

Football Coach Development Guide 2009



Welcome to the NZF Coach Development Brochure for the 2009 season. Coach development in New Zealand is on the move with the introduction of our new coaching scheme offering you with a coach-friendly and flexible approach to developing your coaching knowledge and skills.



The introduction of the new scheme proved to be a success in 2008 with over 1500 coaches accessing our new learning opportunities throughout New Zealand. The focus in 2009 is to provide our coaches with a wider range of learning opportunities and to bring learning right to your doorstep through housing more courses in clubs. The new Level 1 Youth Coaching Course and a range of modules at Level 2 will create bite sized opportunities for coaches to extend their learning.

NZF will also offer Ongoing Personal Development (OPD) opportunities in 2009 through Regional Coaching Conferences that will take place across the country. These conferences are aimed at all coaches working at any level in the game who want to refresh their knowledge, keep their qualifications current and or to network with other coaches in their region.

2009 will be another exciting year for Coach Development with our Regional

Coach Development Coordinators (RDCs) spearheading the charge to bring you more development opportunities and support for coaching. Each of our RDCs have created their own regional coaches network, a hub for coaches to connect, develop and stay informed, and a plan of regional coach development opportunities for the 2009 season. These plans and more information can be found on the local federation websites (see the links at the back of this brochure).

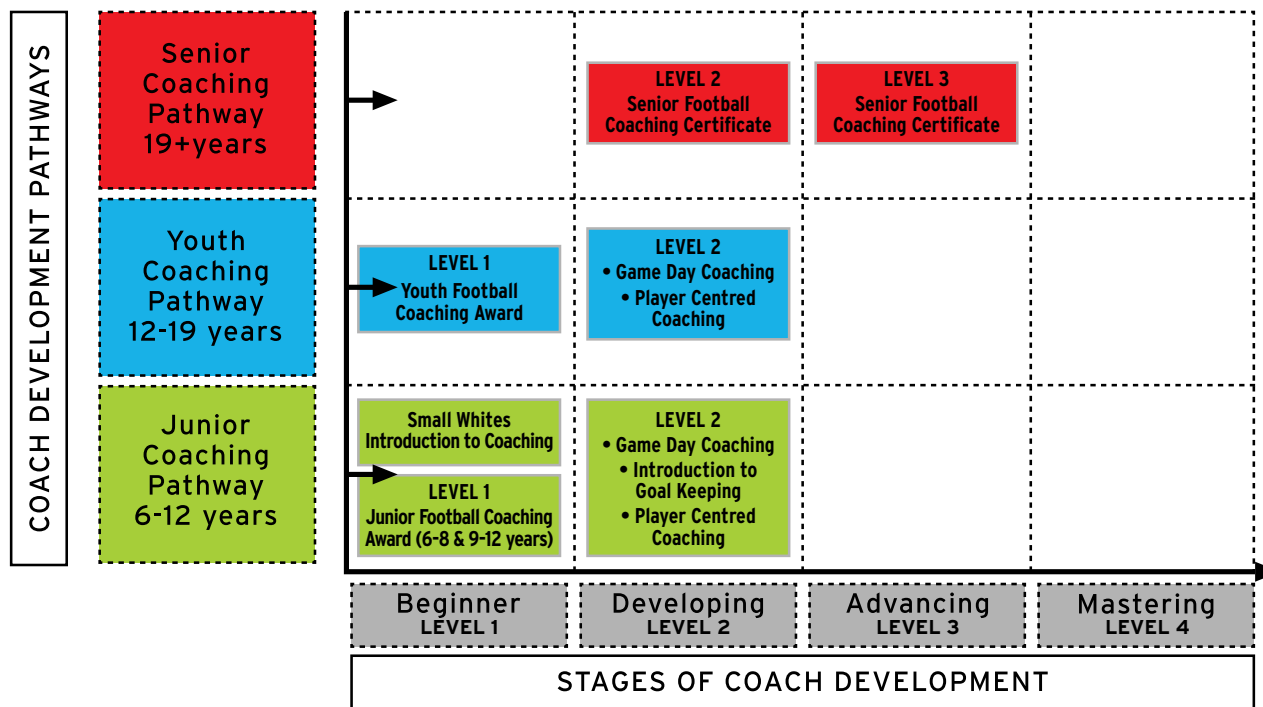
What's on offer for 2009?

