	2	Mandatory
CW_BBSOC_D	<a href="#">Bachelor of Arts in Sport Coaching and Business Management (Football)</a>	2	Mandatory