

FA LEARNING

WANT TO LEARN MORE ABOUT FOOTBALL?

Get into Football





“

BEING A MEMBER OF THE FA
COACHES ASSOCIATION SHOWS
YOUR PLAYERS YOU ARE
SERIOUS ABOUT COACHING”



One of The FA's stated aims is to elevate coaching at all levels into a recognised football profession.

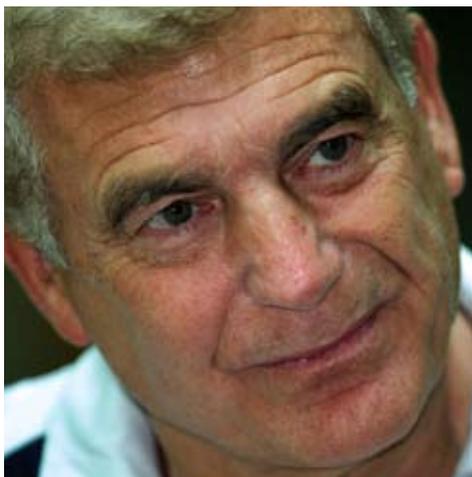
Supporting this aim is The FA Coaches Association (FACA). For an annual fee of just £39.50 by direct debit, it provides:

- Civil Liability and Personal Insurance worth £130
- Guaranteed discounts on FA Learning courses
- Subscription to 'Insight' journal, containing guest interviews, technical practices, coaching advice and industry news
- Access to FACALive.com
- Free access to Continual Professional Development days
- Free access to FA online archives stretching back 30 years
- FACA-branded merchandise

To join the growing band of FACA members, visit TheFA.com/coach or call **0844 9808 212**

Get into Coaching 

FOREWORD



The modern game of football is changing. Players are quicker, stronger and more creative. Stand out individuals mix intelligence and flair, solving problems and making decisions in an instant. Teams work harder, cover more distance, preparing meticulously in every area, utilising cutting edge technology and leaving nothing to chance.

As the game gets quicker and more intelligent so must our coaches, referees, administrators, medics and teachers. As a world class leader in delivering football education at every discipline, FA Learning aims to do just that.

FA Learning takes a lead role in educating the football workforce to ensure coaches and players alike have the opportunity to achieve the level of success they are capable of. Together we will positively affect the coaching culture in England, foster a spirit of innovative and technological change in learning and firmly place the player at the centre of the coaching process.

In this booklet you'll find details of the courses which FA Learning provides. Courses are delivered throughout the country, both on a local level and as national specialist courses too. You can also learn online at TheFA.com/FALearning.

If the players who play the game are changing, then all who prepare the platform for the players to perform must change too. Don't be left behind, commit to not just gaining qualifications, but to developing skills through lifelong learning and receive this recognition as a licensed coach and practitioner.

A handwritten signature in black ink, which reads 'Trevor Brooking'.

Sir Trevor Brooking
Director of Football Development

THE ROLE OF FA LEARNING

Our responsibility and commitment

The FA has the responsibility of retaining and growing the football workforce and raising standards to have a positive impact on the game. FA Learning must therefore provide the highest quality football education programmes to meet the needs of the professional and national game and provide opportunities for people from all backgrounds.

The long-term vision is to offer professional, accredited training, enhancing the skills of our current workforce and inspiring and developing the next generation of coaches, referees, medics and administrators. FA Learning recognises the importance of creating recognised, formal qualification pathways and it is imperative that we encourage lifelong learning and personal responsibility for each individual to manage their own professional development.

Crucial to the success of FA Learning in attaining its vision is the learning philosophy and the consistent training and mentoring of the tutor workforce across all disciplines. Whilst the biggest audience is coaches (accounting for approximately 75% of the training), FA Learning offers a broad range of learning pathways and qualifications to promote the many other associated careers that are available in football in the modern day, beyond playing. This is an objective that derives universal support from the other football bodies and one that can have a cohesive effect on the game in England.

Our priorities

This booklet outlines the educational priorities which FA Learning will lead and develop further in consultation with all stakeholders.

The number one priority is our focus on coach education, enhancing both the programmes required for a coach or manager to be qualified together with a focus on teaching the coaches to coach evermore effectively.

Major strategic initiatives include the introduction of age-appropriate awards for coaches, a licensed tutor and coaching workforce, mentoring programmes and an increase in the range of qualifications for administrators, medics and referees.

OUR PURPOSE

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- **To raise standards of Coach Education and performance** through the delivery of high quality and bespoke training and educational programmes.
 - **To measure the quality of coaching** and the impact that this has on the development of players.
 - **To train and provide career progression and educational pathways for each football discipline** and thereby increasing the numbers of qualified practitioners e.g. Coach Educators, Coaches, Sports Medics, Referees, Administrators, Welfare Officers and Teachers.
 - **To retain and grow the current football workforce** by attracting and inspiring the next generation from a wide variety of diverse backgrounds. In so doing, deliver against educational objectives and targets identified in the FA Vision, Coaching Strategy and the National Game Strategy.
 - **To cultivate continuous improvement** by evaluating our programmes. To work towards establishing a comprehensive Research and Development programme, embracing regular review of the effectiveness of existing activities.

THE FA LEARNING VALUES

The importance of values

Before the team at FA Learning ever began to talk about learning methods or about their practical application, they sat down and worked out what doing the right thing might look like for any coach or tutor. The result was a set of values. It is our hope that anyone who delivers any programme on behalf of The FA will live these values.

Influencing others

FA Learning tutors are given genuine opportunities to change the lives of others for the better. If you are able to model The FA Learning values in how you teach and how you help others develop, then you will have demonstrated the integrity of a true influencer.

Challenging

- Model the learning behaviours adopted.
- Be sensitive to process, to relationships and to content.
- Share responsibility for learning through the learning processes used.
- Help participants learn about learning.
- Be flexible themselves.