NZF coaching opportunities have been broken into three age-related pathways so that coaches can choose relevant and applicable learning opportunities that are specific to their coaching needs.

JUNIOR COACHING PATHWAY		6-12 years
BEGINNING COACHES		
Beginner 1 - Small Whites Introduction to Coaching		
Beginner 2 - Level 1 Junior Football Coaching 6-8 years		
Beginner 2 - Level 1 Junior Football Coaching 9-12 years		
DEVELOPING COACHES		
Developing - Level 2 Junior Football Coaching Game Day Coaching Module 1		
Developing - Level 2 Junior Football Coaching Introduction to Goalkeeping Module 2		
Developing - Level 2 Junior Football Coaching Player Centered Coaching Module 3 (Generic Module)		

YOUTH COACHING PATHWAY		12-19 years
BEGINNING COACHES		
Beginner 1 - Level 1 Youth Football Coaching (12-19 years)		
DEVELOPING COACHES		
Developing - Level 2 Youth Football Coaching Game Day Coaching Module 1		
Developing - Level 2 Junior Football Coaching Player Centered Coaching Module 2		

NZF COACH DEVELOPMENT SCHEME



SENIOR COACHING PATHWAY		19 + years
DEVELOPING COACHES		
Developing - Level 2 Senior Coaching (19+ years)		
ADVANCED COACHES		
Advanced - Level 3 Senior Coaching (19+ years)		



Choosing a coaching opportunity

The following illustration provides you with some ideas about what development opportunities maybe appropriate for you this season.

JUNIOR

"This is my first season coaching and I need help. I have no previous experience and no coaching qualifications."

SMALL WHITES INTRODUCTION TO COACHING (2 HOURS)

"I have some football experience and want to know a bit more about ideas for coaching my junior team."

"I have some experience coaching other sports and want to know a bit more about coaching my junior football team."

LEVEL 1 JUNIOR FOOTBALL COACHING AWARD 6-8 YEARS
(4 HOURS)

OR **LEVEL 1 JUNIOR FOOTBALL COACHING AWARD 9-12 YEARS**
(4 HOURS)

"I have completed my Level 1 Junior and want to develop my knowledge and skills further."

LEVEL 2 JUNIOR FOOTBALL COACHING CERTIFICATE MODULES

YOUTH

"I've coached junior teams for a few years and now will coach a youth team and I'm looking for some guidance."

LEVEL 1 YOUTH FOOTBALL COACHING AWARD 12-19 YEARS
(4 HOURS)

"I have no experience coaching youth players and need to develop my knowledge and skills in this area."

LEVEL 1 YOUTH FOOTBALL COACHING AWARD 12-19 YEARS
(4 HOURS)

"I have some experience coaching youth teams and have attended previous NZF courses and I'm now looking to upskill."

LEVEL 2 YOUTH FOOTBALL COACHING CERTIFICATE MODULES

SENIOR

"I am a coach working with senior players at a competitive level and would like to learn more about coaching."

LEVEL 2 SENIOR COACHING CERTIFICATE

"I am an ex-player and have played at a good standard at local senior level and I'm now looking to get into coaching."

LEVEL 2 SENIOR COACHING CERTIFICATE

"I have good experience coaching at a senior competitive level and would like to progress my coaching knowledge and skills."

LEVEL 3 SENIOR FOOTBALL COACHING CERTIFICATE



Junior Coaching Pathway

(6-12 YEARS)

INTRODUCTION TO SMALL WHITES COACHING

This two hour workshop blends together demonstrations of practical activities with good advice on how to survive your first coaching season. Specifically targeting new and inexperienced coaches, this course and supporting resources is a great starting point for coaches looking for friendly advice on how and what to coach your junior players.

