



Dear

**1<sup>ST</sup>4SPORT LEVEL 1 CERTIFICATE IN COACHING FOOTBALL**  
**Course Ref: L1CCFOCT010**

Thank you very much for your interest in football coaching courses offered by the Herefordshire Football Association, and in particular the FA Level 1 Certificate in Coaching Football.

The cost of this FA LEVEL 1 course is:  
**£70** for **Herefordshire FA Charter Standard Clubs and**  
**£85** for others

The course dates are **15<sup>th</sup>, 18<sup>th</sup>, 22<sup>nd</sup>, 23<sup>rd</sup>, 25<sup>th</sup>, 30<sup>th</sup> OCTOBER 2010**

**Course Venues:** Herefordshire College of Technology, Holme Lacy Campus, Holme Lacy, Hereford & Herefordshire Football Association, County Ground Office, Widemarsh Common, Hereford.

TO SECURE YOUR PLACE, PLEASE FORWARD APPLICATION AND CHEQUE TO REACH US NO LATER THAN **FRIDAY 24<sup>TH</sup> SEPTEMBER 2010**.

**A minimum of 15 participants is required for this course to proceed.**

**A course place will be allocated to applicants providing:**

1. There are places available when an application and payment has been received by the HFA.
2. A completed course application including course payment has been received by the HFA.
3. Applicants are over 16 years of age at the time of application.

**Course places can now be booked online at**  
**<http://eventspace.thefa.com/herefordshirefa/participant/arrangement.aspx?id=17025>**

**Full course details are included below.**

I very much look forward to receiving your completed application form by **FRIDAY 24<sup>TH</sup> SEPTEMBER 2010**.

Yours in Sport

**Paul**

Paul Carpenter  
Football Development Officer

County Ground Offices  
Widemarsh Common  
Hereford HR4 9NA

PRESIDENT  
Sir Colin Shepherd

CHAIRMAN  
W.E. Shorten

CHIEF EXECUTIVE  
J.S. Lambert

## Course Information:

- **Minimum Age:** 16
- **Course Duration:** Maximum 32 hours
- **Course Prerequisites:** None
- **Course aims and objectives:** This course will provide an introduction to the organisation and delivery of safe and enjoyable coaching sessions for young players. It is ideally suited to those working with groups of young players and/or teams.

## Course Content:

**Theory:** The course will introduce some key aspects in the following:

- Football Club Administration
- Player and Coach development
- Soccer Parent
- Laws of the Game
- An introduction to the FA's Long Term Player Development Model

The course will also provide the following for candidates:

- FA Emergency Aid (included in the course programme)
- FA Safeguarding Children in Football (included in the course programme)

**Practical:** Practical elements of the course will provide an introduction to:

- Warm up and cool down game related activities
- Passing and control
- Turning with the ball
- Dribbling
- Shooting
- Heading
- Goalkeeping
- Individual Attacking
- Individual Defending
- Small sided games

**Practical Involvement:** Candidates will be encouraged to participate practically to maximise their opportunities for learning. (This however will not prevent successful completion of the award)

**Assessment:** Assessment is via successful completion of:

1. All pre-requisites (First Aid/Safeguarding Children)
2. All portfolio tasks
3. Practical delivery of a 20 minute practical coaching activity based on a specific skill and age group, which demonstrates safe practice, organisation, enjoyment and progression to meet the needs of the players.

**Re-assessment:** Candidates can be reassessed within a 12 month period from registration on the course.

**Refresher:** Every 3 years as specified in the FAL Level 1 CPD and Refresher Policy.



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### **Suggested additional learning opportunities:**

- [FAL Online Courses: Coaching Children, Running a Club, Futsal Laws of the Game, Soccer Camp Coaches, Planning, Preparing and Evaluating Coaching Sessions, Disciplinary, Fitness in Football Level 1, Psychology for Soccer Level 1, Player and Match Analysis.](#)
- FA Youth Award Module 1 - Developing the Environment
- FA Goalkeeping Coaching Award (Level 1)
- Introduction to Futsal Course
- Coaching Disabled Footballers Course
- Education Modules (selection of eight)
- Age Appropriate Coaching - Introductory Module
- 1st4sport Level 2 Certificate in Coaching Football

**Equality:** FA Learning will ensure that it treats people fairly and with respect and that it will provide access and opportunities for all members of the community to take part in, and enjoy, its activities in an atmosphere free from harassment, bullying, discrimination or abuse. FA Learning will seek to provide a service which is appropriate to the needs of an individual and to make reasonable adjustments or provide support, where appropriate, to cater for those needs.