Inclusive

- Ensure that all client groups can be catered for through flexible provision.
- Design and deliver programmes utilising a range of different learning and teaching styles.
- Design and deliver programmes to foster an enthusiasm for lifelong learning.
- Audit the accessibility of programmes with regard to client groups, timings, accessibility of venue, appropriateness of materials and resources used.

Coherent

- Be knowledgeable about the matrix of educational provision.
- Know and work with the accreditation and qualifications framework.
- Be able and willing to show how learners can build a balanced portfolio of accredited provision appropriate to their needs.
- Be able to guide and support learners in selecting and then navigating their way through the matrix.

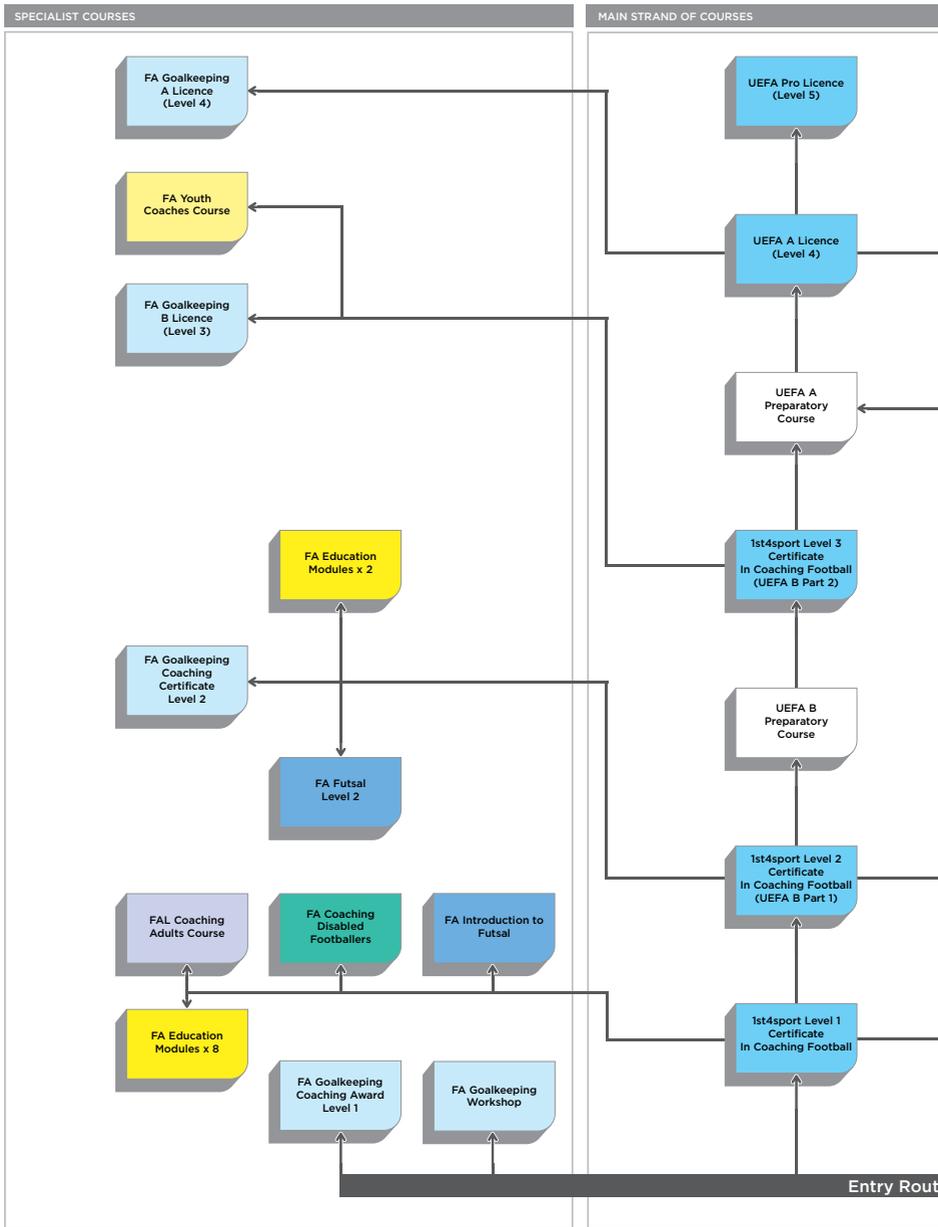
Creative

- Be aware of the best thinking on the design and delivery of learning programmes.
- Be flexible in their use of modern learning ideas and the use of supportive technologies.
- Show understanding of the wider needs of the national game and be able to align the design and delivery of learning programmes to support those needs.

