

Coaching Grassroots Football Program

Grassroots Football Certificate Course Information

Description: This course is of three hours duration and is aimed at beginner coaches and teachers of players up to 10 years of age. It is designed to give them a basic understanding of their role and to provide them with practical ideas for training sessions.

Participant Info Course Objectives and Outcomes

After attending this course the coach will have a basic understanding of:

- What kids' coaching is about
- What kind of activities to provide at training sessions
- How to put together the content of a kids' training session

Course Content The course centres on the FFA publication 'Coaching Grassroots Football', which each participant receives free of charge when attending this course. Participants will be shown a range of practices from the book and will be able to use the book as an ongoing coaching resource.

Pre-Requisites Notes Minimum age 15 years old (Year 9 and above) and 16 participants in the course

Candidate Assessment Those that undertake the Grassroots Certificate will be required to assist in the delivery of a junior development program for your junior school or a neighbouring primary school.

Accreditation Award Participants who attend the whole three-hour course will receive an FFA Certificate, and will be recorded on the FFA database as having attended.

Ideally, the best time to run the course would be either mid term 1 or at the beginning of term 2. It can be run within or outside of school hours as you wish. Approximately 70% of the course is theory based and 30% practical.

Secondly and as you can see in the above description, a prerequisite of participating in this course, and where your senior students will benefit the most, is the delivery of a junior development program for your junior school or neighbouring primary school. The target groups for the junior development program, which aims to teach kids the basic skills of the game through modified games, are prep – grade 2 students. The junior development program is the introductory component of FFV's new pathway program for primary schools, with 5-a-side Football aimed at grades 3 and 4 students, and the traditional 11-a-side Football still part of the grade 5 and 6 school sports program.