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# 1<sup>ST</sup>4SPORT LEVEL 1 CERTIFICATE IN COACHING FOOTBALL

Course Ref: L1CCFOCT010

## COURSE SCHEDULE

**Venues:** Herefordshire College of Technology, Holme Lacy Campus, Holme Lacy, Hereford, HR2 6LL, Herefordshire Football Association, County Ground Offices, Widemarsh Common, Hereford, HR4 9NA.



### COURSE DURATION 32 HOURS MAXIMUM (PLEASE NOTE THERE ARE TWO COURSE VENUES)

**FRIDAY 15<sup>TH</sup> OCTOBER 2010**      **Course Introduction, Home Tasks & Long Term**  
**(HOLME LACY COLLEGE)**            **Player Development (LTPD).**  
Time: 6.30PM to 9.30PM

**\*MONDAY 18<sup>TH</sup> OCTOBER 2010**      **F.A. Emergency First Aid**  
**(HEREFORDSHIRE FA)**                **Time: 7.00PM to 10.00PM**

**FRIDAY 22<sup>ND</sup> OCTOBER 2010**      **FA Safeguarding Children in Football**  
**(HOLME LACY COLLEGE)**            **Time: 6.30PM to 9.30PM**

**SATURDAY 23<sup>RD</sup> OCTOBER 2010**      **Football Theory and Practical sessions**  
**(HOLME LACY COLLEGE)**            **Time: 9.00AM to 6.00PM**

**Football Theory and Practical sessions**  
**Time: 9.00AM – 6.00PM**  
**9.00AM – 9.45AM INTRODUCTION**  
**9.45AM – 10.00AM BREAK**  
**10.00AM – 12.30PM PRACTICAL**  
**DEMONSTRATIONS**  
**12.30PM – 1.15PM LUNCH**  
**1.15PM – 5.00PM PRACTICAL**  
**DEMONSTRATIONS**  
**5.00PM – 6.00PM T HEORY – CONSOLIDATION**  
**&**  
**FEEDBACK**

**\*MONDAY 25<sup>TH</sup> OCTOBER 2010**      **F.A. Emergency First Aid**  
**(HEREFORDSHIRE FA)**                **Time: 7.00PM to 10.00PM**

**+ Final Assessment of Candidates**

**SATURDAY 30<sup>TH</sup> OCTOBER 2010**  
**(HOLME LACY COLLEGE)**

**Time: 9.00AM – 6.00PM**  
**9.00AM – 1.00PM PRACTICAL ASSESSMENTS**  
**1.00PM – 2.00PM LUNCH**  
**2.00PM – 4.30PM PRACTICAL ASSESSMENTS**  
**4.30PM – 6.00PM ORAL INTERVIEWS**

**\*Candidates are only required to attend on ONE of the above Emergency Aid courses. If you currently hold a valid St. John's or Red Cross qualification then you will not be required to attend.**

**The first 12 candidates booked onto the LEVEL 1 course will have first choice of the TWO Emergency Aid dates.**

**+ Candidates are required to have completed all required course units prior to attending the final assessment.**

**The above venues, programme and times may be subject to change**

# Course Application Form and Coaching Profile Part 1 (Not to be used for referee courses)



Course Title: **FA Level 1 Certificate In Coaching Football**  
 Course Start Date: **FRIDAY 15<sup>TH</sup> OCTOBER 2010**  
 Application Deadline: **FRIDAY 24<sup>TH</sup> SEPTEMBER 2010**

Please complete all sections in **BLOCK CAPITALS**. This information will be used to register you as a course participant with the awarding body 1st4sport Qualifications and to enable us to prepare for the delivery of the course when your application for a course place has been confirmed.

\*Mandatory information.

## Core Information

First name*		Title	
Surname*			
Gender*	Male / Female	Date of Birth*	Age*
Full Postal Address*			
Postcode*		Contact Telephone No.*	Home: Work: Mobile:
Email		National Insurance Number	
Name of club, school or organisation you are with?			
Has your club, school or organisation achieved the FA Charter Standard?			Yes / No

Brief CV of Coaching History and other coaching awards held	
CV summary of other relevant awards held <i>Teacher/other sport coaching awards/Unit D32/D33/A1 etc</i>	
Your Occupation	

## Course Details

Course applied for*	FA Level 1 Certificate In Coaching Football		
Course Start date*	<b>FRIDAY 15<sup>TH</sup> OCTOBER 2010</b>	Course fee enclosed**	£ 70.00 / £ 85.00
Please make cheques payable to <b>Herefordshire Football Association Limited</b>			
Course Venue(s)*	Holme Lacy College/HFA	VAT Registered?	Yes / No*
<b>Please include below your preferred FA Emergency Aid Workshop date if applying for a FA Level 1 course place.</b>			
<b>Workshop 1: Monday 18<sup>th</sup> October 2010</b>		<b>Workshop 2: Monday 25<sup>th</sup> October 2010</b>	

\* Please note: If you already hold a current up to date Emergency First Aid course certificate then you do not need to attend either of the scheduled FA Level 1 Emergency Aid course dates. (Please send a certificate copy with this application as detailed).