Passionate

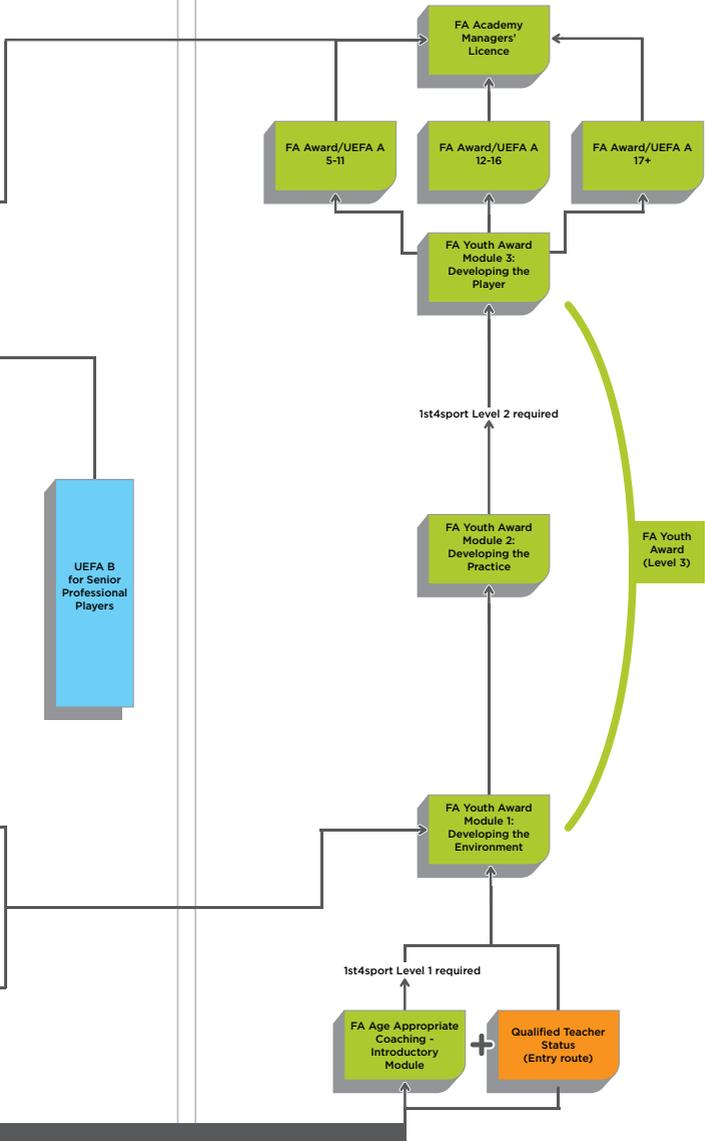
- Be willing to undertake their own research and seek their own evidence within the agreed framework.
- Be capable of, and willing to, review for improvement, including improvement of personal performance.
- Involve others in reflecting on, and reviewing learning programmes for improvement.
- Display enthusiasm for all aspects of the game.

FA LEARNING COACHING PATHWAYS



FA Education Modules: Key Stage 2 Curriculum, JFO Teacher, JFO Student, Beginners Guide to Coaching Disabled Footballers, Beginners Guide to Futsal, OSHL (Incl SCL), Football Mentor, Merit

AGE APPROPRIATE COURSES



LOCAL COURSES

Contact your County FA to get involved. [TheFA.com/FAlearning](https://www.thefa.com/FAlearning)

Delivered through local County FAs, there are many courses available to get people started in the game and to then help them progress in their roles. The content and resources for these courses are

developed centrally by FA Learning, ensuring they are the same throughout the country. For more information, contact your local County FA or visit [TheFA.com](https://www.thefa.com) for your local County FA contact details.

Discipline	Course	Minimum Course Duration
Coaching Courses	Level One Certificate in Coaching Football	24-32 hours
	Level Two Certificate in Coaching Football	75 hours
	Level Three Certificate in Coaching Football	90 hours
	The FA Age Appropriate Coaching - Introductory Module	6 hours
	The FA Youth Award - Module One	32 hrs (incl 4 hours pre-course reading and tasks)
	The FA Youth Award - Module Two	29 hrs (incl 1 hour pre-course reading and tasks)
	The FA Youth Award - Module Three	29 hrs (incl 1 hour pre-course reading and tasks)
	The FA Goalkeeping Coaching Award (Level 1)	24 hours
	The FA Goalkeeping Coaching Award (Level 2)	24 hours
	The FA Coaching Disabled Footballers	6 hours
	The FA Coaching Futsal: A Beginner's Guide	6 hours
	The FA Mentoring Adults	6 hours
	The FA Level 1 Certificate in Coaching Adult Football	12 hours
Education Courses	The FA Leadership Through Football	90 hours
	The FA Key Stage 2 Curriculum Coaching	6 hours
	The FA Junior Football Organisers - Teacher	6 hours
	The FA Junior Football Organisers - Student	6 hours
	The FA Working with Teams	6 hours
	The FA Handling and Movement	3 hours
	The FA Beginners Guide to Coaching Disabled Footballers	4 hours

Discipline	Course	Minimum Course Duration
Referees Courses	Basic Referees Course	Minimum 24 hours
Medical Courses	The FA Emergency Aid Workshop	3 hours
	The FA First Aid for Sport	22 hours (Incl 8 hours pre-course reading and tasks)
	The FA Level 2 Treatment and Management of Injury in Football	30 hours
Safeguarding Children and Equality	The FA Safeguarding Children Workshop	3 hours
	The FA Welfare Officer Workshop	3 hours
	The FA Equality Workshop	3 hours
	The FA Race Equality Workshop	3 hours
	The FA Disability Equality Workshop	3 hours

Level One Certificate in Coaching Football

Become a qualified football coach

This course provides an introduction to the organisation and delivery of safe and enjoyable coaching sessions for players. The course will introduce practical drills to develop players' technical skills such as shooting, turning with the ball and heading. It is ideally suited to those working with groups of young players.

Level Two Certificate in Coaching Football

The next stage in coaching

Building on the initial skills learnt in the Level One Certificate in Coaching Football, this course provides a deeper understanding of coaching. The course introduces new themes such as looking at different coaching styles, preparing for accidents and emergencies and understanding players' nutritional needs.

Level Three Certificate in Coaching Football (UEFA B Licence)*

Understand match analysis and performance evaluation

Coaches will acquire detailed coaching knowledge based on functional practices, small sided (8 v 8) games and phases of play to enhance game related understanding. This knowledge will aid them to evaluate player and team performance and set goals accordingly. Coaches will also learn how to analyse matches, assess fitness, provide a psychological evaluation of players and build on nutritional awareness.

**This is also a National Course. See Page 18*

LOCAL COURSES

Contact your County FA to get involved. [TheFA.com/FAlearning](https://www.thefa.com/FAlearning)

Age Appropriate Coaching - Introductory Module

The first step to understanding young players

This groundbreaking new course encourages coaches to know as much about their young players as they do about the game. This one day course provides those involved in youth football with the knowledge to understand their players. This course provides an introduction to The FA Youth Award, which looks at how to coach young players as well as what to teach them.

The FA Youth Award - Module One

Developing the Environment*

Innovation in coaching young players

This first module of three presents a child centred approach to the development of our young players. The award recognises the important role the coach can have upon levels of motivation and self-esteem and gives practical advice to help the coaching session become an “effective environment for learning”. Suitable for coaches at all levels this innovative new look at coaching will create coaches who have a understanding of children and young players as well as football.