WHAT'S ON OFFER:

- Age-appropriate practical demonstrations
- Age-appropriate coaching techniques
- The Small Whites coaching resource
- Coaching resources—ideas for training

(6-8 YEARS AND 9-12 YEARS)

LEVEL 1 JUNIOR FOOTBALL COACHING AWARD

This four hour workshop provides coaches with a deeper insight into age appropriate, effective coaching for players aged 6-8 years and or 9-12 years. The course of learning combines an examination of both the 'How' and 'What' of coaching junior players through an interactive and practical approach as well as providing a comprehensive resource for coaches to take away and use with their players. This course is perfect for coaches who are looking to improve their coaching and to develop their knowledge and understanding of how to work effectively with junior players.

WHAT'S ON OFFER:

- NZF formal qualification – silver & gold levels
- Understanding the Player-Centred Coaching Philosophy
- Developing strategies to make your coaching more effective
- Understanding how to use player-centred coaching tools
- Practice planning and delivering age-appropriate activities
- Training resource – catalogue of games and practices for your designated age group

(6-12 YEARS)

LEVEL 2 JUNIOR FOOTBALL COACHING CERTIFICATE MODULES

This level of development introduces coaches to a new modular learning system. The system is designed to provide you with a smorgasbord of bite sized learning opportunities that when accumulated develop your knowledge and skills in a wide range of coaching related subject areas. The module content has been carefully designed to provide you with the relevant knowledge and skills to progress your learning and help you to work effectively within this particular age group of players. The modules have been classified as either age specific modules or generic modules. The generic modules involve content and learning that is relevant to all coaches regardless of the age of the players they coach i.e. player-centred coaching and the specific modules contain content that is relevant to a designated community of players (i.e. Game Day Coaching 9-12 years). These modules are perfect for beginner and developing coaches who want to increase their effectiveness in key areas of coaching pertaining to junior players.

WHAT'S ON OFFER:

MODULE 1:

Game Day Coaching 9-12 years (4 hours)

- Creating a game day coaching philosophy
- Understanding the needs of your players on game days
- Overview of the basic tactics and principles of play in small sided games
- Developing player-centred coaching strategies to support player learning on Game days

MODULE 2:

Player-Centred Coaching Tools (4 hours)

- Understanding how to use the **Teaching Games For Understanding** coaching tool
- Understanding how to use 'questioning' effectively.
- Understanding how players learn and developing strategies to promote learning
- Practical coaching ideas to develop a player centred approach to coaching

MODULE 3:

Introduction to Goalkeeping (4 hours)

- Principles underpinning the development of junior goalkeepers
- Ideas for practices and integrating goalkeeping training into your coaching sessions
- Practice planning and delivering age-appropriate goal keeping activities
- Training Resource – catalogue of games and practices for your designated age group



Youth Coaching Pathway

(12-19 YEARS)

LEVEL 1 YOUTH COACHING CERTIFICATE

This four hour workshop provides coaches with an introduction into age-appropriate, effective coaching for players aged 12-19 years. The course of learning focuses specifically on developing youth football players and the considerations for coaches working with this community of players. The content provides a general overview of the 'what' and 'how' of coaching, with this age group of players, through an interactive and practical approach. This course is perfect for coaches who want to develop a general knowledge and skill base around youth coaching and those who aim to improve their effectiveness with their players.

WHAT'S ON OFFER:

- Formal qualification - silver & gold Levels
- Understanding players' age related characteristics and needs
- Introduction to a player-centred coaching philosophy for youth coaches
- Developing player-centred coaching tools
- Practice planning and delivering age- and football-development-stage-appropriate activities
- Training catalogue for players transitioning from the intermediate to the advanced stage of development (12-19 years)
- Training Catalogue for players in the advanced stage of development (12-19 years)

(12-19 YEARS)

LEVEL 2 YOUTH COACHING CERTIFICATE

This level of development introduces coaches to a new modular learning system. The system is designed to provide you with a smorgasbord of bite-sized learning opportunities that when accumulated develop your knowledge and skills in a wide range of coaching related subject areas. The module content has been carefully designed to provide you with the relevant knowledge and skills to progress your learning and help you to work effectively within this particular age group of players. The modules have been classified as either age specific modules or generic modules. The generic modules involve content and learning that is relevant to all coaches regardless of the age of the players they coach i.e. Player Centred Coaching and the specific modules contain content that is relevant to a designated community of players (i.e. Game Day Coaching 9v9 & 11v11). These modules are perfect for beginner and developing coaches who want to increase their effectiveness in key areas of coaching pertaining to youth players.