\*\*There are two course fees normally quoted in the course details. If you are applying for this course at the Herefordshire FA Charter Standard rate please ensure that you tell us which club, school or organisation you volunteer or work for.

# Course Application Form and Coaching Profile Part 2

## Additional Personal Details



### Ethnicity\*

I would describe my ethnic origin as:

Asian British Bangladeshi	<input type="checkbox"/>	Indian	<input type="checkbox"/>	Other white	<input type="checkbox"/>
Asian British Indian	<input type="checkbox"/>	Mixed White and Asian	<input type="checkbox"/>	Pakistani	<input type="checkbox"/>
Asian British Pakistani	<input type="checkbox"/>	Mixed White and Black African	<input type="checkbox"/>	Prefer not to say	<input type="checkbox"/>
Bangladeshi	<input type="checkbox"/>	Mixed White and Black Caribbean	<input type="checkbox"/>	White British	<input type="checkbox"/>
Black African	<input type="checkbox"/>	Other	<input type="checkbox"/>	White European	<input type="checkbox"/>
Black British	<input type="checkbox"/>	Other Asian	<input type="checkbox"/>	White Irish	<input type="checkbox"/>
Black Caribbean	<input type="checkbox"/>	Other Black	<input type="checkbox"/>	White Non European	<input type="checkbox"/>
Chinese	<input type="checkbox"/>	Other Mixed Background	<input type="checkbox"/>		

### Disability

Do you consider yourself to have a disability?

<input type="checkbox"/>	Yes
<input type="checkbox"/>	No
<input type="checkbox"/>	Prefer not to say

If yes, what is the nature of your disability?

Hearing	<input type="checkbox"/>	Multiple	<input type="checkbox"/>	Mobility	<input type="checkbox"/>	Other	<input type="checkbox"/>
Learning	<input type="checkbox"/>	Visual	<input type="checkbox"/>	Physical	<input type="checkbox"/>	Prefer not to say	<input type="checkbox"/>

### Declaration\*

I hold a current recognised <b>Emergency First Aid Certificate</b> (Please send a certificate copy with this application).	Yes / No*
I hold a current <b>FA Safeguarding Children In Football/FA Child Protection workshop attendance certificate</b> (Please send a certificate copy with this application).	Yes / No*
I understand that the course I am applying for will require me to participate as a coach and player and I confirm that I am physically prepared to participate.	Yes / No*
Do you have any medical conditions or injuries that might restrict your ability to participate? (If yes please list). <i>If you do consider that you have any medical condition which might limit your participation these should be provided separately and will be treated confidentially.</i>	Yes / No*
Do you have any objection to photographic or video images being taken during the course for the purpose of HFA Football Development promotion including use on the internet?	Yes / No*
I understand that once my application has been accepted and a course place has been allocated to me, the course fee is neither refundable nor transferable unless the course is cancelled by the Herefordshire Football Association.	Yes / No*
I declare that I am fit to participate on this course and acknowledge that I do so at my own risk. The Herefordshire Football Association Ltd, its staff, agents or any authority which provides facilities is under no liability in respect of any injury, loss or damage which I may sustain however caused whilst I am attending the course.	Yes / No*
Your Name (BLOCK CAPITALS)*	Date:
Your Signature*	Date:
If aged under 18 years of age, please supply name of your parent/guardian (BLOCK CAPITALS)*	Date:
If aged under 18 years of age, please supply signature of your parent/guardian*	Date:

**Candidates will only be considered for a course place upon receipt of completed application form and course fee by the HFA on or before the application deadline date. Receipt of completed course application form and course fee does not guarantee a course place. This will be confirmed in writing prior to the start of the course.**

Please make cheques payable to: **Herefordshire Football Association Limited.**

Please send completed course application form with course fee by the advertised application deadline date to: **Paul Carpenter, Herefordshire FA, County Ground Offices, Widemarsh Common, Hereford, HR4 9NA.**