

Purpose Statement

Level 1 Award and Certificate in Skills for Coaching Football (RQF)

The primary purpose of this qualification is to prepare you for further learning and to develop knowledge and/or skills in a subject area. These qualifications focus on giving you foundation skills for a future career coaching football that is safe and develops appropriate skills and ethical practice. Achievement of this qualification will enable you to assist with more experienced coaches and progress to more advanced study.

Who is it for?

The Level 1 Award and Certificate in Skills for Coaching Football is appropriate for anyone with enthusiasm and a desire to become more involved in coaching football, particularly at a local level, including:

- Parents
- Sport centre staff
- Youth workers
- Volunteers
- Students involved in higher level sports studies

What does this qualification cover?

To achieve the Level 1 Award, you will need to complete 9 credits and commit to approximately 90 credits of learning. To achieve the Level 1 Certificate, you will need to complete 14 credits and commit to approximately 140 hours of learning.

You will complete 4 Mandatory units: 'Understanding the Fundamentals of Coaching Football'; 'Coaching Football'; 'Evaluate a Football Coaching Session'; and 'Plan and Prepare a Football Coaching Session'. These units will equip you with the skills required to assist with football coaching sessions.

You will then have a choice of optional units including:

- Developing Group and Teamwork Communication Skills
- Improving Own fitness

What are the Entry Requirements?

The minimum age for access to the qualification is 14. There are no other specific entry requirements and no prior qualifications required.

What are the Assessment Methods?

You will be required to complete a portfolio of evidence and must provide sufficient evidence that you have the required knowledge, skills and understanding of the assessment criteria. Evidence, within your portfolio of assessment, may include:

- Assignments or projects
- Observations of practice
- Professional discussions
- Witness testimonies

What are the Progression Opportunities?

Achievement of the qualifications will enable learners to assist more experienced coaches and progress to more advanced enabling independent coaching opportunities.

Learners may also progress to higher level specialised qualifications in sport or related sectors.

Who supports this qualification?

This qualification has been supported by a range of training providers with experience of delivering information, advice and guidance including: Club Doncaster Foundation, FC United of Manchester and Achievement Sports Ltd.