WHAT'S ON OFFER:

MODULE 1:

Game Day Coaching 9v9 and 11v11 (4 hours)

- Creating a game day coaching philosophy
- Understanding the needs of your players on game days
- Introducing a system of play to youth players
- Overview of the basic tactics and principles of play and diagnosing football problems to support player learning
- Developing player-centred coaching strategies to support player learning on game

MODULE 2:

Player-Centred Coaching Tools (4 hours)

- Understanding how to use the **Teaching Games For Understanding** coaching tool
 - Understanding how to use 'questioning' effectively.
 - Understanding how players learn and developing strategies to promote learning
 - Practical coaching ideas to develop a player centred approach to coaching
- GENERIC MODULE



Senior Coaching Pathway

(19+ YEARS)

LEVEL 2 SENIOR COACHING CERTIFICATE

COST: \$540.00

MODULE 1: Understanding and applying the principles of effective team play 1

MODULE 2: Developing a coaching process with senior players 1

This non-residential qualification provides coaches with an opportunity to gain knowledge and understanding of the principles of effective team play while helping coaches to develop an effective process for coaching with senior players.

The course of learning is broken into three parts and completed over the course of a football season:

PART 1:

Three days intensive development practical and theory workshops covering modules 1, 2 and 3.

PART 2:

Post-workshop self development and preparation for practical coaching assessment (approximately two months of practice with your own team in your own coaching environment).

PART 3:

Two-day refresher and practical coaching assessment

The course of learning helps coaches to examine and problem-solve some of the key facets underpinning effective coaching with senior players through both theoretical and practical workshops. It also entails a competency based practical assessment which examines the application of knowledge and understanding in a practical setting. Coaches during part 2 of the course are provided with an opportunity to apply the knowledge gained from the workshop to their own coaching, using this phase as preparation for their practical assessment in part 3. This course is a must for those coaches and ex-players who want to learn more about the game they love.

(19+ YEARS)

LEVEL 3 SENIOR COACHING CERTIFICATE

COST: \$1200.00

MODULE 1: Understanding and applying the principles of effective team play 2

MODULE 2: Advanced strategies and tactics

MODULE 3: Developing a system of play

MODULE 4: Match analysis

MODULE 5: Developing a coaching process 2

This 12 day non-residential course (split into three, four day blocks and completed over a 12 month period), focuses on preparing coaches to effectively meet the needs of senior players operating at the competitive/elite end of the coaching spectrum.

During this time coaches will be exposed to a range of content from exploring modern trends in football, to using effective coaching tools to bring tactical ideas alive on the training field. The course of learning encompasses three parts, consisting of three, four day workshops spread over a 12 month period. Each workshop presents coaches with an exciting exploration into the demands of elite football coaching and preparing candidates for the competency based practical coaching assessment conducted at the conclusion of the course.

PART 1:

Introduction and development across modules 1-5

PART 2:

Development across modules 1-5 and practice coaching assessment

PART 3:

Development across modules 1-5 and final coaching assessment

This course is specifically targeting coaches working with players in competitive senior coaching environments and is a must for those with a passion for exploring modern trends in football coaching.



To find out more or to register for any of these course please consult your local federation website and or contact one of our Regional Coach Development Coordinators.

www.nzfootball.co.nz



Becoming a Coach Educator

From coach to coach educator - "Come and join the team"

NZF are looking to recruit and develop a workforce of coach educators who have the passion and time to deliver our coach education courses throughout New Zealand.

Coaches who are interested in joining the coach educator team should contact their local RCDC and find out more about the development pathway for coach educators.

STEP 1:

Contact your RCDC to find out more about the Coach Educator Development pathway

STEP 2:

Attend the Coach Educator 'Generic Facilitator Workshop'

STEP 3:

Complete the course of training for Coach Educator Certificate level 1 or level 2 in the Junior, Youth and Senior Coaching Pathways

STEP 4:

Join the team and be ready to share your knowledge and experiences with the next generation of coaches