**This is also a National Course. See Page 19*

The FA Youth Award - Module Two

Developing the Practice*

Innovation in coaching young players

Building on the knowledge learnt in Module One, this course provides practical sessions and workshops that help coaches to develop practices appropriate for the age, maturity, ability and experience levels of their players. Coaches will be expected to plan, deliver and evaluate their own, and other coaches’ practices during the course. This second module in The FA Youth Award is most suited to club coaches who are keen to improve their own personal development as a coach of young players of any age.

**This is also a National Course. See Page 20*

The FA Youth Award - Module Three

Developing the Player*

Innovation in coaching young players

The final module in The FA Youth Award, Developing the Player, continues the progressive change in coaching philosophy. Complementing the knowledge learnt on the preceding modules, this course teaches coaches to have a truly player-centred approach to the coaching and development of young players. The course comprises both practical and theory sessions.

**This is also a National Course. See Page 20*

The FA Goalkeeping Coaching Award (Level 1)

Give your goalkeeper the edge

This course is ideal for coaches who want to improve the performance of their goalkeepers. Learn how to develop and improve your goalkeeper's technique and plan and prepare progressive technical practices. The course is delivered by goalkeeping tutors directly appointed by The FA.

The FA Goalkeeping Coaching Award (Level 2)

Give your goalkeeper the edge

Building on the skills learnt in Level One, this course teaches candidates how to coach basic individual goalkeeping techniques. Coaches will get a better understanding of how to plan and prepare progressive technical and functional practices, ensuring the health and safety of all. The practical elements include dealing with one on one situations and handling crosses.

The FA Coaching Disabled Footballers

Learn skills to encourage and develop disabled players

This course teaches coaches to apply coaching skills to meet the needs of players with different impairments. The course establishes basic communication skills for coaching disabled footballers, using appropriate terminology. Coaches are also advised on appropriate medical and safety considerations.

The FA Coaching Futsal: A Beginner's Guide (replacing FA Introduction to Futsal)

Small sided fun

Learn about the UEFA and FIFA approved small sided game. On this course you'll be taught the rules of Futsal, basic principles of attack and defence. Understand how to organise and coach Futsal and appreciate the fitness demands of the game.

The FA Mentoring Adults

This course is designed to support those who wish to develop their mentoring skills, to understand the role of the mentor, to develop the interpersonal skills required to become an effective mentor as well as developing reflection as a learning tool. It supports participants to develop skills in a safe and positive environment.

LOCAL COURSES

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The FA Level 1 Certificate in Coaching Adult Football

This is an introduction for coaches and managers who are involved in adult football and comprises various elements including training drills (warm ups, technical sessions, skills, small sided games and cool downs), how to get the best from your players, team management (systems, strategies and player strengths) and how to keep your players happy while getting the best results. The course will also give you an insight into effective team talks and match analysis, while also covering essential areas such as health and fitness (diet, discipline and personal training), communication on and off the pitch and motivation in training and matches.

The FA Leadership through Football

Leadership through Football is an accredited qualification which can also form part of the additional and specialist learning aspect of the new Diploma in Sport and Active Leisure. It will aim to apply and exemplify the qualities and advanced skills needed to be an effective and reflective leader in football. Students will cover a variety of disciplines within football development including leading football activity sessions, refereeing, working with small-sided teams and contributing to the organisation and delivery of a football event for young people.

The FA Key Stage 2 Curriculum

This course supports non PE specialist primary teachers and coaches and will enable candidates to understand the key strands of the National Curriculum and apply them to football within the context of PE.

The FA Junior Football Organisers – Teacher

This course provides the teacher or coach with the necessary information and support to be able to deliver a Junior Football Organisers course for students aged 14–19. Candidates will gain an understanding of the FA 4 Corners Model together with the FA's Young Leadership Programme and Step into Sport.

The FA Junior Football Organisers – Student

This course is for students aged 14–19 years. It focuses on mini-soccer, where students learn the basics of coaching, rules, refereeing and all that is involved in organising a festival/ tournament. The culmination of the course and assessment involves the students organising and running a mini-soccer festival. The course provides students with core organisational and communication skills.

The FA Working with Teams

This course, which is aimed at primary or non specialist secondary teachers, Level 1 coaches and young leaders, will provide practical ideas on how to run teams including work around team talks, team philosophy including the FA LTPD 4 corners model and understanding basic strategies, tactics and formations. It supports the competition programme/framework.

The FA Handling and Movement

This three hour course for primary teachers, Level 1 coaches and young leaders will give the candidate practical ideas to develop movement and handling skills that can be used as an introduction to goalkeeping and build on fundamental movement skills. Candidates will understand what is meant by handling and movement and learn how to develop Physical Literacy through handling and movement activities.

The FA Beginners Guide to Coaching Disabled Footballers

This course supports teachers, coaches or young leaders working in special or mainstream education. It will enable candidates to apply and extend existing teaching and coaching skills and experience to meet the needs of the participants and gain a greater understanding of the inclusion spectrum.

Basic Referees Course

Become a qualified referee

Providing a full understanding of the laws of football, this course will lead successful candidates to a refereeing qualification. Whether seeking to operate at a basic level, or looking to achieve a greater understanding of match official skills, this course can deliver for all. Incorporating all the practical and theoretical skills needed to officiate, this course provides safe, ethical and effective methods of refereeing.

The FA Emergency Aid Workshop

Be prepared

This three hour workshop offers basic advice on how to limit the effects of injury and promote recovery. Topics covered include mouth to mouth resuscitation, control of bleeding, dressing of wounds and minimising shock. Open to all with an interest in improving their emergency aid skills. Certificates last for three years.

