Module Title:	Coach Education 1 - Football
Language of Instruction:	English

Credits:	5

NFQ Level:	6

Module Delivered In	2 programme(s)

Teaching & Learning Strategies:	- Lectures - Discussion - Readings - Project work - Practicals

Module Aim:	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.

Learning Outcomes
On successful completion of this module the learner should be able to:

LO1	Design, organise and implement reality based training sessions in relation to the 11v11 game.
LO2	Demonstarte 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.

Pre-requisite learning
Module Recommendations *This is prior learning (or a practical skill) that is recommended before enrolment in this module.*
No recommendations listed
Incompatible Modules *These are modules which have learning outcomes that are too similar to the learning outcomes of this module.*
No incompatible modules listed
Co-requisite Modules
No Co-requisite modules listed
Requirements *This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.*
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

Workload: Full Time		
Workload Type	*Frequency*	*Average Weekly Learner Workload*
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	Bachelor of Arts (Honours) in Sport Management and Coaching	2	Mandatory
CW_BBSOC_D	Bachelor of Arts in Sport Coaching and Business Management (Football)	2	Mandatory

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