

FAS GRASSROOTS COACHING COURSE



ABOUT

The grassroots coaching course is a stand-alone coaching course that prepares a coach to conduct sessions at grassroots level.

The course is designed to allow participants to take a more hands-on approach to learning. It gives participants a better appreciation to grassroots football and provides avenues in which they can be involved in this area.

*****This is not an entry-level course that leads to other coaching certifications.***

OVERVIEW	<p>The course comprises workshops and experiential learning, where participants are supported with the following;</p> <p>Build your understanding</p> <ul style="list-style-type: none">- What is grassroots football?- Qualities of a coach- Components of a session- Observation session- Role model sessions <p>Develop your understanding</p> <ul style="list-style-type: none">- Planning a session- Using SMILES to deliver a successful session- Managing difficult behaviour <p>Extend your understanding</p> <ul style="list-style-type: none">- Pair delivery sessions- Mentorship program- Reflection of experience
DURATION	<p>Part 1: 16 hours on-site support (field & classroom) Part 2: 16-hour attachment at Active SG Football Academy Part 3: 4-hour reflection and sharing workshop</p>
PRE-REQUISITE	<p>There is no pre requisite to begin your grassroots coaching journey.</p>
COURSE REQUISITE	<p>Participants are required to complete ALL three parts.</p> <p>While there are no assessments, participants will be given specific and personalised feedback by their mentors during the attachment. Participants are expected to share their experience during Part 3 as part of their learning process.</p>
OUTCOME	<p>By completing the course, you will be able to:</p> <ul style="list-style-type: none">- Understand grassroots football- Plan and conduct a basic football session- Work with children under 12 years of age at grassroots level