LOCAL COURSES

Contact your County FA to get involved. [TheFA.com/FAlearning](https://www.thefa.com/FAlearning)

FA First Aid for Sport

The course will provide participants with the opportunity to gain fundamental knowledge and skills in order to recognise and manage common illnesses and injuries sustained in football and other sports and administer immediate 'Non-Emergency' first aid care. The course aim is to train a person in the basic knowledge of first aid. It will provide a person with the skills required to identify injuries and provide a level of first aid to prevent injuries worsening by applying these first aid principles on the pitch side.

FA Level 2 Treatment and Management of Injury in Football

This foundation course is aimed at personnel working throughout grassroots football. It will train a person in the basic knowledge, skills and attitude necessary to recognise and differentiate major from minor injury and enable them to offer basic treatment and injury management advice to a player who has sustained a major injury when playing football.

The FA Safeguarding Children Workshop **Making football safe for young people**

For everyone who works with young people, this workshop focuses on making football safe. The course teaches our football workforce to promote best practice to protect young people. Candidates will learn how to recognise signs and symptoms of abuse, and understand fears involved in these concerns.

The FA Welfare Officer Workshop

Ensure best practice for your club

The FA requires all affiliated clubs to appoint a Club Welfare Officer. For 2010-2011 this person must have attended The FA Welfare Officer Workshop. The course teaches best practice in relation to safeguarding children and also identifies the roles and responsibilities of everyone in the safeguarding support network.

FA Equality Workshops **(Equality, Race, Disability)**

The suite of FA Equality workshops have been designed to support the growth and retention of the football workforce by helping people understand how they can make their club or league accessible to everyone e.g. women and girls, disabled people, ethnic minorities and emerging communities. They will also identify what language or behaviour is offensive, insulting and abusive e.g. racist, homophobic, sexist or abuse relating to disability. This supports the RESPECT programme by making clear what is and what isn't acceptable and what action people can take if they experience something that is offensive, insulting or abusive.



NATIONAL COURSES

Visit TheFA.com/FAlearning or call 0870 850 0424 to get involved

FA Learning national courses are usually more intensive than local courses. Held in a central location, candidates will reside on site for the duration of the course. There are a range of courses and qualifications catering for different

disciplines across the game. It's also a great chance to meet other like minded people from around the country. Refresher courses are also available for those looking to update their knowledge.

Discipline	Course	Duration
Coaches	Level Three Certificate in Coaching Football (UEFA B)	4 Days
	UEFA B Licence for Senior Pro players	12 days
	UEFA A Licence	21 Days
	UEFA A Licence for Senior Pro players	21 Days
	UEFA Pro Licence	14 days over 1 year
	The FA International Coaching Licence	21 days
	The FA Youth Coaches Course	5-7 Days
	The FA Youth Award Module One	4 days
	The FA Youth Award Module Two	4 days
	The FA Youth Award Module Three	4 Days
	The FA Goalkeeping Coaching B Licence	6 days
	The FA Goalkeeping Coaching A licence	7 Days
	The FA Academy Managers Licence	5 days
	The FA Psychology for Football Level Two	3-4 Days
	The FA Psychology for Football Level Three	3-4 days
The FA Psychology for Football Level Four	3-4 days	
The FA Psychology for Football Level Five	4 days	
Medics	The FA Treatment of Injury Diploma	24 days
	The FA Fitness Trainers Award	18 days

Level Three Certificate in Coaching Football (UEFA B Licence)*

Understand match analysis and performance evaluation

Coaches will gain detailed coaching knowledge based on functional practices, small sided (8 v 8) games and phases of play to enhance

game related understanding. This knowledge will aid them to evaluate player and team performance and set goals accordingly. Coaches will also learn how to analyse matches, assess fitness, provide a psychological evaluation of players and build on nutritional awareness.

**This is also a Local Course. See Page 11*

UEFA A Licence

Raising the benchmark

One of the most respected qualifications in the game, the UEFA A Licence will educate candidates in the practical and theoretical developments in modern football, so that they may devise, organise, and evaluate coaching sessions in the advanced skills, tactics, strategies and systems of play. Candidates are required to undertake a mandatory UEFA A Preparatory Course prior to the Part One of the UEFA A Licence.

UEFA Pro Licence

The Ultimate Coaching Qualification

The highest coaching qualification in the game, the UEFA Pro Licence will be mandatory for all Premier League Managers from 2010. The Pro Licence marries the finer points of a coach or manager's match preparation with other non-football specific modules including employment law, finance, the media, technology, business management and club structure.

The FA International Coaching Licence

Coaching expertise from a world leader in football education

The International Coaching Licence is a special coaching course which is only available to candidates from non-EU countries. This course teaches coaches to develop skills such as match analysis, attitudes & ethics and football fitness.

The FA Youth Coaches Course

Developing the elite youth player

The course aims to raise the standards of coaching for elite players and standardise the provision of training for Youth Coaches. Candidates will learn how to assess the needs of individual players and establish goals with the player to reach objectives identified in agreed learning programmes. Coaches will further understand how to monitor and profile progress and provide feedback to players to establish new objectives.

The FA Youth Award - Module One

Developing the Environment*

Innovation in coaching young players

This first module of three presents a child centred approach to the development of our young players. The award recognises the important role the coach can have upon levels of motivation and self-esteem and gives practical advice to help the coaching session become an "effective environment for learning". Suitable for coaches at all levels this innovative new look at coaching will create coaches who have a understanding of children and young players as well as football.

**This is also a Local Course. See Page 12*

NATIONAL COURSES

Visit [TheFA.com/FAlearning](https://www.thefa.com/FAlearning) or call 0870 850 0424 to get involved

The FA Youth Award - Module Two Developing the Practice*

Innovation in coaching young players

Building on the knowledge learnt in Module One, this course provides practical sessions and workshops that help coaches to develop practices appropriate for the age, maturity, ability and experience levels of their players. Coaches will be expected to plan, deliver and evaluate their own, and other coaches' practices during the course. This second module in The FA Youth Award is most suited to club coaches who are keen to improve their own personal development as a coach of young players of any age.

**This is also a Local Course. See Page 12*

The FA Youth Award - Module Three Developing the Player*

Innovation in coaching young players

The final module in The FA Youth Award, Developing the Player, continues the progressive change in coaching philosophy. Complementing the knowledge learnt on the preceding modules, this course teaches coaches to have a truly player-centred approach to the coaching and development of young players. The course comprises both practical and theory sessions.

**This is also a Local Course. See Page 12*

The FA Goalkeeping Coaching B Licence Elite goalkeeper training

Ideal for coaches working in league Academies and Centres of Excellence, this course covers a mix of practical and theory sessions. Practical sessions include footwork, general handling techniques, and dealing with crosses. The theory element looks at the role and development of the goalkeeper and performance analysis.

The FA Goalkeeping Coaching A Licence For senior professionals in the Premier League and Football League

This is the highest goalkeeping award for coaches. The course covers elements such as communication and organisation, philosophies of defending set plays and defensive strategies and principles.

The FA Academy Managers Licence Running centres for elite young players

This course covers the aspects required to manage an Academy or Centre of Excellence. This includes: developing elite young players, managing upwards, recruitment, staff development and financial matters. Candidates must hold a current FA Advanced Coaching Licence/UEFA A Licence and complete a 4000 word report on a study visit to an overseas Academy.

The FA Psychology for Football

Levels Two – Five

Understand the emotional barriers in player performance

Level Two

Before attending, candidates must complete The FA Psychology for Football Level One online course (see page 24). Although originally aimed at coaches, Level Two would benefit all football support staff including parents, sports scientists, medics and teachers. The course focuses on learning and development issues in young players aged 5-14. The course is made up of three units: psychological development, learning & skill development, and social & environmental factors.

Level Three

Coaches may benefit the most, but Level Three is also open to everyone working with young players. The focus in this course is on youth players 12-16 and 17-21 yrs. Candidates will investigate the psychological aspects relating to game demands, mental skills and performance profiling.

Level Four

Building on the knowledge from Level Three, this course looks at taking mental skills onto the field. The course is both theoretical and practical and investigates the role that coaches play in designing appropriate practices that allow the development of different mental skills.

Level Five

The final psychology course looks at developing team confidence and cohesion, communication, fostering trust and structuring a match day. These areas of psychology will be considered using different case studies and practical examples. Candidates are required to draw from their own personal experience and practice in relation to these key theoretical areas and provoke interesting and stimulating debates, while maintaining confidentiality.

The FA Treatment of Injury Diploma

The course involves advanced education and training in anatomy (general, surface and functional), physiology, the psychology of exercise, body mechanics, pathology of injuries to head/face, lower limb, upper limb and spine, training, overuse injuries (adolescent and adult), basic assessment of musculo skeletal structures, and treatment and rehabilitation skills for all stages of the rehabilitation process.

The FA Fitness Trainers Award

This course aims to educate and train candidates in the basic knowledge, skills and practices in order to deliver safe and effective football specific fitness programmes for teams and individuals. It is designed to expand on the knowledge and skills gained from previous training courses, focus on these elements and directly relate them to the specific needs and demands placed on players by Association Football up to an elite level.

ONLINE COURSES

Online Courses

Ideal for those who want to learn at their own pace, FA Learning provides online courses across various disciplines. Once registered, candidates have six months to complete the course in their own time and receive a certificate upon completion.

A great flexible solution when the pitch demands a lot of your time!

Visit [TheFA.com/FAlearning](https://www.thefa.com/FAlearning) and click on Online Courses to register.

Discipline	Course	Cost
Coaches	Planning, Preparing & Evaluating Coaching Styles	£14.95
	Player & Match Analysis	£14.95
	Running a club	£14.95
	Fitness For Football Level 1	£59.95
	Coaching Children	£14.95
	Soccer Camp Coaches Course	£14.95
	The FA Psychology for Football Level 1	£57
	The FA Psychology Package	£75
	The FA Fitness Package Step One	£75 £49
All football staff	First Aid	£14.95
	Laws of the Game	Free
	Futsal: Laws of the Game	Free
	Child Protection	Free
	Safeguarding Children Recertification	Free
	Respect: Parent & Carers Guide	Free
	Intoduction To Equality and Diversity	Free

Course Packages		
FA Psychology Package £75	FA Exercise Package £75	Step One £49
Includes: Psychology for Soccer Level One Coaching Children Player and Match Analysis Soccer Camp Coach Planning and Preparing Coaching Sessions FA Coaches Journal - Insight	Includes: Fitness for Football Level One Coaching Children Player and Match Analysis Soccer Camp Coach Planning and Preparing Coaching Sessions FA Coaches Journal - Insight	Running a Club Coaching Children Laws of the Game Futsal Soccer Camp Coach FA Coaches Journal: Insight

Planning, Preparing & Evaluating Coaching Styles

They'll never miss another practice

This course is ideal for coaches at all levels looking to improve the productivity of their training sessions. Learn how to create motivating and enjoyable training sessions in a safe environment.

Player & Match Analysis

Learn to evaluate performance

Understand how to read the game and make those all important changes during a match. This course will help coaches analyse player performance and learn from previous matches when planning future games.

Running a Club

Helping clubs to continue and prosper

Essential advice for the many volunteers who step in to run clubs across the country. Learn key skills in administration, how to find sponsors and how to link up with schools.

Fitness for Football Level 1

Keep your team in great shape

A popular course for anyone looking at ways to improve fitness with the team. This course covers an introduction to basic fitness and physiology, helping players make an impact throughout the whole game.

ONLINE COURSES

Coaching Children

Getting football right for young players

Coaches working with young players are often role models, framing and nurturing their experiences within football. This course shows you how to ensure their first experience playing football is a positive experience.

Soccer Camp Coach

Manage aspiring players effectively

An excellent supplement for any coach, this course was designed to provide essential knowledge for coaches seeking employment in the growing 'soccer camp' sector. The course aims to help raise high standards in this industry, learning how to monitor children's progress and manage parents' expectations.

The FA Psychology for Football level One

Understand your players

The first level of FA Learning's psychology course designed for coaches working with young players. Get a better understanding of your players, what motivates them and how they prefer to practice. This course leads into the national psychology courses. (Page 21).

First Aid (coming soon)

Preparing for emergencies and injuries

This course is for everyone who wants to know more about first aid. It also provides supplementary knowledge for anyone who has attended The FA Emergency Aid workshop. This will enable you to assist should an emergency situation arise during a game.

Laws of the Game

Know the rules

A great course for aspiring referees, but also useful for anyone looking to improve their knowledge of the laws within football. A better understanding of all the rules can increase enjoyment for coaches, players, fans and referees alike!

Futsal: Laws of the Game

Learn about Futsal

Futsal is the format of Small Sided Football that is recognised and supported by FIFA and UEFA with World and European Championships for club and national teams. This course is open to everyone who wants to understand the rules and tactics involved.

Child Protection

Making football safe for children

Benefiting all those involved in youth football, this course delivers sound guidance on protecting children. Learn best practice methods to ensure football is safe and fun for everyone. The course also offers legal and procedural context for dealing with concerns.

Safeguarding Children Recertification (coming soon)

Up to date best practice advice

For those who have completed The FA's Safeguarding Workshop, this course provides essential updates in legislation and policy developments. The course introduces new themes such as use of the internet and protecting children when learning about football online. A Safeguarding Children Course taken within a Level 1 expires after 3 years. To remain in date, Level 1 coaches must complete this course, or the Safeguarding Children course.

Respect: Parent & Carers Guide

Promoting a change in attitude and behaviour

Over enthusiastic and pushy parents can often take the enjoyment out of the game for young players, leading to them feeling unhappy or even dropping out. This guide aims to highlight how adults should behave when supporting children in football.

Introduction to Equality and Diversity

This course raises awareness of the richness and diversity of the people and communities involved in football; including women and girls, people with a disability, ethnic minorities and the lesbian, gay, bisexual and transgender community. It will help build your tactical knowledge, confidence and effectiveness in engaging diverse groups through coaching, into affiliated football.

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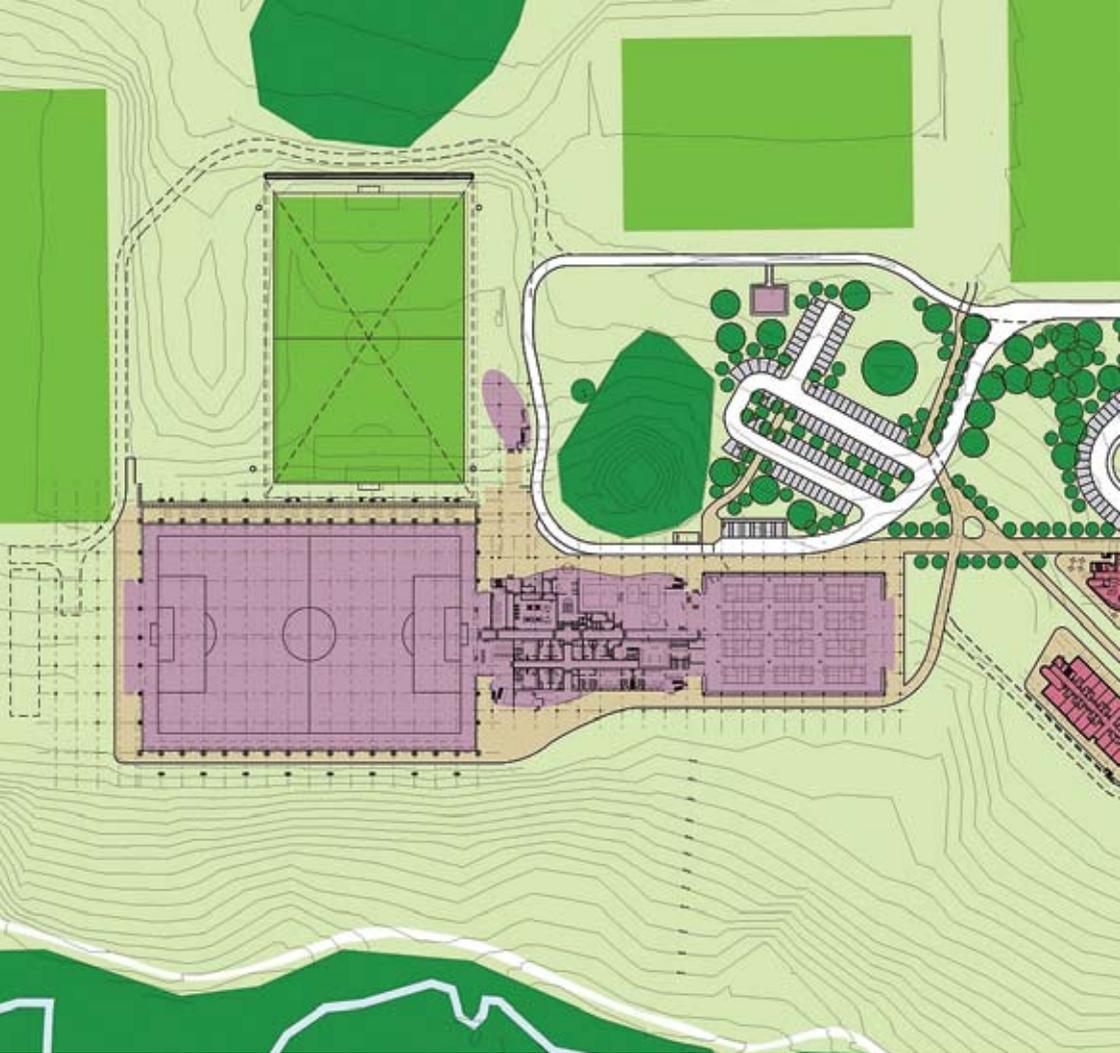
ST GEORGE'S PARK

St George's Park (formerly known as The National Football Centre) will provide an inspirational centre for The FA to deliver its coach education agenda and will become a learning and development centre for refereeing, administration, medical and sports science disciplines. It will also be the training home for the England Senior team and 21 other squads supported by The FA.

Situated on a 330-acre site in the heart of England, St George's Park is accessible for the entire game and within easy reach of all major transport connections. The Park's facilities will comprise 12 full-size football pitches including one synthetic pitch and one full-size indoor facility, along with a multi-purpose sports hall.

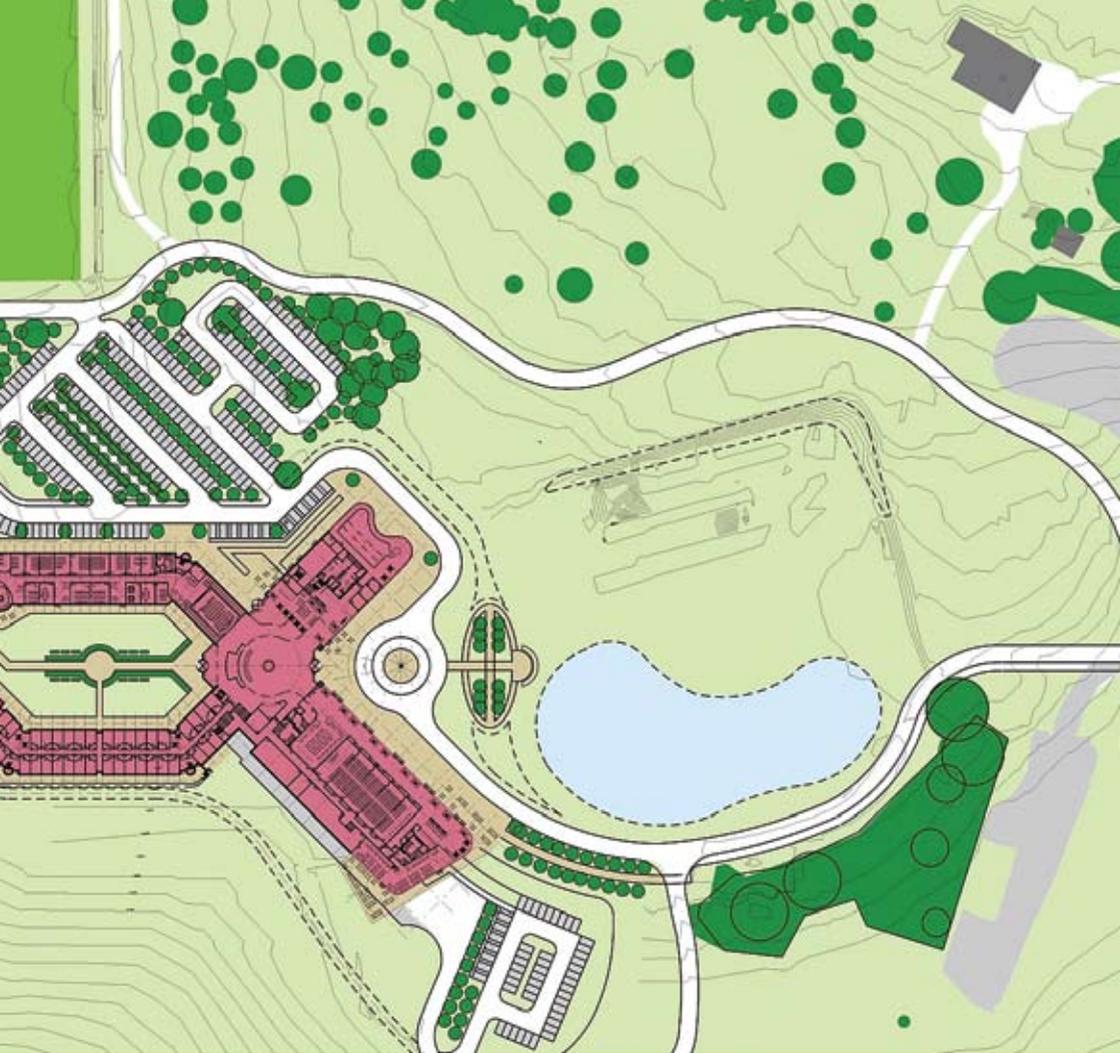
The site will feature a 150-bed four star hotel, an 80-bed three star hotel, a regional conference facility, banqueting suite, training and seminar rooms, including a 90-seat lecture theatre and modern digitally equipped library.

Housed on the site will be a flexible indoor sports hall with facilities for Futsal, partially sighted football, 12 badminton courts and a state-of-the-art full size indoor pitch. Linking the buildings will be players' changing facilities, a cutting-edge gymnasium and hydrotherapy suite with accompanying sports medicine and sports science facilities.



St George's Park will become the practical and spiritual home of FA Learning. It will be designed to provide benefit to all component parts of English football, to service elite to basic educational needs and offer an inspirational learning environment and the creation of a knowledge mall for the whole football family, from administrators to coaches to medics to referees.

St George's Park will become the nerve centre for building innovative training and learning programmes. It will house the essential technology and equipment to further advance teaching methods and resource development. The programme of learning opportunities and events will provide relevant options for those working at all levels of the game across disciplines.



In creating this facility with a vision of developing excellence, The FA will have a hub centre that will be accessible to both English football and its workforce and to world football in the form of federations, leagues, clubs, universities or schools.

NFC Board Chairman David Sheepshanks said: "Our aim is to make St George's Park a sporting destination of choice for coaches, players, administrators and officials alike; in Wembley we have a world class stadium and in St George's Park we have the place to inspire world class performance.

St George's Park is central to The FA Vision and the development of world class coaches, players and teams. It also underpins the key goals in the FA National Game Strategy and will specifically deliver against the outcomes identified in the promotion and development of grassroots football.

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and Club Officials: Race, Disability and Equality workshops.

Plus an ongoing series of events and conferences.

TheFA.com/FALearning

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